

Dear Prospective Iowa Student,

Hello! I think it is fantastic that you are considering the University of Iowa as your home for the next four years, and even better that you are thinking about Honors at Iowa! This may be a little biased, but I think it is a pretty great choice. :)

My name is Delaney McDowell, and I am a second-year Honors student here at the University. I am originally from Mt. Pleasant, Iowa, a small town in Southeastern Iowa. I am majoring in Human Physiology with a Chemistry minor on the pre-medicine track. I was accepted into the Honors Program during my senior year of high school, meaning I was able to participate in SO MANY special opportunities that honors students joining later do not get the ability to participate in.

Two of these experiences include Honors Primetime and Honors First-Year Seminars. Honors Primetime is a 3.5 day workshop that takes place the week before classes start (you'll move in early!!), and you will receive 1 semester hour of Honors Coursework Credit. This workshop is a hands-on, mostly out of the classroom learning experience that does not have to pertain to your major. I was in a geology workshop with Professor David Peate, who is someone I never would have met otherwise. I like to describe Primetime as a way to connect with honors students, meet a faculty member, and get back into your school routine before the intimidating "first day".

Honors First-Year Seminars are discussion-based classes that will take place, you guessed it, throughout your first semester. This is a discussion-based class with low stress and high engagement. You will receive 1 semester hour of honors coursework credit for this experience as well, and get the opportunity to really engage with a professor that you might have for another course. I took "How Psychology Can Save the Planet" with Professor Vecera, who I ended up having the following year when I took Elementary Psychology. Out of a large lecture hall, he knew me by first name because of our seminar, and I was even able to interview him for a podcast I created for another class that focused on sustainability. These are two wonderful experiences that I was able to connect with professors, meet other honors students that I am still friends with today, and begin to find my place in Iowa City.

As a part of the Honors Program, I am able to participate in Undergraduate Research and Studying Abroad. These are two things that I would have participated in anyways, but I was able to receive Honors credit for these experiences. With undergraduate research, my lab is looking into minimizing the fatigue and symptoms experienced by people with Multiple Sclerosis and Parkinson's Disease. It has given me the opportunity to engage with members of the Human Physiology department, as well as research and learn about a topic that is very engaging to me. With study abroad, I spent my winter break in the Dominican Republic with the Human Physiology

department, in which I spent three weeks learning about the healthcare system in the DR and what hospital life is like. I spoke with patients, learned about serious illnesses and the main concerns that both doctors and patients have, and discovered a beautiful, welcoming country that will forever hold a piece o

completed a pre and post-questionnaire and write a narrative about my experience, which helped me set goals for myself, evaluate my goals as I was down there and once I got back, and helped me guide myself towards self discovery, which is what the Honors Program is all about.

I have been nothing but grateful for the Honors Program here and everything it has given me. I have met friends through work and engaged in experiences that I will remember for the rest of my life. Being a part of the Honors Program has been a highlight of my college career, and because of this, I encourage you to highly consider Iowa and the Honors Program.

Sincerely, Delaney McDowell

Class of 2022

Human Physiology B.S. | Chemistry Minor