



Idaho State
University

University
Honors Program

Weekly Update

April 26, 2022

Imposters No More

A letter from Alex Bollinger, UHP Acting Director

Recently I re-watched the now-classic Pixar film, *Ratatouille*. For anyone who hasn't seen it, the premise is about a rat with a unique talent for cooking who ends up sneaking into the kitchen of one of the most famous restaurants in Paris, France – Gusteau's.

The signature line from the movie comes from Chef Gusteau, the celebrity namesake of the restaurant: "Anyone can cook." The idea is that talent can come from anywhere, regardless of where one comes from, their appearance, or other barriers that self-doubts or the norms of society put in their way.

This past weekend, I had the great opportunity to witness two teams from ISU take home a total of four trophies from the International Collegiate Business Strategy Competition (ICBSC). I want to especially recognize current Honors student Emma Watts and Honors alumnus Megan Busz, who were members of those teams.

One of my favorite parts of the ICBSC is that our ISU students are able to go toe-to-toe with teams from California and across the United States, Canada, and England. Here is why that is so important to me. Over the years, I have heard more than one student admit that they are reluctant to apply for a scholarship or participate in a competition or try out for something that

they would otherwise love to do because they are from Idaho.

Coming from a rural area and competing against students from universities in Los Angeles, London, and other major metropolitan areas can be incredibly intimidating. And yet, despite competing against schools more than double their size every year, this is the eighth consecutive year that students from Idaho State University have brought home at least one trophy from the ICBSC.

I tell you this story because if you have ever felt imposter syndrome, you are not alone. Imposter syndrome is a persistent internal experience of believing that you are not as competent as others perceive you to be. There might be times where you might start to question whether you really belong in college. You might wonder if success only comes to people who are naturally more outgoing or people who look a certain way or people who aren't the first from their family to go to college...and the list could go on and on. If that is the space where you find yourself right now, I want to assure you that I have seen it over and over: students from ISU, and especially Honors students, have the capabilities to compete with anyone.

One of the great joys of serving as the acting director of the Honors Program this year has

been hearing about the amazing things that you all have been accomplishing. This year alone, I have watched as Honors students have published academic articles, won debate tournaments, demonstrated their artistic talents in art shows and live performances, competed at the highest levels in sports, served as volunteer coaches in the community and leaders across campus, given literally thousands and thousands of hours of their time to community service, helped to conduct grant-funded research, secured patents, and received acceptances to medical school, law school, Master's and doctoral programs, and many other post-graduate opportunities.

(And the list above just barely scratches the surface. We want to hear about the amazing things that you are doing. If you have recent

achievements that we might not know about, please email me at alexbolinger@isu.edu to share them. Not only do I want to congratulate you personally, but it is really helpful to be able to tell future students and their parents, community stakeholders, and accreditors about the amazing things you are doing.)

But success is not just a matter of talent. In my opinion, what really sets the Honors students of ISU apart is your persistence, your curiosity and unique perspectives, the humility to listen to feedback in order to continually learn and grow, and your work ethic. It has been a delight to get to work with you this year and I am looking forward to seeing many of you at events later this week and next week at graduation.

April 29
6:00 - 8:00 p.m.
Cadet Field

END-OF YEAR CELEBRATION

Powdered Color War
ICCU Green Machine
Refreshments celebrating
Dawn Brooks' retirement

Debate Champions

Debate team and married couple Joseph and Alyson Tyler took home a big win for ISU when they won the final round of the CLIMB Online National Sweepstakes.

Congratulations to the team!



International Collegiate Business Strategy Competition Winners

Two of our very own honors students won with their College of Business teams in the ICBSC.

Emma Watts and her team won Bouje Bidets won with their product: customized and comfortable, luxurious - but humble - bidets.

Megan Busz and her team R3CYCL3D won with their product: 3D-printed bicycles using primarily recycled materials.

Idaho Conference on Undergraduate Research

ICUR is a state-wide undergraduate research conference for all current and aspiring student researchers, mentors, research partners, and anyone interested in research. Attend this two-day conference featuring student research talks, panel discussions, and networking.

Register Here:

<https://sites.google.com/boisestate.edu/icur2022/register?authuser=0>