



Idaho State
University

University
Honors Program

Weekly Update

January 24, 2022

Seeing Past the Fog

A letter from UHP Acting Director Alex Bolinger

As I write this letter, Pocatello has been enshrouded in a persistent, thick cloud of fog. You would think we are living in London. Although the gray skies were okay for a few days, by the end of last week I found myself needing to find some blue sky, so I went cross-country skiing in the mountains south of Pocatello.

It was not until I reached 6,000 feet above sea level that I broke out above the fog into brilliant sunny blue sky. As you can see from the photo below, the contrast in views between the blue sky from the mountaintop and the thick fog in the valley was striking.



As I was driving home, down the mountain and back into the fog, it occurred to me that there are moments in life, and especially early in your career, when the view can be quite foggy. You might be having a hard time deciding what you want to major in, without a clear view of what professions would be the most interesting and rewarding to you. You might be facing a rough patch in a personal relationship or confronting a daunting challenge to your health, your financial well-being, or your faith. Fog can be scary when the path forward is obscured and the way out of a difficult time is unclear.

What can you do when you are in the midst of a “fog moment” in your life? For what they are worth, here are my two recommendations:

Capitalize on the benefits of fog.

When the sky is blue and the view of the horizon is clear, it is easy to look far into the distance. At “blue sky” times in my life, I find myself planning months and years into the future, full speed ahead, without fully appreciating what I have in the here and now. However, when you are driving in thick fog, you cannot help but slow down and pay attention to what is right in front of you. Ironically, then, the times when it is harder to see ahead can also be the times that require you to be the most mindful about your

immediate surroundings – and the most clear-eyed about the things that matter the most in your life.

Find opportunities for a change in perspective.

We are fortunate, living in Pocatello at the foot of the Rocky Mountains, that we are just a 30-minute drive from escaping the fog to head toward higher ground and bright blue sky. How do you do the same in the foggy moments of your life? Perhaps it means talking to people whom you trust (e.g., friends, family, faculty and staff) to get a different perspective on your situation. Perhaps it means shaking up your

routine and stepping outside your comfort zone to meet new friends and embrace new experiences. It could also require reframing your current situation to understand that it is a moment in your life that will not last forever, but from which you can learn and grow.

I wish you many clear, blue skies ahead. I also hope that you will be able to capitalize on the foggy days/weeks/months/years, difficult as they may be, to truly appreciate the long-awaited moments when the fog finally lifts and the path ahead becomes clearer. – Dr. B.

Honors Scholarships Now Open in BOSS

There are currently several scholarships open on BOSS available exclusively to ISU honors students. The application deadline is February 15th, so apply quickly! Here is a list of the honors scholarships currently open:

- [Heitoff Scholarship](#)
- [SDS Scholarship](#)
- [Lookout Credit Union Scholarship for Community Service](#)
- [Lookout Credit Union Scholarship for Excellence in Business](#)
- [ICCU Perseverance Scholarship](#)

Honors Owl-portunity Scholarships

Open to full-time Honors students with a 3.20 GPA or higher. This scholarship is intended to help students with expenses related to their education. Applicants may request a specific scholarship amount to be used for a specific need and must provide a short bio that will be made available to donors to the University Honors Program. Donors will have the opportunity to select and sponsor individual Owl-portunity Scholarships online and during the UHP annual fundraiser, An Opportuni-Tea.

When applying for this scholarship, you'll be asked to provide:

1. How much money you are requesting and what you need it for. Examples of acceptable funding reasons are book costs, lab fees, specialized equipment for your major, or MCAT/LSAT/GRE fees. Your reason can be outside this list, but please be specific when making your request.
2. A short bio. Include your major, class, a few words about yourself, and what you are requesting support of. Scholarship sponsors will be reading your bio during UHP fundraising. Do your best to keep your bio to 108 characters or less. If your bio is longer it will be edited by Honors staff.

Example Bio – I'm Lily, a 2nd year Geology major. Many of the courses I take include field trips & high course fees. I need \$250 for fees. Thanks! (107 characters without spaces)

Interview With Confidence

Presentation by Ben Smalley, CEO/Administrator at Intermountain Healthcare in Burley. The presentation will take place at 12:00 in BA 506.

Enterprise Rent-A-Car Info Session

Tuesday, February 15 | 12:15 PM | BA 506
Learn about career opportunities at Enterprise.

INL Early Career Days

INL is hosting their first-ever Early Career days this month. These informative, interactive events are designed to help university students learn about the broad range of research being conducted at INL and the various early-career programs available at the lab.

Nuclear Research - Tuesday, January 25
12:00 pm - 4:00 pm

National Security - Wednesday, January 26
12:00 pm - 4:00 pm

Energy & Environment - Thursday, January 27
12:00 pm - 4:00 pm

If you're interested in attending, please RSVP through the form found at this link:
https://inlfedramp.gov1.qualtrics.com/jfe/form/SV_0vOtEgnxNxobj4a

Check Out Our Website

Did you know you can access the old weekly updates in the Weekly Update Archive on the ISU Honors Program Website? Check it out here: <https://www.isu.edu/honors/current-students/uhp-weekly-update/>

Need a Job?

ISU's Disability Services is looking for students who can take quality notes for students with disabilities. The job requirements are strong English skills and the ability to type at least 50wpm.

If you fit these requirements and are interested, please contact Casey Quiroz @casequir@isu.edu with your resume and availability.

University Career Fair

Wednesday, February 16 | 10:00 AM-1:00 PM
PSUB Ballroom

The University's Career Center is hosting their spring Career Fair in the SUB Ballroom from 10 am - 1 pm. Dress professionally and come meet with employers. Make sure to bring copies of your resume.

Graduation Deadlines

February 1 - last day to file for May 2022 graduation

March 28 - last day to file for August 2022 graduation

Please get your applications in before the deadlines!

UHP Advisor Contact

Dr. Alex Bolinger	alexbolinger@isu.edu
Dawn Brooks	dawnbrooks@isu.edu
Miriam Dance	miriamdance@isu.edu
Lori Tapanila	loritapanila@isu.edu

Be a Published Author!

Black Rock and Sage

ISU's student journal, Black Rock and Sage, is now open for submissions. Submit your fiction, nonfiction, poetry, photography, maps, paintings, drawings, comics, plays, musical recordings, novels, music compositions, costume sketches, dances, dramas, and more. The deadline for submissions is February 14. To learn how to submit or more about the journal, visit blackrockandsage.org.



Student Guest Writer for the Weekly Updates

Every week, Dr. Bolinger shares his thoughts in the weekly letter he writes as the opening for the Weekly Updates. We'd love to hear your perspective and thoughts, too! If you would like to write the introductory letter for an issue of the Weekly Update, email Dr. Bolinger (alexbolinger@isu.edu). Even if you're not sure what to write about, Dr. Bolinger can help you sort out some ideas.

Aisthesis

I am the faculty co-editor of Aisthesis, a student-run annual honors journal published at the University of Minnesota Duluth. Like last year, we are seeking academic and creative submissions from honors students nationwide and would be thrilled to receive work from Ohio University's Honors Program. The submission deadline is March 7, 2022. Aisthesis homepage: <https://pubs.lib.umn.edu/index.php/aisthesis/index>

Best, Rebecca Boyle
Asst. Professor of English, Linguistics, and Writing Studies, University of Minnesota Duluth

Bengal Business Movie Night

Wall Street
7:00 PM
Bengal Theater

Free show, great giveaways, and an interesting discussion with business professors about the show.

UHP Club Events

February

- 7** *Pre-Valentine's Day Party at Deleta | 7:00 PM*
Skate into Valentine's Day with fellow Honors Students. Free for all Honors students.
- 10** *Women's Basketball: Bengals vs. U of I Vandals | 7:00 PM | Reed Gym*
Cheer our Bengals on to victory over the U of I Vandals!