



# Weekly Update

September 26, 2022

## A Letter from UHPC Leadership

Hello Honors Students!

We hope everyone is enjoying their semester thus far for the 2022-2023 academic school year! We are the University Honors Program Club (UHPC) leadership. We are student-represented, with the task to help improve your college experience through social, service, and professional development events. In short, we are here to help you get the most out of your Honors experience!

All of us have come from different conditions, backgrounds, locations, and much more, but we are all here at Idaho State University. UHPC aims to create a community that represents all of our unique differences while building on the same goals of furthering our education and exploring new opportunities. Throughout the year, UHPC offers a variety of activities that you can attend for free, ranging from Glow in the Dark Capture the Flag to services opportunities like Rake a Difference. We generate the potential for you to create connections, obtain life-long skills, and make the community a better place.

If this is something that intrigues you, follow us on Instagram, email us ([Honorsclub@isu.edu](mailto:Honorsclub@isu.edu)), and tell your friends!

Our challenge to you this year: Come to events, have fun, and tell us what you want. Simple enough, right? Not only will it fulfill your civic engagement requirement, but you will have fun, make new friends, and have a better college experience. We look forward to seeing you at our events!

Roar, Bengals, Roar!

UHPC Leadership

Exko Ramey, President  
Keilyn Kunimoto, Vice President  
Claire Wasniewski, Secretary  
Carter Christiansen, Treasurer  
Xavier Christy, Historian



# Upcoming UHPC Events

## 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!

## Trivia Night

Saturday 10/1

7:00-9:00pm

See more info below!

## Follow Us!

Instagram: @idahostatehonors

Twitter: @Idaho\_Honor

Facebook: @isuhonor

## 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. 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! Cash prizes to the top 3 teams are \$100, \$50, and \$25! [RSVP HERE](#) or use the QR below.

**\*\*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

*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

# Research Opportunities

## Join the Soil and Watershed Biogeochemistry Lab!

Are you curious about the natural world and interested in learning more about soils, streams, and ecosystem ecology? Join the [Soil and Watershed Biogeochemistry Lab!](#) We are seeking an undergraduate to assist in a number of lab activities with some opportunities for field work!

CPI position at \$9/hr for 10-20 hours/week

If interested, please contact:

Kathleen Lohse ([klohse@isu.edu](mailto:klohse@isu.edu)) and Tricia Kerner ([kernpat2@isu.edu](mailto:kernpat2@isu.edu))

## Developmental Behavioral Neuroscience Lab Assistant

Dr. Michele Brumley is actively recruiting undergraduate research assistants to participate on her research lab team, in her Developmental Behavioral Neuroscience Lab. Individuals may choose to receive course credit (PSYC 4483 or BIOL 4481) or volunteer.

Dr. Brumley's research lab investigates the development of motor behavior (locomotion, reflexes) and their mechanisms in developing rats. The lab often focuses on spinal cord mechanisms and conducts spinal cord injury studies (e.g., the effect of treadmill training after a spinal cord injury), as well as studies investigating maternal behavior in rats. Students will learn and may get involved with behavioral studies with rats, breeding methods in rats, microscope work, spinal cord dissections, coding behavior from video records, and collaborative research with graduate students. More information about Dr. Brumley's lab can be found here: <http://brumleylab.weebly.com>

Desired Qualifications: at least 3.0 GPA, interested in obtaining research experience, able to spend at least 6-8+ hours in lab per week, has at least 2 full semesters left before graduation.

If you are interested, please send Dr. Brumley an email indicating any previous research experience (if you have none, that's OK), why you are interested in the position, your availability (hours per week you would want to work in the lab), and an unofficial copy of your transcripts. She will follow-up with interviews for the most qualified applicants. You may contact her at: [brummich@isu.edu](mailto:brummich@isu.edu).

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## Undergrad STEM Research Funds

The State Board of Education has made funds available for undergraduate STEM research. If you are currently participating in STEM related research or a STEM lab, please consider this funding opportunity. Students may NOT write the proposal so please reach out to your faculty mentor about pursuing this opportunity. For more information click [here!](#)

Proposals are due by 12 PM (MST) Monday, October 3rd.

# 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](mailto:toriestrate@isu.edu) or Conner Suddick at [connersuddick@isu.edu](mailto:connersuddick@isu.edu).

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

# Rake a Difference

This is one of the biggest (and best) service opportunities that Honors students volunteer in every year! We love seeing everyone there! Bring any raking equipment you have, and the rest will be provided. Honors Raking Day will be Saturday, Nov 5, 10am - 2pm, Sign up now! Students can volunteer for other days if not available on Nov 5.



# Rake A Difference

A community event that raises funds  
to support the Pocatello Free Clinic.

Join us in beautifying Pocatello!

Friday Nov. 4th & 11th

2pm-dusk (about 6pm)

Saturday Nov. 5th & 12th

10am-2pm



**POCATELLO  
FREE CLINIC**

# Bi-Annual Honors Meeting (BAHM)

BAHM is officially one month away. Please save the date for one of the following three general sessions:

Wednesday, October 26th: 11 AM - 1 PM

Thursday, October 27th: 5 PM - 6 PM

Friday, October 28th: 7 AM - 8 AM

The general session will have breakout sessions to follow. Please be watching your email this week for more information and the RSVP form.

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## Honors Teaching Apprentice CPI Opportunity

Interested in developing your skills in facilitation, curriculum planning, and assessment?

Consider applying for the 2023 - 2024 Honors Teaching Apprenticeship [here!](#) Please review the duties outlined within the application and submit it by Monday, October 10th, 2022 at 11:59pm MST. Competitive candidates will be invited to interview with Conner Suddick the weeks of October 10th and 17th.

The candidate selected will be informed by the end of October in order to have time to add HONS 2220 (1 Honors credit) and HONS 3399 (2 Honors credits) to their Spring 2023 registration. Intern compensation will be \$9 per hour beginning with the start date in the [job description here](#).

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## 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!

