

# THE Honors Chronicle

Volume 27, Issue 2 [www.ship.edu/honors](http://www.ship.edu/honors) October 2013

## Upcoming Events

### November:

1: Brainstorm Charity, CUB MPR, 2:30-4:30 p.m.

1: Deadline to apply for Independent Capstone Project funding for projects completed in Spring 2014

2: Service Opportunity, Kings Gap Work Day, 12:00-3:00 p.m.

5: Honors Read, Honors Seminar Room, Presidents Hall, 5:00-6:00 p.m.

6-10: National Collegiate Honors Council Conference, New Orleans, LA

7: HSO Meeting, Presidents Hall MPR, 6:30 p.m.

7: Pizza with a Prof: Dr. Jamonn Campbell of the Psychology Department, FSC 210C, 4:00 - 4:45 p.m.

8-9: Reach Out Book Sale, CUB room TBA, 8:00 a.m. - 5:00 p.m.

15: Deadline to apply for Honors Study Abroad Scholarship to study abroad in Spring 2014

18: HSO Meeting, Presidents Hall MPR, 9:15 p.m.

## The 2013 PASSHE Summer Honors Program

When I received the call that I had been accepted into the PASSHE Summer Honors Program, I was speechless (and that never happens). I have always dreamed of going to Europe, and now I was able to go for free and learn some stuff along the way! Even though I was a bit nervous about being gone for so long and wondered if I would crumble under academic pressure, I was excited to go on a new experience.

We spent the first four days at Bloomsburg University where we studied music and media in Europe. We were going to be spending a lot of the trip at popular media venues and concert halls and then writing reports about our experiences and completing other small projects. We kept busy with homework and quizzes until we left for our first destination, London. London had the best weather because I wore a sweatshirt and jeans the whole time (I'm not much of a summer person). Rome was my least favorite city weather-wise because Italy is extremely hot in June.

We traveled to London, Salzburg, Vienna, Venice and Rome. My absolute favorite city was Salzburg because it wasn't as touristy as all of the others, and the food was delicious. I actually speak some German, so I had the opportunity to practice while I was in Austria! I could order complete meals and ask for directions, which was really helpful when my friends and I struggled with public transportation. Salzburg was a quaint town and we explored a lot of music-related places, including Mozart's house and a *Sound of Music* tour.

We toured the BBC Studios, famous composers' houses, the Globe Theater and many more sites in Europe. We also saw an authentic Italian opera, a performance by the Vienna Philharmonic Orchestra, and the play, *Wicked*. I look back at my pictures and still cannot believe I went to all of these places. Not only did I have an authentic Honors experience with great classes and group discussions, but I saw a little bit of the world as well.

By Amanda Schwarz, *Honors Junior*



The PASSHE Summer Honors trip was really a once in a lifetime experience for me. While I could go on for hours about the friends I made, the experiences I had, and the cultures I was exposed to, I guess I should talk a little bit about the part of the trip that made it an "Honors" trip: the classes. Music and media were the themes of the trip. I have been involved in a music program since I was in the 5th grade, so although I was interested in music, I was not sure I would learn much from a music class. Boy was I wrong! Dr. J (our music professor) exposed us to new ways of thinking about music and experiences in general that gave me so much to think about. I had never considered myself one for musicals like *Wicked* or *The Sound of Music*, but after experiencing the culture around these plays, it definitely made me more appreciative of them.

My undergraduate research has a lot to do with thinking about the media so I knew that our media class would be incredibly beneficial. Our media professor, Uncle Dave, as we affectionately began to call him, was so knowledgeable in all things media and taught us to see the media all around us. Being "media literate" is about being a smart consumer of media and catching tricks advertisers use. Media literacy was an important trait I learned from the class. Uncle Dave also helped me to see the kinds of paths I wanted to take in my future career.

Our professors were truly the most knowledgeable and caring people we could have asked for on a trip like this. Not only did they teach us, but they cared about all of the students in a way that most other professors aren't able to. I hope everyone in the Honors Program takes the opportunity to apply for this experience in the future!

By Chris Silva, *Honors Junior*

Katelyn Mooney | Freshman  
Mentee

Honors Mentor/Mentee

# SPOTLIGHT

Hannah Brant | Senior  
Mentor

When I came to Shippensburg University I was worried about meeting new people in the Honors Program and at college in general. Shortly before Honors Orientation, I received an email from my mentor, Hannah Brant. She introduced herself and explained how she could help me. Hannah asked me to follow her on social media sites, which made me feel even more welcome. I met my mentor at orientation, but we didn't have the chance to talk. We met for lunch after classes began to get to know each other. I feel like I can go to Hannah for any problem I encounter, and I know she will be more than happy to help me!

As a senior in the Honors Program, I have had the pleasure to be both a mentee and a mentor. When I was a freshman, I had a wonderful mentor who offered me any advice that I needed. She even let me borrow textbooks from her for several semesters! Our friendship lasted beyond my freshman year and still continues today. Over the past three years I have had the opportunity to be a mentor. I have always enjoyed getting to know new people and it is a joy to encourage others in any way that I can. Through being a mentor, I feel as though I am able to do both of these things. My mentee this year, Katelyn, is also a Pre-K-4 education major so we have a lot in common! I look forward to getting to know her more as the year progresses!

## A Whirlwind Trip to the International Honors Conference

By Dr. Kim Klein, *Honors Director*

When classes began in late August, my drive to the university didn't involve listening to my usual selection of books on tape. Instead, my commute revolved around listening to a language program as I tried to master a few basic Dutch words and phrases in preparation for participating in the International Honors Conference in the Netherlands this fall. My efforts were not entirely successful. By the time I boarded the plane on October 1, I could greet people in Dutch (Hallo and Goedemorgen!) and explain that I spoke very little Dutch. Thankfully, everyone I encountered during my short trip to the Netherlands spoke exceptional English and was very welcoming.

Honors education began in the United States, and it has been expanding to universities around the world. This year's International Honors Conference, hosted by the University of Applied Sciences in Rotterdam, involved Honors faculty, students, and administrators from Europe, Asia, and North America. I had been invited to the conference to speak about my experiences developing global service-learning opportunities for Honors students. Because service-learning is not a familiar concept in European universities, I began my presentation by explaining how service-learning projects offer students opportunities to apply their disciplinary knowledge and skills to address global problems. I discussed how I mentored the Shippensburg Honors students as they started our Reach Out service-learning project in the Dominican Republic and the ways that Shippensburg Honors students and faculty have used their intellectual talents to make a difference in the lives of impoverished children there during the past five years. My presentation generated many good questions from audience members interested in starting similar initiatives at their universities. After my presentation, I learned that it had generated five tweets! (All in Dutch, but a Dutch colleague helpfully translated for me).

In addition to participating in the conference, I enjoyed some time exploring the cities of Rotterdam and Amsterdam. Because much of Rotterdam was destroyed during World War II, its modern architecture is the star attraction. Amsterdam, however, is the quintessential historic city. I saw Rembrandts and Vermeers at the newly reopened Rijksmuseum and admired seventeenth-century homes as I took an afternoon walk along the city's canals. I also learned that in addition to producing tasty cheeses, the Dutch make the best chocolate sprinkles in the world. The Dutch sprinkle them on buttered toast while American tourists tend to sprinkle them on almost everything! A box became the ideal souvenir to bring home to my nine-year-old son.

Although it was challenging to be away from Shippensburg during the middle of a busy semester, it was inspiring and energizing to attend the conference and listen to speakers from around the world who are just as passionate as I am about creating transformative educational opportunities for students. And I had the chance to explore the possibility of establishing another such life-changing experience: an exchange program for Shippensburg Honors students at Dutch universities. Honors education in the Netherlands is more focused on students' major programs of study, so an exchange program would offer a great complement to our general education and interdisciplinary Honors courses. Look for more information about this opportunity in the coming years!





By John Watts, *Honors Junior*

**Watts Up: You are Loved**

I'll be frank, I had a hard time writing this column. I wanted to address a topic of gravity and relevance to students. As such, I decided that I wanted to talk about something that is intensely personal and extremely important: mental health. I don't believe I have any mental illnesses, or at least I haven't been diagnosed with one, but I think it's important that every student at Shippensburg University is aware of mental health and it's even more important for them to know that they have options. My only disclaimer: I am not a mental health expert, nor am I a representative of the services available to students. However, I have seen the anguish of people suffering from depression and anxiety. I have seen how debilitating a panic attack can be. If reading this column helps just one or two people receive help, then to me, that makes all the difference in the world.

According to the National Institute of Mental Health website, in 2011 a survey of students enrolled in two to four year institutions of higher education nationwide showed that almost 30% are currently or had been in such a depressed state that they were unable to function properly. Let that sink in. 30%. Nearly a third of college students are struggling with depression every day. However, a number without context is just that, only a number. Depression comes in many different forms, but there are always a few key points, such as:

- Anxiety
- Restlessness
- Guilt, hopelessness, pessimism, helplessness, worthlessness
- Lack of energy
- Trouble with sleeping (ranging from insomnia to constant sleeping)
- Thoughts of suicide or suicide attempts. (This point is particularly important, as September 8 to September 14 was National Suicide Prevention Week.)

We stand at a very critical point. College students are now more than ever under constant threats to their mental well-being. It is important that we be there for those we care about in their time of need. If you have a friend in need of help, you cannot force them to receive the care they need and deserve. If someone you love is struggling with any mental health problems, your goal is to empower them to seek the help they need.

If you are struggling with a mental health problem, let me just say this: You are not alone. You are loved. You deserve to be happy. What you're going through is tough, but it does get better with time and patience. Please, above all else, be good to yourself. For further information, I would recommend this website: <http://www.nimh.nih.gov/health/publications/depression-and-college-students/index.shtml>. Also, if you wish to make an appointment with the Shippensburg University Counseling Center, call 717-477-1481.

**"Be excellent to each other." – Bill and Ted's Excellent Adventure**

Compiled by: Katie Benedict, *Honors Junior*



**What has been or is currently your favorite Honors course?**

"I enjoy Dr. Senecal's Honors World History class because she makes the content interesting and enjoyable while making it easy to comprehend. I never want to miss her class."

Keith Russell, *Honors Freshman*



"My favorite Honors class I've taken is the Election Seminar with Professor Dagnes. I learned a lot about the political structure that I can apply to the news today, and Professor Dagnes's personality blends well with her teaching style."

Amanda Sanger, *Honors Junior*



"My favorite honors class was definitely Honors US Government and Politics. Dr. Litchman is a dynamic instructor and made the class interesting, and challenged us when we had debates. He tried to pair you with the side you didn't agree with to challenge your thinking."

Tori Walls, *Honors Sophomore*



"Business and Society with Dr. Becker because she shared real-life experiences that made it easier to comprehend and relate to the content."

Lindy Gemmell, *Honors Senior*



"My favorite Honors class was US Government and Politics with Dr. Dagnes. I enjoyed the class because it enriched my understanding of current issues in the news and provided useful historical context."

Krista Bussewitz, *Honors Alumni*



# Above and Beyond: Honors Undergraduate Research



By Maddie Moyer-Keehn, *Honors Sophomore*

Casana Popp, a sophomore in the Honors Program, and Dr. Christine Senecal have recently finished their translation of a segment of the *Historia de Compostella*. The research was completed as part of the University's Summer Undergraduate Research (SURE) program. The *Historia de Compostella* is a written chronicle of Medieval history. The segment they translated discusses the reign of a 12th-century Urraca. This particular part of the *Historia de Compostella* has never been translated, so Dr. Senecal and Casana wanted to create a translation that retained the idiosyncratic style of the original but was accessible for readers today. The two worked separately on the translation in the beginning, then came together to finish it. Thus far, Casana has put 120 hours into the research. Dr. Senecal knew Casana had a strong background in Latin, but this translation presented a new challenge though because it is written in Medieval Latin rather than the Classical Latin Casana had previously studied. The biggest challenge for Casana was adapting to the grammar and vocabulary of Medieval Latin, which differs from Classical Latin. Dr. Senecal's and Casana's current goal for their research is to have their work published in the *PASSHE Keystone Journal of Undergraduate Research*.

By Megan Fick, *Honors Senior*



Dakota Bricker is a senior Honors Program student with a double major in management and finance. He is currently working on a research project with Dr. Wendy Becker in the College of Business. His project looks at the use of family friendly business practices by employers to better the work-life balance of their employees and how these practices affect their businesses. These practices include allowing an employee to pick his hours and paying for childcare or eldercare based on the employee's needs. Through his research Dakota is interviewing employers and managers who use these practices to see how they have affected their business. Dakota began his research on this specific project about two months ago, but this project stems from research he did last year on the same material in Dr. Becker's Honors Business and Society seminar. Last year Dakota read through scholarly journals and secondary research to look at how the academic world viewed this topic. He decided to continue his project this year by talking with primary sources on their views and practices.

Dakota's project was inspired by his childhood and the way his family ran their business. Dakota's father is a self-employed electrician and Dakota's mother helped with the business whenever she could. They included Dakota in their work which helped Dakota develop good character and gave him family time many children miss out on because their parents are always working. Dakota hopes that his research will show employers the benefits of including family in the workforce and the benefits it provides to society and the business world.

By Amanda Sanger, *Honors Junior*



Shannon Lee, a senior biology major, has accumulated some extensive undergraduate research experience during her time at Shippensburg University. A year and a half ago, under the guidance of Luke Perry, Dr. Lucinda Elliott, and Dr. William Patrie, Lee delved into her first project—looking at ribosomal RNA gene sequences to identify different bacterium. At the start of this fall semester she began her second project with Elias Shissler and Dr. Patrie. This time, Lee is looking to differentiate myoblast cells into brown adipose tissue as opposed to muscle tissue. As a future optometrist who is looking to enroll in a four-year program, Lee said this new research is linked to the health and science work she will be conducting soon. Brown adipose tissue is found to be therapeutic for patients struggling with obesity or diabetes, where this type of fat's mitochondria can increase the fat burning process. Continuing with this project, Lee hopes to explore the link between obesity and diabetes with ocular diseases that she will come across as an optometrist.

## { Honorable Mention }

### Congratulations:

*The Honors Chronicle* has won first place in the National Honors Newsletter Contest! Congratulations to Hannah Brant and Megan Fick, the editors of *The Honors Chronicle*, and to all of the students and alumni who contributed to the award-winning *Chronicle* in 2012-2013! Hannah and Megan will accept the award at the National Collegiate Honors Council Conference in New Orleans, Louisiana in November. This is the second year in a row that *The Honors Chronicle* has been recognized in the national Honors newsletter award competition. The newsletter won third place in the 2011-2012 competition.



# Honors SNAPSHOTS



**Kings Gap Work Day**

## The Race for Apraxia



## Ice Cream Social hosted by Media Committee



## Announcements

### Reach Out Updates

Hello everyone! All of the members of Reach Out hope you are having an excellent semester so far! For those that are new to the Honors Program, Reach Out has partnered with a school in the Dominican Republic that serves very low-income children. During the fall semester Reach Out students and faculty create curricular materials for teachers at the school. Every January, a group of students and faculty travel to the Pathways of Learning School to deliver the curricular materials and work directly with the teachers and students. We do a lot of awesome fundraising events and participation in Reach Out will fulfill your service requirements.

- We meet every Thursday night from 6:30-8 p.m. in Lehman Library 106 (the hallway before the computer lab). We would love to have new members from any major come and join us!
- Come to our annual book sale! The book sale runs from Friday, November 8 to Saturday the 9 and the hours are 8 a.m.-5 p.m.. All of the books cost \$1 and almost every genre under the sun is represented! It's a great way to build your classroom library or catch up on the latest hit. We are definitely going to need help setting up, so keep an eye out for an email if you are interested in helping.
- Request to Alumni: Reach Out is creating a binder and photo album of past trips and events. If you have any stories or pictures to share, please email Shelby Coghill at sc8158@ship.edu. Thanks in advance!

Keep an eye on the Honors Weekly Updates for more exciting news about Reach Out and our events! If you ever have any questions about our organization or getting involved, please email reachout@ship.edu.

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[shiphso.wordpress.com](http://shiphso.wordpress.com)

# Editors' Corner

What is the best way to kick off the first editors' corner for the first issue of the 2013-2014 school year? By sharing that last year's *Honors Chronicle* took first place in the national newsletter competition sponsored by the National Collegiate Honors Council! Last fall we took third place in the same competition so we are very excited that many of the improvements we made last year pushed us into first place. This award is a reflection of all the time and effort the media committee puts into each issue of the *Chronicle*. Not many people see all the backstage work that goes into publishing each issue so we would like to say thank you and congratulate anyone who helped with the *Chronicle* last year. If you have any article suggestions or feedback, please email us at [hb4581@ship.edu](mailto:hb4581@ship.edu) or [mf3465@ship.edu](mailto:mf3465@ship.edu).

- *Hannah and Megan*