



# Weekly Update

March 6, 2023

## 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 6 - Nicole Wolter - MD/PhD Student

March 9 - Michelle Andrysiak - Occupational Therapist

### 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.

# UHPC Events!

## March-Matchness

Wednesday 3/8

Behind the C-Store

See flyer attached for more information!

## Zoo Volunteer Day

Saturday 3/11

Zoo Idaho

Time 9-12pm

Help out in the community with this unique service opportunity!

RSVP

## Owl Making Dates

Wednesday 3/15

3-9PM

Honors Lounge

Drop by anytime to make your Owl!

## Rise and Register

Monday 4/3

6:30-8AM

Behind the C-Store in REND!



## 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 REND 228. His thesis mentor is Dr. Kinta Serve, Department of Biological Sciences.

## Creative Submissions - Palouse Review at Washington State

Palouse Review publishes a web-based biannual journal containing creative writing, scholarly papers, poetry, fiction, nonfiction, visual art, and original music made by Honors students from Western Region Honors Council member programs. You can find their most recent issue and archives, here:

<https://palousereview.wsu.edu/>. We'd love to have students at Idaho State University contribute their works to this journal! If you are interested in getting your work published, take advantage of this unique opportunity! For guidelines on the submission process, click [here!](#)

## Biology Mixer

Save the Date! Drop by the Biology Careers Mixer on Tuesday March 7 from 12-2 pm in REND ABC Suites. Several organizations and professionals from the community will be present to chat with you about the diversity of things you can do with their biology degree and provide advice on pathways and preparation. Each organization will have a designated table where you can drop by for informal conversation while you enjoy some pizza.

# Sustainability Survey

Please consider taking this quick ASISU Sustainability survey [here](#). It was created by one of the Anthropology majors, and it is important to getting a Sustainability Facilities Services position on campus among other initiatives that would benefit students and campus life. Thank you!

## 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. Rooms are determined by your information session you selected.

The dates are times to attend BAHM this semester include:

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

We will see you all there soon!

## 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.

# 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](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.

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