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On the Cover:

Junior Alora Kraus spent four days hiking in Crete, Greece. In the photo she hikes along the south coast from Sougia to Hora Sfakion. Kraus studied abroad for a year in Scotland. Read more on page <u>12</u>. *Photo provided by Alora Kraus*

Honors Newsletter Page 2, Spring 2017



Word From The Director

Warm greetings to our Honors program students, faculty, alumni, and friends.

EXPERIENTIAL LEARNING AT HONORS AT IOWA

Honors programs across universities and colleges have many similarities. In fact, the national organization for honors education, the National Collegiate Honors Council (NCHC), in the 90's developed a listing of basic characteristics for honors programs (see them <u>here</u>). Yet, even though there are similarities across honors programs, many will have distinguishing features – in particular those things that make them a better fit for their own institution and its culture.

The two things that most distinguish Honors at Iowa are, first, our emphasis on self-discovery and, second, the big part experiential learning has in our curriculum. I've spoken previously of how we've woven self-discovery into the honors experience. This is something we believe is an essential first step for the development of our students. In this newsletter, however, you'll see several articles on how we've incorporated experiential learning into the Honors Program. This component, which helps with self-discovery, is also an excellent fit for our university, which is an R-1 (a top research institution) and also offers many other venues for applied learning.

What is experiential learning? The simplest definition is that it's "learning by doing." For our students, it most often takes the form of undergraduate research. It also includes study abroad, internships, and projects implemented in the outside community. You'll read about examples of all these types of experiential learning in this newsletter.

Why do we put such a strong emphasis on experiential learning that it comprises a full half of our Honors Program curricular requirements? It is one thing to learn by listening to a lecture or watching someone else do something; applying what's been learned or demonstrated, however, is a higher skill level with a deeper payoff. Ask, for example, one of our Honors Engaged Social Innovation majors what she or he has learned from developing and then implementing a project that must be innovative in addressing a social need, beneficial to the community, and sustainable. I've seen transformative development in students who've found themselves and perhaps even their mission in life through their projects and other such forms of experiential learning. You may see evidence of such transformative experiences in the articles on applied learning in this newsletter.

HONORS AT IOWA SPRING AWARDS

Because it's all too easy to become overwhelmed with the demands of our jobs and then overlook the support we get from staff and faculty across campus, each spring we put the brakes on the flow in order to hold a public event, titled the Honors Recognition Ceremony, to acknowledge those who have supported our program in extraordinary ways. At this ceremony we also make public the awards given for the various accomplishments of our students. It's a celebratory event suitable for spring in that it marks how much our students have grown from their experience at the Honors Program and university. See below to share in some of that celebration.



Dr. Art Spisak

HONORS AT THE NATIONAL LEVEL

At the beginning of May, Honors at Iowa hosted a two-day NCHC-sponsored workshop on professional development for honors education. As the co-organizer and facilitator of the workshop, I worked with a group of twelve honors professionals from honors programs across the nation, all of whom were selected for their experience and expertise in professional development. Our goal was to formulate the type of training that would most benefit honors educators and then determine how best to implement it. Our recommendations will go to the NCHC Board of Directors for approval at its summer meeting. More on this in the next Honors newsletter.

As always, please feel free to contact me via email (art-spisak@uiowa.edu) or phone (319.335.1681) with any comments, questions, or concerns you have about the Honors Program. I'm happy to have such conversations.

art Spesch

Art L. Spisak, PhD Director, UI Honors Program President, National Collegiate Honors Council



Calling All Doers and Dreamers

Consider joining the Engaged Social Innovation Major

By Eilidh Spery



ESI Advisor David Gould, right, and students celebrate the end of their Fieldwork in Innovation class; from left, Sydney Hofferber, Sydney Knox, Sarabeth Weszely, Kalena Meyer, Shannon Nolan, and Courtney O'Meara. Photo by Sydney Hofferber.

Are you interested in becoming a better leader, communicator, and citizen? Would you like to take an active role in shaping your educational experience at the University of Iowa? Do you want to help your community and, on a larger scale, the world? If so, the Engaged Social Innovation major is something you should look into.

The premise for the major, which had its second class graduating this spring, was sparked by two classes taught by David Gould, the Director of Programming & Events and a member of the Honors faculty. Both classes, Reimagining Downtown and Life Design, were designed "I have gained so much in my ability to lead and organize." —Benjamin Marks community.

then once accepted, begin to formulate individual study plans.

These plans allow students to design their own course of study,

and to understand how each class benefits them and fits into their

education. Students also take four core classes which help them form a foundation from which to engage with the major. The

culmination of all this coursework is the capstone project, in which students create something original which has social good for the

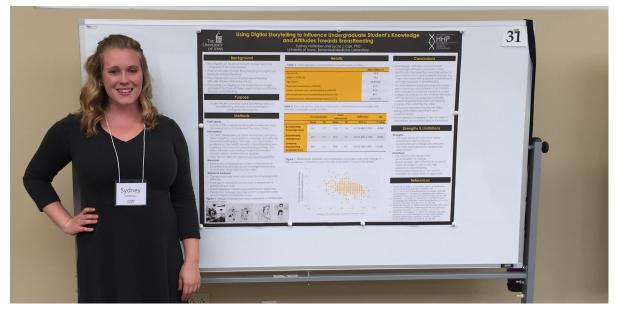
> Any Honors student can pursue the Engaged Social Innovation (ESI) major and shape it into something which addresses their individual interests and goals. Thus each individual and their journey through ESI looks different.

around the idea that students needed to have a place in which to discover their passions.

Gould soon realized that this was only the first step; after finding their interests, students also needed to discover how to connect those passions to the rest of the world. Through these courses, Gould observed the enormous momentum that group experiences, community involvement, and problem-solving gave to students. All of these things inspired then Dean of CLAS, Dean Chaden Djalali, to create a major to encompass these ideas, a major "without boundaries" as Gould calls it. The major is targeted towards Honors students and is taken as a second major; it is a track within the Interdepartmental Studies Major. Interested individuals apply, Benjamin Marks, who graduated this spring, triple-majored in Journalism, ESI, and Gender, Women's, and Sexuality Studies (GWSS). His journey within ESI began as a concentration for his journalism major and a way to help others. His primary focus was on intercultural communication and how to use this communication to connect with society. After he took a class in which he discovered the extent of food insecurity, this narrowed into his capstone project: forming a food pantry on campus.

Marks noted that his project helped him in many ways, stating, "I have gained so much in my ability to lead and organize. We not only started a student org, we built a pantry from scratch."

Consider joining the Engaged Social Innovation Major, cont.



ESI graduate Sydney Hofferber with her project poster describing her ESI capstone, "Using Digital Storytelling to Influence Undergraduate Students' Knowledge and Attitudes Towards Breastfeeding." Photo provided by Sydney Hofferber

Sarabeth Weszely, another spring 2017 graduate, who majored in English and Creative Writing, said that her path through ESI morphed over time. At first, Weszely approached social change through art in a direct manner, yet over time she said she "gained

more faith in creativity to adjust social change" without forcing it. Her capstone project was a collaboration with musicians to address racial justice. Weszely writes, plays guitar, and sings with other performers, and has performed several times at the

Pedestrian Mall, churches, open mics, and benefit concerts. She performed in the Pentacrest for the culmination of her project.

Both Marks and Weszely emphasized the benefits of ESI as adding a new dimension to their education, in terms of engaging with the community both inside and outside of the university, looking at the world in a new way, and incorporating experiential explorations into their academic experience. Marks stated: "There's a very interesting theoretical side to

ESI...seeing the world differently and navigating those spaces... and (learning) how to engage society in a way that can benefit you and your mission in order to help others." Both encouraged those with a spark of passion, self-motivators who know they

ESI is " a major for doers and dreamers." —Sydney Hofferber

want to make a difference, to get involved with the major. If you are interested in the major and know what direction and course of study you want to pursue, Gould encourages meeting with him to brainstorm an initial plan of study before applying

to the program. If you do not know, or even if you do know and are simply interested, he recommends taking the Network and Strategy (RHET:2400) class this fall, taught by Thomas Keegan, which is one of the foundational classes for ESI majors.

While speaking about the major, Gould highlights a term another ESI major, Sydney Hofferber, coined for ESI: "a major for doers and dreamers." If this description fits you, then Gould says the sooner you get involved, the better.

Meet Melinda Licht

Welcoming the new Program Coordinator for ICRU

By Angeline Vanle

If you've ever been on the fourth floor of the Blank Honors Center, you'll know that the floor is full of honors staff and advisors who can help you navigate all things honors. Also located on the floor, separate from the honors department, are ICRU staff members who can help answer any student questions about research, how to get started, and the like. The newest addition to the ICRU team is Melinda Licht.

Born in Council Bluffs, Iowa, Melinda attended the University of Iowa and earned a bachelor's degree in Religious Studies. She then earned a master's degree in Theological Studies in Evanston, Illinois. Her background included library research, which was her first experience with research. Afterwards, Melinda came back to the University of Iowa to earn a bachelor's degree in Biology! It was during this time that she worked in a molecular physiology lab that researched prostate cancer and fell in love with lab work. Afterwards, she gained the opportunity to work in an ophthalmology lab.

Today, Melinda introduces students to the fact that research is not only in science, but that it is available in the humanities, arts, and almost everything! Because of her interest in a wide variety of subjects, Melinda encourages students to explore what is out there and to also note that research is applicable to everyday life.

"Research is a complete skill. Students learn a lot about how to think critically, and in a way they might not necessarily learn in a classroom."

In her experience, research supplemented things that she was learning in the classroom. As someone who did research in both the humanities and sciences, Melinda feels prepared to advise students regarding a large range of research areas and also give them an idea of what each area entails. As for the most rewarding part of her job, Melinda gets excited seeing how students' thinking has been shaped by research and how they are applying the things they've learned in different situations. She also enjoys talking to students about their research.

"In day to day interactions, you don't necessarily see the depth of their personalities, or how they think about things, but when you start to ask them about their research, they really get passionate and excited, and it's really been one of the things I've appreciated seeing. Just watching students, who might not have thought about doing research, use ICRU positions or fellowships to 'come alive' is the most rewarding part." What are some misconceptions students have that might prevent them from doing research?

M: "The number one misconception is that research is only in the sciences. Even within the sciences, misconception is that all research is lab based. Some people really enjoy lab work, but some people also don't want to do that. There are so many programs here: the chemistry program



Melinda Licht, Program Coordinator for the Iowa Center for Research by Undergraduates,

has field work, environmental engineering also does field work, archaeology is definitely not always in a lab, they go out and dig sites. Psychology can be in a lab, but there are a lot of other research projects that are survey or interview oriented. Research includes a very broad range of what you can do."

Any advice for students who feel intimidated about starting research?

M: "The biggest thing you can do to get involved in research is to think about what you want to research and to look at faculty at the university and see if anybody is doing the research that you want to do or are interested in doing. Then, just contact the faculty! If they don't have an open position, they might know another faculty member who might be willing to let you join their lab. The university is very supportive of undergraduate research. Some students might be afraid or intimidated to talk to faculty about their research, but it's not something to be afraid of because all researchers love to talk about their research!"

"If you want to try research, even if you might feel intimidated or afraid, we're here to help the process go smoother and make sure you're doing something you enjoy and that enriches your educational experience."

If you find yourself with questions about what exactly research is, how to get started, or anything else research related, stop by Melinda's office at 401 Blank Honors Center for some good advice!

Hancher-Finkbine Undergraduate Medallion

Two exceptional students awarded prestigous University honors By Claire Jacobson



Left: Vocal performance and music education major Benjamin Ross was one of two honors students to earn the Hancher Finkbine Medallion at the 100th annual Finkbine Dinner. Photo by Jessica Waldschmidt. Right: University of Iowa President Bruce Herrald awards 2016-2017 student body president Rachel Zuckerman the Hancher Finkbine Medallion. Photo courtesy of the Office of the Vice President for Student Life.

Each year, the University of Iowa hosts the Finkbine Dinner as a way to recognize exceptional students, staff, and faculty. At this dinner, the president award the Hancher-Finkbine Medallion. "Seven medallions are awarded annually, to four outstanding students, one professor, one staff member and a graduate who has attained special distinction," according to the website of the Vice President for Student Life. At this, the 100th Finkbine Dinner, Honors student and student body president Rachel Zuckerman was one of the awardees. This medallion, first awarded by President Virgil Melvin Hancher in 1962, is engraved with the words

"Learning," "Leadership," and "Loyalty," and is meant to recognize those members of the university community who best exemplify these values.

Benjamin Ross

Benjamin Ross is from Rockford, Illinois, double majoring in vocal performance and music education in the College of Liberal Arts and Sciences and the College of Education. During his time at Iowa, Ross has worked directly with students to show them how college can be "a place where people are able to explore who they want to be" and "how they want to be it." In his role as president of Delta Lambda Phi (DLP), he increased chapter membership from 12 to 30, planned some of DLP's first large-scale programs, and advocated for trans students' rights in the university health care system. An avid performer at lowa, Ross has been a soloist with the UI Symphony Orchestra multiple times and has performed in five operas at the UI. His commitment to opera was rewarded with the Eileen Muriello Memorial Scholarship last semester. He has also served as a participant and site leader for the UI's Alternative Spring Break program.

Rachel Zuckerman

Rachel Zuckerman is from Detroit, Michigan. She doubled majored in political science and journalism and earned a Critical Cultural Competence Certificate in the College of Liberal Arts and Sciences. She is the former undergraduate president of UI Student Government. Under her leadership, UISG has worked with university administration to secure \$200,000 to make structural improvements to the UI's cultural and resource centers, helped organize a national "Mental Health Monday" campaign in support of federal mental health legislation, and successfully advocated for the creation of a new student mental health fee to hire eight new counselors by 2018. During her time as a student, Zuckerman has held a wide variety of campus leadership roles, including working as a resident assistant, serving as the undergraduate representative on the UI Council on the Status of Women, and on the Dean's Student Advisory Board in the College of Liberal Arts and Sciences.



Doing Meaningful Work Well

Advice from an honors graduate

By Claire Jacobson

Samantha Westphal '17 left an impact behind her after she claimed her diploma in May and headed off to Argentina. After four years of involvement in the Honors Program and in the university community, it was not difficult to leave an important mark.

"I worked as a Summer Orientation Honors Ambassador, and then served as an Honors Peer Advisor/Ambassador for a few years. I also served as a TA for an Honors First Year Seminar for two years, which has probably been my favorite experience," said Westphal. "It was also really valuable for me to be surrounded by other highachieving students who, at the core, really loved to learn. I felt like I had 'found my people' when I entered the Honors Program."

Besides Honors, she has also been involved in Dance Marathon, ImmUNITY, Global Buddies, and "done clinical nutrition research since the summer after my freshman year studying how diet affects multiple sclerosis related fatigue," besides volunteering as a Spanish interpreter for the Free Mobile Clinic. "I also really enjoy going to free community events such as the Iowa City Foreign Relation Council luncheons when I have time."

"Looking back on my four years it seems like I have accomplished a lot, but each year of college I focused on one or two things where I really devoted all my energy," said Westphal.

This time last year, Westphal began an application to the Fulbright English Teaching Assistant program. "I actually was friends with a few people who had received a Fulbright grant to teach English and they inspired me to apply," said Westphal. "I was fortunate enough to study abroad in Chile for a semester during my sophomore year, and I think that was the experience that best prepared me to apply for a Fulbright grant." Months of essay-writing later, her hard work paid off.

"Do things that you love and are meaningful to you." —Samantha Westphal

"Next year, I will be going with the Fulbright program to work as an English teaching assistant for future English teachers in Argentina. I can't wait!" Even though Westphal "would eventually like to do international public health work through an organization such as the World Health Organization," the chance to teach English in



Samantha Westphal '17 recently won a Fulbright grant to teach English in Argentina.

Argentina is "an opportunity to collaborate internationally while also improving my Spanish," which "seemed like the perfect next step for me."

What kind of advice would she give to those students who will come after her? "I can't stress the importance of taking care of yourself and your health. My worst semesters in college – academically and emotionally – were the ones were I studied the most but slept the least. Once I started to prioritize my sleep and well-being, I found that my grades started to rise."

But overall, for students to make the most of their time in college, "Do meaningful work well. There is absolutely no need to overcommit yourself doing things that you actually hate or stress you out because you think you need it for your resume. Do things that you love and are meaningful to you. Do them well and devote all your energy to two or three things instead of seven things."

Follow us on Social Media for the latest Honors events, opportunities, updates and more





Honors Students in the Community

The Translate Iowa Project

By Alex Chasteen

I interviewed four Honors students and founding members of the student organization the Translate Iowa Project, a student organization dedicated to creating a culturally and linguistically inclusive environment for our community here on campus and in Iowa City.

Q: So, why did you create this organization?

Bryan Flavin: It was about a year ago now, and it came initially from the simple observation that a lot of the literary and artistic outlets specifically for undergrads on campus were very much geared — obviously, since we're in Iowa, on an English-speaking campus in the middle of the United States — very much geared towards English monolinguals. And with that in mind, and also seeing the development of other outlets on campus that were trying



Zhiyun Mary Ma '17 (English and Creative Writing, Philosophy minor, with both University Honors and Honors in the major) is a cofounder and Vice President of Translate Iowa to appeal to and provide outlets for other voices on campus, and then realizing there wasn't an outlet for the multilingual, multicultural population on campus.

Keegan Gormally: And if I may add, I am involved in various academic and creative outlets on campus. And their announced purpose is to serve all students, but their translation side of things is inadequate, and I think we saw that, and we also saw these different departments who had not really been linked up with one another before, right, like

International Programs and the International Writing Program, so we're also a - I hate the word, but networking organization.

Zhiyun Ma: And from my part, being an international student, and in the English department, which means I'm like, the absolute minority in my own academic department, and I was not the only person in there. I know like the English department is not only for native English speakers, there are other English students who come from different backgrounds, not only do we want to learn the language itself, like, we want to appreciate this literature, and develop our own identity. And ever since the beginning, it sounded to me like a call of duty. One of the biggest challenges I faced is organizing events targeting international students, but I also wanted to include American students, so I found out like, maybe we can do something from a different angle, and that was translation.

Q: So. Ι know you guys have an anthology coming out soon, but I was wondering if you guys could talk about what kind of other projects you do- like, overall, what do you do?

Flavin: The way we tend to break it down is in two ways. So there's the creative aspect, where we mainly just provide an outlet for writers on



Bryan Flavin '17 (Linguistics, French, Translation minor) is a cofounder and President of Translate Iowa

campus of any language to submit their work to us and to have that be translated. So there's that, and then I guess there's the more practical side? "Practical" — I don't know if that's the best word for it, necessarily. But it's providing translations of resources within the community, so we reach out to various university departments, various organizations and businesses in the community and they also come to us to provide translations of different services they have, different documents that they want to provide for a larger linguistic community.

Gormally: And to list specific examples, we translated the university calendar, and worked with the Salvation Army and translated their "Toys for Tots" flyers for their annual toy drive and — potentially, it's still up in the air — IC downtown. And in addition to this, on the creative side of things, in addition to this anthology, we have a website. We curate student work, and we've been, in the past, showcasing that work.

Q: So, I glossed over it earlier, but you do have an anthology coming out. I was wondering how that started, and what the process has been like for a translation-specific publication.

Gormally: The biggest thing that comes to mind for me is the challenge and also the rewards associated with bringing different departments together through sponsorship of the magazine and donations going out asking organizations 'Hey, do you want to be part of this,' to donate money and make this possible.

Flavin: Yeah, definitely. The best part about all of it has been working together, like all of us together, all of our translators, all at the same time. It's been a huge group effort. Not only between translators of Arabic or translators of Mandarin, it's been a group effort of like, every translator and every editor helping one another and communicating with one another. It's like an exchange in



The Translate Iowa Project, cont.

itself, between a translator who knows this language, and an editor who's trying to help the translator, and you learn a lot in that process. I'd say the most challenging part, though, was, as Keegan was saying, the kind of logistical. It's been a challenge reaching out and getting that support being so new and being not only new but also something so different, something that doesn't really exist and something that may seem, for lack of a better word, foreign. Because we're dealing with different languages, twelve different languages in this publication, and so getting all that together has been wild. But it happened and we did it.

Q: So, you guys have only been around for a year, but there's a lot you've accomplished. I was wondering if you could talk about what your hopes are for this organization for the future?

Gormally: From my perspective, when Bryan first came to me with this idea, I wanted to help get it off the ground but I didn't necessarily want to be as involved as I have obviously been. **Flavin:** Sorry about that.

Gormally: No, it's fine, it's just what I would like to see for this organization is a heightened interest from monolingual students, and I'd like to see more involvement and more of an



Keegan Gormally '17 (English, Philosophy minor, with both University Honors and Honors in the major) is a cofounder and Treasurer for Translate Iowa

interest in culture and people and languages that don't necessarily help those people, I guess. It's a very selfless act, and like Bryan said, it's very foreign thing, but I would like to see more people quote-unquote like me support this organization. Flavin: Yeah, definitely. I think more than anything I would like for it to become more, particularly for the creative side, to be more integrated within the community. And that's very much on the way. And also I'd love to see it where we're

working more with the university and other organizations and businesses, you know, providing these translations. I'd like to see it where Translate Iowa is going beyond creative writing, even, including more forms of art in continuing that kind of collaborative experience we've had. Because not only has it really been beneficial for us, but it's also been very fruitful in a way that these kind of connections and ideas and relationships are made through that that wouldn't have been made otherwise and aren't normally fostered for one reason or another even though a connection is there.

Q: Is there anything else you'd like readers to know about Translate Iowa?

Ma: One thing I would like to add — a concept I've been struggling with a lot is, correct me if that's not a real, existing word, but internationality. Because nothing such

as 'monolingual' or 'monocultural' exists, you know. Like, you are you, but not only you. You have this community, you have this influence, all



Alyssa Cokinis '17 (English and Creative Writing, Theatre Arts) is a cofounder and Social Media coordinator for Translate Iowa

the history beyond that, everything else that made you who you are, and that's a lot. That's multidimensional. One of the greatest things we hope we can continue to do is inspire people to think more about their own internationality. Or their own identity that's beyond being just one, but also the result of many, and reflect on their journey, their own experience, and embrace what they have never tried or learned or understood before, and discover some brand new ideas. Because once you've heard those stories, you become part of that, and that story becomes yours.

Alyssa Cokinis: Yeah, I think the coming together — like, we have differences, but us coming together is the most important part of this organization, and you're right, it's not just one thing, we're all together.

Translate Iowa launched their new anthology of translations, *Boundless*, on April 30th at 7 pm at the Shambaugh House, home of the International Writing Program. They can be found on Facebook or at their website, <u>translateiowa.com</u>.



Recognition Ceremony 2017

Honors students, faculty and staff honored

Held in the Old Capitol's Senate Chambers, the 2017 Honors at Iowa Recognition Ceremony celebrated the achievements of students from first-years to seniors as well as <u>faculty, staff and alumni</u> who have played significant roles supporting the Program and its students.



Photos, From top to bottom, left to right: Scholar Development Director Kelly Thornburg presenting Senior Academic Advisor Martha Kirby with the 2017 Scholar Advocate Award; Honors Director Art Spisak with James D. Robertson Award for Excellence in the Social Sciences winner Valarie Drake; Scholar Development Director Kelly Thornburg welcomes scholars and families to the ceremony, held in the Old Capitol Senate Chamber on campus; Associate Dean Helena Dettmer with Rhodes Dunlap Collegiate Scholarship recipient Lance Heady; and participants celebrate at the reception following the ceremony. For a full list of 2017 Faculty & Staff Award recipients, visit our website at <u>https://tinyurl.com/y89tmdom</u>. All photos by Jessica Waldschmidt







Worth Every Euro

A year abroad in Scotland teaches valuable lessons

By Alora Kraus



Alora Kraus hiked with a group of friends through Cairngorms National Park in the highlands of Scotland for five days. They climbed Ben Macdui and Devil's Point (this was taken on the peak of Devil's Point). Photo provided by Alora Kraus

I faced a difficult decision when considering a study abroad program—should I go for a semester or a year? Should I go at all? For many students, it may be tough to deviate from the fouryear graduation plan drafted in freshman year and delve into the uncertain, albeit adventurous, world of travel. Study abroad students sacrifice familiar surroundings, savings, and approved courses for the sake of exploration.

For some, the sheer amount of planning involved is enough to dissuade them from applying. My advice is to risk it all and don't look back: travelling for a year is worth every bureaucratic hoop I jumped through to get university approval and a passport. I gain new knowledge of personal values and future ambitions through my travelling all the time, which has proven more valuable than the money I spent to get here.

I chose initially to study in Scotland for just one semester. Fear of homesickness and nontransferable credits overwhelmed my decision, although a part of me knew that it wasn't enough. I submitted my application for a short-term trip, but could not abate the feeling of unrest—a sense of shame, really—that took hold of my mind. I would regret not throwing caution to the wind and travelling for longer, so I implored the study abroad staff to change my application the following day (which they did). Ambition thankfully conquered nerves and I embarked on the coolest of adventures. I enrolled in seven courses this year—three laboratories, three lectures, and one writing workshop—at the University of Strathclyde. Believe it or not, each lecture and laboratory course lasts only six weeks (including one midterm project and one final exam or laboratory report). I spend more time outside of the classroom exploring my personal interests than inside studying, and it's liberating. Finally, I can devote time to reading books, discovering cultures, climbing, learning to cook, and hiking the hills without living and breathing my coursework.

Some might say that I'm on an extended vacation, but I disagree: I don't feel idle or unchallenged. I'm honing skills that I have sorely neglected in my pursuit of academic distinction in the states. I forgot how uplifting it can feel to play a piano—despite eleven years of lessons under my belt, I forfeited regular practice when college began. I resumed practicing and playing here at Strathclyde with my extra time (the Royal College building is chock-full of pianos) and I never want to let it go again.

I've enrolled in dance classes, started running to improve my health, and spent considerable time in Scotland's national parks all without failing my standardized education. It's every student's dream come true! Study abroad is a breath of fresh air to the demands of my normal coursework and will enduringly alter my school-work-life balance.

A year abroad in Scotland teaches valuable lessons

While studying in Scotland and travelling through continental Europe, I have also learned about diverse perceptions of success and compared them to my own. I feel that I was previously bound to a narrow path of academic and personal achievement based on university ideals. In other words, I was required to maintain a constant level of productivity, a desire for post-graduate schooling, and a detailed awareness of my next steps in life—I felt run down by always aiming higher, always looking for ways to increase my academic standing.

Through study abroad, I have gained a deeper understanding of what success means to me. I do not need to live a deferred lifestyle, where a lifetime of dues must be paid in the form of work and study before adventure and indulgence are earned. I do not need to apply to graduate programs before I'm ready, forfeit hobbies to enhance my resume, choose a job for security, or buy a house and a car to feel accomplished. I need, however, to always find enjoyment in learning and place value on experiences and culture.

My study abroad experience has empowered me to embrace uncertainty and set my own standards of success. Despite great expenses and a greater unknown, a year-long program fulfilled a need for adventure and challenged me to consider a future with fewer limitations. I feel confident in relying on my insights and skill to forge a new path forward, one which surely leads to more experiences around the world. I encourage all students to take a study abroad opportunity, although it may seem impossibly hard. You have courage and grit to surprise even yourself.



Top: Alora Kraus visited fellow Honors student Jacob Isbell in Sweden during his exchange. Bottom: Kraus met a "bear" in Berlin, Germany near Tiergarten

Bottom: Kraus met a "bear" in Berlin, Germany near Tiergarten park. Photos provided by Alora Kraus



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Once a Hawkeye, Always a Hawkeye

How business advisor Jennifer Blair found her way to Iowa

By Alex LeMoine

For Jennifer Blair, the journey to becoming the Assistant Director of Academic Success Initiatives in the Tippie College of Business has been one big circle. She began her time at Iowa as a Presidential Scholar in the Honors Program in 1996, studying history and working as an Honors Peer Advisor. She never predicted she would be back on campus nearly 20 years later.

When Blair was a student, the program looked much different than it does today. It was located not in Blank Honors Center, but Shambaugh House on Clinton Street. Peer advisors functioned as Honors Ambassadors do today, working with prospective students and encouraging involvement from existing program members. "I felt like my time at Iowa was really shaped by my work with the Honors program," said Blair. "It was my network of friends, it was sort of my safe space, and the house itself was a really welcoming environment."

As a Presidential Scholar, Blair's relationship with the Honors Program was unique. Aside from providing her with an immediate network of fellow scholars, Blair says, "It also introduced me to the Honors Program at a really early stage. It sort of planted the seed that honors was a pathway through my time at Iowa."

From her outreach as a Peer Advisor, to her own work on an honors thesis, Blair's undergraduate experience epitomized what it means to be a part of the honors community. She had the opportunity to take advantage of research opportunities on campus that culminated in a thesis, and was able to graduate with honors in history. Fittingly, her experience was similar to the one she facilitates for her current business advisees that are pursuing honors in their major.

"I do think that's the value of an honors program at a big university," said Blair, referring to research and experiential learning opportunities, "you can have a really tailored, unique academic experience with all of the resources of being at a Big 10 university."

After graduating from Iowa with a degree in History and a Certificate in International Business, Blair moved to Ireland to pursue graduate work. She received a degree in International Peace Studies from Trinity College, stayed in Ireland for law school and began practicing law abroad. Ten years later, as Blair found her way back to the Midwest, her alma mater came calling. "I'd always wanted to get back to the University of Iowa," said Blair. "And so an opportunity came up here in the College of Business to specifically work with international students and build community with domestic students."

With her experience abroad and a short time spent advising international students at St. Ambrose University in Davenport not to mention her storied history at Iowa—it seemed like the perfect fit. Since then, Blair's work in the College of Business has evolved. Now, she focuses more on student success within Tippie

and how that relates their to honors pursuits. Through advising, developing programming and working with Honors Program staff, professional strives to she students the give opportunity to make the most of their time at Iowa.

Her mantra about the value of honors hasn't strayed much from the one she



Jennifer Blair

had years ago as a peer advisor, but it has expanded. "Taking advantage of honors opportunities here is a way to mold your own experience at Iowa into something that is comparable to any of the top universities in the United States," said Blair. "There are the resources and the people here to ensure that you're getting a world-class education."

What makes her perspective so valuable is the fact that Blair has been in the shoes of the students she advises. She can empathize with their struggles, share in their triumphs and understand how hard they work. Better yet, she knows the benefits that can be reaped from a University of Iowa education. Blair says herself, "An Iowa experience can be whatever you want it to be," and after all, she would know better than anyone.

Honors at Iowa Scholars

Our Highest Award for Graduating Seniors



The 2017 Honors at Iowa Scholars. Left to right: Ana Hertz, Sophie Katz, Monisa Saravanan, Tom Werner, Erin Maier, Rae Corrigan, Danny Linggonegoro, Angela Zhang, Madison Creery, Patrick Adrian, Casey Inman, Taylor Palensky, Nicholas McCarty, Rachel Zuckerman, and Mallory Tollefson. Photo by Emily Johnson.

Every year, the University of Iowa's Honors Program bestows its highest recognition upon a group of graduating students by naming them Honors at Iowa Scholars. This award commends honors students for their experience, knowledge, and skills while emphasizing their achievements within their chosen disciplines and their exemplary academic performance. Awardees were also chosen based on their contributions made to the university community through a variety of activities such as research, volunteer service, organizational leadership, performance, and creative or intellectual engagement. The following students were recognized at a special ceremony on April 10th to celebrate their impressive accomplishments and their work both in and out of the classroom. Congratulations to our 2017 Honors at Iowa Scholars!

TIPPIE COLLEGE OF BUSINESS

Taylor Palensky Finance, Accounting Ames, IA

During her time at Iowa Taylor was deeply involved within the Honors Department and the University of Iowa Foundation's Student Philanthropy Group. In addition, Taylor helped cofound Moneythink, an organization at providing financial literacy education to at-risk youth in the community. She hopes to continue service work with at-risk kids in her future communities. Following graduation, Taylor will be joining the Capital Markets and Accounting Advisory Services team at PriceWaterhouseCoopers in New York City.



Our Highest Award for Graduating Seniors, cont.

COLLEGE OF ENGINEERING

Alexandra Bartlett Accounting, Chemical Engineering Clive, IA

Alexandra majored in finance and chemical engineering. She was active in the Presidential Scholars Program, Omega Chi Epsilon, and the sailing club. Alexandra will be working as a financial analyst in Barclays' Investment Banking division.

Rae Corrigan Biomedical Engineering Norwalk, IA

Rae graduated in May with a major in biomedical engineering, and has been involved in biomedical research since her first year at Iowa. Projects include computational molecular parameterization of chemotherapy drugs, protein structural optimization, and translational oncology. She is a mentor for first year students with Women in Science and Engineering (WISE), and is an undergraduate teaching assistant for the College of Engineering. Rae is also corresponding secretary of Tau Beta Pi, the engineering honors fraternity, and has been involved with Honors at Iowa as an ambassador.

Anastasia Hertz Biomedical Engineering Buckingham, IL

Ana is an avid Hawkeye sports fan and loves being involved in student organizations. As an executive board member of the Society of Women Engineers, she has organized and hosted a High School Conference promoting more women in STEM fields for the past two years. She currently serves as the BME Peer Advisor and Vice President of The Engineering Honors Society. In her free time, Ana enjoys exploring Iowa City restaurants and playing sand volleyball. After graduation, Anastasia will be working in the medical device industry, at a company specializing in cardiovascular devices. She is very excited to enter the workforce, buy a puppy, and travel. Ana also plans to pursue her MBA with a goal of becoming a Product Manager for a medical device company in the future.

Mallory Tollefson Biomedical Engineering Indianola, IA

Mallory Tollefson graduated in December of 2016 with a bachelor's degree in Biomedical Engineering and a minor in Computer Science. Her involvement in the University of Iowa Honors program allowed her to graduate with High Distinction, University Honors, and Honors from the Department of Biomedical Engineering. Upon her graduation, Mallory was presented with the Outstanding Senior Award from the College of Engineering and is now pursuing a Master's Degree in the Department of Biomedical Engineering.

COLLEGE OF LIBERAL ARTS AND SCIENCES

Patrick Adrian Physics, Mathematics Chicago, IL

Patrick graduated in May with degrees in Physics and Mathematics with an emphasis in plasma physics. He has been fascinated by how research in basic plasma physics has made impacts in our technology, energy, and defense sectors and desires to be a scientist leading the next wave of advances. He was able to pursue these passions researching with Dr. Scott Baalrud funded through a combination of the Honors Program, the Iowa Center for Undergraduate Research (ICRU) and the Guy and Betty Williams Scholarship and has given back to the ICRU program by being an ambassador advocating for a student research culture. Patrick discovered a passion for travel somewhat unexpectedly through pursuing research that has led him to meetings and jobs around the country and hopes to continue and venture outside the US one day.

Maya Amjadi Biology, Spanish Cedar Fall, IA

Maya has studied biology, Spanish, writing and clinical and translational science at the University of Iowa. For several years she has been conducting research in the Nauseef Lab, investigating how white blood cells respond to bacteria. She studied abroad in Spain, has served as a Teaching Assistant, and volunteered at the Free Medical Clinic in Iowa City. She wants to thank everyone who has contributed to her amazing experience, especially Bob Kirby and Art Spisak.

Courtney Bright Communication Studies, English Radnor, OH

Courtney graduated in December 2016 with University Honors and with Distinction. In addition to her majors, she minored in Spanish. During her time at Iowa, she worked as a Writing Fellow and was part of the honors outreach team. Starting in January Courtney began work at the Motorists Insurance Group in the Columbus, Ohio area working as a communications specialist.

Madison Creery Political Science, International Relations Hawkeye, IA

Madison is a senior majoring in Political Science (B.A.) and International Relations (B.S.). As she finishes off her senior year, Madison is finishing her research with Professor Brian Lai, analyzing the public's reaction to terrorist attacks. Madison is also finishing her Honors Thesis, researching the trends of conflict between U.S. and Russia. In her free time, she enjoys watching movies and reading the Game of Thrones series. Actually, just kidding, she has no free time.

Our Highest Award for Graduating Seniors, cont

Nadia Fayoumi Human Physiology Naperville, IL

Nadia Fayoumi graduated in May from The University of Iowa with a bachelor's degree in Human Physiology and a minor in Arabic. Nadia is a pediatric diabetes research assistant at the University of Iowa Hospitals and Clinics. Over her college career she has been actively involved in Chi Omega, UI Wishmakers, Honors Ambassadors, and Dance Marathon. Additionally, she is a companionship volunteer for Iowa City Hospice. Nadia will be attending medical school in the fall at The University of Illinois.

Sydney Hofferber Health & Human Physiology, Engaged Social Innovation Cedar Rapids, IA

Sydney Hofferber is a Health and Human Physiology: Health Promotion and Engaged Social Innovation major with a certificate in Nonprofit Management. She has held internships with Hawkeye Area Community Action Program and Girls on the Run of Eastern Iowa. Over a summer, she worked at a military base in Ansbach, Germany, through Camp Adventure. Sydney has been working for two years in the Behavioral Medicine Laboratory headed by Dr. Lucas Carr, working on obesity interventions and her own research study on breastfeeding acceptability. She has worked for the Honors Program for three years now, creating the annual fall party and developing the Engaged Social Innovation major. Her current passion project is serving as one of four executive team members for Food Pantry at Iowa, taking the lead in volunteer coordination and pantry management.

Casey Inman Human Physiology Boone, IA

Casey Inman graduated in May with a degree in Human Physiology and a Psychology Minor. Highly involved with research at Iowa, Casey received a fellowship to fund a project on neurodegenerative diseases during her junior year. Outside of lab, she has enjoyed serving on the Indian Student Alliance and Student Philanthropy Group executive boards. Her favorite experience over the past four years has been tutoring grade school students through the Iowa City Public Library.

Sophie Katz English & Creative Writing, Psychology Peoria, IL

Sophie Katz has majors in English & Creative Writing and Psychology and a minor in Theatre Arts. She has been President of the University of Iowa Feminist Union since sophomore year, has stage managed two University of Iowa Theatre productions, and has spent her summers teaching drum lessons to eight-year-olds with Girls Rock! Iowa City. Her favorite college experience was participating in the Disney College Program, where she pursued her dream of writing for Disney.

Danny Linggonegoro Human Physiology Sheldon, OH

Danny graduated with a degree in Human Physiology and a minor in Spanish. In the lab, he studied preeclampsia, a disorder during pregnancy. Specifically, he was interested in a protein called vasopressin and its role in the development of preeclampsia. Danny also enjoyed serving as a Student Leader Board Member for the Volunteer Services program at the UIHC.

Erin Maier Astronomy, Physics Hudson, OH

Erin Maier graduated in May with bachelor's degrees in Astronomy and Physics. Her research interests lie primarily in the areas of astronomical instrumentation, evolution of stars, and astronomy education. She has previously worked on research projects with University of Iowa faculty Dr. Cornelia Lang and Dr. Robert Mutel, focusing on radio data analysis of stars and our galaxy, telescope commissioning, and instrument design. She has also participated in two NSF Research Experience for Undergraduate programs at Northern Arizona University and Texas A&M University. She studied star formation in spiral galaxies and designed an instrument for observations of stellar clusters. Erin is a 2016 Goldwater Scholar and a 2015 Latham Science Engagement Fellow. She will be pursuing her Ph.D. in astrophysics beginning this fall, where in addition to research she hopes to focus on developing significant public outreach and engagement programs, especially for underrepresented communities in STEM fields.

Nicholas McCarty Biochemistry, Microbiology Geneva, IL

Nicholas McCarty graduated in May with a bachelor degree in Biochemistry. Nicholas has conducted research on diabetes, metabolism, and cardiovascular pathology for the last four years with Professor E. Dale Abel. His focus has been on dissecting the molecular mechanisms that regulate the activity of glucose transporters within heart cells in an effort to expand therapies for diabetic patients with glucose intolerance. Nicholas spent a semester writing for Phi Beta Kappa's monthly journal and is a Latham Fellow in Science Communication.

Our Highest Award for Graduating Seniors, cont.

Monisa Saravanan Human Physiology Coralville, IA

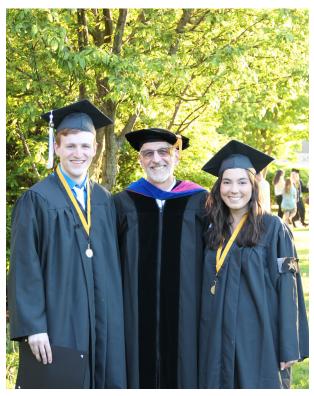
Monisa Saravanan will graduate with a BS degree in Human Physiology and minors in Global Health and Psychology. Monisa's early exposure to disparities in medicine between countries influenced her interest in medicine and global health. This past summer, Monisa interned with SVYM in Kenchanahalli, Karnataka, India creating educational materials for Rheumatoid Arthritis patients. Monisa has been actively involved with the Honors Program since freshman year and has now worked for the program in various capacities.

Tom Werner Computer Science, Mathematics, Statistics Cedar Rapids, IA

Tom Werner graduated in May with bachelor degrees in computer science, math, and statistics. Tom has been very active with the computer science organization on campus, ACM, helping to organize conferences, high school outreach events, and tech talks. He has also been involved with research throughout his time at Iowa, working on a cyberbullying project as well as various machine learning problems. In September he will begin working at Google.

Angela Zhang Statistics, Biochemistry Ames, IA

This May, Angela Zhang graduated with degrees in Biochemistry and Statistics and minors in Mathematics and Chemistry. From analyzing wild tomato genomes at the Boyce Thompson Institute for Plant Research to slicing mice brains for autism research at the Scripps Research Institute, Angela has pursued a variety of experiences that encompass her two fields of study. Next fall, Angela plans on pursuing a doctorate in Biostatistics (i.e. statistics but biological) at the University of Washington in Seattle where she plans on gaining an appreciation for both theoretical statistics and hiking. As a child of international students, Angela hopes to bridge the gap between international and domestic students by promoting multiculturalism at the University of Iowa. She served on the executive board of OASIS (Organization for the Active Support of International Students) and gained new perspectives on how international students assimilate to what they see as a foreign environment. Angela is grateful for all the support she has gotten from the University of Iowa and hopes to take these skills with her to graduate school and beyond.



Honors at Iowa Scholars Tom Werner and Maya Amjadi pose with Honors Director Dr. Art Spisak. Honors at Iowa Scholars were recognized at both the Honors Recognition Ceremony in April and the Honors Commendation ceremony at graduation. Photo by Melinda Licht

Rachel Zuckerman Journalism & Mass Communication, Political Science Livonia, MI

Rachel graduated in May with degrees in Political Science and Journalism, as well as a certificate in Cultural Competence. Rachel has been highly involved during her time as a Hawkeye. She worked as Resident Assistant for two years, was an undergraduate teaching assistant, enjoyed membership in a sorority, participated in two Alternative Spring Break tips, and served four years in University of Iowa Student Government, among other things. This year she represented over 20,000 undergraduate students as Student Body President. Rachel's research for her honors senior thesis focused on parental leave policy at higher education institutions. She is hopeful that her research will encourage the University of Iowa to update its current policies regarding paid parental leave.



Student Profile

Five questions with Jonathan Neese

Hometown: Corallville, IA Year: Freshman Majors: Asian Languages & Literatures (Chinese), Pre-Dental track

1. How has being in the honors program affected your first year here?

Being in the Honors program has given me a great group of people to be around and study with. There is a huge diversity of students in Honors, from language majors to engineering to music, and it's been cool to get to meet unique people. I am way more challenged by the honors courses that I have taken than my non-honors courses, and they have helped me to grow as a student.

2. Have there been any campus clubs or organizations you've been drawn to since coming here?

I regularly attend and am a part of 24:7 and Verve, both of which are campus ministries. Verve is specifically a freshman ministry and it was a great chance to get to know lots of freshman and grow close with a group of them. They both provide a great group of support and have helped me grow in my faith. I have also participated in multiple intramurals which are another good way to meet people and get closer to a group of people.

3. What were the biggest challenges adjusting to college life?

The biggest challenges of adjusting to college have definitely had to do with schoolwork. College is hard and takes way more studying than high school. It's also been hard to balance having a good social life and putting enough time into my studies.

4. How have you been able to keep all the aspects of college life prioritized?

I try to keep priorities straight by making sure I study before spending too much time relaxing or having fun. It's definitely a fine line to walk because it's easy to feel like all you do is study or get frustrated with studies, and avoid them when you shouldn't.



Jonathan Neese

However, there's no better feeling than having all of your weekend homework done on a Friday so you don't have to worry about it later.

5. Do you have any advice for incoming freshman?

I would recommend freshmen to do their best to find a group of people to get connected with right away. It's much easier to be motivated and enjoy college when you have a group of people around you that are there to encourage you and push you upward. I would also recommend getting stuff done early whenever possible, because procrastinating in college feels a lot worse than high school; grades are more difficult in college, and there's no reason to give yourself extra stress.

Follow us on Social Media for the latest Honors events, opportunities, updates and more



By Natalie Wollenzien

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Student Profile

Five questions with Nicole Nucaro

Hometown: West Des Moines, IA Year: Freshman Majors: Business Management and Social Work

1. How has being in the honors program affected your first year here?

The honors program gave me a starting place to find community within such a huge school. During honors prime time, I met many friends and during my off time got to figure out the bus system, where my classes were and meet students in my dorm.

2. Have there been any campus clubs or organizations you've been drawn to since coming here?

First semester I rushed Alpha Kappa Psi (business fraternity), joined Best Buddies and met students through the presidential scholars program. Second Semester I started undergraduate research, joined Alpha Chi Omega (social sorority), became an honors program ambassador, and began working for the REACH program. So to say the least, there were many clubs/activities that I was drawn to and that keep me fairly busy.

"Whoever you are, do your best to take advantage of all the amazing opportunities you have."

3. What were the biggest challenges adjusting to college life?

Making friends was my biggest challenge. I have always made friends very quickly, always played sports and had friends from class and clubs, so I had never quite experienced the feeling of loneliness like I did the first few weeks. I ended up making some of the best friends in the world, but the first couple times I sat alone in the dining hall, or walked to class and didn't recognize anyone was a very hard concept to adjust to.



By Natalie Wollenzienl



Nicole Nucaro

4. How have you been able to keep all the aspects of college life prioritized?

My planner is my best friend. I keep school work, research, social activities and club meetings all color-coded and organized. Beyond that I have found myself taking a lot of time to reflect. I have realized that it is incredibly important to prioritize what is important to me beyond school. I often think about the qualities I want in potential friends, whether or not an activity I am involved with is pushing me to become a better person and I read articles/ watch podcasts in hopes of discovering more about myself, my passions and what I want to do after college.

5. Do you have any advice for incoming freshman?

Stop caring what people think. College isn't like high school where everyone around you knows your reputation. Nobody is going to hold your hand and make sure your homework is done, or that you find a club you like. In college your experience is up to you. Remember that it's cool to be smart, or passionate or really into sports. Whoever you are, do your best to take advantage of all the amazing opportunities you have. Also realize the next four years is a great time to discover who you are, so branch out, go to guest speakers, talk to a stranger on the bus, go to campus events, and don't just simply coast through college.

Honors Newsletter Page 20, Spring 2017 "I had never even heard of the Marshall," said Marshall Scholar Dick Tyner of the award that paved the way for his studies in the United Kingdom. "Rhodes Dunlap literally handed me the application when I walked by his office one day, and said 'Here, I thought you might like this'."

Do you have any memories of our founder Professor Rhodes Dunlap to share? Send them our way! Your stories may be featured in the Honors Newsletter when we celebrate the 60th anniversary of Honors at Iowa! Contact Holly Blosser Yoder at <u>holly-yoder@</u> <u>uiowa.edu.</u>

> Share your Rhodes Dunlap Stories with us today!

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Meet the Writers

Honors Students at Your Service



Alex Chasteen

Alex Chasteen is a first year studying English, Creative Writing, and French. She is a past Editor in Chief of Ink Lit Mag and currently serves as Poetry Editor. She has written as a guest blogger for Note to Self, the UI Honors blog, and will be a Writing Fellow and Education Chair for the English Society this fall.



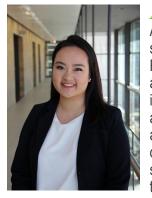
Eilidh Spery

Eilidh Spery is a sophomore from Colorado and is majoring in English. Besides searching for the best cup of chai, she spends her time lost in fictional worlds, playing guitar and traveling



Claire Jacobson

Claire Jacobson is a junior majoring in French & Arabic with a minor in translation and a certificate in writing. She is also an undergraduate TA and Writing Fellow, does research funded by ICRU with the International Writing Program, and serves as Translation Coordinator for the Translate Iowa Project.



Angeline Vanle

Angeline Vanle is sophomore studying Human Physiology and Philosophy and hopes to pursue a career in medicine. She is currently an undergraduate teaching assistant in the biology department, the undergraduate student representative for Presidential two Charter Committees, and works as an ambassador for the Honors program.



Alex LeMoine

Alex LeMoine is a third year student with a double major in English and Journalism and Mass Communications. Since joining honors, she has taken honors courses, written for the Honors Newsletter, worked at several program events, and is now an Honors Writing Fellow on campus. She has also begun working as a Peer Advisor, helping other students uncover all the opportunities the Honors Program has to offer.



Bailey Zaputil

Bailey Zaputil is a junior studying English and Informatics, with a certificate in Entreprenurial Management. She enjoys drinking coffee, hanging with friends, working out, and reading books.

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The financial support we receive from our alums and friends is given back directly to our students in the form of scholarships, professional development opportunities, and stipends for students to study abroad. Your gift directly affects the lives and careers of Honors students.

> **To make a donation:** Visit www.givetoiowa.org/2016hp Email us at <u>honors-program@uiowa.edu</u> Call us at 319-335-1681

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