



Idaho State
University

University
Honors Program

Weekly Update

January 18, 2022

What To Do When the Novelty Wears Off?

A letter from UHP Acting Director Alex Bolinger

You may have heard someone say about a newly married couple that for them, “the honeymoon is over.” That phrase refers to that point when the initially ecstatic but ultimately unsustainable newness of a relationship dies down. Whereas adrenaline from the novelty of a relationship might carry a couple for the first few months, over time most couples come to a realization that living together involves work and cannot simply be sustained by excitement.

Why would I mention something like this in the Honors Program Weekly Update? I sometimes think of the phrase “the honeymoon is over” when I think of the start of the spring semester of a school year. The start of the spring semester of a school year.

I don’t know about you, but for me the fall semester is filled with excitement. You can almost feel the buzz of anticipation in the air from incoming students who are beginning their first classes at ISU. The weather is warm and people are often outside playing volleyball, Ultimate Frisbee, or soccer on the Quad or Cadet Field under the lights. I look forward to hearing the marching band practicing outside of Holt Arena and watching students climb to the summit of Red Hill to gaze at another beautiful Pocatello sunset. The novelty of a new beginning is unmistakable.

In contrast, the novelty of the new school year has begun to wear out by the beginning of the spring semester. It does not help that the semester starts in the dead of winter. Each year, I find myself asking a similar question: If the excitement of any new thing ultimately wears out (i.e., if the honeymoon always ends eventually), then what can you do to reclaim your motivation?

I want to suggest at least two ideas. First, if the tangibility of the anticipation of what is to come is part of what makes new beginnings so exciting, then part of the letdown is the lack of things to look forward to. If you are in the Honors Program, I encourage you to keep your eyes open this spring semester for several very exciting service, leadership, mentoring, and social opportunities.

Among the many opportunities that you will see in the pages of the Weekly Update this week and in the weeks to come, one of the especially exciting things is the return of Opportuni-Tea on Saturday, April 2. Opportuni-Tea is not only our biggest single fundraiser to support Honors student scholarships, but it is also a unique chance for the community to meet many of you and find out what the Honors Program is all about.

Second, one of the major culprits of the “novelty wearing off” feeling is the realization that reality sometimes falls short of expectations. Especially in your first year of college, you have probably experienced some sort of reality check where your expectations were different from the outcomes.

One of the best ways to counteract the expectations-versus-outcomes gap is to find things for which you are grateful. I want to thank you all again for your participation in the Gratitude Challenge last September, which allowed us to blow away our goal of 400 letters of gratitude during the month. (Final tally: 519 letters!) This semester, the Honors Program and

the ISU Alumni Association will be compiling a collection of letters and statements of gratitude from last fall to incorporate into a book. (More details will be forthcoming.) Regardless of the time of year or circumstances, gratitude is an amazing opportunity for reframing. Now may well be the right time to revisit the things for which you find the most gratitude, particularly if you are feeling a little bit down right now.

I want you to know that the novelty of getting to work with talented, creative, and hard-working students in the ISU Honors Program this year has not worn off for me. I am looking forward to another great semester. – Dr. B.

Resume Roundup

The ISU Career Center will be hosting a virtual resume roundup on Wednesday, January 19th from 11:00 - 2:00. Meet with representatives from the Career Center and College of Business and have your resume reviewed to get ready for the Spring Career Fair next month.

Click the link to register and schedule an appointment:

https://isu.joinhandshake.com/stu/career_fairs/30616

Student Guest Writer for the Weekly Updates

Every week, Dr. Bolinger shares his thoughts in the weekly letter he writes as the opening for the Weekly Updates. We'd love to hear your perspective and thoughts, too! 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.

Want to Get Published?

ISU's student journal, Black Rock and Sage, is now open for submissions. Submit your fiction, nonfiction, poetry, photography, maps, paintings, drawings, comics, plays, musical recordings, novels, music compositions, costume sketches, dances, dramas, and more. The deadline for submissions is February 14. To learn how to submit or more about the journal, visit blackrockandsage.org.



Need a Job?

ISU's Disability Services is looking for students who can take quality notes for students with disabilities. The job requirements are strong English skills and the ability to type at least 50wpm.

If you fit these requirements and are interested, please contact Casey Quiroz [@casequir@isu.edu](mailto:casequir@isu.edu) with your resume and availability.

Techtronic Industries Job Opportunity

Techtronic Industries (TTI) is looking for two students graduating in May for their Leadership Development Program. They are looking for students that held a leadership position while in school and also maintained a 3.0 or higher GPA.

Some of the benefits of working for TTI include:

- Competitive starting wage at 52k/year
- Company car/truck
- 401k with a 50% match up to 8%
- Dental, vision, life, and health insurance
- PTO

If you are interested, please contact ISU College of Business Alum Robert Pinkham @robertpinkham@isu.edu.

UHP Advisor Contact

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

INL Early Career Days

INL is hosting their first-ever Early Career days this month. These informative, interactive events are designed to help university students learn about the broad range of research being conducted at INL and the various early-career programs available at the lab.

Nuclear Research - Tuesday, January 25

12:00 pm - 4:00 pm

National Security - Wednesday, January 26

12:00 pm - 4:00 pm

Energy & Environment - Thursday, January 27

12:00 pm - 4:00 pm

If you're interested in attending, please RSVP through the form found at this link:

https://inlfedramp.gov1.qualtrics.com/jfe/form/SV_0vOtEgnxNxobj4a

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/>

Campus Events

January

19

Resume Roundup | 11:00 AM-2:00 PM

Sign up on Handshake to get your resume looked over by representatives of the Career Center. This event will be held online.

February

16

Career Fair | 10:00 AM-1:00 PM | PSUB Ballroom

Come attend the career fair to talk to professionals in fields you're interested in. Ask questions and get more information about job opportunities. Please dress up for this event!



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.

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/