



Idaho State  
University

University  
Honors Program

# Weekly Update

September 7, 2021

## Remembering 9/11

A letter from UHP Acting Director Alex Bolinger

Have there been moments in your life where you can remember exactly where you were when something tragic happened and what you were doing when you heard the news? For those of us of a certain age, September 11, 2001 was probably one of those days.

I was a student at ISU on the day that hijacked airplanes were crashed into the twin towers of the World Trade Center of New York City, the Pentagon in Washington, DC, and when a third disaster was narrowly averted by brave passengers and crew who crashed their plane into an open field in rural Pennsylvania. I remember standing in the lobby of the Business Administration building with a crowd of my fellow students, as well as faculty and staff, as we watched in horror while the events of that morning unfolded.

This Saturday marks the twentieth anniversary of the events of 9/11. In many ways, 9/11 represented a turning point, a moment when our world suddenly became a lot more complicated. For those of you who were just babies (or not yet born) when 9/11 occurred, can you imagine that there was a time before the strict airport security that is required today? Where you could just walk into an airport and meet your party at their gate?

(Maybe you've seen it in one of those vintage movies from the 1990s – and yes, this entire conversation is making me feel old!)

However, for all of the sadness and tragedy of that Tuesday 20 years ago, one simple image of hope especially stands out in my own experience. I was part of a city league soccer team that was scheduled to play a game that evening. After debating whether or not to continue to play on such a solemn day, both teams decided to proceed as scheduled. When we arrived to the field, someone from the City of Pocatello had painted an American flag on the grass in the middle of the field. Both teams joined together at that spot for a moment of silence and solidarity before enjoying the freedom to play a sport that we loved together. Perhaps never before or since have I felt so tangibly how true it is that regardless of our differences, we are all Americans.

This Saturday, September 11, 2021, I invite you to join the University Honors Program in showing our gratitude by honoring the brave men and women who serve us. In connection with The Gratitude Challenge, attending the 9/11 event will allow us to join our community in thanking the first responders of Bannock County - the police,

firefighters, EMTs, medical personnel, and many others who work on the front lines to keep us safe.

We will be gathering at the Bannock County Courthouse (624 E. Center Street in Pocatello) on Saturday morning at about 10:45 a.m. for the program, which will begin at 11:00 a.m. and last about an hour. A pair of students from the Honors Program will be among those at the podium, sharing brief words about what it means to remember the spirit of community that emerged from 9/11, even if you were too young to remember 9/11 firsthand. Afterwards, lunch (hamburgers and hot dogs) will be served at the Veterans Memorial Building (300 N. Johnson Street, a few blocks west of Pocatello High School) for those who are interested.

I want to thank you in advance for those who are considering attending the 9/11 event. But even if you cannot attend this Saturday, I would encourage you to consider writing a letter of gratitude to first responders – perhaps someone you know in your hometown or here in our community, or perhaps to our chiefs of police, fire, etc. to pass along to others – to show them your support.

I also want to thank our University Honors Club student leaders and the dozens of Honors students who turned out last Wednesday evening for our first gratitude letter writing event, complete with ice cream. Only a few days into the month of September, students, faculty, alumni, and others associated with ISU have already written 57 letters of gratitude toward our goal of 400 letters of gratitude by the ISU community! You can help us reach this audacious goal. If you haven't already, please consider writing a letter and be sure to report it at [isu.edu/honors/gratitude](http://isu.edu/honors/gratitude).

It is a joy to get to work with you, our ISU Honors students, because I have every confidence that you are the future leaders who will help our society to recapture the remarkable unity and the spirit of community and service that swept through the United States in the days and weeks following 9/11. I am grateful for who you are and what you bring to our program, and I am looking forward to seeing as many of you as possible at the 9/11 memorial event this Saturday at 11:00 a.m. at the Bannock County Courthouse.

## Gratitude Challenge Update

The Gratitude Challenge is off to a good start - it's day 7 and we're 15% of the way to our goal of 400 letters!

You can write your letters now and report your contribution to The Gratitude Challenge at: [isu.edu/honors/gratitude](http://isu.edu/honors/gratitude).



**Current Progress:**  
**57 Letters**

**Goal:**  
**400 Letters**

# THE GRATITUDE CHALLENGE

LED BY THE UNIVERSITY HONORS PROGRAM

***The Background: In the aftermath of this past year, facilitating campus and community connections (and overall well-being) are top priorities.***

The Premise: "I can live for two months on a good compliment." – Mark Twain Letters of gratitude to people who have made a positive difference in your life are remarkably effective at increasing perceptions of well-being, social support, and motivation for both the sender and the recipient (e.g., Grant & Shandell, 2021; Kumar & Epley, 2018)

***The Audacious Goal: 400 letters of gratitude by students, faculty/staff/administrators, alumni, and friends of ISU in September.***

How You Can Contribute:

- Write letter(s) of gratitude toward our campus-wide goal of 400 letters. We especially invite you to join us for one of the UHP Club's Letter-Writing Get Togethers in the Rendezvous building, behind the C-store, on Wednesday, September 1st and/or Monday, September 20th (both times 7-9 p.m.).
- Consider contributing a story or memory to be included in our campus-wide book, Orange, Black, & Thankful: Stories from The Gratitude Challenge.

For more details about these activities, please visit [The Gratitude Challenge web page at isu.edu/honors/gratitude](http://isu.edu/honors/gratitude).

## Honors Service Opportunity

We are still looking for a few Honors students who are interested in working to facilitate a one-hour gratitude letter-writing session with fourth-graders at a local Pocatello elementary school in September. Date and time are flexible, depending on what works best with the schedules of participants.

For more information or to volunteer, please email Dr. Bolinger at [alexbolinger@isu.edu](mailto:alexbolinger@isu.edu).

## Updated Peer-Advising Hours

To supplement the advising you receive from your Honors advisor, the Honors Program is happy to offer walk-in peer advising for all Honors students. Third-year Honors student, Exko Ramey, is available to meet with you in REND 306A during the following times:

Mondays	12:30 p.m. - 2:00 p.m.
Wednesdays	12:30 p.m. - 2:00 p.m.
Fridays	8:00 a.m. - 3:00 p.m.

## Represent the University Honors Program

The organizers of the Bannock County 9/11 20th Anniversary Remembrance Event have invited all Honors students to attend, which will be held on **September 11 at 11:00 in front of the Bannock County Courthouse on 624 E. Center St.** We'll have two of our very own Honors students speaking, so come support them!

Following the remembrance program, there will be a short parade to Old Town Pocatello where lunch will be served. Students are invited to join in.

### Service Opportunity

Event organizers would love to have a few volunteers help raise flags in the morning before the event (8:00 a.m.). If you are interested, please contact Kaden Lee, UHP president at [kadenlee@isu.edu](mailto:kadenlee@isu.edu).

## Get Published!

The Palouse Review invites you to submit your work to be published in their December edition. This is a great opportunity to get your original work in any of the following categories published: short fiction, nonfiction, scholarship, poetry, photography & visual art, music, and digital multimedia.

The deadline for submissions is November 1, so get your work in soon!

For more information or to submit your work, visit <https://palousereview.wsu.edu/submission-guidelines/>

## Fulbright Student Award

Any graduating senior or graduate student interested in study or teaching abroad can apply to the Fulbright Student Award for funding to travel to a new country for the 2022-23 school year.

During their grants, Fulbrighters will meet, work, live with and learn from the people of the host country, sharing daily experiences. The program facilitates cultural exchange through direct interaction on an individual basis in the classroom, field, home, and in routine tasks, allowing the grantee to gain an appreciation of others' viewpoints and beliefs, the way they do things, and the way they think. Application drafts are due September 15 for review.

For more information or to submit an application, contact Dr. Alan Johnson at [johnala2@isu.edu](mailto:johnala2@isu.edu).

## Follow Us on Social Media!

Stay up to date by following the University Honors Program on your favorite social media platforms.

Instagram	@idahostatehonors
Twitter	@Idaho_Honor
Facebook	@isuhonor

## UHP Advisor Contact

Dr. Alex Bolinger	<a href="mailto:alexbolinger@isu.edu">alexbolinger@isu.edu</a>
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# Homecoming Rendezvous

Hosted by the University Honors Program

Enjoy a relaxed evening with fellow Bengal friends and alumni as we polish off a week of Homecoming celebrations.

Music provided by current students in the University Honors Program.

Hors d'oeuvres will be served.

Saturday, September 25

6:00 - 8:00 p.m.

Pond Student Union Ballroom

RSVP to [honors@isu.edu](mailto:honors@isu.edu) by September 17

\$10 Homecoming game ticket vouchers available through RSVP



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## Homecoming Rendezvous

This is an amazing opportunity for Honors students to mingle with current students, alumni, and friends of the Honors Program.

We'd love to showcase the many talents of the Honors Program. Please consider sharing your musical talent, artistic abilities, and research posters at this event.

### Musical Talent

We're looking for five individuals who will be able to provide upbeat instrumental background music to set a light-hearted mood for the evening.

We have a few vocal soloists lined up for the evening but we have room for one more! If you are interested, please submit a video no more than 3 minutes long to [dawnbrooks@isu.edu](mailto:dawnbrooks@isu.edu) by September 15th. The subject line should read: Musical Submission.

### Fine Arts Exhibit

In addition, we will showcase Honors students' works of art. If you are interested, please submit a photo of your artwork to [Dawnbrooks@isu.edu](mailto:Dawnbrooks@isu.edu) by September 15th. The subject line should read: Fine Art Submission.

### Research Presentations

We'd like to highlight students who have presented their research in a poster presentation and would be willing to take a 20-minute shift to visit with event guests. The electronic file of your poster will be displayed on a large TV screen in the Ballroom. A hardcopy of your poster will not be displayed. If you are interested, please submit an electronic file of your Research poster to [Dawnbrooks@isu.edu](mailto:Dawnbrooks@isu.edu) by September 15th. The subject line should read: Research Poster

## UHP Club Events

All Honors students are invited to join the University Honors Student Club. The UHP Club strengthens connections among Honors students, positively impacts the community through service and enhances campus life by hosting fun activities. Here's a look at upcoming club events!

### September

- 11**     *9/11 20th Anniversary Memorial Event and First Responder Lunch*  
11:00 a.m.  
Meet at Pocatello City Hall for a brief memorial program that will include a student speaker from UHP. Following the program there will be a short walk to the breakfast location.
- 20**     *Gratitude Challenge Letter Writing Event*  
7:00-9:00 p.m.  
Meet in REND behind C-store 7-9 pm  
The club will supply paper, markers, and envelopes, and refreshments

## Honors House Competition

For the next eight weeks, the Honors Houses are competing against each other to win the honor of having their House listed as the Fall 2021 Champions on the Recognition Plaque and to participate in the House Competition celebration. Here are a few ways to earn house points:

1. Meet with your Honors advisor either in person or over Zoom. Let your UHP mentor know when you meet. These meetings with your advisors are worth 10 points.
2. Meet with your mentor. These meetings can be in person or over Zoom and can range from questions about classes or life at ISU, study sessions for homework, or just plain hanging out and having fun. These meetings are worth 10 points.
3. Text or email your mentor. These conversations with your mentor are worth 5 points.
4. Attend Honors events with your mentor. This will earn your House 10 points for each Honors event attended. There will be a sign-in sheet at each Honors event so that the club can keep track of how many students. Be sure to sign in.

## First Year House Competition Results

<b>Benny</b>	<b>867</b>
<b>Panthera</b>	<b>614</b>
<b>Night</b>	<b>684</b>
<b>Stripes</b>	<b>369</b>