

N
O
V

Happy Thanksgiving

U
H
P

2
0
1
8

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.
Melody Beattie

N
E
W
S

Hello from Dr. David Craig!

Happy Thanksgivings Fellow Honors Programmers,

Pre-Thanksgiving weeks almost always seem to have a drop in energy, a kind of calm before family festivities and feasts. We've seen the change in the office. Candy, cookie, and apple consumption dropped noticeably. But not the activity and the accomplishments of UHP members as you will see from this newsletter! There is a lot going on, and so let's get into it.

Research and Conference Presentation – More and more students are doing research, and this opens up opportunities for conference presentation as we note with the Western Regional Honors Conference and NCUR announcements. To learn more about conference presentation or to get help, just see us in the office.

About Scholarships – We have just sent out the announcements about our fall scholarships, and it's time to start thinking about spring: February 1 for university and March 15 for us (<http://www.msubitillings.edu/honors/scholarships.htm>). There is proposal from the university to add \$60,000 in UHP scholarship funds, perhaps for as early as next year. We will be consulting with you about this possibility.

Service Requirement and Other Initiatives – Thanks to the UHP Student Advisory Committee, the service requirement was proposed and passed. We now have the harder task implementing it. If you can help with this, let me know asap. I ask for help with this in part because of a ball I dropped recently, helping to arrange what would have been our third annual November bowling night. One of our goals as a program and community for the spring will be on how to translate our ideas into action.

Honors Housing Update – There will likely be reduced cost honors housing options for next year. There have been two meetings now with Dean Kathy Kotecki about how this can work.

Wishing you all festive, happy Thanksgivings and a relaxing mini-vacation.

DC

Congratulations to Honors Program Scholar Athletes!

While all 11 players of MSUB's women's soccer team met the requirements for the all-Great Northwest Athletic Conference, two of them, Lili Delgadillo and Amanda Hemmen, share the special distinction of being Honors students.



Hemmen

Yellowjacket Lili, completing a degree in Health and Human Performance, maintains a 3.94 GPA, and she has played in five matches this year.



Delgadillo

Amanda Hemmen is a Yellowjacket finishing a degree in Biology while holding on to a 4.0 GPA. She has started every game this fall.

Thank you, Lili and Amanda, for representing the Undergraduate Honors Program (UHP) at MSUB! You are true scholar-athletes!

Congratulations to our Sociology Scholar!



Senior Michelle Williams, a Sociology major, has been working under the advisement of Dr. Jennifer Scroggins to present original research on transgender murders in the U.S. and the mediated conversations surrounding them.

They presented this this at the American Society of Criminology (ASC) Convention, Nov. 14-17, in Atlanta Georgia and plan to publish this exciting research in a peer-reviewed journal soon!

Can You Guess?
What does Google seek most in its job applicants? (see p.4)

HI FROM
DR. STEVEN FUNK

Dear Colleagues,

Preparing for family coming in from out of town, making our own travel/stay-at-home plans, caring for loved ones who will inevitably fall ill during this time of year, and studying/preparing for finals, we may feel overwhelmed this time of year. While many of us may struggle with balancing school, work, and family responsibilities, it is critical that we also take care of ourselves at this point.

Data indicate that, at one time or another, [college students feel overwhelmed by all they have to do](#). When I feel this way, I list everything I have to do within the next few weeks and devise a plan for tackling each project. Then, I reward myself every time I check a project off the list. It is easy to try to ignore the overwhelming amount of work we have at times, but by facing it head on, we can usually overcome any obstacle. By making a list and rewarding ourselves, we can start to see the tangible results of our efforts.

So, whatever the projects you need to accomplish, think of how you can “pat yourself on the back” along the way. Here are some low-cost ideas:

- take a hike on a trail you’ve never seen
 - buy yourself a new pair of warm socks
 - take yourself to a matinee movie
 - take a “do nothing” day (stay in PJs)
 - buy a magazine you typically wouldn’t
- I’d love to hear from you and learn what your rewards to yourselves will be!

Stay healthy,

Dr. Funk

PS – The majority of first-year students have met with me for advising – Thanks! I’ll be reaching out to a few more soon.

HATS OFF TO YOU!



Congratulations to UHP students:

Sarah Gallup - Gulick Research Scholarship Award

Junior Sarah Gallup is making progress toward “elucidating the pathophysiology of chronic kidney failure in patients with familial dysautonomia (FD).” Sarah plans to present this research at the Creativity and Research Conference, as well as publish it, with Dr. Lynn George, in a peer-reviewed journal.



Piper Skillen-Robison - Study Abroad Award

Sophomore Piper Skillen-Robinson will travel to Salamanca, Spain in the spring of 2019. “Personally, I will move a little out of my comfort zone, and culturally, I will gain perspective . . . I cannot wait to land in Spain and completely take in the experience.”

Piper plans to use her bilingual training to help Montana’s struggling youth as school counselor.



Meet Honors Scholars in Our Own Backyard!

The Western Regional Honors Council Conference
@ MSU Bozeman, March 29 – 31
Please visit the Honors office in COE 297 for more

Google receives around 3,000,000 job applications per year, on average, and only hires around 7,000 of those applicants. So what kind of applicant is most likely to get the job? Laszlo Bock, in *Work Rules*, explains that they search for people who are fun, intellectually humble, conscientious, and comfortable dealing with the unknown. Google also prefers a strong work ethic to a high IQ.

Google understands that while skills can be taught, character cannot.



Did you guess?

“I wish they would only take me as I am.”
--Vincent Van Gogh

Speaking of skills and character, are you a Poli Sci major or interested in seeing what daily business the Governor’s office handles?

Governor Bullock’s office is offering a *paid* internship this spring!

Interns are needed for about 10-20 hours per week and they start Jan. 7, 2019.

To apply: Please send a cover letter, resume, and two references (one academic and one work-related, if possible) to Reilly Parisot at: rparisot@mt.gov.

Candidates are expected to coordinate their internships for credit, if available, with their university or college.

The deadline to apply is Nov. 30, 2018.

Questions? Call Reilly at 406-444-2083.

National Council on Undergraduate Research Conference

You can present your research this summer! The deadline for submissions is Jan. 25, 2019.

<https://www.cur.org/what/events/conferences/urpc/2019/>

Congratulations to Honors Student Dani Branson Steiger!

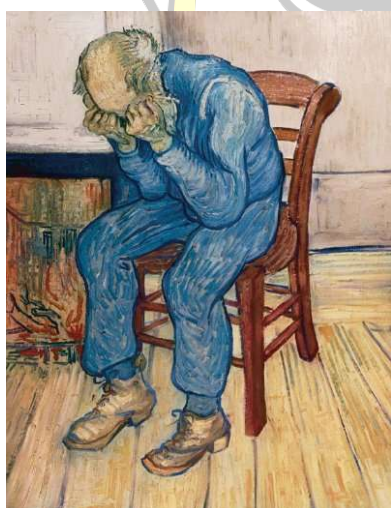


Recently featured on MSUB Faces, Dani said, “Don't be afraid to have fun and get involved. Being in college is more than just books and papers: you need the assignments to get the degree, but without the social aspect you never really find out who you are, what you like or dislike in professions or degrees for that matter.” Dani will graduate in 2019 as a music performance major. Great work, Dani!

M T W R F

**Having trouble
deciding what
Honors course to
take in 2019?**

Check out the schedule and drop by the office for help!



	8:40 – 10:10 Historian as Detective HSTA 294-200		8:40 – 10:10 Historian as Detective HSTA 294-200	
	10:30 – 12:00 Perspectives HONR 111/311	11:40-12:40 Syrian Refugee HONR 494-03	10:30 – 12:00 Perspectives HONR 111/311	
11:40-12:40 History of Mathematics HONR 494- 02		11:40-12:40 History of Mathematics HONR 494-02		11:40-12:40 History of Mathematics HONR 494-02
11:40-12:40 Honors Chemistry CMHY 143- 001	12:10 – 1:40 Digital Age HONR 194- 001	11:40-12:40 Honors Chemistry CMHY 143-001	12:10 – 1:40 Digital Age HONR 194- 001	11:40-12:40 Honors Chemistry CMHY 143-001
		4:00-5:00 Geography of War HONR 494-01 GPHY 494-002		

WE WANT TO HEAR FROM YOU!

IS THERE SOMETHING WE NEED TO MENTION IN THE NEXT UHP NEWSLETTER? IS THERE SOMEONE YOU'D LIKE TO SEE RECOGNIZED?

HOW MAY WE SERVE YOU BETTER?

Email Dr. Funk at Steven.Funk1@msubillings.edu