



Idaho State
University

University
Honors Program

Weekly Update

October 11, 2021

Insights from the Cardinals

A letter from UHP Acting Director Alex Bolinger

This week, I want to talk a little bit about something I learned over the past several months from my favorite baseball team, the St. Louis Cardinals. Whether or not you are interested in baseball, the Cardinals' season illustrates an important insight that you might find helpful as we approach the midterm of the fall semester.

(Full disclosure: The Cardinals lost last week in the Major League Baseball playoffs to the Los Angeles Dodgers in the most heartbreaking way possible: a walk-off two-run home run in the bottom of the ninth inning. I am still in a bit of mourning...)

Back in July, at the All-Star break, the St. Louis Cardinals had lost more games than they had won. Things looked so hopeless that statisticians gave the Cardinals less than a three percent chance of making the playoffs. Some observers were calling for the Cardinals to give up on the season and to trade away their best players for younger players who could help them in the future (which is what several other teams were doing at the time).

However, the Cardinals decided to keep going to try to make the playoffs. Two of their best players, Adam Wainwright and Yadier Molina, not only reaffirmed their commitment to making the most of this season, but they also

promised to return to the team next season. Gradually, the Cardinals improved little by little. Then, on September 11th, the team won and then won again the next day. The Cardinals kept on winning and by the end of the month, they had won 17 straight games for the first time since 1892! During that remarkable streak, the Cardinals went from five games out of the playoffs to clinching a playoff berth.

Some of you who are reading this might feel right now like the Cardinals in September. Your classes are going well, the weather has been gorgeous, you have experienced success in your personal or professional life, and the list goes on. Make sure to savor those moments in life.

However, I suspect that many of you who are reading this might feel more like the Cardinals must have back in July. Perhaps you recently received a disappointing quiz or exam grade. You might feel overwhelmed by everything that you have to get done. Maybe you have had a personal setback or you might be experiencing illness or some other form of adversity.

If one or more of these types of adversity describes your situation currently, I don't want to guarantee that a 17-game winning streak (or whatever the equivalent of that would look like in your life) is just around the corner. Moments

of triumph in life are delightful but not the norm. Here is what I can tell you, however: your life will be defined far more by how you respond to adversity than by your record of wins and losses.

So, as we approach the midterm of the semester, here are a few takeaways from the St. Louis Cardinals' remarkable experience this season:

Things can change quickly. When deadlines are piling up, exams and assignments seem relentless, and stress levels are running high, the semester might look like a hopeless cause. However, if you keep plugging away, you might find a small win...and then another. And pretty soon, what seemed impossible becomes doable.

Run your own race. Just because the lives of others around you look perfect (especially on social media), don't believe it. And if others around you who are facing adversity are giving up, that does not mean that you have to do the same. What a tragedy it would have been if the

Cardinals had not been true to their team and had not given themselves a chance to find out what they could truly become.

Don't believe that you are alone. The Cardinals' season turned around when its players recommitted themselves to one another. One of the beautiful things about being in the University Honors Program is that you have a cohort of like-minded peers and a caring team of advisers to help support you.

If you are struggling or just need someone to talk to, please don't hesitate to reach out to Dawn, Miriam, Lori, or me. We love to be able to help, so don't hold back from letting us know because you think we are too busy or have other things to do. We are committed to helping you to succeed, but we need your help in letting us know when and how we can provide that support.

I wish you the very best as you approach the midterm of this semester! – Dr. B.

Honors Rendezvous

Thank you to everyone who attended the Honors Rendezvous! It was wonderful seeing everyone. A special thanks to those who volunteered their talents and let us showcase their art, music and research. You really made the night shine!



Get Ready for BAHM!

It is time for the Fall 2021 BAHM (Bi-Annual Honors Meeting)! All honors students are required to attend one BAHM session each semester.

Watch for the BAHM RSVP email later this week. Be sure to reserve your seats for the session appropriate for you. We are required to limit each session according to the fire code seating capacity of the rooms. IN 50 MINUTES, YOU WILL LEARN THE FOLLOWING ABOUT THE UNIVERSITY HONORS PROGRAM (UHP):

- Fall 2021 semester's UHP Course options
- Honors Interdisciplinary Seminar (HONS 3391) options
- Honors Scholarship opportunities
- Honors Leadership opportunities

Help Select the Student Speaker for Commencement

Each semester, a graduating student is selected as the student speaker for Commencement. The selection committee would like to invite one student to be a part of the selection process for Winter Commencement. The committee meets near the end of November. To make the speaker selection, the committee reviews student applications and submitted videos. If interested, please contact Miriam Dance at miriamdance@isu.edu.

If you are graduating in December and would like to apply to be the student Commencement speaker, keep an eye out for an upcoming call for applications.

Honors Courses for Spring Semester 2022

As you begin to plan for your spring semester schedule, you may be looking for classes that are listed as Honors courses. Attached to this week's update email you'll find the UHP spring schedule.

Don't forget - you can always meet with an Honors advisor to help you plan for spring registration.

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.

UHP Advisor Contact

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

Have you Checked out our Website Recently?

The honors website has gotten some upgrades! So, if you haven't checked it out recently, we encourage you to take a look. One of the new features is a weekly updates archive where you can access any of the old weekly updates, starting now. It's a great way to find information you missed or just read up on something interesting!

isu.edu/honors/current-students/uhp-weekly-update

Haunted Science Lab

Since 2011, ISU Physics and the Kiwanis Club of Pocatello have hosted a Haunted Science Laboratory open to field trips from local schools, free of charge. Volunteer help is needed to ensure that exhibitions this year are a success. The Haunted Laboratory will include a Van deGraaf generator, lasers moving to music, and lots of cool illusions. Several exhibits use the same principles of those of Disneyland's Haunted Mansion, except that here they are explained!

Setup and preparations for the exhibits will occur Oct. 17 through Oct. 24. Field trips will be Oct. 25 through Oct. The Haunted Science Lab will be in Commercial Building B at the North Bannock County Fairgrounds.

If you're interested in helping, please contact Dr. Shropshire @shrostev@isu.edu.



Rake-A-Difference: Save the Date!

Coming Soon!

The RSVP for participating in the Rake-A-Difference will be sent out in an email within the next few weeks. Please sign up for your chance to participate in this meaningful opportunity. The dates and times of the event are listed below. The times that are highlighted are when volunteers are most needed. We'd love to see you there!

Friday, November 5	3pm-6pm
Saturday, November 6	10am-2pm
Friday, November 12	3pm-6pm
Saturday, November 13	10am-2pm



Volunteer Opportunity

The Idaho Commission on Hispanic affairs needs volunteers for the Hispanic Youth Leadership Summit that will take place on October 19 on the Pocatello ISU campus. Volunteers need to be available for training, and they'll receive a free t-shirt and lunch during the event. It's a great opportunity to empower youth and enhance their leadership skills.

To volunteer, contact Sonia Martinez at soniamartinez@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/

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).

Call for Scribendi Submissions

Hello Honors Students!

It is Scribendi submission time! Scribendi is a literary magazine that is conceptualized, designed, edited, and produced by honors students just like you! It includes works of short fiction, creative nonfiction, poetry, visual art, open media, photography, and foreign language created by honors students from across the country. Our submission deadline for this year is Friday, October 15, so make sure you get your submissions in! Also, by submitting you will have a chance to win a \$250 cash prize.

Submit here: scribendi.unm.edu/submit/
Like us on Facebook for updates and information: <https://www.facebook.com/ScribendiMagazine>

Follow us on Instagram!: https://www.instagram.com/scribendi_magazine

We look forward to receiving all of your submissions!

-Scribendi Staff

Follow Us on Social Media!

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



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@idahostatehonors



Twitter

@Idaho_Honor



Facebook

@isuhonor

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!

October

14 *Game Night | 8:00-10:00 PM | Honors Lobby*
Join us for an evening of Mario Kart and other games.

15-26 *Bengal Food Fight*
Did you know the Idaho Foodbank has a drive every year to gather enough food to provide struggling families right here in our area with a Thanksgiving feast? You have the opportunity to help with this effort! Bengal Service Corps has a goal of contributing 1,300 canned yams this year. To make this service opportunity a little more fun, there's a friendly competition added in. All ISU student clubs and organizations are invited to join the food fight. Here's how it will work.

Time frame: Friday, October 15th – Tuesday, October 26th

Objective: Each organization involved will raise, gather, and donate as many units of canned yams as they can.

The winning club will receive:

- Service Incentive Points (the more members participating, the more points!)
- Food Fight 2021 trophy
- A shout out on ISU social media and news outlets
- Bragging rights (of course)

All donations can be dropped off in REND 304A (Miriam Dance's office)

18 *Bootacular | 6:00-8:00 PM | PSUB Ballroom*
Come stop by and see the UHP Club at our Ring Toss booth! To help us out with getting extra points, you must be wearing Bengal gear and send a picture/video of you or a mentee (in their Bengal Gear) on the mechanical bull to @idahostatehonors on Instagram! We will submit the most fun/creative one to SAB!

29 *Halloween Party | 7:00-10:00 PM*
Join us for a night of spooky fun! Awesome prizes will go to the best costumes, so start making plans now!

November

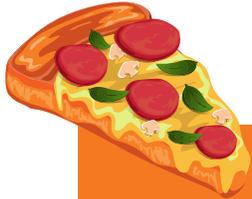
5-6 *Rake-A-Difference*
Friday, November 5 3pm-6pm
8
12-13 Saturday, November 6 10am-2pm
Friday, November 12 3pm-6pm
Saturday, November 13 10am-2pm

Keep an eye for an email inviting you to register as a volunteer!

First-Year House Competition Results

The Honors mentors have put together an awesome party to celebrate the winners of the House Competition that will be held on Friday, October 22 at 7pm in the Quad Lounge in the SUB. There will be pizza and bowling down in the Game Center.

Keep working hard and stay tuned for when we announce the winners on October 18th!



Benny	952
Panthera	989
Night	1055
Stripes	816

The competition continues for one more week. There is still 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 Competition 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.
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**.