



# Weekly Update

February 21, 2023

## BAHM

It is that time of the semester for the Bi-Annual Honors Meeting (BAHM)!

Remember, all Honors students must attend one of the three possible BAHM sessions each semester in order to remain eligible for UHP scholarships, priority registration, and other program benefits.

The dates and times to attend BAHM this semester include:

- Wednesday, March 29th: 5 PM - 6 PM (Rendezvous Room TBA)
- Thursday, March 30th: 8 AM - 9 AM (Rendezvous Room TBA)
- Friday, March 31st: 12 PM - 1 PM (Rendezvous Room TBA)

Information in regard to the breakout sessions are also listed below:

- Session #1: Completing an Honors Degree | Facilitated by Dr. Shannon Kobs Nawotniak
  - Learn about the strategies to complete an Honors degree! This session will provide an overview of the curriculum, clarify information about the Honors project/thesis, and address any questions students may have!
- Session #2: 2023 UHP Club & Envoy Information Session | Facilitated by Jacob Andrysiak
  - In this session, students will learn about the leadership opportunities available in the University Honors Program Club and the six paid Honors Envoy positions for the Fall of 2023.
- Session #3: National Scholarships & International Fellowships Information Session | Facilitated by Conner Suddick
  - Interested in pursuing graduate school? Studying/living abroad? This session will examine over a dozen different national scholarship programs and fellowships including the Goldwater Scholarship, Truman Scholarship, Rhodes Scholarship, Fulbright Scholarship, Boren Awards, Critical Language Scholarships, and more!
- Session #4: Graduating from Honors this Spring! | Facilitated by Lori Tapanila
  - For all students who are graduating this semester! Learn about how to obtain your graduation package (Honors cords, certificate, and leather portfolio) and ways to remain involved in the Honors community!

Click this [link](#) to register for BAHM by Friday, March 3rd.

# Health Care Speaker Series

UHP is hosting a health care speaker series that will highlight different health care professions. The speaker series will invite health care professionals to share their undergraduate and professional experiences. Please save the dates for our guest speakers.

Location: REND 313 Time: 6-7:30PM

March 1 - Jason Overocker - Physician Assistant

March 6 - Nicole Wolter - MD/PhD Student

March 9 - Michelle Andrysiak - Occupational Therapist



## Jason Overocker

Jason Overocker MMS, PA-C is a physician assistant who lives in Boise, Idaho and works at the Saint Alphonsus Level II trauma center, specializing in trauma and acute care surgery. Prior to working primarily in trauma, he worked in burn surgery, general surgery and orthopedic trauma surgery. As a trauma and acute care surgery physician assistant, he assists in providing care to critically sick and injured patients suffering from blunt and penetrating physical trauma as well as patients in need of emergent general surgery and critical care.

## Nicole Wolter

Nicole graduated from the University of Minnesota-Twin Cities in Dec. 2019, where she earned a B.S. in Neuroscience. She started college as a pre-med student, but discovered a love of biological research while completing her honors thesis. She conducted undergraduate research developing synthetic peptide biosensors to detect kinase activity. Given this, she decided to pursue a dual MD/PhD degree program, applying during her last semester of college and joined the Tufts University School of Medicine Medical Scientist Training Program in June 2020. She has completed the first 2 years of medical school and is currently in her first year of PhD studies in the lab of Iris Jaffe, studying the interaction of the mineralocorticoid receptor and estrogen receptor in driving sex differences in cardiovascular disease for her graduate thesis.



## Michelle Andrysiak

Michelle Andrysiak has been practicing as an occupational therapist since 2016. She has experience in a variety of settings including pediatrics, rehabilitation, and acute care in the hospital setting. For the past five years, she has primarily worked in the hospital and prefers the more acute, fast paced environment. Michelle has had the opportunity to practice occupational therapy in a variety of locations such as Seattle, Los Angeles, and Australia.

# An Opportuni-Tea

## Owlportunity Scholarships: Owl Making Event

Wednesday, March 15th - Owlportunity Scholarship: Owl Making - Honors Lounge - 3-9PM

Drop in any time to make your felt owl for An-Opportuni-Tea. Also be ready to prepare your thank you video or thank you cards!

## Volunteers Needed

An Opportuni-Tea is the premier fundraiser for the University Honors Program. This annual fundraiser grows funds used to support students in the Honors Program through scholarships. The event is made possible with the help of many student volunteers from the Honors Program.

An Opportuni-Tea is scheduled for Saturday, April 1 and we are looking for volunteers from 8:30 AM to 3:30 PM set up, operate and clean up the tea. Volunteer assistance is also needed to prepare for the tea on Friday, March 31 beginning at 2:00 p.m. You don't have to commit to the whole day - even if you can only donate a couple of hours of your time, we very much appreciate your help.

We appreciate your help! This hallmark fundraising event couldn't happen with you!!  
Sign-Up to Volunteer [here](#)

## Creative Submissions Wanted!

We would like to invite Honors students to donate original creative work to be auctioned in the silent auction. Donated work could be anything you've created - painting, yarn art, woodworking, ceramics, sculpture, jewelry, photography, etc. The options are endless.

Your creative work doesn't have to be fully complete in order to let us know that you are interested in submitting a donation, as long as the donated item is complete and submitted to Jacob Andrysiak by Friday, March 10, 2023.

If you'd like to donate creative work, please complete this [form](#) so we can communicate with you throughout the planning process.

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**Follow Us!**

Instagram @idahostatehonors

Twitter @Idaho\_Honor

Facebook @isuhonor

# UHPC Events!

## Men's Basketball Game vs. U of I

Thursday 2/23

7-9PM

This will be a Star Wars Themed Night, so dress up and check-in from 6:30-6:45PM by Burger 208 with Paige and then walk over together!

## Women's Basketball Game vs. NAU

Monday 2/27

7-9PM

Check-in from 6:30-6:45PM by Burger 208 with Paige and Exko and walk over together

## Evening Yoga

Friday 3/3

6-7PM

Location Reed Gym 208

Come for some relaxing yoga!

## March-Matchness

Wednesday 3/8

Behind the C-Store

More info coming soon!

## Zoo Volunteer Day

Saturday 3/11

Zoo Idaho

Time 9-12pm

Help out in the community with this unique service opportunity!

## Owl Making Dates

Wednesday 3/15

3-9PM

Honors Lounge

Drop by anytime to make your Owl!

# Student Opportunities

## Call for UReCA Student Editor Applications

NCHC is looking to recruit new Associate Editors with diverse academic backgrounds from universities across the United States. Associate Editors are responsible for the selection of creative work and research articles that will appear on the website. Additionally, Associate Editors provide feedback and revision suggestions to authors of the selected pieces. In order to apply, students must be pursuing their undergraduate degrees and be enrolled in an honors program or college that is a member of NCHC. The selection of editors for UReCA is a competitive process. Applications should consist of the following:

- Resume (please only include academic activities or relevant work experience)
- Statement of interest (single page)
- A letter of approval from your Honors Director committing to send you to the NCHC conference.

The deadline for application is March 15, 2023. All applications will be handled through our submissions manager: <https://ureca.submittable.com/submit>. Please direct any questions to our Editor-in-Chief at [editor@nchc-ureca.com](mailto:editor@nchc-ureca.com).

## NASA DEVELOP Program - Paid Summer Internship on Campus!

The NASA Applied Sciences' Capacity Building DEVELOP program is recruiting for our Summer 2023 term period – which occurs from June 05 to August 11 – at our Pocatello, Idaho location based at Idaho State University's GIS Training and Research Center (GIS TReC) and at our national program level, which has locations across the country.

They are seeking to recruit current students, recent graduates, early career or transitioning professionals, and U.S. veterans. The position includes working as part of a multi-disciplinary team to address real world issues, participating in skill building workshops and inclusion into a network of professionals across an array of scientific, technical and social backgrounds. This program frequently serves as a launchpad for career and academic advancement and is welcoming to all who wish to apply.

Please see the attached flyer with more details pertaining to this position. Please apply using this [link](#)! The application window is open now for the Summer term and closes **February 24th**.

## Aisthesis Journal Publication Opportunity

Aisthesis, a student-run annual honors journal published at the University of Minnesota Duluth is seeking academic and creative submissions from honors students nationwide. As an interdisciplinary publication, they welcome academic work, including honors capstone projects, literature reviews, and research articles, from all fields of research.

Creative submissions of nonfiction, fiction, poetry, and visual art (including but not limited to painting, sculpture, short film, multimedia, and photography) are also encouraged. If you are hoping to build your resume, share your work, and publish as an undergraduate, this is the perfect opportunity for you!

The submission deadline is March 6, 2023. Guidelines can be found at

<https://pubs.lib.umn.edu/index.php/aisthesis/submissionguidelines>.

## ISU Ambassador Program - Applications Open for Fall 2023

We encourage students who believe they have what it takes to represent our institution by guiding campus tours, conducting high school presentations, and assisting with a variety of recruiting and campus community support events, to apply by March 17, 2023, at 5 p.m.

Minimum requirements are; 3.0 GPA; excellent communication and interpersonal skills; ability to present in front of small and large audiences; team oriented; passionate about ISU and noticeable school spirit; great work ethic and attitude.

Preferred skills include exceptional knowledge of the campus, being highly involved, and clear leadership ability.

If you believe you've got the skills, love ISU, and appreciate a high-energy work environment, this may be the position for you.

Applications should be requested using this [link](#). {<https://tinyurl.com/y7ybxzsb>}

For more information, contact our office at (208) 282-2100 or email [jennahopkin@isu.edu](mailto:jennahopkin@isu.edu).

## Honors Specific Scholarships

Don't forget to check out BOSS for the following scholarships | Deadline March 15th:

- ICCU Scholarship for Perseverance
- Lookout Credit Union Scholarship for Community Service
- Lookout Credit Union Scholarship for Excellence in Business
- SDS Scholarship
- Owlportunity Scholarship
- Heithoff Scholarship