

The Update in Brief

October 26, 2026

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UHP Club Event

Movie Night!

Halloween Edition

October 29

7:30pm

REND 203

Scan the QR code when you're there for another raffle entry!



UHP EVENTS

Rise & Register

Monday, November 2
7-8:30am
REND, behind the C-Store

Have a doughnut and register for your Spring 2027 courses.
Honors staff will be there to help!

Honors Workshops

UHP Scholarships with Dr. Holt

Tuesday, Nov. 17
4:30pm
REND 211

What Honors scholarships are available? Are you eligible to apply? Come to this workshop to find out and to get some tips on submitting your best application.

"Don't Discount the Present" with Dr. Musquez

Tuesday, Nov. 13,
4:30pm, REND 102

We often think of self-control as an unlimited good: sacrifice now, succeed later. But what happens when we become so focused on the future that we undervalue the opportunities, experiences, and relationships available to us today? Explore the psychology of delay discounting and discover why finding balance, not simply maximizing self-control, may be the better strategy for long-term success.

Save the Date

Honors Thesis Presentations

Haley Burke

Monday, November 16, 4:00 PM

Evaluation of Sleep, Anxiety, and Perceived Stress Between Sex and College Athlete Status

Allie Rogan

Friday, November 20, 3:00 PM

Masp1 Impact on Extracellular Regulators of Bmp4 Signaling During Early Xenopus laevis *Development*

Kali Earl

Monday, November 30, 3:00 PM

College Self-efficacy, Loneliness, Personality (Extraversion, Agreeableness, and Negative Emotionality), and Self-reported GPA of ISU Students During the Spring of 2020 and 2023

Counts as an Honors event!

Honors Bengal Spotlight

Nate Kopp

Pioneering Science & Service



When Nate Kopp chose to attend ISU, one factor stood out above the rest: the chance to dive into meaningful research as an undergraduate. Today, that dedication to research, leadership, and academic excellence has earned him national recognition.

Nate was recently named a recipient of the Pioneer Award from The Honor Society of Phi Kappa Phi - the nation's oldest and largest all-discipline collegiate honor society. The Pioneer Award recognizes undergraduate members who develop the research, engagement, and leadership skills required to excel as scholars. Selection is based on academic achievement, research experience, service and leadership on- and off-campus, a personal statement, and letters of recommendation.

Nate is pursuing a Biochemistry major with a Certificate in Biomedical Ethics, a combination that reflects his passion for combining cutting-edge science with thoughtful healthcare.

He has mapped out a clear path for his future in healthcare. "I will be applying to medical school in the spring of 2027, but I will graduate with an honors degree in the spring of 2028 when I complete my certificate."

Nate has certainly taken full advantage of research opportunities by participating in three different research labs on campus.

His first research experience at ISU was discovering a novel bacteriophage, where he then led a team using transmission electron microscopy to image the virus and annotate the genome.

His primary research has been with *S. aureus*. *Staphylococcus aureus* is the leading cause of bacterial deaths in adults in nearly every first world country and causes MRSA and VRSA



"Research is one of my passions and one of the reasons that I came to ISU. We have an unusual number of opportunities for undergraduate research."

infections. Its extreme aptitude for developing antibiotic resistance has made it very difficult to treat in many cases. “My research focuses on the use of lysogenic bacteriophage viruses as a mechanism to kill *S. aureus* without using traditional antibiotics.”

In the same lab, Nate is also involved in research on the *Plasmodium falciparum*, the most deadly kind of malaria parasite, to characterize its mitochondrial genome to look for novel drug targets. Nate is also participating in research on sodium ion channel mutations associated with infantile epilepsy. “We are currently working to determine the location distribution of the ion channels on neuron of the brain cortex via immunohistochemistry and confocal microscopy. We will then use this data to create computer models that will explain how and why mutation causes neurological diseases.”

Beyond the laboratory, Nate is invested in serving others and developing leadership skills centered on teaching and mentorship. On campus, he serves as a student representative on the Honors Advisory Board, volunteers as a teaching assistant for Organic Chemistry, and tutors students in Genetics and other science courses. His heart for service extends globally - Nate spent several years teaching English at an orphanage in Kathmandu, Nepal.



"Sometimes we treat education as a burden rather than a privilege, but I agree with Phi Kappa Phi's philosophy that we should strive to love learning."

For Nate, joining Phi Kappa Phi was about surrounding himself with peers who share a genuine enthusiasm for knowledge. He points to the society’s motto - "*Philosophia Krateito Photon*" (Let the love of learning rule humanity) - as a guiding principle. "Phi Kappa Phi, like other honors programs, is a setting designed to connect and encourage individuals who are aspiring to something more than just checking the box on a degree," Nate says.

Despite a demanding schedule packed with MCAT prep, labwork, and tutoring, Nate makes time to enjoy Idaho’s great outdoors and recharge with friends. You can find him at the gym or in a BFIT self-defense class, or outside mountaineering, rock climbing, and practicing photography across Idaho. He also enjoys pickleball, country-style swing dancing, and relaxing in the hot tub with his friends.

Nate’s dedication to research, ethical leadership, and global service exemplifies the core values of our Honors community.

Congratulations, Nate!

INL Career Day

Thursday, October 29 | 9am - 4pm

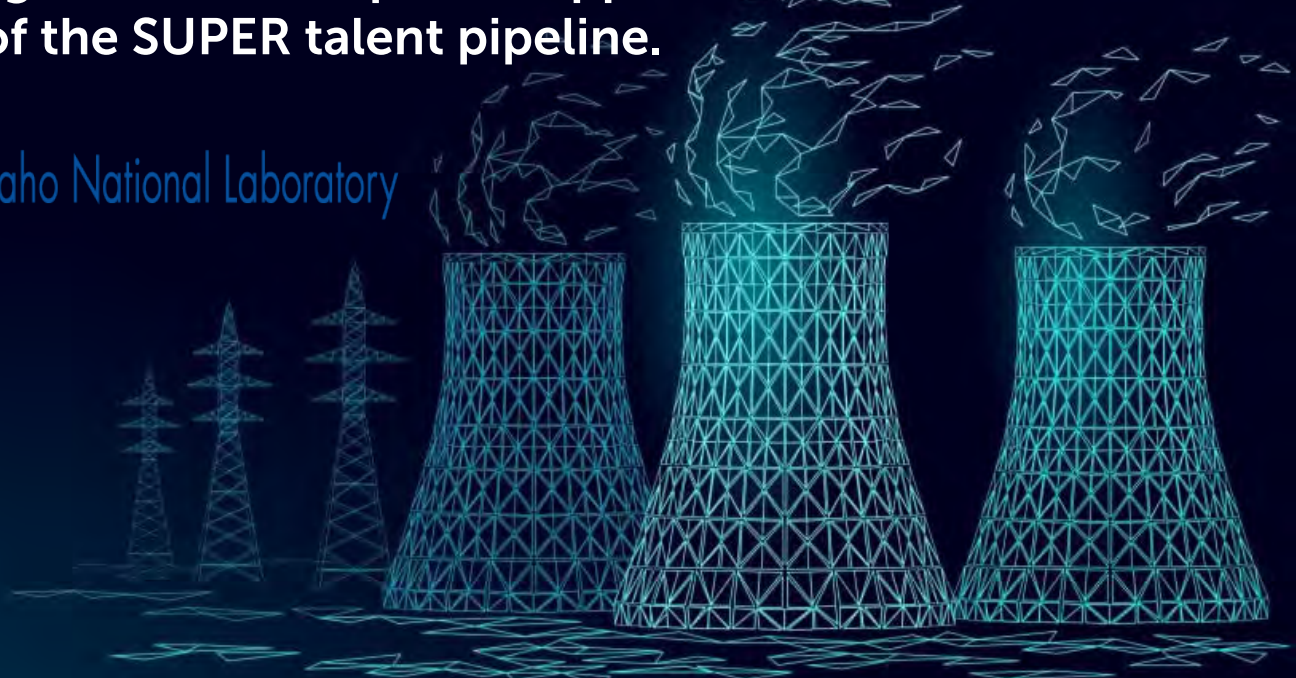
PSUB Salmon River Suites

This event is designed to help students learn more about opportunities available through the ISU/INL SUPER Agreement and connect with the people and programs building the next generation of talent at INL.

Students will have the opportunity to:

- Explore INL Challenge Topics: Learn about the technical challenges and collaborative innovation driving the ISU–INL partnership.
- Network Directly with INL: Meet INL hiring managers, employees, and ISU alumni working at the laboratory.
- Prepare for Careers: Get practical guidance on resumes, networking, and strategies for strengthening their job search.
- Discover Internship Opportunities: Learn about highlighted internships and opportunities to become part of the SUPER talent pipeline.

INL Idaho National Laboratory



Job Opportunity:
Sustainable Idaho Radio Show Host

A great internship opportunity is still open for interested juniors and seniors. The radio program Sustainable Idaho has an opening for a radio show host through a Career Path Internship. The position pays $13 / hour for 10 hours / week. Students who are already employed with CPI are not eligible.

You can review all the details of the position in this **Job Description**

If you want to apply, send an email to Linda Engle of the Portneuf Resource Council at lindarsengle@gmail.com

The email should state your interest in the position and explain why you are interested in sustainability. In addition, please attach your resume and a list of 2 or 3 references.

Students from any major are welcome to apply, though those with special interests in communication, journalism, English, environmental studies, biology, or other related fields are especially encouraged to apply.



KISU

Sustainable KISU-FM IDAHO



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**
- **Does not 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 at aubreedenker@isu.edu. Please include position title "Prevention Educator" on your resume and in your email subject line.



Questions? Want to learn more?

Contact the Gem State Public Health AmeriCorps program at 208-282-4436

Or, visit https://www.isu.edu/irh/gem-state-public-health-americorps/

Or, 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

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serve IDAHO

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



ISU Events & Activities

Bootacular

Pumpkin painting & sweet treats!

Tuesday, Oct 27th, 5 - 7 pm

PSUB Wood River room

The Haunted Halls of Graveley

Costumes are encouraged!

Thursday, Oct 29th, 5 - 9 pm,

Graveley Hall

Digging Up Ghosts

The Archaeology of Haunting & the Restless Dead with Dr. Andy Speer

Thursday, Oct 29th, 6 - 7 pm

Idaho Museum of Natural History

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

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