

The Update in Brief

November 16, 2026

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Do You Know?

ISU COSMETOLOGY

ISU's cosmetology program offers affordable services including

- haircuts
- coloring
- highlights
- perms
- manicures
- pedicures
- facials
- eyebrow waxing
- lash treatments

Services are performed by cosmetology students as they gain hands-on experience in their field.

Location: RM 112 in the Roy F. Christensen Complex (RFC, Building 48) 777 Memorial Drive

Hours: Tuesday & Wednesday, 10 am - 4 pm
Thursday, 10 am - 7 pm

Book an appointment and view services here:

https://isucosmetology.glossgenius.com/

Now You Know!

UHP EVENTS

Honors Thesis Defenses

Allie Rogan
Friday, Nov 20
3:00 PM, LC 17
Masp1 Impact on Extracellular Regulators of Bmp4 signaling During Early Xenopus laevis Development

Kali Earl
Monday, November 30
3:00 PM, Room TBA
Evaluation of Sleep, Anxiety, and Perceived Stress BetweenCollege Self-efficacy, Loneliness, Personality (Extraversion, Agreeableness, and Negative Emotionality), and Self-reported GPA of ISU Students During the Spring of 2020 and 2023 Sex and College Athlete Status

Honors Workshop

"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.

Idaho State University
HONORS PROGRAM

Honors Thesis Spotlight

Allie Rogan '26

Biology (Biomedical Sciences)



As a Biology major, it's not surprising that Allie Rogan enjoys spending time outdoors. "I love to get out in nature with my friends and family. I also love to bake and read."

Allie began her research journey by connecting with her thesis advisor, Dr. Heather Ray, at a biology department event, "It was a great way to get to know my adviser." Allie later expressed interest in working in Dr. Ray's lab. "We met and she agreed to let me join the lab. My first semester was mainly observing others in the lab and learning from them." After spending a semester as part of Dr. Ray's lab, the two began discussing potential project ideas that grew into her honors thesis.

Allie's honors thesis, *Masp1 Impact on Extracellular Regulators of Bmp4 signaling During Early* Xenopus laevis *Development*, investigates how a specific gene mutation leads to 3MC syndrome, a rare condition that affects how a baby's face, skull, and brain develop. Using frogs (Xenopus laevis) as a model to study early development, Allie zoomed in on a protein called Masp1 to see how it impacts early embryonic development. Scientists believe that Masp1 helps regulate the activity of Bmp4, which is a chemical messenger that tells cells what type of cell they should become, such as brain tissue versus facial bones, and Masp1 may help keep this signal in check by blocking or toning it down. To control the amount of Bmp4 signal, the body uses many "regulatory" genes in order to keep Bmp4 activity at the correct levels in the embryo. When Masp1 levels were increased, it turned down the amount of a regulatory gene szl was made while not impacting how much of fst (a different regulatory gene) was made, showing that Masp1 is selective in how it fine-tunes the system. One hypothesized way that Masp1 could affect the activity of Bmp4 is by directly interacting with a well-known inhibitor protein called Nog, her study shows that Masp1 likely works

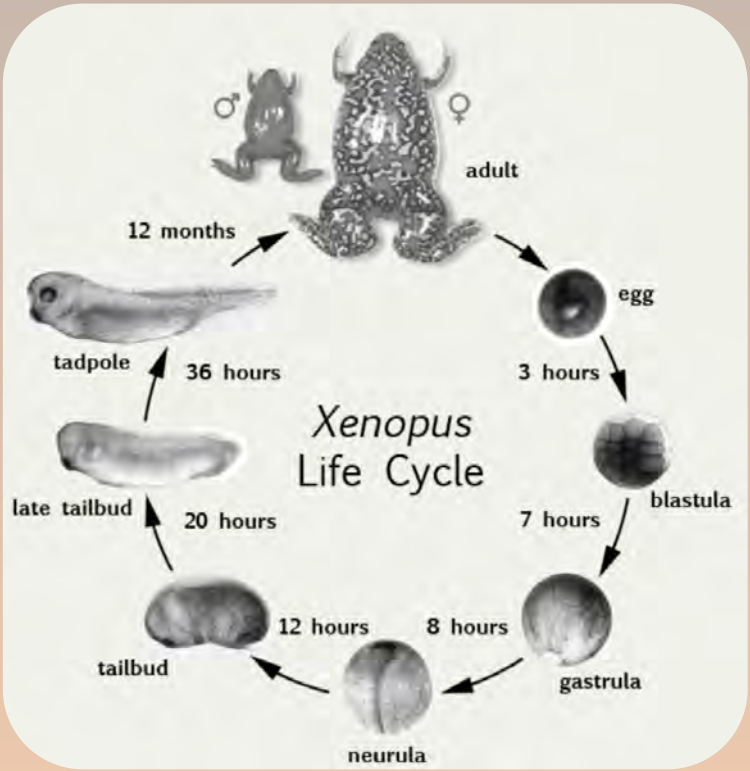
" I was surprised that I enjoyed analyzing my results...I expected that to be the boring part but I really enjoyed being able to see what information we got from my data and what we should do next with that data."

on its own rather than interacting directly with Nog. When the MASP1 gene is mutated in 3MC syndrome, this delicate chemical balancing act goes off track, leading to the facial and neurological differences seen in the disorder. Read her full abstract here.

What stood out most to Allie during the project was discovering how much she enjoyed working with her findings and analyzing the date. Data analysis turned out to be more challenging than she initially expected. "I figured that process would be much more straightforward then it was which made it a very interesting part of the process. Overall it surprised me how much I loved and thought the research I was doing applied to my future. "

Looking ahead after graduation, Allie plans to take a gap year to gain more research experience before applying to Ph.D. programs in the Fall of 2027.

When offering advice to honors students considering undergraduate research, Allie emphasizes starting early and choosing mentorship thoughtfully. "Getting involved early gives you the time to understand and substantially contribute to the project you are working on. It also allows you to figure out how much time you want to contribute to doing research early on, making it more likely that you can actually have the amount of time in the lab that is right for you". Equally important, she urges future researchers to pick the right mentor, explaining "They can make or break your research experience so make sure that they are someone that will help you achieve your goals".



Congratulations, Allie!

If you want to learn more about Allie's research, attend her Honors Thesis Defense.

Friday, November 20 at 3:00 PM in LC 17

Honors Thesis Spotlight

Kali Earl '26

Psychology (Applied Behavior Analysis) and Sociology



Kali Earl really enjoys helping people. Along with working in Dr. Maria Wong's Development & Resilience Lab, Kali balances two jobs that bring purpose to her life and fulfill her desire to help others. As an academic peer advisor in the Office of Academic Advising, she helps students register for classes, achieve their academic goals, and connect with campus resources. She also works in a clinic where she plays an active role in helping children with disabilities and their families build confidence, increase skills, and improve their quality of life. For fun, Kali enjoys hanging out with friends, exploring the outdoors, country swing and line dancing, and participating in her church community.

Kali first learned about pursuing an Honors Degree through a BAHM session and then by talking to her honors advisor, seeing it as an opportunity to gain experience for graduate school. When seeking a thesis advisor, Dr. Wong suggested Kali reach out to Dr. Jennifer McDonald, who had been her Social Psychology instructor. Kali sent an email to request a meeting and Dr. McDonald was agreed to be her advisor.

Kali's honors thesis—*College Self-efficacy, Loneliness, Personality (Extraversion, Agreeableness, and Negative Emotionality), and Self-reported GPA of ISU Students During the Spring of 2020 and 2023*—investigates how psychological and personality factors relate to student success. Self-efficacy is an individual's belief in their capacity to execute the behaviors and actions necessary to achieve specific goals. Because college students reportedly experience some of the highest levels of loneliness, which can lower both college self-efficacy

"Something that makes me passionate about my project is the very real application of my results as a guide for implementing change over time. Loneliness is a common issue for many college students and identifying that there is a relationship between college self efficacy allows us to start developing steps for practical change."

and academic achievement, her study examined the relationships among college self-efficacy, loneliness, personality traits such as extraversion, negative emotionality, and agreeableness, and self-reported GPA. Analyzing data from 337 ISU students—179 from Spring 2020 and 149 from Spring 2023—she evaluated connections across these variables to compare the two cohorts. Her findings showed that college self-efficacy was the strongest predictor of academic achievement, with loneliness serving as another significant predictor. While the personality traits had a weak direct relationship with academic achievement, they exerted a significant influence on both loneliness and college self-efficacy. Comparing the Spring 2020 and Spring 2023 datasets, only loneliness differed significantly, though college self-efficacy shifted in the theorized direction. Ultimately, her conclusions highlight that addressing factors that drive loneliness and reduce college self-efficacy is essential to improving academic achievement, and that understanding how specific personality traits interact with these variables can help tailor interventions to individual students. Read her full abstract here.

After graduation, Kali plans to take a break for a while by working only one job, in Applied Behavior Analysis therapy. "I then plan on applying for a Master's in Counseling to continue working with children and their families and making their lives better."



When offering advice to honors students considering undergraduate research, Kali is clear: “Without a doubt, my biggest piece of advice is to start early.” She also recommends that students “make an effort to develop relationships with your professors whenever possible”. Finally, she encourages future researchers to put the core concept of her study into practice themselves: “Don’t be afraid to use self-efficacy and reach out to people for help. You are not alone in not having everything figured out, and there are so many resources and people willing to support you, but you have to ask”.

Congratulations, Kali!

If you want to learn more about Kali's research, attend her Honors Thesis Defense.

Monday, November 30 at 3:00 PM (Room TBA)

IdahoINBRE

Idaho INBRE Summer Undergraduate Research (10-weeks)
The application for Summer 2027 IS OPEN (deadline 2/2/27).

The Idaho INBRE program offers paid summer research awards for students interested in biomedical research. Pay up to $8,000 for the summer (paid as hourly wage over the working dates of the program, $20/hour); does not include housing or food allowance.

The Idaho INBRE Undergraduate Research program is a competitive monetary award for students (INBRE Undergraduate Researchers) to conduct mentored research. The program pays each awarded INBRE student to work full-time (40hrs/week) in an established faculty laboratory for 10 weeks during the summer. In addition to conducting guided research, INBRE Summer Undergraduate Research students will attend professional development and scientific seminar presentations and will prepare a poster highlighting their work to be presented at a professional research conference.

[Important Note: All positions for 2027 are subject to INBRE-5 funding availability.]

https://inbre.uidaho.edu/summer-undergraduate-research-10-weeks/

Idaho State University



JOIN AMERICA READS

Gain Professional Experience & Support K-3 Literacy in Idaho

Join a national movement to help children learn to read well and independently.

America Reads is looking for students from all majors to tutor K-3 students during the Spring 2027 semester. Whether you are looking to build your resume, network within the community, or earn elective credit, this program offers a flexible way to make a tangible difference in a child's future.

- **Earn $13.00/hour** - for Federal Work Study eligible students
- **Open to all majors** - diversity is encouraged
- **Flexible schedule** - work as little as 2 hours per week
- **Earn 1 elective credit** - EDUC 1170, pass/fail

Register for EDUC 1170: Tutoring Reading for Spring 2027.

Apply via Handshake:

AMERICA READS
amerread@isu.edu

ROAR

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

Next Week is Fall Break!

No Classes
Monday, November 23
– Friday, November 27

Have a great
week off,
Honors Bengals!

ISU Events & Activities

Bingo

Tuesday, Nov 17th, 7 - 9 pm, PSUB Ballroom

Bengal Wednesday

Wednesday, Nov 18th, 12 - 1 pm, PSUB

Blacklight Bouldering

Wednesday, Nov 18th, 4 - 8 pm,
Reed Gym: ISU Climbing Wall

Click on the event title for more details

ISU Football vs Idaho

Saturday, Nov 21st, 4 -7 pm, ICCU Dome

Idaho State University | University Honors Program

www.isu.edu/honors

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