



Idaho State
University

University
Honors Program

Weekly Update

September 27, 2021

Many, Many Thanks!

A letter from UHP Acting Director Alex Bolinger

It is already the final week of September and the culmination of the Gratitude Challenge. As I look back at how Honors students have made the Gratitude Challenge such a unique and successful initiative, here are some of the highlights:

- Over 20 Honors students kicked off the Gratitude Challenge on September 1st by gathering behind the C-store in the Rendezvous building for an evening of letter-writing and socializing.
- A dozen Honors students visited fourth grade classrooms at Grace Lutheran School and Tendoy Elementary School to teach the fourth-graders about gratitude and assist them in writing letters to their parents, their teachers, their siblings, first responders in our community, and even their pets (we had at least four or five letters to pet hamsters).
- Two of our very own Honors students, Noah Rutherford and Exko Ramey, were invited to speak at the Bannock County 9/11 Memorial Event on Saturday, September 11th. They shared their gratitude for the bravery and self-sacrifice of first responders and so impressed people that their speeches were published on the front page of the Idaho State Journal the next morning.
- Several Honors students were paired with ISU student-athletes to record videos talking about what they are grateful for in connection with ISU. Those videos were shown at the Homecoming Rendezvous open house during Homecoming and will be posted on the ISU Athletics web page and the ISU Honors page, among other locations.
- The UHP Club organized a tailgate at the Homecoming football game on Saturday, in which they invited members of the public to write letters of gratitude. Those letters were enough to put us over our goal of 400 letters for the month!
- The art, musical talents, and research of several Honors students were featured at the first-ever Homecoming Rendezvous on Saturday evening, which took place under the stars on the ISU Quad. It was a beautiful event well-attended by members of the ISU and Pocatello/Chubbuck communities.

I could go on, but I think one of my favorite events of the entire month was last Wednesday, when over 30 Honors students met behind the C-store in Rendezvous for the second gratitude letter-writing social event. I was a little bit worried at the time, because we were barely

more than half of the way to our goal of 400 letters. I shouldn't have been – those in attendance wrote 105 letters that night (yes, that's right, you helped us to get more than a quarter of the way to our goal in about two hours!).

However, what I will always remember about that night was the enthusiasm, the socializing, the laughter, and the opportunity to simply enjoy getting to be together and working toward a common goal. Although I was delighted to see the gratitude letters goal achieved, the real point of the Gratitude Challenge was to create opportunities to reconnect and rebuild the connections that the pandemic had taken away from us. It is a tribute to you that you understood that intuitively and made participating in the Gratitude Challenge a priority. Thank you!

I want to give a shout-out to the UHP Club leaders, who put in a ton of time and energy behind the scenes to make Homecoming Week a success: Kaden Lee, Exko Ramey, Beckett Bodell, Kevin Brown, and Jess Chalette. Thanks also to

our UHP Peer Mentors and Envoys for their hard work to help get this semester off to a dynamic start.

By the way, if you didn't have an opportunity to participate in the Gratitude Challenge yet, it is not too late – please check out our web page at isu.edu/honors/gratitude for ways that you can still be involved. And the Honors Program and Honors Club still have many social, service, and professional development opportunities yet to come this semester, so please get involved!

Finally, this is not the last time that you will hear this from me, but I want to thank you again for being a member of ISU's University Honors Program. Each one of you is an ambassador for the Honors Program in everything that you do at ISU, in the local community, and among the people who know and look up to you in your hometown. Dawn, Miriam, Lori, and I consider ourselves so fortunate to have the opportunity to work with you.

Gratitude Challenge Update

WE DID IT!!

Thanks to the contributions of many students, alumni and friends of the Honors Program, we accomplished our audacious goal of writing 400 letters of gratitude!

You can still join the Gratitude Challenge by adding your story or memory to our campus-wide book:
Orange, Black, & Thankful: Stories from The Gratitude Challenge.

For more details, please visit The Gratitude Challenge web page at isu.edu/honors/gratitude.



Goal: 400 Letters

Honors Research Funding Award

Applications for the Honors Research Funding Award are currently being accepted for Fall 2021 awards.

Application Deadline: November 12, 2021

This funding is awarded to Honors students who are completing research in pursuit of an Honors Degree. Awards are given every Fall and Spring semester. This award is funded through the Hill Honors Program Endowment.

The scholarship can be used for expenses related to their research (e.g., research materials, supplies, books, and conference fees for conference presentations and attendance). Students must be in active UHP status (have a GPA of 3.2 or greater, and have fulfilled the credit progress, civic engagement, and BAHM requirements).

Apply for the Research Funding Award through the Bengal Online Scholarship System (BOSS).

Service-Learning Opportunity with the Pocatello Free Clinic

The Pocatello Free Clinic contacted is looking for volunteers to help market the fall Rake-A-Thon. Student volunteers will build experience in communications outreach as they develop PSA copy, social media posts, and graphic posters. In addition to supporting an important community resource, this is an opportunity to build a portfolio that can be shown to future employers.

To express your interest in this opportunity, please contact Kathleen Olsen at kathleenolsen@isu.edu.

Honors Leadership Opportunities

We are currently accepting Applications for Spring 2022 Honors Envoy and 2022 Peer Mentor positions! Applications are due by Friday, November 12, 2021.

Honors Envoy

Envoy members support Honors Leadership, are deeply involved in UHP work and recruitment, and become the face and representative of the UHP and its student members. There are typically five Envoy positions available every Fall and Spring semester.

As an internship position, Envoy positions are semester-long terms (available each Fall and Spring semester) and include a \$300 scholarship and a stipend of approximately \$300 (at \$9 per hour, paid over the semester).

Honors Peer Mentor

Honors Mentors provide Honors students a resource on campus that they can rely upon to answer questions related to their education, the university, and even personal matters. Their knowledge of ISU campus resources and professional training offer new Honors students with a reliable advocate for a successful college experience.

To apply for an Envoy or Peer Mentor position, visit isu.edu/honors/current-students/honors-student-leaders/

Want to Work for Micron? Check Out This Info Session

Micron Semiconductor, located in Boise, is hosting an info session for ISU students interested in learning more about employment options at Micron.

Tuesday, September 28th
6:00 p.m.

Zoom link:

<https://isu.zoom.us/j/85985697808?pwd=cFAzU0hXNzZhNl0NU0vY0piUjdKdz09>

Is It Time to Get Your Teeth Cleaned?

By making an appointment to get your teeth cleaned, you can help a Dental Hygiene major gain clinical experience and complete the requirements of the program.

The dental hygiene clinic has appointments open on Tuesdays and Thursdays. All treatment is priced significantly less than a regular office, making it very affordable! The clinic takes most insurances and Medicaid! Starting in October, they are also able to restore cavities and place fillings on Wednesdays.

Call (208) 282-3282 and ask for a dental hygienist in the Honors Program!

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	alexbolinger@isu.edu
Dawn Brooks	dawnbrooks@isu.edu
Miriam Dance	miriamdance@isu.edu
Lori Tapanila	loritapanila@isu.edu

Bengal Service Corps

The Bengal Service Corps is a great way to serve around the community with fellow ISU students. It's a great way to build your resume and help make an impact. If you participate, make sure to log your hours online and tag Bengal Service Corp on social media if you post pictures of the service projects they put on. They love seeing the work you're doing!

Visit isu.edu/service/ for ideas on how to serve or to get dates on upcoming service projects!



First-Year House Competition Results

Here are the results based on the first five weeks. The members of the House of Benny earned many of their points by the lengths that they went to during the Scavenger Hunt at the Meet and Greet.

Benny	913
Panthera	844
Night	744
Stripes	469

The competition continues for four more weeks. There is still ample time and opportunities for any house to gain the lead and become the Fall 2021 Champions. Remember you are working to earn your house's name on the Recognition Plaque and the opportunity to participate in the House Completion celebration.

The mentors established two more additional ways to earn House points. See the new ways in the list below:

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. You'll earn **25 points** for attending the Homecoming Rendezvous event on September 25. Be sure to sign in.
5. Report a written letter of Gratitude or a verbal expression of gratitude to your mentor. **5 points**.
6. Follow and Tag pictures you have taken at any Honors Program events on Twitter (@Idaho_Honor), Facebook (Idaho State University Honors), and/or Instagram (@idahostatehonors) to earn bonus points. **1 point per Follow or Tag**.

STEM Career Fair

October 6, 2021
9 am to 1 p.m.

Pond Student Union Building Ballroom

This is a great opportunity for STEM majors (Science, Technology, Engineering, Mathematics, Computer Science, Science majors, etc.) to meet with local and regional STEM employers.

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.

Activities Hosted by the Student Activities Board

October

- 2** *Fall Formal | 8:00 PM | PSUB Ballroom*
Free to Students
- 5** *Oktober Fest | 5:00 PM | PSUB Little Wood River Room*
Enjoy mocktails and wings and your chance to win a \$100 Amazon gift card in a raffle.