



Idaho State
University

University
Honors Program

Weekly Update

November 1, 2021

Finding Career Opportunities in Unexpected Places

A letter from UHP Acting Director Alex Bolinger

It is already November and we have reached that time of the semester when so much is going on. Your classes are likely really busy and many of you are working on end-of-semester papers or projects. Registration for the spring semester begins next week (be sure to check out the calendar of events below for the "Rise and Register" event, sponsored by the UHP Club bright and early next Monday morning, November 8th in Rendezvous).

To help you prepare for registration, we are delighted to get to meet with you for the Bi-Annual Honors Meeting (BAHM) on Wednesday, Thursday, or Friday of this week. (It is not too late to register for one of the three BAHM meeting slots that works best with your schedule – see the next pages for more information.)

On top of all of that, many of you are in the process of seeking internships for next summer or, if you graduate in the spring, applying to graduate school or maybe even looking for your first job. With so many moving parts, it completely makes sense if some of you are feeling a little overwhelmed!

There are two pieces of advice that I would like to give you – the first of which is almost cliché, but the second will probably surprise you. First, it is worth stating that now is the time to make sure to take care of yourself. Wherever possible, make the time to get the sleep that

you need, to eat healthily, to drink plenty of water, and especially to carve out time to exercise and get outside in the fresh air.

Second, I would advise you to consider participating in a service project this month. Wait a minute (you might be asking yourself), didn't I just get through saying that I realize how much you already have going on? Of course, but here's my logic:

Let me start with some explanation. On Friday, November 12th and Saturday, November 13th, students from the ISU Honors Program will be raking leaves at houses in the university area in exchange for donations to the Pocatello Free Medical Clinic, one of the oldest of its kind in the United States. Our goal is to get participation from 100 Honors students that weekend to help the Free Clinic raise \$20,000 to meet the growing needs of the most vulnerable members of our community. Due to matching grants, every dollar that is raised during Rake-a-Difference will be matched up to five dollars, thereby greatly magnifying the positive impact of your work for our community.

There are plenty of personal benefits to participating in Rake-a-Difference, of course. It gives you an excuse to get outside into the fresh air. You will have the opportunity to chat with other members of the Honors Program,

perhaps including people whom you have never met before. There is the good feeling of being able to give back to the community and give a couple of hours that have a measurable positive impact on others who need it the most.

However, one of the most overlooked benefits of service projects such as Rake-a-Difference is the networking opportunities they can provide. We have received permission from one of our former Honors students, Austin Coleman, to share his story about Rake-a-Difference. When he volunteered to rake leaves on a Saturday morning a few years ago, he had no idea that he would be meeting Dr. Tony Joseph, a leading orthopedic surgeon and sports medicine specialist in our community who happened to be one of his raking team's leaders.

The two of them struck up a conversation while they were raking and Dr. Joseph asked about Austin's career goals. Austin explained that he needed patient contact hours to be a stronger candidate for medical school. Dr. Joseph introduced him to the director of the Pocatello

Free Clinic, which led to an internship opportunity that boosted the strength of his applications. Austin is now in his second year of medical school and asked us to pass along his encouragement to all of you. He was not sure if he wanted to rake that Saturday – like you, he was balancing all that was going on with his classes and plenty of other obligations – but by going, he ended up falling into a game-changing networking opportunity.

Regardless of your reasons for participating in Rake-a-Difference, or any of the other upcoming service activities sponsored by the UHP Club, I want to express my gratitude to you in advance. It seems like it is during the most hectic moments in life when the chance to make a difference for others provides some much-needed perspective and re-energizes you for the challenges that lie ahead. I wish you the very best as you navigate this busy time of the semester and I look forward to getting to see/meet many of you at BAHM later this week.

– Dr. B.

There's Still Time to Sign Up For Rake-A-Difference!

We aim to have **100 Honors student participants** in the Fall 2021 Rake-A-Difference. Last year, 80 Honors students participated in this event.

To sign up, visit: isu.edu/honors/rake.

Please RSVP by November 3 so we have sufficient time to form raking teams.

Rake-A-Difference is a fundraiser in which UHP participates yearly to raise funds for the Pocatello Free Clinic. Learn more about the clinic: youtube.com/watch?v=g4a-Sqr4ByM

Here are the dates we have committed to providing volunteers for Rake-A-Difference:

Friday, November 12, 12:00 PM - 5:00 PM

Saturday, Nov. 13, 10:00 AM - 2:00 PM

Community volunteers will cover the following dates:

Friday, November 5, 12:00 PM - 5:00 PM

Saturday, November 6, 10:00 AM - 2:00 PM



This Week is BAHM!

Don't forget to attend the Bi-Annual Honors Meeting session you registered for.

Wednesday at noon

Thursday at 5:30 p.m.

Friday at 7:00 a.m.

If you have not signed up for a BAHM session, please do so via the email you received with the subject line: Urgent! Bi-Annual Honors Meeting (BAHM) - RSVP Now! Contact DawnBrooks@isu.edu for questions.

Do You Like Creating Designs?

The University Honors Club is hosting a t-shirt design challenge. The winner's design will become the club shirts for the year.

Good news! The competition, which was supposed to end on October 31, is going to stay open another week.

Check out the handout attached to this week's weekly updates for guidelines and where to submit your finished design.

We're looking forward to seeing what you come up with!

Navigating Undergraduate Research

Learn about the undergraduate research opportunities available to current students through a virtual presentation held this Thursday, November 4 @12 pm-1 pm.

Join via zoom

Meeting ID: 872 5584 6913

Passcode: 940361

Share Your Voice

The Pocatello Chapter of NSSLHA is looking for volunteers who will share their voices with the Human Voicebank with VocaliD. If you choose to participate, your voice will be used for individualized voices for people with AAC devices.

The event will be held on November 18 from 5 pm-7 pm in the Speech Pathology and Hearing Building (BLDG 68) on campus.

Register at: <https://vocalid.co/account>

Apply to be a Student Speaker for Commencement!

Are you proud to be a Bengal? Are you graduating this semester? Do you want to inspire and motivate your fellow graduates? Do you crave the challenge and reward of public speaking? Then you just might have what it takes to be a student speaker!

Applications, letters of recommendation, rough drafts, and applicant videos are due Tuesday, November 16. Visit the Student Speaker webpage for more information about the application process and other details. isu.edu/commencement/studentspeaker

Sales Competition

The College of Business is hosting a sales competition (open to all ISU students), with live judges and cash prizes!

For more details about putting together a team and registering, please contact Dr. Bolinger (ASAP!) at alexbolinger@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/

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

UHP Advisor Contact

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

Job Opportunity with Idaho Milk Products

Join ISU alum Maisie Searl with her informational session for business majors. She is hiring for internships and full-time positions with Idaho Milk Products in Jerome, ID.

If you're interested, she'll be presenting on November 4 at 3:00 pm in BA 506.

Follow Us on Social Media!



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Campus 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 and other campus events.

November

2 *Showing of "Glengarry Glen Ross" | 7:00 PM | Bengal Theater*
Come watch the classic show for free and join other students and faculty for a brief discussion after. There will also be prizes.

3 *Beta Alpha Psi Event | 12:15 PM | BA 506*
Come listen to President Satterlee give a presentation on leadership.

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

To register a volunteer, visit: isu.edu/honors/rake

8 *Rise and Register | 6:00-7:00 AM | Rendezvous behind the C-Store*
This is the first day to register for Spring classes! Grab a breakfast snack while you register early to make sure you get into all the classes you need next semester. If you need help, Honors advisors will be there to help.

11 *Game Night | 8:00-10:00 PM | Honors Program Lobby (Rendezvous, 3rd floor)*
Hang out and relax with fellow Honors students!

20 *Food Bank Service Project | 11:45 AM-1:45 PM*
This is the busiest time of year for the Food Bank, so let's lend a hand!

December

2 *Game Night | 8:00-10:00 PM | Honors Program Lobby (Rendezvous, 3rd floor)*
In addition to playing a few games, we'll be making ornaments for a UHP Club holiday tree.

3 *Winter Formal | 8:00-11:00 PM | Veteran's Memorial Ballroom*
A special evening to recognize December 2021 graduates from the Honors Program and dance the night away! More details coming soon.