

# THE Honor Roll

"In the depths of winter I finally learned there was in me an invincible summer." -Albert Camus

Volume 4, Issue 2

ISU Honors Program Newsletter

Spring Edition 2012



## FROM THE DIRECTOR

**Dr. Kim Pereira**  
Director of Honors Program  
Professor of Theatre

Greetings!

Welcome back. By the time you read this we'll probably be in the throes of winter, although early January was such a bonus. Before you hunker down during the chilly days, it might be a good time to come in for a "Check-Up." Our Honors staff has set aside Wednesday, January 25<sup>th</sup> for all of you to come in and pick up or drop off your in-course contracts, fill out designation forms, and chat with an advisor and a member of SALT. There'll also be a few goodies on hand to warm you with our appreciation. So come any time between 9 and 4.

There's much in this newsletter to help you banish the winter blues—information on: Bookbag to Briefcase where you can listen to Honors alumni discuss their careers and offer insights on what you might or might not want to do, Relay for Life so you can participate in a wonderful movement to help cure a global epidemic, the Spring faculty panel, etc.

I hope you have a terrific semester that is productive and fulfilling. I congratulate those of you who are getting ready to graduate; please remember to stay in touch with us—someday you might even be on our distinguished panel at the Bookbag event. This is also the time of year when we're trying to recruit students for next year's class, so if you see bright-eyed highschoolers wandering around you might give them a smile and a warm ISU welcome—they may be your colleagues soon.

Stay warm and drop in for a chat if you have the time.

Cheers,

Kim Pereira, Ph.D.  
Director of the Honors Program  
Professor of Theatre

## MONDAY, MARCH 26, OLD MAIN, BSC 7 PM



Bookbag

to

Briefcase



Join recent ISU Honors graduates and learn about life after Illinois State and what students can do now to create their own future success. This interesting and thought-provoking discussion will begin at 7pm in Old Main in the Bone Student Center. Regardless of your major or year in school, you're sure to learn from the experiences of these former Honors students. This free program is a Sophomore Honors designated event and is open to all students, faculty and staff. Refreshments will be served and door prizes awarded!

## Honors Check-Up

*What:* Stop by the office to have your questions answered and make sure your Honors status is in good health.

*When:* Wednesday, Jan. 25th, 9-4

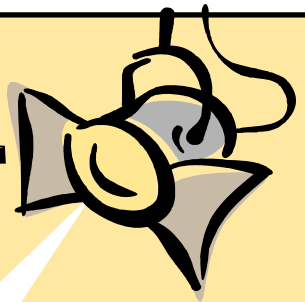
*Where:* Honors Office



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# Student Spotlight



*Fusheng Luo, Honors International Student from China*

**Q: How long will you be at ISU and what are you studying?**

A: I will be at ISU for one year which is from August, 2011 to May, 2012. I took courses in the subjects of History, Politics, and Music for last semester. I'm taking History, Politics, Sociology and Art courses this semester.

**Q: What are your professional aspirations?**

A: I would like to be an intellectual who works either for think tanks or other international organizations which focus on international relations.

**Q: How does the education system here compare to your home country?**

A: I have to admit the American classroom is different from the Chinese one. Most of the American classes tend to be more casual and relaxing. Professors are more willing to give students opportunities to participate in class. Every student gives his/her opinions and in the end, the whole class, along with the professor, builds up knowledge.

In the American classroom, students are the center, not professors, which means that students don't take knowledge as a given, but see learning as a process in which they can participate.

In-class tests are very challenging. Instead of giving students questions and answers directly, professors only gave us instructions for the tests, which meant we have to study by ourselves. In this way we are an active learner, not a passive one. The American education system is very demanding and asks a lot from students if you want to learn well. I spend a lot time in the library reading and preparing for classes. Professors are very approachable and willing to help me which makes me a part of the student community at ISU.

**Q: What has surprised you most about America in your time here?**

A: The International House and the classroom are the perfect examples of American diversity. Students from almost all over the world live with other American students. In the classroom, students of different ethnic backgrounds, of different colors of skin and different belief systems sit together. The diverse campus means individual freedom; it makes American culture the envy of the world.

**Q: What do you like to do in your free time?**

A: Watching films, I like classic American films. My favorites are The Godfather, Casablanca and Annie Hall. Listening to music, I like art music. I went to most of the performances in the CPA last semester. Photography: I like taking pictures; it is a great way to share my experiences with friends. Traveling: I just went to visit Alabama and Tennessee, the trip was wonderful. I'm going to New York and Washington DC during spring break.

**Q: What's your favorite American food?**

A: That's a difficult question, I like them all. But if you ask me to choose, I would say steak, especially beef from Texas. (They are very tasty!)

**Q: Now describe your favorite food from home.**

A: My favorite Chinese food! After one semester in America, I really really missed Chinese soup, rice, dim sum, and morning tea.



Fusheng on a trip to Chicago, his first visit to a major U.S. city.

# It's not too late!

## Join PS Club

The first PS club meeting of the new semester will be on Tuesday, January 24th. Meetings are held in Vrooman 106 (between Hewett and Manchester) at 8:30pm. Dues are \$3 for the semester. The club advisor is Becky Mentzer. Search for "Presidential Scholars– Illinois State" on Facebook to find out more.

Congratulations to the newly elected officers for spring 2012:

- **President:** Sean Riordan
- **Vice President:** Emma Roth
- **Secretary:** Jessica Carroll
- **Treasurer:** Pat Littel
- **Service Chairs:** Tyler Malone & Molly Briggs
- **PS Components/Social Chair:** Megan Welch
- **Social Chair:** Rachel Varney
- **Fundraising Chair:** Karissa Neihouser



PS Club members hanging out with Reggie.



HSO members participating in 2011 Homecoming festivities.



## Join HSO

The Honors Student Organization (HSO) is open to all Honors students and meets on the 1st Thursday of every month at 7pm in Schroeder 242. Dues are \$3 for the semester. The club advisor is Christie Proctor. Join the "Honors Student Organization" group on Facebook to find out information about upcoming events. The first HSO meeting of the semester will be February 2nd.

**CONGRATULATIONS** to Sarah Bollinger & Kelly Kester for being awarded the competitive 2012 University Club (UClub) Scholarship. Sarah is a sophomore Presidential Scholar and Elementary Education & Spanish double major. Kelly is a senior Food, Nutrition & Dietetics major.

*Have you or a group you are a part of recently earned an award? We want to know about it! E-mail Sarah Roth at [sjroth@ilstu.edu](mailto:sjroth@ilstu.edu).*

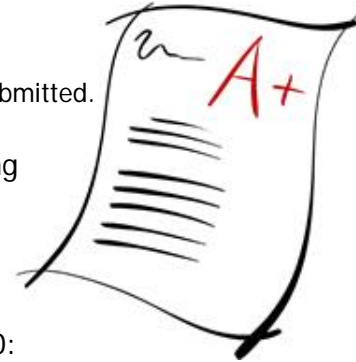
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## IN-COURSE HONORS PROJECT CONTEST

As you get organized for the spring semester, don't get rid of your projects from last year. Consider submitting a project in our annual In-Course Honors Project Contest. We know you're doing great work and want to recognize outstanding In-Course Projects.

The Honors Program will recognize and reward In-Course Honors projects completed during **2011** (spring, summer, or fall). All types of projects may be submitted.

Awards will be made to the submissions that best display one of the following dimensions:



**Quality:** a project that displays excellence in terms of writing, thoroughness of covering the topic, etc.

The 2011 winner in this category was a research paper from PSY 350: Psychopathology. The paper was on post-traumatic stress disorder in police officers and included a thorough discussion of the topic, including background information, a discussion of related professions, and added a personal element.

**Creativity:** a project that goes beyond just writing another paper, perhaps a collection of poetry, a scrapbook, or developing a website.

The 2011 winner in this category was a paper from CJS 102: Individuals, Society, and Justice. The paper, *Influences of Buddhism and a Connection to the Arts*, extended beyond course material, was well written, and included an analysis of the connection between Buddhism and the Arts, focusing on *The Giving Tree*.

**Uniqueness:** a project that is exceptionally distinct & one of a kind in terms of format.

The 2011 winner in this category was a paper and DVD submission from ENG 170: Foundations in Literature for Children. The paper was on the portrayal of Native Americans in the Disney film *Pocahontas* and the book *Indian in the Cupboard*. In addition to a well-written paper, the project included a DVD with clips from the film to support the written arguments.

**Service to Others:** a project that includes a component of service, perhaps tutoring, holding study sessions for classmates, or volunteer work.

Winning projects will receive a prize of \$100.

**The application deadline is Monday, February 6.**



### NATIONAL ACADEMIC QUIZ TOURNAMENT

The Bone Student Center is once again seeking Illinois State students to participate in the nationally acclaimed National Academic Quiz Tournament (NAQT). The Bowling and Billiards Center is hosting the tournament on **Saturday, January 28, 2012**. Students can pick up registration packets at the InfoCenter on the first floor of the Bone Student Center from January 17-25. Teams of four will be competing to represent Illinois State at the regional tournament on February 4, which will be hosted here at Illinois State University.

A team of Honors students won the 2011 ISU competition. Get a team together and help start a winning streak!



# S.A.L.T. Shaker

## The Honors Program Presents...

*Written by Ashley Brown, SALT Member*

The Student Ambassador Leadership Team sponsored their first faculty panel discussion of the 2011-2012 school year, "Juggle Life Without Looking Like a Clown" on November 7<sup>th</sup> in DeGarmo Hall. Moderated by SALT member Brian Kulaga, the faculty panel focused on the stressors college students face as well as methods to employ in order to create and maintain a work-life balance while in college.

Panelists included Dr. Maria Schmeckle, associate professor in the Department of Sociology and Anthropology; Nikki Brauer, director of Health Promotion and Wellness; Dr. Kim Hays, associate director of training for Student Counseling Services; and Dr. Kim Astroth, assistant professor for the Mennonite College of Nursing.

Faculty panel members presented for fifteen minutes each about research on stress in college students, motivation, time management, and productivity. According to the National College Health Assessment 2011 report, as shared by Brauer, stress surpassed internet use, anxiety, and health problems as the factor having the most negative impact on the academic performance of college students. Panelists Astroth and Schmeckle offered common stress management techniques, such as using planners and organizing clutter, as well as more creative ways to combat stress, such as setting aside "quiet time" and meditating. Dr. Hays focused on the wide variety of free, anti-stress campus resources and programs such as workshops at the Julia N. Visor Center, fitness classes through Campus Recreation, or consultations with Student Counseling Services.

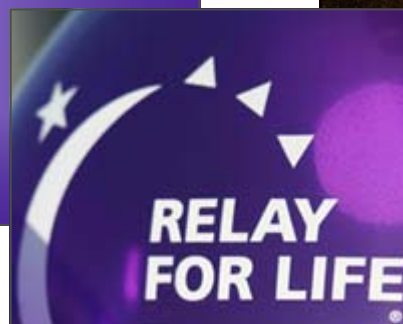
Immediately after their presentations, panelists opened the floor to the more than fifty attendees to conduct a question-and-answer session. Inquiries centered on the techniques of meditation and the importance of healthy relationships as means of maintaining a well-balanced life. The evening concluded with a raffle drawing awarding attendees an assortment of Honors Program swag.

The Student Ambassador Leadership Team and the Honors Program will host their next enticing faculty panel discussion on Monday, March 5<sup>th</sup> at 6:30pm in Schroeder 244. Mark your calendars! This will be a Sophomore Honors designated event.

## ***RELAY FOR LIFE***

Join the Honors Program and Illinois State in the fight against cancer! If you would like to participate in Relay as an Honors student, visit [www.relayforlife.org](http://www.relayforlife.org) and search for Illinois State University. After clicking on ISU, choose ***Sign Up, Join A Team*** and then look for **Honors**. This is a team for all Honors students.

Relay for Life will be held April 27 from 6pm until April 28 at 6am on the ISU Quad.



# Campus Connection



## **MLK Day of Service - January 21, 2012**

This program provides a day of service that will take you into the Bloomington-Normal community. This service will focus on working to improve the lives of the homeless and elderly in our community.

### **Students**

Join fellow Illinois State University students and volunteer in this opportunity for you to serve the community on behalf of Martin Luther King Jr.

### **Registration**

Register today to participate in MLK Day of Service. Space is open for the first 60 people who sign up. For more information, contact the Leadership and Service Office.

## **Friday Night Live @ Milner**

Friday, January 27

8:15 - 11 p.m.

Milner Library

## **Social Justice Institute**

The Social Justice Institute is a free, one-day conference on Sat., Jan. 28 in the BSC Prairie Room. Through facilitated activities, exercises, & small group dialogue, participants can engage in conversations that will challenge and support them as they seek to understand how they can positively impact the Illinois State campus and global social communities. Those interested should apply online through the Dean of Students Office by Jan. 23.

## **LeaderShops**

LeaderShops are FREE leadership development workshops for current student leaders and those interested in developing their leadership skills. Workshops are held Tuesday evenings from 5:30pm-6:30pm in the Student Services Building, room 314. Space is limited.

### **LeaderShop Topics**

February 21 - Leadership Styles

February 28 - Career Leadership

March 6- Personal and Organizational Image

March 20- Managing Difficult People & Conversations

March 27 - Emotional Intelligence

### **Registration**

Complete the LeaderShops Registration Form to participate in these free workshops. Registration for each session must be completed by the Friday prior to the workshop.

Contact the Leadership and Service office for more information.

***Spread the Red,  
not the flu!***

### **Keep this information in mind:**

- ◆ Wash your hands often using soap and water.
- ◆ Carry hand sanitizer for times when you can't wash your hands.
- ◆ Cover your mouth and nose with a tissue or your arm when sneezing and coughing.
- ◆ Be sure to eat fruits and vegetables, stay hydrated, get an adequate amount of sleep, and exercise daily.
- ◆ Avoid touching your eyes, nose, or mouth. You can spread germs picked up from doorknobs, tables, or other surfaces.
- ◆ Get a flu shot! Flu shots are available at Student Health Services. Students can schedule an appointment by calling (309) 438-2778 (APPT) or visiting [www.shs.ilstu.edu/appointment](http://www.shs.ilstu.edu/appointment).
- ◆ If you are sick, call your doctor and please stay at home.

**Help keep yourself and your fellow Redbirds healthy!**

*Information courtesy of Student Health Services and  
The Office of Health Promotion & Wellness*