

VOL. XXXVI

NO. 1

THE HONORS REPORT

AUGUST/SEPTEMBER 2021



We wish you the best as you start the Fall 2021 semester!
The August/September edition includes:

SECTION	PAGE(S)
Welcome from Dr.Thyrum and Beth Roberts.....	2
Fall 2021 Calendar of Events.....	3
Office Hours.....	4
Tips from Upperclassmen For Having a Great Year!.....	4-6
Points of Pride.....	6
Serving the Community as an Honors College Student.....	7-8
Student Spotlight: Marissa Tripus, featuring her REU.....	8-9
Introducing Honors College Mentoring Communities!.....	10
Honors Students Reflect on Summer Memories.....	11-12

Attention:

The Honors Report is looking for student writers for upcoming issues! If you would like to help us cover Honors College events, interview honors faculty, and have a student writer position to add to your resume, we would love to have you join as a student writer. If you have an interest or questions, *please email our head editor, Natalie Flory, at ngflory@millersville.edu.*

Consulting Editors
 Dr. Elizabeth Thyrum
 Beth Roberts

Student Editor
 Natalie Flory

Student Writers
 Leah Freeman, Natalie Flory,
 Elias Peluso,
 and Maddie Engleman



Millersville University
 HONORS COLLEGE

WELCOME TO THE HONORS COLLEGE!

Greetings!

Welcome to our students in MU's Honors College – both our new, incoming 1st year students, as well as our returning students. We are excited to share that we have 102 new students from 25 different majors who will be starting with us this semester. Please help us welcome our new students and support them however you can.

We would like to introduce ourselves to those of you who are new to our program. Dr. Elizabeth Thyrum is the Director of the Honors College and a professor in the Psychology Department. She has been on the faculty at MU for 27 years and has been the Honors College Director for the last four of those years. She's also an MU alum who graduated from MU's original honors program in 1986. Beth Roberts has been the Honors College Administrative Assistant since 2019. Prior to that, she served as the Biology Department secretary since 2012. We both know Millersville well and are available to assist you throughout your time in the Honors College. Feel free to call on us anytime, whether you would like assistance with your schedule, your academic progress, getting started on your thesis, or even a matter related to your personal life. Our office hours are listed on page 4 of this Honors Report.

Everyone affiliated with the Honors College is eager to start this upcoming semester and have everyone back on campus. We have many events planned to help you get to know each other, our program, and MU. [Please see our calendar on page 3 for more information.](#)

If you need us for anything, we are happy to offer assistance. Email or call anytime. We look forward to seeing everyone around campus and even in Franklin House as the semester kicks off!

Dr. Thyrum and Beth Roberts



Dr. Elizabeth Thyrum



Beth Roberts picture with her husband and dog

Honors College Fall 2021 Calendar of Events

August

Wed, 18 - Freshmen Move In

Mon, 23 - Fall 2021 Classes begin

Wed, 25 - @4:00pm - Honors College Opening Reception; Lehr Dining Room, Gordinier Hall

September

Wed, 8 - @9:00am - Donuts in the Dorm; Great Room in South Village

Sat, 11 - Day of Caring (tentative time 7:00am-12:00pm)

Sun, 12 - @7:00pm - HCSA Meeting; Location TBD

October

Sat, 2 - Fall Bus Trip to Washington, DC

Sun, 3 - @7:00pm - HCSA Meeting; Location TBD

Thur, 14 - @4:00pm - Thesis Workshop (required for second year students); Luek 203

Tues, 19 - @12:15pm - Pretzels on the Porch; Franklin House

Thur, 28 - @7:00pm - Registration Ice Cream Social; Great Room in South Village

November

Wed, 3 - @6:00am - Honors Priority Registration

Sun, 7 - @7:00pm - HCSA Meeting; Location TBD

Wed, 10 - @12:00pm - Pretzels on the Porch; Franklin House

Sun, 21 - @1:00pm - Fall Recognition Banquet; Lehr Dining Room, Gordinier Hall



MANDATORY FRESHMEN MEETINGS

All Freshmen (1st year) are required to attend one of the following meetings in order to receive priority registration TAP number for Spring '22 course registration.

All meetings will be held in the Great Room in South Village.

Thursday, September 23 @ 7:00pm * Monday, September 27 @ 7:00pm
Tuesday, September 28 @ 4:00pm

MANDATORY 2nd YEAR STUDENT MEETINGS

All 2nd Year students are required to attend one of the following meetings in order to receive priority registration TAP number for Spring '22 course registration.

All meetings will be held in the Great Room in South Village.

Monday, October 4 @ 7:00pm * Tuesday, October 5 @ 4:00pm

Dr. Thyrum's Office Hours

Monday 10:30-11:45am - Franklin
Monday 1:10-2:40pm- Luek Hall 120
Tuesday 1-2pm - Franklin
Wednesday 10:30-11:45am - Franklin
Friday 11 to 12pm - Franklin
****Students may also request other appointment times; any office meeting can be held on Zoom with your request**

Franklin House Hours/Beth's Office Hours

Monday-Friday 8:30 to noon & 1 to 4 pm
****Beth will be available in Franklin House during these hours. You may also request a Zoom meeting with Beth.**

Alanna's Office Hours

Monday 2 to 3 pm
Tuesday 1 to 2 pm
Wednesday 10 to 11 am
****Alanna will be available in person in Franklin House or on Zoom during these hours**

Jess's Office Hours

Monday 7 to 8 pm
Thursday 10 to 11 am
Friday 3 to 4 pm
****Jess will be available in person in South Village 303D or on Zoom during these hours**

TIPS FROM UPPERCLASSMEN

Tips Collected by Maddie Engleman

“My advice would be to stay organized, because it’s so much easier to have a successful semester when everything is orderly and easy to find. Also, have a planner to organize when everything is due, so you can stay on top of your work without being overwhelmed.”

Allison Krantz – Meteorology – Class of 2023



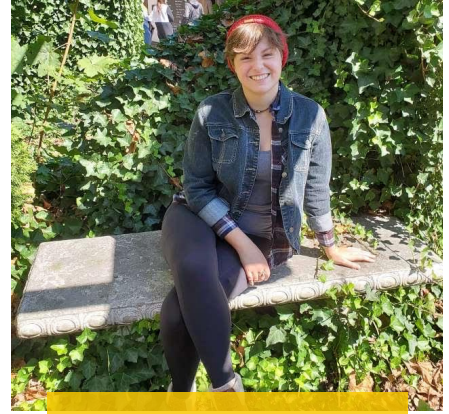
Allison Krantz

Article continued onto next page

TIP FROM UPPERCLASSMEN CONT.

“Understand that this is a time of great change and growth. Sometimes growth is uncomfortable. You’ll lose friends, you’ll gain friends, and ultimately you won’t make everyone happy. The most important thing is that, no matter how busy you get, always take the time to remember who you are and who you want to become.”

·Trinity Young – Animal Behavior Studies – Class of 2023



Trinity Young



Mike Kreider

“The most important thing to being successful in college is organization, in my opinion. Keep an organized calendar or notebook of assignments and their due dates, but also having an organized daily schedule with time built in to do schoolwork. This will help reduce stress and the number of late nights doing homework.”

Mike Kreider – Allied Health: Sports Medicine – Class of 2023

“Start college remembering that every freshman around you is doing the same thing. It’s new to everyone else, and they are just as anxious as you are. Don’t be scared to be scared, but don’t be scared to be confident either! Be yourself and do your best; that’s all you can do.”

Lauren Watkins – Finance – Class of 2023



Lauren Watkins



Elizabeth Duchesneau

“Talk to as many people as you can, even if that’s not normally how you make friends because everyone is in the same boat!”

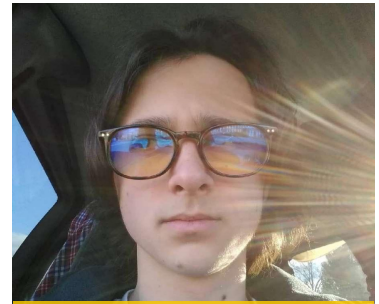
Elizabeth Duchesneau – English Education – Class of 2022

Article continued onto next page

TIP FROM UPPERCLASSMEN CONT.

“In my opinion, the most valuable thing for new freshman is taking advantage of Orientation. Orientation is a great way to meet potential friends quickly!”

Paul Lipinski – Math Education – Class of 2023



Paul Lipinski



Michael Skros

“My advice for new honors students is to get out of their room as much as possible during the first few weeks of classes. It’s so much easier to make friends and get adjusted to campus life when you’re out and about around campus. Even just sitting in a common area can be a great way to meet people. Attend campus events and be active in the campus community!”

Michael Skros – Emergency Management & Geography – Class of 2021 (December)

HONORS COLLEGE POINTS OF PRIDE

Introducing a new section in our Honors Report! One of our goals is to celebrate the accomplishments, achievements, and opportunities given to our honors students. Please submit your Points of Pride to our Honors Report Editor, Natalie Flory, ngflory@millersville.edu, for a chance to be included in this section or even to be featured! We love to know what our students are achieving! Points of Pride can include an award, conference presentation, scholarship, new job or internship, study abroad, or any other recognition or achievement.

Honors students Laurel Blanchard and Cameron Gonteski, both seniors, received American Meteorological Society Scholarships. These scholarships are awarded based on academic excellence and seeking a degree in atmospheric or related sciences. Students submitted letters of recommendation and described their experiences within the field. Congrats to Laurel and Cameron! We wish you the best as you complete your studies at MU and in the Honors College.

Hunter Davis, also a senior in the Honors College, published a book of poems titled “Pinstripes, Brandy Queen, and the Rabbit Behind the Patio.” Davis co-authored the book with his friend David Wentzel who attends the University of Ottawa. Congratulations on this achievement, Hunter! Check out the March 2021 Edition of the Honors Report at this link <https://www.millersville.edu/honorscollege/files/march-report.pdf> for more on this book project!

SERVING THE COMMUNITY AS AN HONORS COLLEGE STUDENT

By Leah Freeman

How Community Service fits into the Honors College

Starting the Fall 2021 semester, the Honors College's community service requirement has been changed to allow for an easier reporting of service as well as an understanding of how the Honors College affects its surrounding community—which spreads much farther than Millersville University itself.

Honors College students are now simply required to complete five hours of community service per semester—or ten hours per year. As in the past, students will submit their community services hours to D2L Assignments by uploading a digital scan or photo of the completed volunteer form. However, even though only ten hours is required, it is encouraged that students submit proof of all of the volunteering they do. This is so that students can be rewarded for going above and beyond.

The volunteer form can be found in the Honors College's D2L under the Contents tab and is required to be filled out in its entirety. Be sure to receive a signature on the volunteer form from the supervisor who is in charge of the event. If the volunteer activity is associated with the Honors College (such as the Day of Caring or an Admission event), the volunteer form is not needed. Rather, just submit the name of that event as well as the date/time to our D2L Assignments for Community Service reporting.

The Honors College urges students to volunteer, not only to provide benefits to the community but to better themselves through a multitude of benefits that one receives as a volunteer.

Why Volunteer?

Volunteering has been shown to not only help the community and those in need but also to simultaneously help the volunteer by improving life satisfaction, self-esteem, self-rated health, educational and occupational achievement, functional ability, and even mortality.

During the college years, students may feel confused about the meaning of all the hard work they do, and how it applies to the life around them. Volunteering may help bring purpose to your life, provide opportunities to make vital and strong relationships with personal and professional benefits, and can even serve as a healthy and useful coping method. In addition, volunteering can allow you to acquire skills that can benefit socially, academically, or even in the workforce (and be an addition to your resume). It can also provide an opportunity to express and exercise creativity in a fun and beneficial way by coming up with new ways to fundraise or support a cause.

When you volunteer, not only can you feel as if you are making a difference, but you can be sure that you are making a difference. So, why not spend the time to positively affect not only other's lives but your own as well?

Article continued onto next page

COMMUNITY SERVICE ARTICLE

The Honors College's Fall 2020-Spring 2021 Volunteer Statistics

Even without asking students to submit all of their volunteer hours last year, Honors students embraced the university's EPPIIC values through volunteering in many different ways. In the end, Honors students reported volunteering with 114 different organizations/activities, including categories such as wildlife clean-up, zoo, religious, political, remote, hospital, educational settings, and many more. Our students reported completing a total of 1,450 community service hours, with an average of 11 hours per student! All this during a Pandemic! A big thank you to all of our students' EPPIIC efforts!

The Honors College students make the university proud, and your dedication to any unpaid cause is appreciated by more than you would ever know. You, our students, exemplify the EPPIIC values the university holds dear, so continue the hard work, and good luck with the upcoming semester!

STUDENT SPOTLIGHT ON MARISSA TRIPUS FEATURING HER REU

By Leah Freeman

Marissa Tripus, '22, is a great example of the Honors College's dedication to scholarship, education, and taking advantage of opportunities to grow. She is double majoring in Ocean Science and Coastal Studies with a concentration in Physical Oceanography and Meteorology. Tripus credits Millersville and the Honors College for helping her with her undergraduate successes thus far.



Marissa Tripus

Q: Where was your REU (Research Experience for Undergraduates)?

A: "This REU program was hosted on Penn State's Main Campus in State College."

Q: What was your focus for your REU?

A: "My project was focused on the tropical region of the Pacific Ocean. I was looking at the temperature patterns at the surface over a 30-year period. If my results were like past research, I would then investigate the temperature pattern at various depths in the ocean. All the data used came from 15 buoy stations in the eastern side of the Pacific Ocean."

Article continued onto next page

STUDENT SPOTLIGHT ON MARISSA TRIPUS CONT.

Q: Please tell me about the experience of participating in this REU.

A: "The research experience I have gained from this REU is something you cannot get in a classroom. I have been able to see the ups and downs of working in the research field. There are good days where everything goes right, and then there are bad days where nothing makes sense. Either way, all these days teach you something."

Q: What is the best part of the experiences you had?

A: "The best part of my experience was meeting all the other students in the program. The program's focus is around climate science. Everyone in this program has a different background and a different major at their home universities, but we all have a love for climate. I got to make some amazing friends over the summer, and I can see these friendships lasting a while."

Q: What are the benefits of REUs?

A: "I think anyone interested in going into the research field should apply for REUs. This program opened my eyes to the research field so much. This program helped me to become more confident in myself, and it has helped me learn to not be afraid to reach out for help. This program specifically helped teach us how to write a research paper and create a research poster. There are so many benefits to doing an REU or an internship. I would say to apply to one and see what path you end up on."

Q: How will your REU help you in your future field?

A: "This REU helps me with my future field because I was exposed to what is in store. This helps you see the good, bad, and the ugly in the field, but also allows you to see if you want to do it in the future. I personally know I want to go to grad school for Physical Oceanography, and this program just made me even more confident in this decision."

Q: How do you feel your time at MU and in the Honors College has been helpful to your career aspirations?

A: "Everyone here at Millersville have been extremely helpful and supportive in helping me achieve my goals. The Earth Sciences Department has helped create a foundation for a future career in the field, and everything I've done through the Honors College has helped me become a better leader."

Congratulations on this amazing opportunity and all of your accomplishments, Marissa! You make us proud! Best wishes!

INTRODUCING HONORS COLLEGE MENTORING COMMUNITIES!

By Natalie Flory

The Millersville University Honors College Mentoring Communities program is an asset of the Honors College for both new, incoming students as well as upper level students. New students are matched with upper level students within their major or discipline. The upper level students serve as honors mentors and can help the 1st year students navigate their college experience while gaining valuable leadership skills.

The community setup of Honors Mentoring Communities allows for collaboration between mentors and mentees. Each mentor-mentee pair joins with other mentors and mentees to create larger communities of similar majors. The communities meet regularly and can attend events together. These communities allow our incoming students to meet peers and establish relationships with students within the Honors College.

The transition to college can be scary, exciting, and a new challenge; our Mentoring Communities are here to help students meet one another, become more familiar with their disciplines, and feel more comfortable within our program. We hope that interacting within these communities can allow us all to feel more at home on our beautiful campus!

Peer Mentor Jess Hetrick comments about her experience in the communities, "I was an incoming freshman last academic year, and I really benefited from the Mentoring Communities program! With a personal mentor, it's super easy to ask a quick question to someone who understands your situation."

For both new and current students, the Mentoring Communities are a great opportunity to learn and grow together! Our Honors College community is strengthened by this program every day as we work to live, learn, and experience our college years together.



Article continued onto next page

By Elias Peluso

Welcome back to Millersville, everyone! While the return to campus is exciting, it is also bittersweet because summer vacation has come to a close. Luckily, "our memories are the best souvenirs."

Question 1: What was the highlight of your summer?



turtle eggs

Maddie Engleman: "The highlight of my summer was during my vacation with my boyfriend's family in Topsail Beach, North Carolina. They are known for having lots of turtle nests. One morning we woke up early to walk on the beach and there was a nest right in front of our hotel! We got to watch them count the eggs (144 total); it was amazing."

Katie Pheysey: "The highlight of my summer was the virtual biostatistics institute I attended through the University of Iowa. It was 7 weeks long and featured lectures from UIowa faculty and talks from alumni about topics and careers in biostatistics. I also worked with a faculty member, a graduate student, and another program participant on a research project about COVID-19. It was an amazing experience!"

Alanna Bezas: "My family and I traveled to Yellowstone National Park, Grand Teton National Park, and the Badlands National Park. The views were amazing, and it felt so good to travel again and spend uninterrupted time away with my family – hiking, swimming, fishing, and photographing and spotting wildlife."



Alanna pictured with her family

Elias Peluso: "The highlights of this summer were the new jobs I experienced. This is my 1st year being an orientation leader for new students at MU. We held weekly Zoom meetings throughout the summer to train for the 1 week of in-person orientation, and along the way I met many amazing individuals. I also worked at a summer camp for elementary students at my alma mater. I very much enjoyed working with little kids and assisting the teachers. I even reunited with teachers who once had me as a student!"

Kyle Nazarchuk: "My highlight was my trip to Colorado in July. This was my most extreme vacation yet, from rafting down white water rapids to indoor skydiving!"

Bronte Spidaliere: "The highlight of my summer was visiting the Amalfi Coast with my Mom & Nonna."

Holly King: "My highlight this summer was taking a summer course at the Chincoteague Bay Field Station where I was able to catch a shark while trawling!"



Bronte with her family

Article continued onto next page

SUMMER MEMORIES CONT.

Question 2: Do you have any "summer traditions" you engage in every year?

Katie Pheysey: "My mom and I always try to go camping at least once every summer. This year, we rented a very fancy cabin for two days and had a blast!"

Alanna Bezas: "The summer before freshman year of high school, my two friends and I started a traveling journal and baseball cap, inspired by the Sisterhood of the Traveling Pants. At the beginning of every single summer, we initiate the new journal, and plan when each person will be in possession. We pass it around throughout the summer, along with the hat, to write to each other and share our experiences, adding stickers onto the back cover. Then, at the end of the summer, we come together and add polaroids or printed photos on the remaining pages. It's a great way for us to stay connected, document our summers, and have the journals to re-read throughout the years."

Elias Peluso: "Every summer, my family and I visit our favorite beach: Ocean City, New Jersey. We were unable to visit last summer due to quarantine, so this year's trip was particularly exciting. We went boogie boarding in the ocean, played pirate golf, rode surreys down the boardwalk, and ate oversized pizza!"

Bronte Spidaliere: "When I visit Italy every year, my best friends and I go on a special boat ride to commemorate San Basso, my hometown's patron saint. We listen to music, sing, eat pizza, and swim in the Adriatic!"



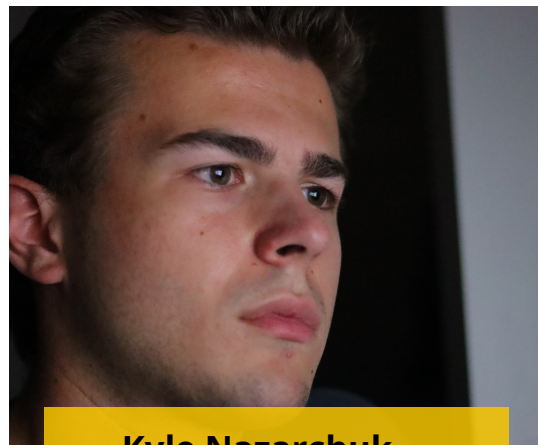
Elias Peluso

Question 3: What are you looking forward to this semester?

Elias Peluso: "I am very excited to return to campus to reunite with friends, old and new! I am also looking forward to engaging in my new roles as an Orientation Leader and an Honors College mentor."

Bronte Spidaliere: "In this upcoming semester, I'm looking forward to participating in the 2021 Orientation Team!"

Kyle Nazarchuk: "I am looking forward to working with our incoming freshmen to make their transition to Millersville as seamless as possible, and to make sure they know that they have a support network that is always ready to help them. Beyond Millersville, I'm beyond excited to work with the Penn Manor football team once again, working as their team photographer and assisting in any small tasks to make their lives that much better."



Kyle Nazarchuk

We are looking forward to an amazing semester with our wonderful Honors College students! Wishing you all the best of luck and welcome back!