



Weekly Update

October 3, 2022

Gratitude is a Transformative Daily Practice

A letter from Conner Suddick, UHP Instructor/Coordinator

Greetings Honors Colleagues,

Words cannot begin to express the profound gratitude I have to work alongside many of you. For those of you who I have not yet met, my name is Conner Suddick (He/him or Any Pronouns) and I am one of the new Instructor/Coordinators for the University Honors Program. As I moved from the Great Lakes region, to the Appalachians, and now to the Rockies, the Honors theme of transformation particularly resonates with me. As landscapes, relationships, and my work changes, I realize how much I have also been transformed. However, change can be overwhelming... if not utterly debilitating. As you envision your first year in Honors or next steps after graduation, I encourage each of you to not miss out on your lives trying to get it "together." Like perfection, having "it" together is a dangerous myth.

I am immensely grateful for the varied professional endeavors I've had since graduating with my bachelor's degree in social justice and legal studies in 2019. Over the past few years, I have studied the legacy of violent conflict in Northern Ireland at the International Conflict Research Institute, designed and facilitated conflict transformation processes in secondary schools in Minnesota, served as a qualitative researcher for several funded research projects, and taught graduate courses on research methods for social change, conflict analysis, and restorative justice practices at the internationally-renowned Center for [Justice & Peacebuilding](#) in Virginia. This past spring, I completed my master's degree in conflict transformation with dual specializations in restorative justice and facilitation. Finally, I am beginning my doctoral studies in education next year!

Outside of my work, I am a mediocre yet persistent hiker, a prodigious Albanese™ gummy bear consumer, and a conscientious objector of parallel parking. One of the joys of my life is co-parenting an (almost too) extensive plant collection with my fiancé Matteo. I am excited to become more acquainted with the Rocky Mountains!

During this Autumn morning, the words of organizer Mariame Kaba guide me: "Hope is a discipline." Like hope, gratitude is another daily practice that I encourage all of you to focus on. This disciplined practice is less about how you feel on a day to day basis, but how you are going to make space each and every day to remember not what you do, but why you do it.

Please do not hesitate to reach out if you want to connect with me! You can schedule a meeting with me [here](#).

With profound gratitude,

Conner

Mentorship Application

The 2023 Mentor Application is now open! Please apply [here](#). Please review the duties outlined below and submit the application by Monday, October 17th, 2022 at 11:59pm MST

Applications will be reviewed on a rolling basis beginning October 15th. Please email Honors Faculty Member Conner Suddick (connersuddick@isu.edu) with any questions or concerns!

Mentors who are selected to join the program will be informed the week of October 31st in order to have time to add ACAD 2220: Peer Mentorship Seminar (2 honors credits) to their Spring 2023 registration.

Bi-Annual Honors Meeting (BAHM)

BAHM is officially less than one month away. Please save the date for one of the following three general sessions:

Wednesday, October 26th: 11 AM - 12 PM

Thursday, October 27th: 5 PM - 6 PM

Friday, October 28th: 7 AM - 8 AM

The general session will have breakout sessions to follow. [RSVP HERE!](#)

Honors Teaching Apprentice CPI Opportunity

Interested in developing your skills in facilitation, curriculum planning, and assessment?

Consider applying for the 2023 - 2024 Honors Teaching Apprenticeship [here!](#) Please review the duties outlined within the application and submit it by Monday, October 10th, 2022 at 11:59pm MST. Competitive candidates will be invited to interview with Conner Suddick the weeks of October 10th and 17th.

The candidate selected will be informed by the end of October in order to have time to add HONS 2220 (1 Honors credit) and HONS 3399 (2 Honors credits) to their Spring 2023 registration. Intern compensation will be \$9 per hour beginning with the start date in the [job description here](#).



Upcoming UHPC Events

HOCO Window Painting

Saturday 10/8

8-11am

SUB

Showcase your artistic flair and creativity to be on display for Homecoming Week.

HOCO Kick Off BBQ

Monday 10/10

4-6:30pm

Garrison Hall

Come for some great food, fun and games for all.

HOCO Puppy Playdate

Wednesday 10/12

11am-2pm

Quad

Feeling stressed over midterms? Come cuddle some cute puppies and relax with some furry friends between classes.

HOCO Bonfire

Wednesday 10/12

7-10pm

Holt Arena

Join us for an evening of fun, music, dancing, and a flaming bonfire to light up our Bengal pride!

Follow Us!

Instagram: @idahostatehonors

Twitter: @Idaho_Honor

Facebook: @isuhonor

HOCO Concert

Friday 10/14

7-10pm

Frazier Hall

Come for a night of great music and fun!

HOCO True Bengal

(Non-Civic Engagement)

Friday 10/14

11:55pm-1am

Red Hill Pillars

Bring your Special Bengal with you and become a True Bengal or grab some friends to enjoy the late night view of Pocatello.

Homecoming Parade

Saturday 10/15

Begins at 9am

Parade Begins on the corner of 1st Avenue and Center Street

Homecoming Game

Saturday 10/15

Begins at 1pm

Holt Arena

ISU vs Cal Poly

Student tickets are free with Bengal ID

Scribendi

Once again, it is Scribendi submission time! Scribendi is a literary magazine that is conceptualized, designed, edited, and produced by honors students just like you. It includes works of short fiction, creative nonfiction, poetry, visual art, open media, photography, and foreign language created by honors students from across the country.

The submission deadline for this year is Friday, October 14, so make sure you get your submissions in before then! Also, by submitting you will have a chance to be published in a nationally recognized magazine and a chance at winning a \$250 cash prize! Click [here](#) to submit!

Follow us on Instagram for updates and information:

Instagram: https://www.instagram.com/scribendi_magazine

We look forward to receiving all of your submissions!

Research Opportunities

Join the Soil and Watershed Biogeochemistry Lab!

Are you curious about the natural world and interested in learning more about soils, streams, and ecosystem ecology? Join the [Soil and Watershed Biogeochemistry Lab](#)! We are seeking an undergraduate to assist in a number of lab activities with some opportunities for field work! CPI position at \$9/hr for 10-20 hours/week. If interested, please contact:

Kathleen Lohse (klohse@isu.edu) and Tricia Kerner (kernpat2@isu.edu)

Developmental Behavioral Neuroscience Lab Assistant

Dr. Michele Brumley is actively recruiting undergraduate research assistants to participate on her research lab team, in her Developmental Behavioral Neuroscience Lab. Individuals may choose to receive course credit (PSYC 4483 or BIOL 4481) or volunteer.

Dr. Brumley's research lab investigates the development of motor behavior (locomotion, reflexes) and their mechanisms in developing rats. The lab often focuses on spinal cord mechanisms and conducts spinal cord injury studies (e.g., the effect of treadmill training after a spinal cord injury), as well as studies investigating maternal behavior in rats. Students will learn and may get involved with behavioral studies with rats, breeding methods in rats, microscope work, spinal cord dissections, coding behavior from video records, and collaborative research with graduate students. More information about Dr. Brumley's lab can be found here: <http://brumleylab.weebly.com>

Desired Qualifications: at least 3.0 GPA, interested in obtaining research experience, able to spend at least 6-8+ hours in lab per week, has at least 2 full semesters left before graduation.

If you are interested, please send Dr. Brumley an email indicating any previous research experience (if you have none, that's OK), why you are interested in the position, your availability (hours per week you would want to work in the lab), and an unofficial copy of your transcripts. She will follow-up with interviews for the most qualified applicants. You may contact her at: brummich@isu.edu.

Volunteer Opportunities

For the Musically Inclined

This year, the Festival of Trees will be held at the Stephen's Performing Arts Center November 16th through the 19th. This is a magical holiday tradition for the whole community featuring beautifully decorated trees and displays with attractions and entertainment scheduled daily. All proceeds from the event will go to support the Pocatello/Chubbuck School District 25 Education Foundation, Idaho State University scholarships, the Boys and Girls Club of Portneuf Valley, and Make-A-Wish Idaho.

During general admission hours, guests will freely wander through the Stephen's to view the trees and displays. We are looking for talented musicians to play background instrumental music for one hour during these times:

Thursday, November 17th: 12:00 - 6:00

Friday, November 18th: 12:00 - 4:00 and 5:30 - 7:00

Saturday, November 19th: 12:00 - 5:00

Please contact Gail Hunt at huntgaf@gmail.com if you are able to help or want more information.

Rake a Difference

This is one of the biggest (and best) service opportunities that Honors students volunteer in every year!

We love seeing everyone there! Bring any raking equipment you have, and the rest will be provided.

Honors Raking Day will be Saturday, Nov 5, 10am - 2pm, Sign up now!

Students can volunteer for other days if not available on Nov 5.



Rake A Difference

**A community event that raises funds
to support the Pocatello Free Clinic.**

Join us in beautifying Pocatello!

Friday Nov. 4th & 11th

2pm-dusk (about 6pm)

Saturday Nov. 5th & 12th

10am-2pm



**POCATELLO
FREE CLINIC**