



Weekly Update

February 27, 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 with 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.

AMPed Up Mentor Program

First Come, First Serve! Limited Opportunity

Honors Students:

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's 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 April 24, 2023.

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 2018 graduate who completed 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 is hoping to continue her education through the PA program at ISU. She is open to mentoring up to two students.

Second, we have a 2021 graduate who completed an Honors Bachelor of Arts in Marketing and Videography. She is currently working at a marketing agency called Rain the Growth Agency. She loves to explore the outdoors, hike, and read. Her interests also include photography, videography, and cooking and baking. She is prepared to help students with career preparation, character development, and maximizing the college experience. She is open to mentoring one student.

Next, we have a 2020 graduate who completed a degree in exercise science and is currently working at ProOrtho Physical Therapy. He is interested in mentoring because he did not have a mentor through his programs and believes it would've been very helpful. He has a multitude of hobbies consisting of exercising, computers, and music. He is willing to mentor up to three students for this spring session.

Finally, we have a 2021 graduate who completed a degree in Psychology at ISU. His hobbies include conducting research, reading, drawing and painting, and listening to music. He has applied to several graduate programs for Clinical Psychology. His research interests pertain to sexuality and the ways adverse childhood events emerge in adulthood. His long-term goals include "brokering a relationship between contextual behavioral science and narrative identity research." He is open to mentoring up to three students.

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.

UHPC Events!

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!

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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.

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.



Student Spotlight

Kevin Brown

Kevin Brown will defend his Honors thesis "Tertiary Lymphoid Structure Development in the Lungs of Mice Exposed to Libby Amphibole Asbestos and Arizona Asbestos" on Friday, 3/10, at 12:15 pm, in PS 228. His thesis mentor is Dr. Kinta Serve, Department of Biological Sciences.

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.