



# THE HONORS REPORT

## FEBRUARY-MARCH 2024

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Millersville University  
UNIVERSITY COLLEGE

# UPCOMING DATES

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## Honors College Community Day

March 15th  
11-1  
Franklin House

## HCSA Meetings

March 24th / April 21st  
7pm  
Franklin House

## Registration Social

March 26th  
7pm  
South Great Room

## Spring Banquet

April 21st  
1pm  
Lehr Dining Room  
Gordineir

Welcome back Honors College students! Now that the Spring Semester is in full swing, we are so excited for all the things happening in March and April! We have some fun things ahead from bingos to swag giveaways. Stay tuned and let's make it a good rest of the semester!



# SHADOWING VOLUNTEER OPPORTUNITY

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**Love meeting new people? Interested in making a difference?  
Want to earn service hours and Honors College swag?**

If you said yes to any of these, we have a great opportunity for you! We are looking for Honors College Shadowing Volunteers!

Visitation days at Millersville are starting in February and we need your help. Future Millersville students will be coming on campus to shadow Honors College students in their classes and get first-hand experience of college life.

**So, what does this mean for you?**

Ideally, you'll meet with a prospective student in your major at Franklin House and attend your Honors course(s) as usual. If the timing works out and you're able to, we encourage you to give the prospective student a tour of campus, including South Village, and take them to lunch (we'll provide them with a voucher). Time permitting, you can accompany them back to Franklin House, where they meet with Dr. Wolfgang and/or Kereah Keller for questions and an overview of the Honors College.

**If you have any questions, or to sign up, please contact Kereah Keller at [Kereah.keller@millersville.edu](mailto:Kereah.keller@millersville.edu)**

(Please include info such as name, major, days available, honors course(s) and class time(s), etc).

Thank you in advance,  
Dr. Wolfgang and Kereah



# FACULTY INTERVIEW WITH KERAH

Mandi Laudenslager



Meet one of your Honors College faculty members! Get to know Kereah better from the interview below!

## Tell us a little about yourself!

My name is Kereah. I may not look like it, but I just turned 32. I've been married for 10 years and have 2 kids, ages 9 and 6. I don't have any pets (though I really want a cat!) I consider myself to be an extroverted introvert who has well over 20 tattoos and 7 piercings. My favorite things outside of my family are anime/manga, cosplaying, writing, reading, and traveling. I've been to 3 different countries (Peru, Ecuador, and Costa Rica) and hope to add many more to the list.

## When did you come to Millersville and how long have you been here?

I've been here since December 2022 and it instantly felt like home, which is something I've never had at a job before. I seriously love working at MU.

## What is your educational history?

I have a bachelor's degree in ESL and a master's degree in English and Screenwriting.

## Favorite thing about your department?

Where to begin? Dr. Wolfgang is fantastic. He's kind, caring, and hilarious. I love working with and getting to know the students in the Honors College. And I love getting to plan all of the Honors College events, like the Spring Banquet and NYC trip.

## What are some of your hobbies and interests outside of the Honors College?

I'm a writer. I have several books that I've self-published and I'm currently trying to find a literary agent to represent the ones I haven't. I'm also an editor who works for freelance authors and publishing companies. I love anime (reading and watching) and attend several conventions a year throughout PA (and yes, I cosplay). Of course, I also love spending time with my husband and kids – they always come first.

## Any advice to the students of the Honors College?

Don't be afraid to try new things. I missed out on a lot during college (for a lot of reasons) and regret it. I regret not putting myself out there, not doing and saying things that I wanted to. There are opportunities during college that you don't get during high school or in the career world, so take advantage of it now while you have chance.



# WHO SAID IT? (FAMOUS PEOPLE)

Mandi Laudenslager

Below are some influential quotes said by famous people in the world. Can you match the right quote to the person? How many did you guess correctly? The answers are on the bottom!

1. "Life is like riding a bicycle. To keep your balance, you must keep moving."

2. "You can have it all. You just can't have it all at once."

3. "No one can make you feel inferior without your consent."

4. "Our lives begin and end the day we become silent about things that matter."

5. "We are all of us stars, and we deserve to twinkle."

6. "The best revenge is massive success."

A. Eleanor Roosevelt

B. Marilyn Monroe

C. Oprah Winfrey

D. Frank Sinatra

E. Albert Einstein

F. Martin Luther King Jr.

**Answers:**

1.E 2.C 3.A 4.F 5.B 6.D





# THE BODY PROJECT

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Karina Hossain

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## THE BODY PROJECT AT MILLERSVILLE UNIVERSITY

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### THE BODY IMAGE REVOLUTION

CONFRONT UNREALISTIC BEAUTY IDEALS AND DEVELOP A  
HEALTHY BODY IMAGE BY JOINING THE BODY PROJECT!

#### WHAT IS IT?

TWO FREE 2.5-HOUR WORKSHOPS  
RUN BY TRAINED FACILITATORS  
USING EVIDENCE-BASED TECHNIQUES

#### WHO IS IT FOR?

MILLERSVILLE STUDENTS

SCAN THE QR CODE FOR MORE INFORMATION  
OR TO COMPLETE AN INTEREST FORM!

COMPLETING THE FORM DOES NOT COMMIT YOU TO PARTICIPATING.

PLEASE CONTACT DR. RACHEL MACINTYRE  
([RACHEL.MACINTYRE@MILLERSVILLE.EDU](mailto:RACHEL.MACINTYRE@MILLERSVILLE.EDU)) WITH ANY QUESTIONS!



[bit.ly/BPMUinterest](https://bit.ly/BPMUinterest)



# SPRING BREAK - SELF CARE

Tatum Dolan

The Honors College hopes that all of its students take the time over Spring Break to rest and focus on their mental health needs. The mid-semester point is an excellent time for self-reflection and honing in on your well-being. Here is a list of mindful activities that you can do over Spring Break:

Yoga



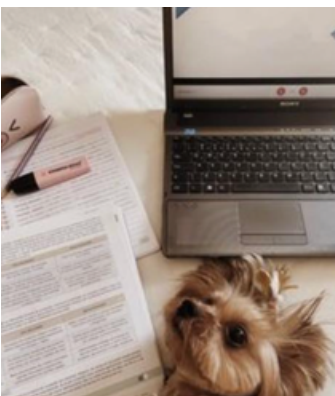
Watch a movie!



Read a book!



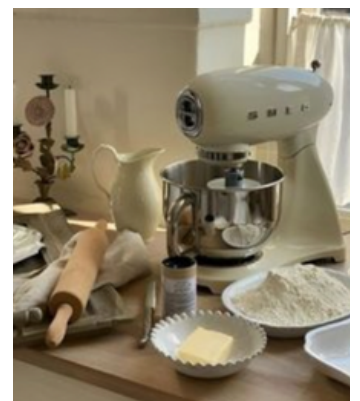
Spend time  
with pets



Spend time with family



Bake



We wish you all a relaxing Spring Break and we'll see you when we return back on campus!

