

THE HONORS REPORT

DECEMBER 2019



**It's that time of the year again!
Good luck on your finals!
The December edition includes:**

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Consulting Editors
Dr. Elizabeth Thyrum
Beth Roberts

Student Editors
Jadon Barnett
Lindsey Diamond

Student Writers
Jeremiah Shillingburg
Michael Skros
Owen Wallace
Jess Whittemore

UPCOMING EVENTS CALENDAR

Finals Week	Dec. 10 – Dec. 14th
Spring Classes Begin	Jan. 22nd
Thesis Day - Q & A at 12:05pm in Luek Hall 2nd Year Workshop at 4pm in Luek Hall	Feb. 13th
HCSA Formal Dance	Mar. 6th
Spring Break	Mar. 11th – Mar. 17th
Made in Millersville	Apr. 14th
New York City Bus Trip	Apr. 18th
Phi Kappa Phi Induction (National Honors Society)	Apr. 19th
Spring Honors College Recognition Banquet	May 3rd

FALL BANQUET

The Fall Recognition Banquet took place on November 24th, 2019 at 1:00pm in Gordinier Hall's Lehr Dining Room. This banquet is held to recognize and award both graduating seniors and students who achieved high academic standings during the prior semester. Connor Billings, Jacqueline Buck, Lauren Davis, Sean Domencic, and Poushali Ghosh received their Honors College graduation medals and another 65 Honors College students received certificates for academic achievement. Tasty food was served during the banquet while our guest speaker, Katy Charles, provided some wise words. Katy is the MU Director of Admissions as well as an MU alum and Honors College graduate. Administrators and professors involved with the Honors College program also attended the banquet.



From left to right: Dr. Elizabeth Thyrum, Poushali Ghosh, Sean Domencic, Jacqueline Buck, Connor Billings, and Dr. Vilas A. Prabhu

Not pictured: Lauren Davis



Students receiving academic achievement certificates

A MESSAGE FROM DR. THYRUM

"Where did the Fall '19 semester go? I hope yours was packed with new experiences, interesting classes, involvement in campus organizations, and meaningful service and engagement.

"It's been great getting to know our first-year students over this past semester. We have a wonderful group of students with diverse interests and talents. I hope you are all meeting new people and appreciating what they bring to the Honors College and the great MU community. I was quite impressed with our students in COMM 100H with Dr. Wood when they gave their Made in Millersville "How to present a poster" presentations! Very creative!

"I hope you all enjoy the holiday season and have an enjoyable break. Winter break is a good time to start considering your options for next summer—possibly gaining some experience in your chosen field, building your resume (e.g., volunteering, shadowing, internship, REU, employment), or possibly making some progress on your thesis (depending on your year, you might choose a topic, work on your literature review, collect pilot data, etc.). It's never too early to start planning!

"I'm looking forward to a productive Spring 2020 semester. As always, please contact me with any questions (**717 871-7552**). I'm available most of this winter break."

Best, Dr. Thyrum

Director, Honors College

ANNOUNCING OUR SERIES ON EPPIC VALUES



The Millersville Honors College strives to fulfill Millersville University's mission of attaining its core *EPPIC* values. In this series, we will discuss how the Honors College works to advance each value, starting with **E: Exploration**. The Honors College promotes forward-thinking and intellectual curiosity by offering students the opportunity to study abroad with students from other PASSHE Honors Colleges. As they travel, they learn about other cultures and experience diverse perspectives and ways of life. Furthermore, Honors students also have the ability to conduct research for their theses or creative projects on a student-faculty research team to further their exploration within a specific topic. With nearly 250 students studying 39 different majors, our Honors College has a wide variety of major programs being explored. We make it our mission to continue to promote exploration as part of our students' MU experience.

VOLUNTEER OPPORTUNITIES

In order to stay in good standing in the Honors College, students are required to complete at least six community service events throughout each academic year. Each event must be at least one hour in length and be signed-off by the event organizer. These events can be completed in the fall, spring, or over winter and summer breaks. While students are not required to complete the six events through the Honors College, the Honors College provides a variety of service opportunities throughout the year. These opportunities will be posted on Facebook and sent-out through email. Students are encouraged to join the Honors College Student Association and attend meetings to learn about additional community service opportunities. Our students are asked to volunteer with The Day of Caring in September as well as Made in Millersville (April 14, 2020).

New to the Honors College are Extra Mile Punch Cards! If a student helps with an Honors College activity that is less than an hour in length, they have the opportunity to get one punch. Most of these opportunities will be sponsored by Dr. Thyrum or Beth and would involve helping with an Honors-related task. Students will receive one community service credit when they reach sixteen punches. This is another great way to fulfill your community service requirement.

SUMMER OPPORTUNITIES

MU pays for two Honors College students to attend the PASSHE Summer Honors Study Abroad each year. Applications will open in December. Applicants must have a minimum of 60 credits to be eligible; however, all individuals are encouraged to apply. Students participate in two classes during the three week program and receive 6-7 honors credits. Students interested in applying for additional study abroad programs can find information at the Office of International Programs and Services or on the MU website.

At Millersville University, faculty conduct research to promote scholarship and express creative work within respective academic disciplines. Several degree programs encourage credit or non-credit bearing undergraduate research, internships and co-op experiences to advance experiential learning. Students often continue their research over several semesters to ultimately develop a thesis or to earn departmental honors. Internships, co-ops and research opportunities not affiliated with Millersville can be found with online campus resources or personal searches. Individuals interested in pursuing these opportunities are encouraged to speak with their academic advisor, attend learning workshops and job fairs, or visit the Experiential Learning and Career Management office to learn more. Students should polish professional resumes, personal statements, and curriculum vitae prior to application.

Experiential Learning and Career Management
 Bedford House
 Monday–Friday: 8:00am–4:30pm
 michele.bote@millersville.edu

Office of International Programs and Services
 Lyle Hall, First Floor
 Monday–Friday: 8:00am–4:30pm
 International@millersville.edu

WHAT DID YOU DO THIS SUMMER?

“Mental Health America (MHA) is an education and advocacy agency in Lancaster. They provide many services like case management of families and inmates, support groups, educational events and presentations, the Compeer friendship program, and advocacy for suicide prevention (Suicide Prevention Coalition or SPC). During my time there, I participated in a variety of activities. Some of these included presenting at local health fairs, volunteering at an annual recovery picnic, attending a trauma seminar, and attending support groups and SPC meetings. I also spent some time at Arch Street Center which supports the recovery of adults living with serious mental illness. On slower days, I helped MHA with administrative work. I am now officially a Compeer volunteer as a result of my internship. I volunteer my friendship for four hours a month to a friend who is recovering from mental illness. Overall, I really got a sense of what the mental health system is like in Lancaster, and I made some great connections along the way that will last a lifetime. I recently visited all the folks of MHA at their open house, and it felt amazing to see them all again. This was truly one of the most rewarding experiences I have ever had.”

–Brooke Shimer (Junior, Psychology)

“This past summer, I interned with PA State Representative Danielle Friel Otten and I volunteered with the American Red Cross. Each week I took the train into Philadelphia to volunteer with the Red Cross as a national dispatch specialist. I took calls from victims of fires and natural disasters and recorded their information to pass along to their local chapter.

“This experience was extremely rewarding because I was able to help people experiencing personal tragedy while also learning important communication skills required for emergency management. My internship with State Representative Otten involved legislative canvassing, event planning, community outreach and work regarding public safety. I learned valuable communication and organizational skills in addition to learning more about the legislative process.”

–Michael Skros (Sophomore, Environmental Hazards & Emergency Management)



SENIOR SPOTLIGHT

Jacqueline Buck



What have you accomplished during your time in college?

I am a double major in Government and Economics with a minor in History. One of my greatest accomplishments here at MU is taking on a strong leadership role. During the 2018–2019 year, I became President of Delta Phi Eta, a co-ed honors fraternity, and it has brought many memories and valuable life experiences. I became a member of both Phi Alpha Theta (History Honor Society) and Omicron Delta Epsilon (Econ Honor Society). I am grateful to have such amazing departments at MU that help foster learning. In addition, my relationships with professors have truly become important to my time at Millersville.

How has the Honors College helped you?

The Honors College has given me opportunities to take courses outside my normal areas of interest and sometimes within my own department that I never would have thought to take. The environment created by the students in Honors courses has been one of my favorite parts of the Honors College.

What are your plans for after college?

I am planning to go to law school to focus on the study of contract law or international law.

What is some information that you wish you had known as a freshman?

Make the most out of your free time while you have it! Freshman year is when time is flexible and I would highly suggest going to different clubs and becoming active early on no matter what that might be.

SENIOR SPOTLIGHT

Poushali Ghosh

What have you accomplished during your time in college?

During my time in the Honors College, I was able to participate in many research projects and external internships. My major in Meteorology and minor in Computer Science have allowed me to participate in an array of classes and opportunities. I have done research dealing with virtual reality and digital landscape reconstruction that formed the basis of my Honors Thesis, as well as tropical cyclones and numerical weather prediction as part of the NOAA Ernest F. Hollings Scholarship program. I have presented my research through various posters and oral presentations at conferences such as the American Meteorological Society Annual Meeting, American Geophysical Union, and the PASSHE Student STEM Conference. In addition to academics, I was heavily involved in organizations such as the Student Government Association, where I served two terms as the Vice President of Finance. I have learned a number of things not only about academics but life skills such as maintaining professional relationships and networks. I can confidently say that Millersville has prepared me for life after college.



How has the Honors College helped you?

The Honors College was very helpful with priority registration. As a Meteorology major with a dual minor, securing a spot in certain courses was imperative to my timely graduation. As a result of this wonderful privilege that the Honors College provides, the registration process was never a concern.

What are your plans for after college?

After college, I will attend graduate school for numerical weather prediction and continue to a Ph.D. The end goal is to work in a government lab, such as the NOAA Earth Systems Research Lab or the NASA Global Modeling and Assimilation office.

What is some information that you wish you had known as a freshman?

As a freshman, I wish I understood the scope of a proficient academic record. I began to understand the importance of experience over grades after speaking to professionals at conferences and internships. While a good GPA can get your foot in the door, it's your professional and extracurricular experience that really gets you through.

HONORS ALUMNI

Alyssa Cannistraci



"I graduated in Spring 2018 with a B.S. in Meteorology and minor in Mathematics. I am a second-year Geography master's student at the University of Tennessee in Knoxville. I am interested in multidisciplinary efforts uniting meteorology and social science. My research involves analyzing two meteorological case studies, a winter weather event and a tornado event, in order to ultimately promote weather communication. My career goals are to strengthen science education through public outreach and community engagement.

"I have so many college memories! My favorites are serving as the HCSA Vice President and Community Service Chairperson and meeting the Thunder Swag Squad (MU Honors College graduates Erin Jones and Shelby Fuller), Fam Bam 100, countless inside jokes, and Reighard Hall in general.

"My words of wisdom: college may often feel stressful, but the friends and the memories made are what you'll truly remember most. It is completely okay to switch majors once or possibly even twice. The key is to find the subject you enjoy struggling through. If you truly enjoy the classes you are taking, the challenging work seems more manageable. While each day may not go as planned, even in the most stressful of days, there is always a reason to smile! Find that reason to smile! It will all be okay!"

"In my opinion, life after college is the most underrated life transition. Friends move to different places and finding your own way can feel overwhelming. I found the social environment to be the biggest difference between undergraduate and graduate school. Researching and writing a thesis or dissertation takes an incredible amount of time, energy, and perseverance. Sometimes people are too exhausted to also invest time in friends. Forming friendships are of course possible, you just have to go out of your way sometimes. I would recommend joining different clubs outside of your department, or groups in the community!

"Academically, I find graduate school easier than undergrad. There are only a handful of required classes, so many of our credits are taken as electives. Many classes are discussion-based, where students rotate leading conversation. The Millersville University Honors College truly prepared me for graduate work, especially in terms of conducting formal research and reviewing scholarly journal articles. I felt more confident attending conferences as a graduate student. I am forever grateful to be a Millersville University Honors College alumna!"