

The Update in Brief

October 5, 2026

- Do You Know? Now You Know! | ISU Counseling & Mental Health Center (Pg. 1)
- UHP Club Events | Homecoming Events; Cookies & Cram (Pgs. 2-3)
- Announcements & Opportunities | 2027 Peer Mentors; Rake-A-Difference; Americorp Job Opportunity; UHP Job Opportunity; 9th Annual Visibility Art Exhibition; Volunteer Opportunity; UHP Raffle; Partners in the Parks Winter Break Trip; Western Regional Honors Council Conference (Pgs. 3-12)
- ISU Events and Activities (Pg. 13)

Do You Know?

ISU Counseling and Mental Health Center (CMHC)

Many services are free for ISU Students, but some have a fee associated with them - These include:

- **Counseling Services**
- **Single Session Program**
- **Group Therapy**
- **Telehealth Services**
- **Biofeedback & Stress Management Services**
- **Mindfulness Meditation**
- **ADHD Assesssment**

isu.edu/counselingcenter/

Now You Know!

UHP Events

Homecoming

IDAHO STATE UNIVERSITY

Homecoming Events that will count as UHP Events:

Homecoming Kick Off BBQ

Monday, Oct 5, 4-6pm, Quad

Homecoming Bonfire

Tuesday, Oct 6, 8-10pm, ICCU Dome

Bengal Wednesday

Wednesday, Oct 7, Noon - 1pm, PSUB - Lobby 2nd Floor

Bingo

Wednesday, Oct 7, 7-9pm, PSUB - Ballroom

Homecoming Royalty Pageant

Thursday, Oct 8, 7-9pm, PSUB - Quad Lounge

UHPC Pre-Parade Social

Saturday, Oct 10, 9am, Starbucks in the Library

Homecoming Parade

Saturday, Oct 10, 10am, Starbucks in the Library

Be sure to find a club officer and scan the QR code to record your attendance. Contact Olivia at oliviaburnside@isu.edu with questions.

Visit isu.edu/homecoming for all of the events!

UNIVERSITY HONORS PROGRAM

COOKIES AND CRAM

Join us October 12 to study for midterms and eat cookies!



Rendezvous behind the C store

October 12
7-9 pm

F26 BAHM

F26 BAHM will be held on the following days:

Tuesday, October 13 at 5pm

Thursday, October 15 at 8am

Friday, October 16 at 12:30pm

RSVP HERE

Now Accepting Applications for 2027 Honors Peer Mentors

New UHP Mentors are required to carry out the following:

- **Register for HONS 3392-02: Honors Peer Mentorship Seminar (2 Honors credits) for the Spring of 2027 (Note: This class is designed to be meaningful, not menial. The majority of you grade is determined by showing up and participating in discussion)**
- **Provide a cumulative total of 40 hours of mentoring (about an hour a week)—from March 30th, 2027 to December 15, 2027**
- **Attend monthly meetings from May 2027 to October 2027 (Over the summer these are held via Zoom)**
- **Attend the 2027 Honors Student Induction Ceremony on Thursday, August 19th and the Honors Meet and Greet on Saturday, August 21st**
- **Plan and host an event for mentees within the first month of the semester**

Applications must be submitted by 11:59 p.m. MST on October 16 to be considered and finalists will be contacted for interviews in the following weeks.

Apply Here

Please email Honors Faculty Member Dr. Kathryn Holt (kathrynholt@isu.edu) with any questions or concerns!

Rake-A-Difference

An annual community event that raises funds to support the Pocatello Free Clinic

2026 Rake-A-Difference Schedule

Friday, November 6th, 2:00 PM - dusk

Saturday, November 7th, 10:00 AM - 2:00 PM

Friday, November 13th, 2:00 PM - dusk

Saturday, November 14th, 10:00 AM - 2:00 PM

Sign up to Volunteer to rake yards at:

isu.edu/honors/rake

Attendance will count as a UHP Event





Gem State Public Health AmeriCorps

The Gem State Public Health AmeriCorps program places community members with non-profits and public health organizations across the state in paid volunteer positions called AmeriCorps positions. These positions provide a stipend, education award and professional experience in a public health setting focusing service on mental health, as well as suicide intervention and prevention services. The opportunity is offered each year from September 1st to August 31st.

Institute of Rural Health: Idaho State University, Pocatello, ID

Prevention Educator

The Prevention Educator will expand and enhance the capacity of existing public health programs and services by supporting activities related to Living Works Applied Suicide Intervention Skills Training (ASIST), Living Works safeTALK, training, and Sources of Strength (SOS) mental health promotion program.

Position Duties:

- Conduct marketing and outreach for ASIST, safeTALK, and Sources of Strength
- Prepare class materials for ASIST, safeTALK, and Sources of Strength.
- Conduct data analysis and impact reporting.
- Distribute mental health resource information.
- Participate in community service activities
- Develop partnerships within the community.
- Conduct a SWOT analysis and Organizational Needs Assessment for the IRH every other program year and as needed,

Requirements

- Must be 18 years or older
- Must be a US Citizen or Lawful Permanent Resident
- Pass a background check
- Complete 900 hours
- Participate in required training and service events
- Doesnot Duplicate or Displace Staff.

Benefits

- Living Allowance up to $13,050.00 per year (12-10 months), paid bi-weekly
- Education Award of $3,697.50
- Student loan forbearance and interest forgiveness

Apply by submitting a resume and three references to Aubree Denker. Please include position title "Prevention Educator" on your resume and in your email subject line.

Questions or to learn more, contact the Gem State Public Health AmeriCorps program at 208-282-4436 or https://www.isu.edu/irh/gem-state-public-health-americorps/.

Questions? Want to learn more? Contact Aubree Denker at aubreedenker@isu.edu.

The Gem State Public Health AmeriCorps Program is administered by Idaho State University's Institute of Rural Health who is an Equal Opportunity Employer.



AmeriCorps

This material is based upon work supported by AmeriCorps under 26ACDID0010001. Opinions or points of view expressed in this document are those of the authors and do not necessarily reflect the official position of, or a position that is endorsed by, AmeriCorps.

This program is available to all, without discrimination on the basis of race, color, sex, sexual orientation, pregnancy, religion, age, national origin, genetic information, disability, military status, familial status, political affiliation, or any other characteristic protected by law.

serve IDAHO

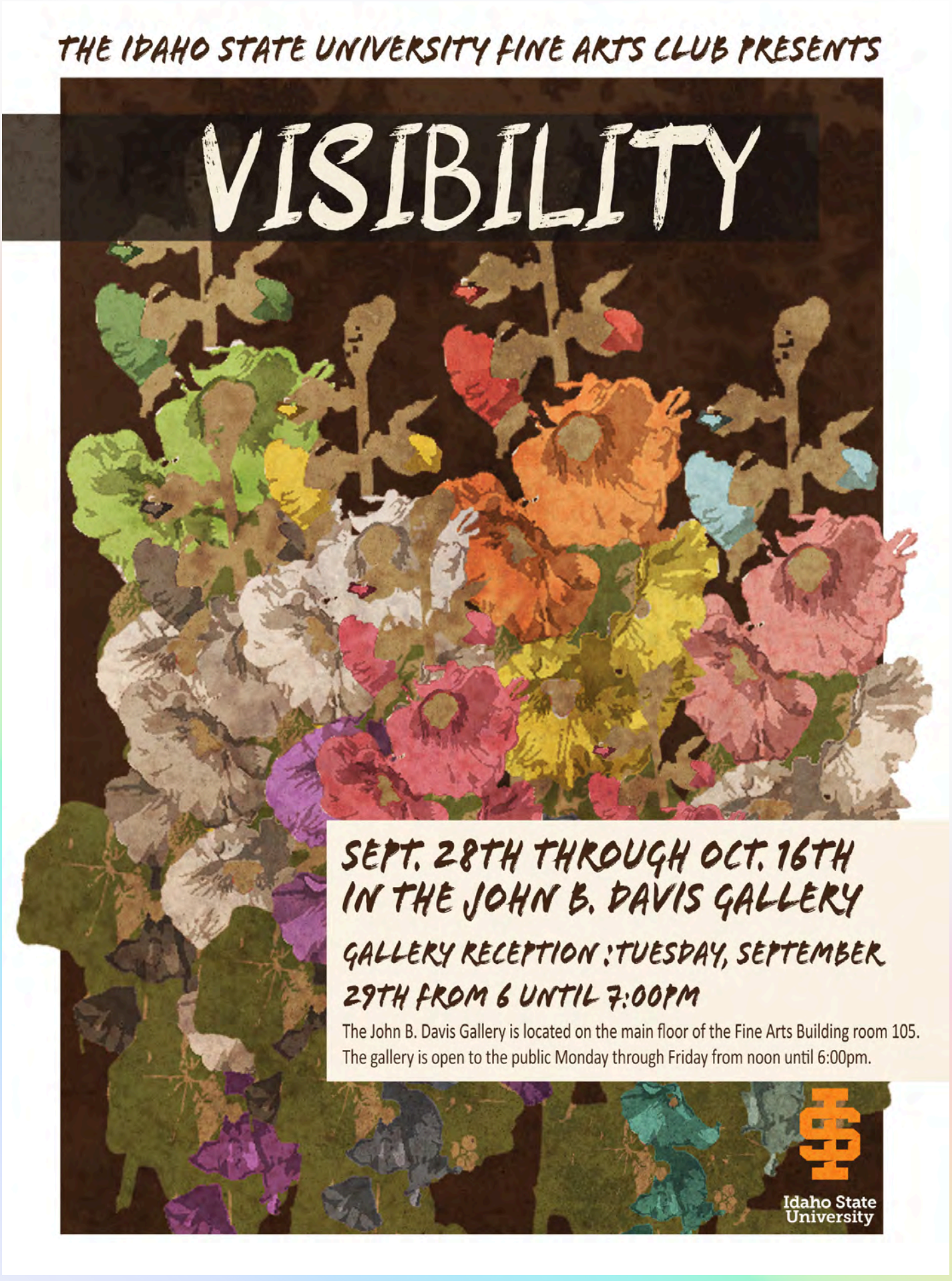
UHP Work Study Job Opportunity

Do you have work study funds? Are you looking for a part-time (19 hours per week or less) job? Would you like to learn how to update the UHP website? Are you an independent, self-motivated worker?
If you answered yes to all of those questions, you should apply for this job!



Details:
$13/hour
Flexible Hours
Supervisor: Lori Tapanila
Paid Training: https://www.isu.edu/cms/

Apply Now!


THE IDAHO STATE UNIVERSITY FINE ARTS CLUB PRESENTS
VISIBILITY
SEPT. 28TH THROUGH OCT. 16TH
IN THE JOHN B. DAVIS GALLERY
GALLERY RECEPTION : TUESDAY, SEPTEMBER
29TH FROM 6 UNTIL 7:00PM
The John B. Davis Gallery is located on the main floor of the Fine Arts Building room 105.
The gallery is open to the public Monday through Friday from noon until 6:00pm.
Idaho State
University

Volunteers Needed for 2026 Haunted Science Laboratory



The ISU physics program and Kiwanis Club of Pocatello's Haunted Science Laboratory will return to the Bannock County Event Center in October. Volunteers are needed to help set up and prepare for the hundreds of local students who attend. The Haunted Science Lab features more than 50 educational and interactive science exhibits designed to delight, fright, and educate kids of all ages. Some exhibits use the same principles as Disneyland's Haunted Science Mansion, except they are explained.

Set-up for the event will take place from September 30 through October 14, with field trips scheduled for October 15 through 22. The public day will be October 24, and take-down sessions will be from October 25 through 31.

For more information on volunteering and to sign up, contact Steve Shropshire at (208) 282-2212 or shrostev@isu.edu.

UHPC RAFFLE

ATTEND EVERY EVENT TO INCREASE YOUR CHANCES OF WINNING BIG!

HUGE PRIZES!

END OF THE YEAR RAFFLE DRAWING

EVERY TIME YOU ATTEND AN HONORS EVENT AND SCAN THE QR CODE YOU WILL GET ONE ENTRY INTO THE END-OF-YEAR RAFFLE

PRIZES WILL BE REVEALED DURING BAHM SESSIONS



Partners in the Parks Winter Break Trip January 3-9, 2027

Join facilitators, Natasha Kohl and Geoff Buckley in the American Southwest to explore beautiful canyon country in Dead Horse Point State Park, Arches National Park, and Canyonlands National Park. Timed for the parks' off season, this trip allows you to experience the region's parks when temperatures are cooler, tourists are fewer, and park rangers have more time to share their knowledge. You'll spend four nights in heated yurts at Dead Horse Point State Park, so no winter camping gear required. However, you will still want to bring a sleeping bag, comfortable hiking shoes, and warm layers.

Learn more and register by December 1st at:

https://www.nchchonors.org

Western Regional Honors Council Conference

April 1-3, 2027

Metropolitan State University of Denver in Denver, CO

This year's theme: Water and the American West

The WRHC Conference seeks to provide a platform for students, faculty, and staff from across the Western Region to engage in enriching conversations and community building. Undergraduate honors students are invited to present their research and creative projects in the form of 10-minute talks or poster presentations.

Students who wish to participate in the 2027 WRHC Conference must submit a proposal by December 20, 2026

Visit the website for more information and to submit a proposal
www.msudenver.edu/honors-program/western-regional-honors-council-conference-2027/

ISU Events & Activities

The Hulme Fights

Monday, Oct 5th 3-5 pm on the Quad

ISU-United Way Campaign Kickoff Breakfast

Tuesday, Oct 6th 8:30-9:30 am, PSUB Wood River Room

Pumpkin Decorating

Friday, Oct 9th 4-6 pm in the PSUB

True Bengal

Friday, Oct 9th 11 pm-12 am, Hike up Red Hill

Idaho State University | University Honors Program

www.isu.edu/honors

Dr. Margaret Johnson | Honors Director | margaretjohnson@isu.edu Dr. Kathryn Holt | Instructor/Coordinator | kathrynholt@isu.edu
Dr. Morgan Musquez | Instructor/Coordinator | morganmusquez@isu.edu
Lori Tapanila | Academic Support | loritapanila@isu.edu

@idahostatehonors

@Idaho State University Honors

@Idaho_Honor