



Idaho State
University

University
Honors Program

Weekly Update

January 10, 2022

Navigating Volatility

A letter from UHP Acting Director Alex Bolinger

Welcome back to the spring semester, everyone! For those of you who went home or traveled away from eastern Idaho during the holiday break, you missed a series of spectacular shifts in the weather.

Just a couple of days before Christmas, Pocatello had only a dusting of snow on the ground and it looked like we might be in peril of missing out on a white Christmas in 2021. Then the snow came – and kept coming! For almost two weeks, the Pacific Northwest was deluged with storm after storm. Pocatello accumulated more than a foot of snow and some of the mountain areas ended up with up to five feet of snow when all was said and done.

On the back end of that round of storms, the temperatures plunged to below zero. Then, almost as quickly, the temperatures rebounded into the low 40s and much of the snow in town melted. If you just arrived back into town in the last few days, it might look a lot like when you left. However, if you were in town through all of it, you might feel like you have whiplash from the dramatic shifts in the weather.

Reflecting on the weather in Pocatello over the last three weeks reminds me of how some semesters can feel similarly, with lots of dramatic twists and turns. Sometimes it can feel like you are running from one deadline to the

next, trying to stay on top of the assignments in your classes while balancing other aspects of your life. How do you navigate the volatility of college life?

This semester, in the Weekly Update and in other Honors venues, you will be hearing from a series of Honors students here at ISU who are nearing the completion of their degrees. Our goal is for them to share their stories about the challenges in their careers and their strategies for navigating the difficulties and disappointments, as well as capitalizing on the high moments in their time at ISU. Their experiences are valuable and we do not want these experienced Honors students to walk out the door with passing along some of that knowledge to those of you who are in earlier stages of your college journey.

If you are a junior or senior Honors student who has spent at least two years at ISU and has insights that would be helpful to Honors students at earlier stages of the program, we would love to hear from you. Please reach out to me (alexbolinger@isu.edu), Miriam Dance (miriamdance@isu.edu), Dawn Brooks (dawnbrooks@isu.edu), or Lori Tapanila (loritapanila@isu.edu) for more details. The time commitment is minimal – we will ask you to share your stories and strategies, either written

or even relayed to us over the phone, to pass along to others.

Honors Contracts and Courses

On a different topic, for those of you who are planning to contract one (or more) of your courses this semester, the deadline to complete and submit your Honors contract for approval is **Monday, January 24th by 5:00 p.m.** (the add/drop deadline for ISU for Spring 2022). You need to complete the Honors Online Contract Submission Form linked at the Honors curriculum and courses website (<https://www.isu.edu/honors/current-students/honors-curriculum-and-courses/contract/>), which requires you to include the following two attachments:

- A copy of the course syllabus.
- A copy of the Honors contract that you agreed to with the instructor. **To make your life easier, we have put together a Word document with an Honors Contract Template** (also posted toward the bottom of the Honors curriculum and courses website under "Useful Honors Contract Documents and Links"

– <https://www.isu.edu/honors/current-students/honors-curriculum-and-courses/contract/>) that you can fill out with approval from your instructor and turn in before/by January 24th.

Finally, you may also want to look at the Spring 2022 Honors "Golden Ticket" - a list of nearly 40 Honors courses or cross-listed courses, representing almost every college at ISU and including several upper-division courses as well. Signing up for one of these courses with a -H suffix allows you to earn Honors credit without having to separately file a contract (i.e., the Honors activity/assignment is already built into the course), so these classes are worth investigating if your schedule is still flexible.

In particular, Professor Fulton's Introduction to Psychology (PSYC 1101) class has a few open seats remaining. It is a triple value –a great opportunity to complete one of your Objectives, earn Honors credit, and get to take a class from one of our terrific Honors instructors.

If you have any questions about contracting, please do not hesitate to let Dawn, Miriam, Lori, or me know. We are delighted that you are back and looking forward to the spring semester. – Dr. B.

Battle of the Domes - Honors Edition

Saturday, January 15th | 5:00 p.m.

The ISU men's basketball game against the University of Idaho will be the first Honors Club event of the Spring 2022 semester.

Plan to meet at 5:00 p.m. behind the C-store in the Rendezvous building for free pizza, good conversation, and to practice some Honors-specific cheers. We will then walk as a group to Reed Gym for the game (tip-off at 6:00 p.m.).

Workshop: "Choose a Career You Love and a Job That Doesn't Suck"

Thursday, January 13 | 3:00 p.m.

This is an interpersonal discovery to help define a career path and a job that is truly meaningful to you. It's lead by Michael Rees, who leads the HR department for Integrity Capital, and he is especially talented at helping people discover their career passions. It is event #936718 in Handshake. Register Today: eventleaf.com/e/chooseacareer

Also, there is a summer internship available with Integrity Capital - Job #5809141 in Handshake.

Congratulations to Winners of the ISU Shark Tank Pitch-Off!

Honors students participating in the Shark Tank Honors Seminar had a great showing in the ISU Shark Tank Pitch-Off held in December. Congratulations on job well done!

- Dane and Ellie Buck - \$500 first prize plus Dean's choice award (additional \$500 prize)
- Aly Tyler - \$500 first prize
- Aubree Denker (aubreedenker@isu.edu) and Keilyn Kunimoto - \$500 first prize
- Zach Hendricks and Zach Jewkes - \$200 third prize
- Colton Turner and Katie Weedn - \$200 third prize

Student Guest Writer for the Weekly Updates

Every week, Dr. Bolinger shares his thoughts in the weekly letter he writes as the open for the Weekly Updates. We'd love to hear your perspective and thoughts, too! (For more details, take a look at Dr. Bolinger's letter in this Weekly Update.) If you would like to write the introductory letter for an issue of the Weekly Update, email Dr. Bolinger (alexbolinger@isu.edu). Even if you're not sure what to write about, Dr. Bolinger can help you sort out some ideas.

UHP Advisor Contact

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

Check Out Our Website

Did you know you can access the old weekly updates in the Weekly Update Archive on the ISU Honors Program Website? Check it out here: <https://www.isu.edu/honors/current-students/uhp-weekly-update/>

Contracting Courses for Honors Credits

For those of you who are planning to contract one (or more) of your courses this semester, the deadline to complete and submit your Honors contract for approval is Monday, January 24th by 5:00 p.m. (the add/drop deadline for ISU for Spring 2022). You need to complete the Honors Online Contract Submission Form found at isu.edu/honors/current-students/honors-curriculum-and-courses/contract/, which requires the following two attachments:

- A copy of the course syllabus.
- A copy of the Honors contract that you agreed to with the instructor. To make your life easier, we have put together an Honors Contract Template (see also attached to this email) that you can fill out with approval from your instructor and **turn in before/by January 24th**.

For access to the Honors Contract Online Submission Form, as well as more information about contracting a course for Honors credit, please see our UHP website at isu.edu/honors. Here are a few mistakes to avoid:

- Failing to use the Honors Contract Template for your Honors contract. Your contract should not only specify what the Honors activity/assignment will involve and how it will be factored into your final grade, but you and the faculty members should also agree on accountability - that is, deadlines for rough drafts or at least one check-in with the instructor about halfway through the semester to make sure that you are on track (and that everyone is on the same page with expectations, etc.).
- Not approaching the instructor early enough. I would recommend that you contact your instructor either this week (e.g., via email) or chat with them before or after your very first class meeting next week to let them know that you are interested in setting up an Honors contract for their course. My experience is that faculty typically appreciate advance notice and waiting until the second week of the semester makes it harder to get everything completed by the deadline.
- Not asking for help if you run into obstacles. If you encounter any challenges along the way, please don't hesitate to contact me at alexbolinger@isu.edu. I would be happy to help in any way that I can, including brainstorming ideas, etc. The sooner you let me know, the more options we will have.

Still Looking for Honors Credits?

Sometimes schedules change and you may be looking for Honors courses for the Spring 2022 semester. Take a look at "Honors Courses and Sections Offered in Spring 2022" on the Honors Program website: isu.edu/honors/current-students/honors-curriculum-and-courses/semester-honors-course-offerings/



An Opportuni-Tea, scheduled for April 2, 2022, is the premier fundraiser for the University Honors Program. This three-course afternoon tea supports students in the University Honors Program by growing funds to provide individually tailored support for Honors students.

Silent Auction - Call for Submissions

A feature of the tea is a silent auction and this year we would like to try something new. An Opportuni-Tea is a student-focused event and we want to feature Honors students in the silent auction.

We would like to invite Honors students to donate original creative work to be auctioned in the silent auction. Donated work could be anything you've created - ceramics, painting, yarn art, woodworking, sculpture, sketches, jewelry, and so on. The options are endless.

Your creative work doesn't have to be fully complete in order to let us know that you are interested in submitting a donation, as long as the donated item is complete and submitted to Miriam Dance by March 11, 2022.

If you'd like to donate creative work, please complete this form:

<https://forms.gle/CrMcP9oxD6Rz2h2MA>

Involvement in Student Research

We'd also like to try something new to feature the amazing research conducted by Honors students while adding the interactive nature of An Opportuni-Tea.

If you are involved in a research project that requires conducting a survey, the guests at An Opportuni-Tea may be a good fit. If this sounds like an option for your research, please contact Miriam Dance (miriamdance@isu.edu).

Scholarship and Volunteer Opportunities

Keep an eye out for information about scholarships and volunteer opportunities connected with An Opportuni-Tea. You'll hear about these opportunities in future issues of the Weekly Update and emails. You can also email Miriam Dance if you'd like to learn more and to get involved.