



Idaho State
University

University
Honors Program

Weekly Update

September 13, 2021

Adding to Someone's Gratitude Board

A letter from UHP Acting Director Alex Bolinger

I really enjoy my job as a professor, but like any job, it has its moments of frustration. For instance, for every research paper that gets an invitation to revise-and-resubmit, three or four of my submissions get rejected. Committee meetings can sometimes go on and on, without feeling like the group is making much progress. And for as much as I want them to, there are times when some students do not respond in my classes nor make learning a priority.

For those days when I am feeling a little bit down, I have discovered a secret that never fails to pick me back up. On the wall in my office, I have what I call my "Gratitude Board." It is a bulletin board where I have pinned handwritten thank-you notes from former students over the past 10 years. I have made it a practice to take a moment most days to stop what I am doing, walk over to the Gratitude Board, and read two or three of the notes from former students.

Why is it so powerful for faculty and staff to receive letters of gratitude directly from current and former students? Partly it is because most of us have a pretty high opinion of you all. We have made the decision to devote our careers to working with students – usually at the price of postponing entering the workforce to earn an advanced degree – and hearing that we have

made a difference to some of our students makes the sacrifices feel well worth it.

Equally important, receiving a letter of gratitude from students is especially meaningful because we realize that you are a busy group, with lots of demands competing for your time. When my former students have taken the time out of their busy schedules to write a thank-you letter, I am moved by their incredible thoughtfulness and generosity. I know exactly what Mark Twain meant when he said, "I can live for two months on a good compliment."

This week, the theme of The Gratitude Challenge is to write letters to the people at ISU who have made a positive difference in your educational journey, whether that has been only three weeks so far or three years. This could be one of the staff members who took the time to help you feel more at home during your first visit to campus. It could be a faculty member who went above and beyond to answer your questions and help you to feel more comfortable with a difficult concept. Or it could be a member of ISU's maintenance or custodial staff, or an administrator – one of the many, many people who work behind the scenes each day to help make your education possible.

Thank you for your contributions to The Gratitude Challenge – less than two full weeks into the month of September, there have already been 156 letters written and self-reported via the form at isu.edu/honors/gratitude. That is already nearly 40 percent of the way to our goal of 400 letters!

If you haven't had a chance to write a letter yet, please consider doing so and reporting it

toward the Honors Program's goal (you can do so anonymously or include your name in the form, if you choose). I especially invite you to join the UHP Club for a fun, low-key letter-writing get-together on Monday, September 20th from 7-9 p.m. on the main floor of Rendezvous, behind the C-store. And thank you again to all of you for everything that you are doing this semester to help reconnect our university community, one person (and one letter) at a time.

Gratitude Challenge Update

We're making progress!

We are currently 39% of the way to 400 letters and in two days we'll be half way through the Gratitude Challenge. There's still time to add your letters to the total count!

You can write your letters now and report your contribution to The Gratitude Challenge at: isu.edu/honors/gratitude.



Current Progress:
156 Letters

Goal:
400 Letters

THE GRATITUDE CHALLENGE

LED BY THE UNIVERSITY HONORS PROGRAM

The Background: In the aftermath of this past year, facilitating campus and community connections (and overall well-being) are top priorities.

The Premise: "I can live for two months on a good compliment." – Mark Twain Letters of gratitude to people who have made a positive difference in your life are remarkably effective at increasing perceptions of well-being, social support, and motivation for both the sender and the recipient (e.g., Grant & Shandell, 2021; Kumar & Epley, 2018)

The Audacious Goal: 400 letters of gratitude by students, faculty/staff/administrators, alumni, and friends of ISU in September.

How You Can Contribute:

- Write letter(s) of gratitude toward our campus-wide goal of 400 letters. We especially invite you to join us for one of the [UHP Club's Letter-Writing Get Together in the Rendezvous building, behind the C-store, Monday, September 20th, from 7 to 9 p.m.](#)
- Consider contributing a story or memory to be included in our campus-wide book, *Orange, Black, & Thankful: Stories from The Gratitude Challenge*.

For more details about these activities, please visit [The Gratitude Challenge web page at isu.edu/honors/gratitude](#).

Thinking About Graduate School?

If graduate school is in your future or you're considering applying, then join Carmen Mezzera in her upcoming webinar on September 21 about the best practices when applying to graduate school. The webinar will start at 12:15 MST. For more information, view the handout sent with this week's updates.

Updated Peer-Advising Hours

To supplement the advising you receive from your Honors advisor, the Honors Program is happy to offer walk-in peer advising for all Honors students. Third-year Honors student, Exko Ramey, is available to meet with you in REND 306A during the following times:

Mondays	12:30 p.m. - 2:00 p.m.
Wednesdays	12:30 p.m. - 2:00 p.m.
Fridays	8:00 a.m. - 3:00 p.m.

Homecoming Rendezvous

Hosted by the University Honors Program

Enjoy a relaxed evening with fellow Bengal friends and alumni as we polish off a week of Homecoming celebrations.

Music provided by current students in the University Honors Program.

Hors d'oeuvres will be served.

Saturday, September 25

6:00 - 8:00 p.m.

Pond Student Union Ballroom

RSVP to honors@isu.edu by September 17

\$10 Homecoming game ticket vouchers available through RSVP



Homecoming Rendezvous

This is an amazing opportunity for Honors students to mingle with current students, alumni, and friends of the Honors Program.

We'd love to showcase the many talents of the Honors Program. Please consider sharing your musical talent, artistic abilities, and research posters at this event.

All students are welcome to attend regardless if they are showcasing their work or not. Please RSVP via this Google form: <https://forms.gle/KduZ9SG8iKCxC8df9>

Musical Talent

We're looking for five individuals who will be able to provide upbeat instrumental background music to set a light-hearted mood for the evening.

If you are interested, please submit a video no more than 3 minutes long to dawnbrooks@isu.edu by September 15th. The subject line should read: Musical Submission.

Fine Arts Exhibit

In addition, we will showcase Honors students' works of art. If you are interested, please submit a photo of your artwork to Dawnbrooks@isu.edu by September 15th. The subject line should read: Fine Art Submission.

Research Presentations

We'd like to highlight students who have presented their research in a poster presentation and would be willing to take a 20-minute shift to visit with event guests. The electronic file of your poster will be displayed on a large TV screen in the Ballroom. A hardcopy of your poster will not be displayed. If you are interested, please submit an electronic file of your Research poster to Dawnbrooks@isu.edu by September 15th. The subject line should read: Research Poster

Writing Center

Take advantage of the writing center this year, with in-person and online appointments or written feedback. Tutors are trained to give constructive feedback on papers and essays as well as point out areas for students to improve their overall writing skills. Book an appointment now at isu.edu/tutoring/. Tutors are available in REND 323 during the following times:

Mondays	9:00 a.m. - 7:00 p.m.
Tuesday	9:00 a.m. - 9:00 p.m.
Wednesdays	9:00 a.m. - 7:00 p.m.
Thursdays	9:00 a.m. - 7:00 p.m.
Fridays	9:00 a.m. - 2:00 p.m.

Unique Job Opportunity

If you'd like to participate in a new research project building automated workflow to search for lava tubes in remotely sensed imagery on Earth and the moon, then this job might be for you. It includes flying unmanned aerial systems and walking potential tube sites.

Python or adjacent programming language experience required. Some hiking experience preferred.

Pay is \$10/hour and expect to be working 10 hours a week through the spring semester (about 32 weeks). If you're interested in applying or would like more information, contact Tyler Paladino at tylerpaladino@isu.edu. Please attach your resume.

UHP Advisor Contact

Dr. Alex Bolinger	alexbolinger@isu.edu
Dawn Brooks	dawnbrooks@isu.edu
Miriam Dance	miriamdance@isu.edu
Lori Tapanila	loritapanila@isu.edu

Fulbright Student Award

Any graduating senior or graduate student interested in study or teaching abroad can apply to the Fulbright Student Award for funding to travel to a new country for the 2022-23 school year.

During their grants, Fulbrighters will meet, work, live with and learn from the people of the host country, sharing daily experiences. The program facilitates cultural exchange through direct interaction on an individual basis in the classroom, field, home, and in routine tasks, allowing the grantee to gain an appreciation of others' viewpoints and beliefs, the way they do things, and the way they think. Application drafts are due September 15 for review.

For more information or to submit an application, contact Dr. Alan Johnson at johnala2@isu.edu.

Follow Us on Social Media!

Stay up to date by following the University Honors Program on your favorite social media platforms.

Instagram	@idahostatehonors
Twitter	@Idaho_Honor
Facebook	@isuhonor

Get Published!

The Palouse Review invites you to submit your work to be published in their December edition. This is a great opportunity to get your original work in any of the following categories published: short fiction, nonfiction, scholarship, poetry, photography & visual art, music, and digital multimedia. The deadline for submissions is November 1, so get your work in soon!

For more information or to submit your work, visit <https://palousereview.wsu.edu/submission-guidelines/>

ISU Business Career Fair

Thursday, September 16, 2021
Ballroom, Pond Student Union Building

Attending Employer Highlight: ESI Construction

Engineered Structures, Inc. (ESI Construction), a Meridian based company, is looking for dedicated, dependable, and dynamic individuals with an interest in the office and/or field side of Construction Management. If you're interested in the growth opportunities and challenges that come with working for Idaho's Largest General Contractor, let's connect at the ISU Business Career Fair to discuss ESI's internship program!

In addition to general interest in our internship program, we are specifically recruiting for those with skills aligned to a project coordination internship. In this role, you'll learn the ins and outs of our responsibility as a General Contractor and provide hands-on administrative support to the project management team in construction project planning, management, accounting functions, and coordination.

Learn more about the ESI internship program at esiconstruction.com/internship-career-fair. Come to the career fair prepared with your resume and any questions about ESI.

2021 Diversity, Equity and Inclusion in Education Virtual Conference

Call for Proposals

This year's conference theme is Equity and Inclusion in Rural and Diverse Educational Communities. We invite researchers and practitioners to share their research and experiences related to this year's conference theme or any other area of educational research related to equity and inclusion.

Visit the conference website to view the Call for Proposals, proposal template and proposal submission form.

isu.edu/education/dei/

Interested students are encouraged to submit proposals to be a presenter at the conference. Conference presenters may provide a live or pre-recorded presentation.

Check out the First -Year House Competition Results on the next page!

First-Year House Competition Results

Here are the results based on the first three weeks. The members of the House of Benny earned many of their points by the lengths that they went to during the Scavenger Hunt at the Meet and Greet.

Benny	893
Panthera	699
Night	634
Stripes	379

The competition continues for five more weeks. There is still ample time and opportunities for any house to gain the lead and become the Fall 2021 Champions. Remember you are working to earn your house's name on the Recognition Plaque and the opportunity to participate in the House Completion celebration.

The mentors established two more additional ways to earn House points. See the new ways in the list below:

1. Meet with your Honors advisor either in person or over zoom. Let your UHP mentor know when you meet. These meetings with your advisors are worth **10 points**.
2. Meet with your mentor. These meetings can be in person or over zoom and can range from questions about classes or life at ISU, study sessions for homework, or just plain hanging out and having fun. These meetings are worth **10 points**.
3. Text or email your mentor. These conversations with your mentor are worth **5 points**.
4. Attend Honors events with your mentor. This will earn your House **10 points** for each Honors event attended. There will be a sign-in sheet at each Honors event so that the club can keep track of how many students. **You'll earn 25 points for attending the Homecoming Rendezvous event on September 25. Be sure to sign in.**
5. Report a written letter of Gratitude or a verbal expression of gratitude to your mentor. **5 points**.
6. Follow and Tag pictures you have taken at any Honors Program events on Twitter (@Idaho_Honor), Facebook (Idaho State University Honors), and/or Instagram (@idahostatehonors) to earn bonus points. **1 point per Follow or Tag.**

UHP Club Events

All Honors students are invited to join the University Honors Student Club. The UHP Club strengthens connections among Honors students, positively impacts the community through service and enhances campus life by hosting fun activities. Here's a look at upcoming club events!

September

- 20** *Gratitude Challenge Letter Writing Event*
7:00-9:00 p.m.
Meet in REND behind C-store 7-9 pm
The club will supply paper, markers, and envelopes, and refreshments
- 23** *Game Night*
8:30-10:30 p.m.
Location TBD
Join us for an evening of Mario Kart and other games.
- 25** *Homecoming Tailgate*
11:00 a.m.
This is our chance to share the Gratitude Challenge with the ISU community. Look for the UHP Club table to sign in for your chance to win a gift basket. Then stay to cheer on the Bengals at 1:00 p.m.