

Dear Prospective Iowa Student,

Hello! I hope that you find yourself healthy during these trying times, a pandemic can really put a halt to exploring college options, but I am ecstatic that you are choosing to explore the University of Iowa! My name is Chi Glaha and I am a current junior at the University of Iowa studying Sociology with minors in Psychology and Criminology as well as certificates in Trauma and Resilience, and Public Health! I am originally from Mount Pleasant, Iowa which is a small town about 45 minutes South of Iowa City! On campus, I serve on the board for the Council of the Status of Women and am also a committee member for Dance Marathon!

Now that you have a little insight into who I am I would like to share some of my experiences with the honors program with you! I have been a part of the program since my first semester here at Iowa in the fall of 2018. My first real experience with the Honors Program was Honors Primetime which is a class that you can take before school starts! It is a 3-day course where you can explore things out of your comfort zone or major and you get to do a project that can help you become with the University of Iowa Campus. This opportunity also allows you to move in a week early, meet other honors members, and help you to create your home here at the University of Iowa. Coming from a small town, Primetime helped me to see Iowa as home and helped me to create a community that I felt comfortable in and that has lasted me over the years! The honors community is an amazing way to connect with other people who have the same drive and ambition as you do!

Through the Honors Program, I was also able to engage with the Summer Research Project, to help earn credits for experiential learning requirement. This project, which was available due to the pandemic, helped me to take a deeper look into what I want to do with my degree and to better understand my academic and career goals. It also helped me to realize that I want to do research in my field in connection to Honors as well as travel abroad once everything settles down or is safe to do so! One thing I want to highlight is the research is not just for science majors, there are opportunities for research in every department so do not feel like you can not engage with research if you are not in the STEM field! There are countless opportunities through the honors program that can connect you to a variety of helpful resources!

In sum, the Honors Program here at the University of Iowa has helped me to push my limits and to expand the ways that I engage with the campus around me. It has also helped my transition from a small-town high-school to a large University campus. The community that is created here is close-knit and amazing to be a part of. I hope that you will consider Iowa during your college search, and please feel free to email me if you have any questions regarding anything!

Chi Glaha

