



Weekly Update

September 19, 2022

Make Connections and Dream Big

A letter from Jacob Andrysiak, UHP Instructor/Coordinator

Hello Honors Students!

My name is Jacob Andrysiak and I am one of the new Instructor/Coordinators for the University Honors Program. I find it fitting that one of the themes of this year is Connection. In the 14 years I have lived in Pocatello, connecting with others has been important to me whether that be on the lacrosse field, on stage, or in the classroom. I believe that the most important learning we all do is through experiences together. My friends jokingly call me "The Historian" because I am the one who is quick to recall some sort of adventure, meal, or other shared experience together! I look forward to the opportunity to create new experiences with you as I grow in the University Honors Program.

I have spent the last 9 years of my career working as a middle school teacher in Pocatello. I taught Language Arts, Geography, U.S. History and a variety of other subjects during my time as a middle school educator. Outside the classroom, I have spent much of my time in Pocatello involved in volunteer work with various non-profit organizations like Young Life, Pocatello Lacrosse Club, and The Comedy Project.

As a former undergraduate student at ISU, I remember spending time sitting on the hill at the top of Terry Street and just watching the town. I spent the time visioning and planning all the places I thought I might end up. My family and friends give me a hard time for having a 5, 10, and 15 year plan at all times. My hope was always to end up back at ISU with the opportunity to give back to the university that gave me so much during my college years. I am grateful that I now have that opportunity with the University Honors Program. Even though it is the long way to work, I drive over the hill on Terry Street every morning. It is a reminder to me to dream big and to keep giving back!

I cannot wait for the opportunity to work with you all: to make connections, to dream big, and most importantly have a lot of fun along the way!

I enjoy spending time with my wife, Julianne, and pets, Monty (dog) and Buddy (turtle). I love to cook/BBQ for people. If you are looking for someone to take charge of the grill for your next event, let me know! I am an avid sports fan of everything from the state of Michigan including the Lions, Tigers, Pistons, and Red Wings. My biggest rooting interest, however, is the Idaho State Bengals. You can find me at most sports events rooting for the Bengals! You can also find me out hiking or performing improv comedy in my free time. Spending quality time with people is an adventure I'm always up for!

It would be amazing to meet and connect with you all, so please do not hesitate to reach out and [schedule an appointment](#) or drop by my office REND 304A just outside the Honors Lounge.

Best,
Jacob

National Scholarships Opportunities

Are you a sophomore or junior Interested in pursuing graduate studies? Want to learn more about scholarship and fellowship programs you could consider to fund your graduate studies in a wide variety of fields? Interested in fully-funded master's degree programs abroad? Do you have a strong academic record (3.6 + GPA) and ample research/service experience?

Schedule an appointment with Instructor/Coordinator Conner Suddick [here](#) to learn more about [Rhodes](#), [Marshall](#), [Mitchell](#), [Goldwater](#), [Truman](#), [Udall](#), [Fulbright](#), [Schwartzman](#), [Boren](#), [Critical Languages](#), and more!

Upcoming UHPC Events

Comedy Night with The Comedy Project

Friday 9/23

7-8:30pm

SUB - Bengal Café

Come ready for a good laugh as The Comedy Project makes it all up on the spot!

Glow in the Dark Capture the Flag

Thursday 9/29

7:30-9:30pm

Quad (Meet at the Bengal Statue)

Bring a friend, and let the games begin!

Got UHPC Event Ideas?

Have any suggestions for the club?
Email Honorsclub@isu.edu with your ideas!

Follow Us!

Instagram: [@idahostatehonors](#)
Twitter: [@Idaho_Honor](#)
Facebook: [@isuhonor](#)

House Points Update!

First Place:
House of Benny
1063 points

Second Place:
House of Panthera
1018 points

Third Place:
House of Night
802 points

Fourth Place:
House of Stripes
799 points

Don't forget about your House Competition requirements! There is still time to earn points for your house (see note below). Ask your mentor for help or to update your score.

UHP Trivia Night!

Don't miss out on your opportunity to become a trivia champion! All are welcome so gather a team or sign-up individually and we will place you on a team. RVSP by September 26th!

****House Competition Note**** You can form a team with your Houses. Your houses can have as many teams as you can form. All final scores will be tallied with the opportunity for each house to earn up to 2000 points!

Trivia Night is on ISU's Family Weekend, so feel free to invite your families to join in on the trivia fun, along with all the other activities sponsored by ISU!

Trivia Night

Hosted by the University Honors Program

Enjoy a fun filled evening with fellow Bengal friends, alumni, ISU faculty/staff, and community members as we determine a trivia champion!

Teams will be assembled in groups of 6-8 members and may be a mix of students, alumni, faculty, staff, and community members.

Free admission for all.

Trivia questions provided by DJ Trivia.

Light snacks will be provided.

Prizes for the top 3 teams!

Saturday, October 1

7:00 - 9:00 p.m.

Doors Open at 6:30 p.m.

Pond Student Union Ballroom



Scan the QR to RSVP!



**Idaho State
University**

University
Honors Program

AMPed Up! Program

Mentorship is needed, important, and fosters many benefits. A current honors student may gain a role model and a wise friend. An honors alumni mentor may form an additional friendship and help unlock the untapped potential of a rising leader in his/her field of study. Both can reap rich rewards as students learn from their mentors and alumni advance their own mentoring capabilities. Most importantly, mentorship gives current students and alumni the opportunity to establish meaningful connections. The AMPed UP! program does this.

The AMPed UP! program is designed with structure, but the flexibility to suit both the mentor and student's needs. This self-paced program is [accessible via the Honors website](#). You can schedule the 6 sessions anytime it works for both as long as the sessions are completed before December 6, 2021.

Are you interested in becoming a student mentee? Please see the bios of the committed mentors for this semester and respond to this email with the mentor you would prefer to work with.

- First, we have a 2012 graduate who studied Biochemistry. She has studied Global Health in Ireland and completed medical school at the University of Washington. She continued her pediatrics residency at Stanford and is currently completing a research fellowship at Stanford. She would love to mentor anyone who is interested in medicine, curious about living abroad, or is wondering about taking time off before medical school.

- Second, we have a 2021 graduate who studied Psychology at ISU. As an undergraduate researcher, he investigated relationships between values and meaning in the way people talk about their lives. His honors thesis examined relationships between impulsivity, risk behavior, and risk factors for suicide development. He also has experience in psychology research labs and is currently awaiting responses from several graduate PhD programs.

- Third, we have a 2018 graduate with an Honors Bachelor of Science in Biology and a Bachelor of Science in Psychology. She is currently working in clinical research as a Certified Clinical Research Coordinator for Frenova Renal Research. She plans to continue her education by applying to the PA program at ISU.

- Finally, we have a 2020 graduate who studied Marketing; and currently works at Rain the Growth Marketing Agency. She loves the outdoors, hiking, photography, design, video, and reading. She would like to mentor a student in the ways of career preparation, character development, job shadowing, maximizing college performance, and resume help.

We hope that through AMPed UP!, honor students and alumni alike will remain active contributors to the University Honors Program and the greater Idaho State University community. If you know another honor student or alumni that would benefit from this program, please let them know of this opportunity.

Thank you for your consideration. If you have any questions please email Torie Strate at toriestrate@isu.edu or Conner Suddick at connersuddick@isu.edu.

We are looking forward to what it will bring to both the student and mentor. Thank you.

Student Volunteer Opportunity

The Idaho Hispanic Youth Leadership Summit needs student volunteers for their upcoming event. Your involvement in this event will impact the lives of Hispanic and Native American students from all over Idaho. When all of our communities succeed, Idaho thrives! The planning committee looks forward to collaborating with you and making this a memorable event for everyone involved. Please RSVP using the flyer below or contact the coordinators to determine how you can help with this event!

For direct communication please contact:

HYLS Volunteer Coordinators Aley Salas (208) 282-4409 and Luis Carrillo (208)282-1079.

For additional information on our event, please visit <https://www.isu.edu/hyls/>

VOLUNTEERS NEEDED!

Idaho Hispanic Youth Leadership Summit OCTOBER 5, 2022

MORNING SHIFTS

8 AM - 12 PM

AFTERNOON SHIFTS

12 PM - 5 PM

Located in Pond Student Union Building

VOLUNTEER TRAINING DATES AND TIMES

- MONDAY, SEPTEMBER 26TH 1:00 - 2:00 PM
- WEDNESDAY, SEPTEMBER 28TH 10:00 - 11:00 AM
- FRIDAY, SEPTEMBER 30TH 12:00 - 1:00 PM



SCAN THIS QR
CODE TO FILL
OUT THE
VOLUNTEER
FORM

ANY QUESTIONS?
Contact Omar Raudez at
omarraudez@isu.edu or
(208) 282 - 3146



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