



Idaho State
University

University
Honors Program

Weekly Update

March 14, 2022

A Thank You and Things to Do

A letter from UHP Acting Director Alex Bollinger

First, Thank You...

I wanted to take this opportunity to close the loop and thank you all again for your support of the Gratitude Challenge last September. As many of you remember, the Gratitude Challenge was an initiative launched by the faculty and staff of the University Honors Program. The purpose of the Gratitude Challenge was to promote the well-being of our university community in the wake of the pandemic that largely kept us apart last year.

The Gratitude Challenge is based on research in psychology that has shown that writing letters of gratitude is a powerful (and inexpensive) way to build community and promote the well-being of not only the person who receives the letter, but also the person who writes it. The Challenge was spearheaded by your University Honors Club student leaders in partnership with the College of Business, the College of Arts and Letters, the ISU Alumni Association and KISU, ISU Athletics, and a variety of individuals and organizations in the community.

The goal of the Gratitude Challenge, which seemed incredibly ambitious at the time, was for students, faculty, staff, and community members to write 400 letters of gratitude

during the month of September. Thanks to your efforts (e.g., participating in the letter-writing events – over pizza – at Rendezvous, facilitating letter-writing for fourth graders at local schools, etc.), we blew past that goal and finished with 519 letters!

Now, I have an update about how your efforts have received international attention. It turns out that the Gratitude Challenge has been named one of the featured programs (along with programs from Duke and Indiana University) for facilitating campus well-being and mental health in the international Academic Research Consortium's (ARC) Spring 2022 newsletter. ARC was started among Ivy League and Power Five conference universities about a decade ago (and has now expanded to over 600 universities in 17 countries) to share best practices that address the emerging challenges to well-being and mental health on college campuses.

I am particularly delighted that leaders from other schools will have the opportunity to learn about what you all accomplished, because the Gratitude Challenge will be presented at the 2022 ARC conference in October, which will be hosted by Florida State in Tallahassee. For more information, you can visit the ARC website at <https://academicresilience.org/>. In the spirit of gratitude, thanks again!

Coming Up...

There are several important events coming up, before and especially after Spring Break, to keep on your radar:

1. BAHM and Class Registration. The Bi-Annual Honors Meetings (BAHM) will be held on Tuesday, March 29th, the week that we return from Spring Break. If you haven't done so already, please be sure to RSVP at this link (<https://app.smartsheet.com/b/form/b181716722a14c43a50512341b4c0141>)

for one of the three sessions that day: 7:00 to 8:00 a.m.; Noon to 1:00 p.m.; or 5:30 to 6:30 p.m.

In this semester's BAHM, everyone will start together for the first 15-20 minutes to get information about Fall semester registration and Honors classes. After that, we will divide into breakout rooms, hosted by a member of the Honors team and a panel of current Honors students to address the most pressing question in your career right now:

- "I've made it to the Honors Program, how do I complete my Honors Distinction?"
- "I'm interested but intimidated by the Honors Degree, how difficult is it?"
- "I'm thriving academically, how can I become a leader?"
- "I'm working towards my Honors Degree, any tips?"
- "I'm graduating, how do I remain active in Honors?"

Then, be sure to join the University Honors Club for the popular "Rise and Register" event, complete with bagels and spreads, on Monday, April 4th at 6:30 a.m. in the Rendezvous building. This is your opportunity to take full advantage of priority registration to get into the classes that you want, with the benefit of having faculty and peer advisers on hand to help.

2. Opportuni-Tea. I am delighted to announce that, after a pandemic-imposed hiatus, Opportuni-Tea is back on Saturday, April 2nd at the Stephens Performing Arts Center rotunda! This is a treasured event in Pocatello and the primary fundraising event of the year for student scholarships for Honors students. If you haven't already, please consider volunteering for Opportuni-Tea (see below in the Weekly Update for details on how to volunteer). It is a one-of-a-kind event (really about the only formal tea in Pocatello) and a lot of fun. More than that, our experience is that attendees and potential donors really appreciate the opportunity to meet Honors students and learn about the remarkable things that you are doing.

For those of you who have made an Owl request for the Owl Tree scholarships at Opportuni-Tea, remember that you need to make your personalized Owl for the tree. The last Owl-making event is tomorrow (see details in the Weekly Update below).

3. Recognition Event. Saturday, April 2nd is one of the biggest days of the year for the Honors Program – Opportuni-Tea in the afternoon will be followed by the Honors Recognition Event in the evening, both at the elegant Stephens Performing Arts Center (see below in the Weekly Update for more details). We want to emphasize that the Recognition Event is for everyone in the Honors Program, so please join us! There will be great food, opportunities to celebrate everything that you have accomplished this year, and the chance to recognize and send off our graduating seniors in style.

I wish you a safe (and hopefully restful!) Spring Break and I am looking forward to catching up with you at several of these upcoming events.



Call for Volunteers



An Opportuni-Tea is the premier fundraiser for the University Honors Program. This annual fundraiser grows funds used to support students in the Honors Program through scholarships. The event is made possible with the help of many student volunteers from the honors Program.

An Opportuni-Tea is scheduled for April 2 and we are looking for volunteers from 8:30 a.m.-3:30 p.m. to set up, operate and clean up the tea. Volunteer assistance is also needed to prepare for the tea on Friday, April 1, beginning at 2:00 p.m. You don't have to commit to the whole day - even if you can only donate a couple of hours of your time, we very much appreciate your help.

There are several options for how you can volunteer, which can be seen in the [volunteer sign-up form](#). Volunteering also counts toward your civic engagement requirement for the Honors Program

We appreciate your help! This hallmark fundraising event couldn't happen with you!!

Sign up for BAHM!

The time is here for our Bi-Annual Honors Meeting. To remain active in the Honors Program, you are required to attend this meeting each semester. Check your emails for a chance to sign up, because you don't want to miss it. There will be break-out sessions for each time slot depending on your path in the Honors Program. Here are the times of the meeting you can choose to attend:

March 29th | 7:00 AM - 8:00 AM

March 29th | 12:00 PM - 1:00 PM

March 29th | 5:30 PM - 6:30 PM

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

University Honors Program Recognition Ceremony

Saturday, April 2 | 4:30 p.m.
Stephens Performing Arts Center Rotunda

You are cordially invited to join us in highlighting the accomplishments of our graduating Honors students for earning their Honors Distinction or Degree, individuals who played a key role in our program's success over the past academic year, and Honors students' contributions on campus.

[RSVP by March 21](#)



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[RSVP for the Recognition ceremony by March 21 here.](#)

The Recognition Ceremony is for all Honors students.
Light refreshments will be served.

Be the Match - March 29

ISU has joined forces with Be The Match, an organization that helps those in need of blood stem cell donations find matches. It could potentially help save a life.

ISU will be hosting a donor drive on **March 29** where you can register to join the system and potentially save a life.

Registering doesn't mean you'll be matched with someone. If you can't make the drive, you can also visit the Be The Match website and be shipped a swab kit for free.

Visit my.bethematch.org/isu4acure for a swab kit or more information or text **isu4acure** to **61474** or scan the QR code.



SCAN ME

Floats and Votes

The time is coming for our annual Floats and Votes party, where we elect the leaders of the Honors Club for the following year. The party will be held on April 22, and applications to run from office will open on April 1 and close April 16. All honors students are encouraged to run for office. Here are the positions available:

President

Vice President

Secretary

Treasurer

Historian

Keep an eye out for more information on how to run for office. Visit the Honors website to see the current officers.

<https://www.isu.edu/honors/current-students/uhp-student-club/>

Entrepreneurship Workshop

The Center for Entrepreneurship and Economic Development (CEED) is supporting a post-graduation start-up boot camp intended to help entrepreneurs with their businesses. Information about the event is found in the link below. If you are interested in attending, CEED will pay your registration fee as part of our continued support of your business idea developed during your time at ISU.

<https://squaredbusinessbootcamp.com/>

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UHP Club Events

March

15 Owl Activity and Game Night | 7:00 PM | Rendezvous, 3rd floor - Honors Lobby
Make your owl for the Owl-opportunity scholarship. These will be displayed at An Oppotuni-Tea for donors to sponsor student scholarships.

29 Be the Match Donor Drive
Details for how to become a bone marrow donor will be coming soon. Keep an eye out for information on how you can participate

April

2 An Oppotuni-Tea | Stephens Performing Arts Center
Be sure to register to volunteer at the annual fundraising event for the Honors Program.

4 Rise and Register | 6:30 a.m. | Rendezvous behind the C-Store
Fall 2022 registration opens. Get your classes (and bagels) right when registration begins at 7:00 a.m.

22 Floats and Votes
Come enjoy rootbeer floats and vote for our University Program officers for next year!