

# THE HONORS REPORT

APRIL 2020



We hope everyone stays happy, healthy, and focused throughout this eventful time!  
The April edition includes:

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# COVID-19 TIPS!

We can all agree this semester has taken extreme turns with little to no warning. It is important that everyone still stays connected, healthy, and productive, especially in tough situations like these!

Here are some COVID-19 survival tips:

## **How to be successful in online classes:**

1. Log on everyday to email
2. Check D2L calendar
3. Attend zoom classes
4. Make a schedule of assignments
5. Even if you have no assignments due- check anyway!
6. Get ahead in classes- Take advantage of the free time we have due to coronavirus
7. Don't be afraid to email/zoom teachers questions to compensate for lack of face to face interaction
8. If you are feeling unmotivated to do work, try to sit at a desk or change your environment
9. Facetime friends to have homework parties
10. Have a proper eating and sleeping schedule

## **How to keep yourself entertained during quarantine:**

1. Experiment with cooking or baking
2. Work out/yoga
3. Start a TV series
4. Do an arts & crafts project
5. Video chat with friends
6. Read a good book
7. Get ahead in schoolwork
8. Clean/redecorate your whole house
9. Play video games (if you don't have a gaming console, download games on PC)
10. Find a new hobby



# ANNOUNCEMENTS

## Fall Registration Information

Honors Priority Registration for Fall 2020 will take place at **6:00am** on **Wednesday April 8!** Students should make sure they receive their TAP Number from their academic advisor or Dr. Thyrum. All students should consult with their primary academic advisor regarding their schedule for next semester. Many professors are offering advisement through email, Zoom, or phone calls. Dr. Thyrum is offering virtual advisement sessions through Zoom OR phone calls leading up to registration. Please sign up for a time slot on the SignUp Genius that was sent out to all Honors students. Michael Skros is also available for any general registration questions. Remember to set your alarms and have your TAP # as well as course registration numbers ready for April 8!

## EPPIIC VALUES- INCLUSION



The first I in Millersville's EPPIIC values stands for inclusion. The idea of inclusion is fundamental as it supports Millersville's goal for a diverse and welcoming campus, where students from a variety of backgrounds are provided opportunities for success. an inclusive community is a strong community that works to support others around them. Millersville University's honors college strives to build a community where high-achieving students collaborate and take advanced courses together. through the living-learning community, the honors college develops an even stronger sense of community as honors students learn and reside together. Each individual develops a personal sense of belonging to both the university and the Honors College. differences are welcomed and respected. as a community, we are strengthened by recognizing our shared values as well as our challenges. together we can build a diverse, welcoming, compassionate, friendly, and inclusive campus community that makes all students feel welcome. With the idea of inclusion, we can support both our honors community as well as our greater campus community.

# TAKE THE OPPORTUNITY TO HELP THE COMMUNITY!

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While you may think that community service might not be possible in light of the current pandemic, that is not the case. Due to Covid-19, many families are struggling to make ends meet after businesses have shut down. Look for ways to support small businesses, and look into donating food and clothing to those who need it. The Red Cross is also having a major shortage of blood, so look into donating blood through the Red Cross or local hospital or blood bank. Also, while students are all taking online classes, be a resource to help them with the transition to online learning. Finally, you might consider delivering groceries or pharmacy items to your older neighbors or relatives who might need to stay home at this time. There are plenty of ways to serve the community during these times.

Honors College is NOT requiring 6 service events this year.

If you have completed service, please send your documentation to Beth. We will record your service.

We will return to the requirement of 6 service events for 2020-2021.



# LIST OF SPRING 2020 GRADUATES

Congratulations to all our seniors who are graduating in the spring! The Millersville Honors College wishes you all the best of luck with your future endeavors!

Abigail Breckbill: Major: English; Minor: ESL

Hellen Brieva: Major: BUAD MKTG

Taylor Chambers: Major: PSYC

Ashley Christenbury: Major: BIOL; Minor: CHEM

Jacob Coopersmith: Major: MDST SPBU

Samantha Ferguson: Major: BIOL MAR

Sarah Hagen: Major: SOWK; Minor: PSYC

Kristen Hart: Major: COMM SPCM; Minor: Graphic Comm

Kaylee Herndon: Major: MDFA SJRN; Minor: ATCO

Christopher Higgins: Major: GEOG; Minor: German

Destinee Holloman: Major: PHYS; Minor: MATH

Rachel Laughlin: Majors: CHEM BIOC & MDST SCWR

Stephanie Leedom: BIOL MOL

Susan Lloyd: Majors: MATH STAT & MATH ACTU

Taylor Michael: Major: PSYC

Meagan Schulman: Major: MDSS ATLW

Noelle Shellenberger: Major: MATH BSE

Molly Sterner: Major: BIOL

Noah Stitely: Major: ESCI MET; Minors: PHYS & MATH

Isaac Stottlemyer: Major: SPCH; Minor: ATHC

Jordan Traut: Majors: ENGL & ANTH; Minor: CULT

Cross Truesdell: Major: BIOL

Julia Walters: Major: MDFA DJRN

Adam Weiner: Major: ESCI MET; Minors: MATH & EHEM





# SENIOR SPOTLIGHT

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## Molly Sterner



During my time at Millersville, I've worked on several research projects, including my undergraduate thesis investigating neural crest cell reprogramming in the plastron of a turtle shell, but also in classes such as Genetics and Ecology which gave me experience in various disciplines. I've also had the opportunity to be a student worker at the Millersville PSECU Financial Education Center for over 2 years, provide academic support in the Biology Department as a mentor, and made solutions and set up labs as the lab technician for Cell and Development.

Most importantly, the Honors College gave me the means and support to go for my undergraduate thesis, which was a really important part of my college experience.

After college I plan to attend a summer program at the Stowers Institute in Kansas City, Missouri (waiting to hear back about interviews!) and either continue there for graduate school or apply somewhere a little closer to home.

Something I wish had been reiterated to me as a freshman is that it's never too soon to get involved with professors and start independent research. I began my thesis experience the summer after my sophomore year but I would have loved to have had more time in the lab to learn.

# SENIOR SPOTLIGHT

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## Jordan Traut



During my time at Millersville, I was selected to be the first AHSS fellow and awarded the MUSE for my thesis research. Also, I had the opportunity to study abroad twice: I went abroad through the PASSHE honors summer scholarship program in Poland and was given the Dmitzak Honors Study Abroad scholarship to help me pay for my semester abroad in Japan.

The Honors College has given me support and a voice on-campus and in my personal life. Honors showed me how to advocate for myself and pushed me to apply for research grants and scholarships I might never have thought were within my reach. Dr. Thyrum, especially, provided me with a lot of guidance. I consider her a kind of life mentor. Also, the honors community is made up of many people I consider my good friends who will make time to talk with me when things get stressful both academically and personally. There's been a lot of laughs and a bit of tears with the Honors College, and I am going to miss that the most when I graduate.

There are a lot of different paths before me right now, and honestly, I am not sure which route I will take. In the next few years I do know that I hope to find a job that allows me to help people, maybe volunteer on a Native American reservation, and also, get my masters.

I wish I had known as a freshman that there are a lot of research funding opportunities available that few people apply for. I would have done a lot more cool things in my field for free!

# SENIOR SPOTLIGHT

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## Chris Higgins



Since my freshmen year, I have been a member of Phi Sigma Pi, a national honor fraternity that promotes scholarship, leadership, and fellowship on campus and within the community. During my time with the fraternity, I have been the chairperson for the Scholarship, Leadership, and Alumni committees. In the fall of my junior year, I interned at the Legislative Policy and Research Office in Harrisburg. As an intern, I provided state legislators with research on a wide variety of issues (redistricting, vaping, medical marijuana, etc.) so that they could draft legislation on those topics. Now that my senior year is wrapping up, I will defend my Honors thesis, which focuses on land use activity at the Philadelphia International Airport.

The Honors College has helped me tremendously in a number of ways. Since my freshman year, a number of my closest friends have been those who I met in the Honors College. One of the aspects of the Honors College that I enjoy most is the idea that we are a community, and that we are here to support and encourage each other. Many of my peers have always been very kind, and that has helped to make my time at Millersville very enjoyable.

Additionally, the Honors College has helped me grow tremendously as a student. Many times I was encouraged in my Honors classes to go beyond my comfort zone, and I thank my professors for strengthening my confidence in the classroom.

As of right now, I am still exploring my options for the future. The idea of working at an airport intrigues me, and I may consider that option as a possible career path moving forward. Going to graduate school in the future is also on my radar. For now, I plan on weighing my options first and choosing the next step that is right for me.

As a freshman, I would have liked to have known that taking risks can be a very good thing. Whether it's pursuing leadership positions, academic opportunities, or joining a new club, getting out of a comfort zone can help a person grow tremendously. For any student, I'd encourage them to take advantage of every opportunity that Millersville University offers that interests them.