

The Update in Brief

November 9, 2026

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Do You Know?

ISU Dental Hygiene Clinic

ISU's Dental Hygiene Clinic provides high quality low-cost preventive and limited restorative dental service to the community, ISU faculty, staff, and students.

- Professional Cleaning
- Deep Cleaning
- Sealants
- Fluoride
- Tooth Whitening
- Limited Restorative Fillings

Dental hygiene students perform all services under the supervision and guidance of licensed, professional dental hygienists and dentists.

Call to make an appointment: (208) 282-3282
Learn more at: isu.edu/clinics/dental-hygiene/

Now You Know!

UHP EVENTS

Honors Workshop

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

Tuesday, Nov. 13, 2:30pm, 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.

Idaho State University
HONORS PROGRAM

Honors Thesis Defense

Haley Burke
Monday, November 16
4:00 PM, Garrison 501

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

Zoom Link

Honors Thesis Spotlight

Haley Burke '26

Psychology (Applied Behavior Analysis) with Business Minor



When Haley Burke isn't in class or working on research, she is actively supporting individuals as a Certified Peer Support Specialist at the South East Idaho Behavioral Crisis Center (SEIBCC). Haley deeply values her role, sharing, "I absolutely love my job and the opportunity to support individuals in my community during difficult times". Outside of work, she prioritizes being outdoors for wellness and rejuvenation through road trips, hiking, and exploring national parks. "Spending time outdoors is a major part of my self-care and one of the things that brings me the most joy," Haley explains, noting that her most recent self-care trip to "Jackson, Wyoming, and Grand Teton National Park".

Haley's honors thesis, *Evaluation of Sleep, Anxiety, and Perceived Stress Between Sex and College Athlete Status*, examines variations in sleep outcomes, mental health outcomes, and response bias across sex and college athlete status. Analyzing data collected from a sample of 340 college students (144 college athletes and 196 non-athletes), she evaluated sleep diary metrics, insomnia symptom severity, anxiety, perceived stress, and social desirability. Her analysis revealed that while college athletes and college non-athletes did not differ across most sleep diary metrics, college non-athletes reported significantly higher insomnia symptom severity, anxiety, and perceived stress. Concurrently, female college students reported higher total sleep time, anxiety, perceived stress, and social desirability than male college students. Furthermore, college athletes demonstrated elevated social desirability scores, pointing to potential underreporting tendencies and stigma-related barriers to seeking mental health support or treatment. Read her full abstract here.

Haley initiated her research by proactively reaching out to faculty members in her department. "I connected with my research mentor, Dr. Sarah Emert, through a cold email,"

"Dr. Emert responded quickly and was enthusiastic about working with me from the very beginning. Her support and excitement for the project solidified my decision to work with her."

Haley explains. “I was already familiar with her research because I had taken one of her classes and was aware of some of her published work.” Because Haley began her honors thesis during her graduation year, Dr. Emert provided several secondary datasets centered on anxiety and perceived stress, allowing Haley to select the data she thought would be the most interesting to analyze.

The project held profound personal resonance for Haley, who played competitive softball throughout most of her adolescence and understands firsthand the pressures student-athletes face. “I was surprised to learn how underreporting of mental health concerns appears to be a prevalent issue in collegiate athletics,” she shares. “I personally witnessed and experienced the shame, guilt, and backlash that often accompany struggling mentally as an athlete, so I know this is a reality many athletes face. However, it was still discouraging to learn that even at the collegiate level, athletes may still feel hesitant to speak openly about their mental health because of the expectations associated with being an athlete”. Through her findings, Haley hopes to drive meaningful change: “I hope my work contributes to a greater understanding of college athletes’ experiences and highlights the importance of creating environments where they can honestly discuss their mental health and any other experiences without fear of shame, judgment, or negative consequences”.

Looking ahead after graduation, Haley plans to enter graduate school to pursue a Doctor of Psychology (PsyD) degree.

When offering advice to honors students considering undergraduate research, Haley’s primary recommendation is: “Start early!” Reflecting on her compressed timeline, she notes that starting in her final year limited her creative freedom, adding: “Balancing the research process, writing my thesis, and preparing my defense presentation all under a year was challenging and stressful at times”. She encourages students to explore faculty scholarship and schedule meetings early on to find the right partnership: “Finding a research mentor whose work genuinely excites you can make the research experience much more enjoyable and rewarding”.



Congratulations, Haley!

My passion is clinical work, particularly with children and adolescents. I believe early intervention is incredibly important for supporting young people’s mental health, and I hope to make a meaningful impact on the lives of children, adolescents, and families who need additional support and guidance”

Idaho State University | Graduate School

3MT® THREE MINUTE THESIS
FOUNDED BY THE UNIVERSITY OF QUEENSLAND

10th Annual 3MT COMPETITION

You're Invited!

Thursday

November 12, 2026

6:00 - 10:00 p.m.

Stephens Performing Arts Center & Rotunda

Join us for an exciting evening as graduate students present their research in under three minutes. Stay for the awards ceremony, where food and beverages will be provided.

A YouTube Livestream of the event will be available on the Graduate School website: isu/edu/3minutethesis

Founded by the University of Queensland in 2008, the Three Minute Thesis (3MT) is an academic competition that cultivates students' presentation and research communication skills. The competition challenges them to describe their research within three minutes to a general audience. There will be an awards reception after the competition.

An Opportuni-Tea

Saturday, April 3, 2027
12:00 - 2:30 PM
Event Hall
ICCU Bengal Alumni Center

Idaho State University | University Honors Program

Call for Student Performers, Speakers, & Creative Submissions

The University Honors Program is now accepting student submissions for our premier annual fundraiser, An Opportuni-Tea. This event celebrates the breadth of achievement and artistic expression within the Honors community while raising vital support for student programming.

1. Live Performances & Presentations
We welcome proposals across all disciplines and styles, including musical performances, original research presentations, comedic sets, dramatic readings, and spoken word.

2. Silent Auction Donations
Students are invited to contribute original artwork, craftsmanship, or design items to our silent auction. Eligible donations include painting, ceramics, textile/yarn art, woodwork, mixed media, and other handmade creations.

Important Deadlines & Next Steps:

- Pre-registration of interest does not require a completed piece.
- All auction donations must be fully completed and submitted no later than **Friday, March 12, 2027**.

Submission Form

For Your Consideration: Interesting Anthropology courses offered in Spring 2027

ANTH 4481/5581: COLLABORATIVE AND COMMUNITY ENGAGED RESEARCH

IN- PERSON TUES/THURS 9:30-10:45 AM

Want to learn to work with community to make measurable positive change?

This course will help provide you with training and a sort of "recipe" book for action research or community engagement while also helping you to think through the complexities of this type of work.

Discussion-based, small-group learn-by-doing final (semester-long) engaged project.

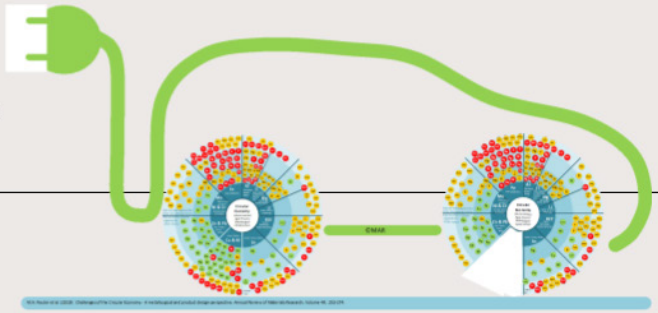
*No prior research experience needed

Instructor: Dr. Hart-Fredeluces/ hartgeo2@isu.edu





ANTH 4499/5599: CULTURES OF SUSTAINABILITY



IN- PERSON TUES/THURS 1:00-2:15 PM

A solutions-focused course, addressing questions such as:

- *How have cultures over time achieved sustainability and equity?*
- *What are the trade-offs among different sustainability approaches?*
- *How do these approaches apply to us today, in Idaho?*

Discussion-based, group work, final poster presentation at the ISU Earth Forum (no final paper)



Instructor: Dr. Hart-Fredeluces/ hartgeo2@isu.edu

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

Job Opportunity:
Americorps Prevention Educator



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.

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ISU Events & Activities

Click on the event title for more details

Build a Blanket

Tuesday, Nov 10th, 12 - 2pm, PSUB Ballroom

Kindness Rocks! Crafting with Counseling

Wednesday, Nov 11th, 11am - 2pm, PSUB

Roar and Restore: Board Game Night

Friday, Nov 13th, 4 - 6pm, PSUB Salmon River Suites

Pocatello Ski Swap

Friday, Nov 13th, 5 - 10pm &
Saturday, Nov 14th, 9am -6pm, PSUB Ballroom

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

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