

VOL. XXXVI

NO. 2

THE HONORS REPORT

OCTOBER 2021



**Happy Fall Y'all! Enjoy the cooler weather!
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The Honors Report is looking to feature Honor College students' accomplishments! Please submit your "Points of Pride" or nominate a friend to be featured, so we may acknowledge and celebrate these achievements! Reach out to Beth Roberts with your ideas.

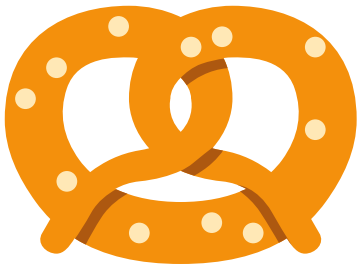
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UPCOMING EVENTS



On Tuesday, October 19 from 12:15-1:10, the Honors College is hosting "Pretzels on the Porch" at Franklin House! This event will be an opportunity to join other students, faculty, and Dr. Rachel Finley-Bowman (the Associate Provost) for a delicious snack and a chance to win Honors College swag!

Thesis Day will be held on Thursday, October 14. The "Thesis Q and A" is for 3rd and 4th year students and will be at 12:05 pm in Room 118 Luek. The "Thesis Workshop" is required for 2nd-year students and will be at 4:45 pm in Rm 118 Luek.

OPENING RECEPTION: THE PERFECT WELCOME

by Elias Peluso

Everyone was excited to return to campus in full swing this semester and what a better way to start off than with our annual Opening Reception? The 2021 Honors College Opening Reception was held on Wednesday, August 25. New and returning Honors students alike gathered in Lehr Dining Room (the elegant banquet room located above the Anchor) to partake in the festivities.

Dining services catered the event, providing an opportunity for a long-awaited in-person meet-and-greet at the spaced-out dining tables. Guest speakers, such as our very own Drs. Wubah, Gasparich, and Thyrum, provided an enthusiastic welcome back to campus and to the Honors College. Staff, faculty, and administrators from various other departments attended as well, presenting an opportunity for students to make connections and gain academic insight.

Attendees commented about the event below:

"I had a great time at the Opening Reception! I'm grateful I had the chance to meet my colleagues, and for the wonderful food set out for everyone! The speakers also did well in drawing [everyone into] a year of learning and creativity!"
-Joseph Favoroso

"The Honors College Opening Reception was a lot of fun! I talked to students and faculty members I hadn't seen in almost two years, and I also met several 1st- and 2nd-year students. I also got to meet the one and only Dr. Luek, one of the founders of the Honors College! Overall, it was a great event to welcome back both new and returning honors students." -Katie Pheysey

What a great way to start the year off strong!

ICE CREAM SOCIAL HIGHLIGHT

by Camryn Gurecki

On Monday, September 6, new and returning members of Millersville's Honors College, along with Dr. Thyrum and Beth Roberts, gathered outside Gordinier Hall for an evening of delicious frozen treats and fun yard games. Being able to relax with peers on such a beautiful summer night was a welcomed break from the rainy weather of the previous week, as well as the piles of homework that the first weeks of the new semester of the school year can bring. Whether you were playing cards with new friends, chasing Beth's adorable dog, or crushing the competition in a Giant Jenga tournament, everyone made memories that are sure to last a lifetime. *See photos from this great event below!*



THESIS PROJECT: A CRASH COURSE

by Claire DeVinney

The Honors College thesis is a unique opportunity for students to delve into a subject of their choice and write a formal research paper or complete a creative project, which serves as the crowning achievement of all their learning in the Honors College. The process may seem intimidating, but students can tackle it in manageable steps.

As sophomores, Honors College students attend the Thesis Workshop and can meet with Dr. Thyrum. They should also begin considering what general subject area they might like to study.

Article continued onto next page

THESIS CONT.

A thesis topic doesn't have to align with a student's major, but since a thesis is also required to graduate with Departmental Honors, it is possible to fulfill both requirements with one project. Elias Peluso, a junior majoring in Robotics and Control Systems Technology, points out that it can also be helpful to have classes that cover information in your thesis topic. Elias, who is planning a thesis on either automatic door attachment or remote-control current blocking, states that "because the engineering major courses are directly applicable to the practices...I can determine what will be feasible long before actually starting the project," adding that "my classes are...preparing me for this practice, so I will be well-versed in the field before starting."



Elias Peluso

Thesis Day - Oct 14, 2nd year students attend the *Thesis Workshop* at 4:45 in Luek 118! 3rd & 4th yr students attend the *Thesis Q & A* at 12:05 also in Luek 118.

Senior Lydia Ricks, a psychology major, writing a

thesis on the prevention of dementia through cognitive training and a healthy lifestyle,



Victoria Peroni

recommends that sophomores begin looking for a faculty member who can serve as their thesis advisor—a faculty member who guides them through the thesis process. Lydia points out that because thesis topics can often be extremely specific, "depending on what the topic is, there might not be a lot of professors at MU who have that experience." Consider first speaking with your major advisor, department chair, professors you have had for courses, Dr. Thyrum, and Beth. You are not alone in your search for a thesis advisor.

Once a student has decided on a thesis topic and found a thesis advisor, they need to submit a Thesis Prospectus, which declares the goal of their research, and when you will register for three thesis credits, which are taken during their junior and/or senior year. After that, students can begin conducting research and writing.

Victoria Peroni, a junior psychology major/sociology minor, says that the hardest part about working on a thesis is timing: "On top of classes, working, and being involved in clubs, it is easy to lose sight of my thesis and its progress." However, Victoria, who is studying validation of self-reports of synesthesia, notes that being able to utilize creativity in choosing her topic makes working on her thesis enjoyable. She says that "being able to formulate research of my own and conduct my own study has been super exciting! I love being able to get creative and use my own strengths to make this work something I can be proud of."

Article continued onto next page

THESIS CONT.



Lydia Ricks

Lydia also remarked on the importance of student interest, noting that “thinking about starting a thesis is really daunting...it's a lot easier to continuously work on your topic when it's something you're passionate about.” She says that she hopes to follow her interest in dementia prevention into a career in geriatric psychology after witnessing her grandfather experience the condition and working in a retirement facility.

After identifying the thesis advisor, the student and advisor should form the thesis committee, which consists of the thesis advisor and two other committee members. The 2 committee members could be faculty at the University (either in or out of the student's department) or an expert from the community. When the thesis is ready,

the student will take part in a thesis defense, where the student presents their project (usually supported by a PowerPoint presentation). The thesis committee and other in the audience can ask questions about the work. All honors students are strongly encouraged to attend a thesis defense before they have their own. After the thesis is defended and submitted to the Honors College (submit 2 paper copies and email a PDF to Beth), the student has fulfilled the thesis requirement, which is part of getting ready to graduate from MU and from the University Honors College. A thesis or creative project is a wonderful opportunity to expand knowledge and experience in a field of interest for students. While it may seem like a challenging endeavor, the Honors College as well as MU faculty members actively support our students through this process.

REGISTRATION LIKE A PRO, HONORS STYLE

by Josh Marzak

One of the most exciting times in one's college journey is during the class registration period, especially for first-year students. However, this period can also be daunting. Some questions students may ask themselves might be, “What classes do I pick? How do I pick the right ones? What if I pick the wrong ones? How do I even register?” Check out the next pages for five tips and student advice to help you have a very successful course registration season!

1. Review your Degree Audit Report. You can access this comprehensive summary of your major requirements, general education requirements, the classes you are currently taking, and the ones you've already taken in your MAX account. It's a one-stop shop for academic planning and assessment that can help you stay organized with what you still need to complete in order to graduate.

2. Consult with your academic advisor. Never make a registration decision without running it by your academic advisor and/or Dr. Thyrum first. They are there to help you succeed, and they have advanced knowledge of the curriculum. Set up a meeting with them during one of their advisement openings around registration time.

Article continued onto next page

REGISTRATION CONT.

“The Degree Audit Report is one of the most useful tools that Millersville offers. It always helps me organize my schedule and made it way easier to plan out my minors and other required courses.”

- Jackson Fogel, '23



**Jackson
Fogel**

Jess Hetrick



“As an Honors student, priority registration is an incredible benefit that allows students to optimize their academics. I highly recommend consulting with professors and academic advisors in advance of the priority registration date so that you can develop a plan that will ideally run through your final semester. One of the best tools you can have is a solid understanding of prerequisites and course sequencing so that you can optimize your time here at Millersville.” - Jess Hetrick, '24

3. Construct a semester plan. Make a four-year plan. Use the course catalog on Millersville’s website as well as your major department's website's plan for major to plot out when you will complete the requirements for your degree. The sooner you get this plan in place, the less stressful registration time will be because you’ve already put in the work of figuring out what to take (in consultation with your advisor, of course).

4. Get your TAP number. There is a six-digit code that you need to get before you will be able to register. Only your academic advisor and Dr. Thyrum have this code, so it is a perfect opportunity to talk to them about your registration plans and receive your TAP#.

“One of the biggest benefits of being in the Honors College is priority registration. Because we register for our classes before the rest of the university, I have never had trouble getting into a class that I needed to take. The best ways to prepare for class registration are to become familiar with your degree audit, meet with Dr. Thyrum and your major advisor to create a plan for your courses, and set that alarm for 5:45!!!” - Alanna Bezas, '23



**Alanna
Bezas (left)**



**Madison
Whitcomb (right)**

“Have your CRNs (course registration numbers) [written down] ahead of time, so that you aren’t wasting time figuring them out at 5:59am.” - Madison Whitcomb, '22

Article continued onto next page

REGISTRATION CONT.

5. Know when you are registering. One of the perks of being in the Honors College is priority registration. What that means is that you can register a day or two before everyone else at MU and that makes it much easier to get the classes that you need before they fill up. The date to register for the Spring 2022 semester for the Honors College is at 6 am on November 3, 2021.



“Drop into our Honors College Registration Ice Cream Social on October 25 at 7 pm in South Great Room to have your last-minute questions answered. You should receive your TAP # from your major advisor, but I also will have them available during advising sessions as well as at the Ice Cream Social. If you have any questions, please feel free to contact your honors mentor, Alanna or Jess - our Peer Mentors, Beth, or I.” - Dr. Elizabeth Thyrum, '86

HONORS BY CONTRACT OPTION

by Joshua Rushlow

For students who are looking for ways to fulfill honors credits, or just need a more flexible way to complete their Honors College (HC) requirements, “Honors by Contract” might be the way to go! The rationale behind the Honors by Contract option is to provide another way for students to complete their honors requirements while earning major/minor/related course credits as well. Students are allowed up to two courses with the Honors by Contract designation, but additional courses may be approved by the HC Director if a student’s course load prevents them from taking other honors electives.

Are there any requirements for “Honors by Contract?”

The student should be at least a 2nd-year student with a minimum of nine honors credits already completed. The course should be a 200+ level course, although a 100-level course may be approved by the HC director if the course is helpful to the student’s core requirements.

What is the Process for “Honors by Contract?”

The student interested in fulfilling the Honors by Contract option must first consult the professor of the class they wish to have an honors designation, as well as the Honors College Director before a formal contract between the student and the professor can be made. The contract will detail the additional level of work and engagement necessary to earn the honors designation for the class. The form (which can be filled in online) must be signed by the student and the professor and then sent to the Honors College Director no later than four weeks into the start of the semester of the enrolled course. Once the Director gives approval, the professor will be notified, and the student may now earn honors credits for the course. After a grade of B- or higher is earned, Beth will notify the Registrar's office to convert those credits to honors. If interested, take a look at the Honors by Contract Form on the Honors College D2L (under Content). Students with further questions may direct inquiries to Dr. Thyrum.

Interview Conducted by Elias Peluso

Having graduated from the Honors College in Spring 2018, Hannah Campbell is now working as a teacher. With a degree in Social Studies Education and a minor in Athletic Education, she works at Line Mountain School District as a Social Studies teacher and a field hockey coach. Learn more about Hannah below!

Q) After graduating from MU where did life take you/what are you doing now?

A) "After I graduated from Millersville, I accepted a teaching position at my home high school. I am in my third-year teaching History, Government, and World Cultures, and also coaching high school and middle school field hockey. I am about halfway to earning my Master's in History from Slippery Rock University. I currently live with my fiancé and two pups about two hours from Millersville."

Q) How did the Honors College help in your successes?

A) "The Honors College not only gave me stronger study and research skills, but I believe it also prepared me significantly for graduate school. Much of the course work that I did in my upper-level honors courses is similar to graduate level courses that I have right now. I will also be honest in that it just looks good on a resume, especially for both job and graduate school applications."

Q) What was your thesis project topic?

A) "My thesis project was a research paper on Atlantic history, specifically focusing on piracy and smuggling in the 'New World'. My advisor was Dr. Maxwell."

Q) Do you have any advice for students writing their theses?

A) "First is to pick an advisor you are familiar and comfortable with. By the end of my senior year, I had built a good relationship with Dr. Maxwell, which made the process so much easier. Second is do not stress about it. I switched my thesis topic twice, [and] I really only got working on it in fall of my senior year. I still completed it on time and received A's across the board from the committee members without any revisions. While I do not necessarily advise waiting as long as I did, it is not something that you have to completely change your whole college plan for. My final piece of advice is to pick a topic that you are genuinely interested in, not just a topic that you think would be good to choose. Mine was completely random, and I knew very little about the subject before beginning. But that made it more interesting to work on."



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HANNAH CAMPBELL CONT.

Q) What were some of your favorite events or occurrences at MU?

A) "Some of my favorite things about MU were the extracurriculars and trips! I loved going to NYC with my honors buddies and doing random things like playing glow in the dark ultimate frisbee on the quad. We played some intense games of wallyball at the SMC and held some sweet movie nights in the lobby of Reighard, or 'Rigerd' as we called it. I was also able to go to Europe on a research trip my junior year."

Q) Do you have any comments you'd like others to know about your experience at Millersville and the Honors College?

A) "I loved being in the Honors College but make friends and get involved in things outside of the HC. Join as many extracurriculars as you can, especially if your major has a club/society! I joined clubs and got a job at the fitness center. It helped me become a more outgoing person, prepared me for life outside of college, and led me to meet so many awesome people."

Thank you, Hannah, for your continued connection to Millersville!

DAY OF CARING 2021

by Joseph Favoroso



The Day of Caring is a community-wide volunteer event that happens annually, but this year's event was even more memorable. This year's Day of Caring marked the 20th anniversary of the terrorist attacks of 9/11. In commemoration of the victims of that fateful day and all those who have died in the fallout of the tragedy, the greater Millersville University campus community came together to serve Millersville and other areas around Lancaster County. This year, 135 Honors College students participated (our largest group yet!). Our students traveled to locations around the local area completing tasks such as weeding a public flower garden, cleaning community centers, beautifying cemeteries, and cleaning up historical building areas!

One student, Carson Bolash, expressed his appreciation of Day of Caring. "I feel it's pretty important . . . We get to work together, so I think it's a good community bonding activity." One senior, Ian Smith, feels Day of Caring "is a really nice event. It's a good way to

Article continued onto next page

DAY OF CARING CONT

go out [and] give back." Previously, he has assisted in cleaning out an old stage, and another time helped set up the city's Latin American music festival. "It's nice to just help out wherever; you always meet new people wherever you go, so it's really a nice time."

Elias Peluso, a Junior, shared his experience at Stoner House, "a local historical building constructed in 1750. Tasks included painting benches and rocking chairs, weeding, scrubbing the patio, and vacuuming / dusting the shelves and antiques inside. It was a beautiful day to work outside, and the staff were extremely friendly and appreciative, ordering us Dominos pizza afterwards!"

Day of Caring reveals the visible benefits of community service; it also acts to strengthen our community and help relieve the trauma associated with 9/11. May we continue our community involvement and selflessness.

Thank you to all the honors students who represented our Honors College on September 11 for this important day of giving back to our wider community! Check out some photos below of our incredible and hard-working students!



VOLUNTEER FOR A PURPOSE!

by Abbey Reheard

As new Honors College students at Millersville, the 10 hours of community service might sound intimidating! 10 hours, how am I ever going to find places to volunteer or the time to do so? Well, here are a few students who have begun to complete their volunteer hours, from whom you may be able to take an idea!



Olivia Hess

Olivia Hess is a freshman at Millersville, studying English Education. She too felt nervous about volunteer hours but soon found a fun way to do so while also doing something she loves. Hess volunteers as part of the praise team at her church; every Wednesday evening and Sunday morning, she heads to church to practice and sings her heart out. She is also planning to help in the children's nursery. Places of worship can be a great spot to volunteer!

I too had the chance this past summer to volunteer at a church-run Vacation Bible School. There I was given the opportunity to photograph the students as they moved from station to station, playing games and making crafts. While not everyone attends church, if you do, this is a good place to find ideas for volunteering, as there always seems to be something going on!

The Honors College is also another place where something is always going on. Julia Glatt has collected a couple of her hours through ideas and activities from Honors College. Glatt is a new freshman, majoring in Environmental and Spatial Sciences. Her first act of volunteering was at Day of Caring, which was a great event serving our wider Lancaster community. Like many other honors students, who do not know where to look for volunteer ideas, Glatt looks at emails and posts by Beth, Dr. Thyrum, and the HCSA to find ideas. Check your email daily and you will be able to find plenty of volunteer opportunities! And, be sure to report your service (event, date, time) to our Honors College D2L Assignments. If you complete an event sponsored by the Honors College or the HCSA, you do not need to fill out the volunteer form (also on D2L) - you only need to use the form when you are completing service that's outside the Honors College and HCSA.

Students can also check clubs, departments, professors, and places like the HUB for volunteer opportunities. Many places look for students to help, even with smaller tasks!

With these ideas and the great need for volunteers, you are guaranteed to get these 10 hours done quite easily! Do not stress about it but instead

be excited to help your community. Volunteering is a great opportunity to be an ambassador for Millersville University as well as the Honors College. Keep up the great work! Our honors students continue to make a difference every day!



Abbey Reheard and Julia Glatt