



## The Update in Brief

February 18, 2025

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## RSVP FOR S25 BAHM!

**BAHM 1: Wednesday, March 19th (5:00PM - 6:00PM)**

**BAHM 2: Thursday, March 20th (8:00AM - 9:00AM)**

**BAHM 3: Friday, March 21st (12:00PM - 1:00PM)**

### BAHM Session Descriptions

Session #1: Preparing for Interviews: Preparing to enter the job market, applying for internships, or interviewing for grad schools? This session will provide skills to put your best foot forward in interviews.

Session #2: Researching Graduate Programs: Considering graduate school? Stressed about how to find the right program? Learn different approaches to effectively research graduate programs across different fields.

Session #3: Graduating With Honors: Students graduating this Spring or Summer will have the opportunity to reflect on their experience as an Honors student and receive graduation-specific information.

Session #4: ICCU Financial Literacy Workshop: ICCU will host a workshop about the importance of financial literacy. (OFFERED FRIDAY ONLY)

Session #5: Exploring Honors Pathways: The Honors Degree & Civic Scholars Program: Learn about the processes and procedures associated for the university honors degree and the new Civic Scholars Program with the UHP Director! (OFFERED WEDNESDAY & THURSDAY ONLY)

For more details about the sessions and to RSVP: <https://forms.gle/h22mpJVNfu3ZnSjy8>



# **Honors Thesis Spotlight:**

## **Ciara Gaches**

### ***Caregiver Emotional Response to an Autism Diagnosis: Examining the Effects of Caregiver and Child Factors***



Ciara Gache '25, is a McNair Scholar who will graduate in May with an Honors Bachelor of Science Degree in Psychology with a minor in Applied Behavior Analysis. Her Honors Thesis is a part of Dr. Robert Rieske's [CARES Lab](#) research (Collaboration for Autism Research, Education and Support Lab) and focuses on caregivers of children diagnosed with autism. She first learned about his work in a class she had from him in her first semester. "A few semesters after that, I just sent him an email asking for a meeting to discuss the research in his lab."

Ciara writes in her abstract "Caregivers experience a wide range of emotions when undergoing the autism diagnostic process for their child. Understanding caregiver emotions and the factors influencing those emotions is thus crucial to aiding clinicians in their effort to best support caregivers and their children. There are mixed findings within the extant literature on what caregiver characteristics- income, education level, and age at diagnosis- and child characteristics- age of symptom onset, count of symptoms, and regression in skills- influence caregiver emotions when receiving the diagnosis during the feedback session.

Ciara analyzed survey responses from 517 caregivers of children diagnosed with autism to determine a statistical correlation with characteristics of the parent and child, and variances within those characteristics. Which means she categorized a bunch of data and crushed numbers like a boss! Here's her [full abstract](#), if you're interested in learning more.

Ciara is serious about assisting others through therapy and keeps busy. Aside from her research and school work, Ciara is a registered behavioral therapist at Access Point Family Services. "Also, I TA for two different classes in the psychology department, I coach high school debate at Skyline high school in Idaho Falls, and I write [children's books](#). When I'm not doing one of those many things, I spend time with my family."

Ciara intends to pursue a Ph.D. in Clinical Psychology and has applied to the ISU Clinical Psychology program. We asked her if she has any tips for incoming honors students who are interested in undergraduate research. "My advice to incoming undergraduate students interested in research is to try to take advantage of any opportunity you can. The worst anyone will ever say is "no." Try not to let the fear of reaching out and being told no stop you. Email me ([ciaragaches@isu.edu](mailto:ciaragaches@isu.edu)) if you have any questions about the McNair Program or research and pursuing an Honors Degree."

**You are invited to attend Ciara's presentation of her Honors Thesis**

**Friday, February 21 | 3-4pm**

**REND 111 or [isu.zoom.us/j/84025304411](https://isu.zoom.us/j/84025304411)**

# Announcements & Opportunities



## Volunteer for Bengal Visit Day - Saturday, April 12

As the largest event we host on campus, this open-house style event allows students and guests to explore campus completely at their own pace. During the event, they have the opportunity to visit departments, hear about our different resources available, chat with our student clubs/organizations, take a campus or housing tour, and so much more! We will need volunteers in all of these areas along with general volunteers (current students or faculty/staff) that can assist with information tables, distribution of materials, bus guides, set up/clean up, etc.

Register Here: [Volunteer Sign-Up](#)

[https://isu.co1.qualtrics.com/jfe/form/SV\\_0BdAFZ4qnMWZ3ca](https://isu.co1.qualtrics.com/jfe/form/SV_0BdAFZ4qnMWZ3ca)

## Bengal Newspaper Book Bundle Survey

The Bengal Newspaper would like to hear from YOU about your thoughts and experiences with the ISU Book Bundle. Take the survey to voice your opinion.

Student Survey: <https://forms.gle/9nSEm8bqWFtiMtUd6>

Faculty/Staff Survey: <https://forms.gle/bfreGNwysFRBY5hn8>



## North American Language and Culture Assistants Program (NALCAP)



The North American Language and Culture Assistants Program (NALCAP). American college students and graduates - who are native-like speakers of English - partner with elementary and secondary schools in Spain to bolster language programs, as language assistants (TAs) under the supervision and guidance of teachers in Spain.

NALCAP falls under the category of public diplomacy programs. As a language assistant, you will be fulfilling the role of a cultural ambassador as you advance English language learning and mutual understanding through cultural exchange.

As such, your role is to encourage students of all ages in Spain to broaden their knowledge of your language and culture.

Placements are offered across Spain, in practically every city and town in the country, running from October 1st to May 31st for most assignments. NALCAP recipients teach 14 to 16 hours per week and receive a monthly stipend along with medical insurance.

NALCAP offers recipients the opportunity to immerse themselves in the language and culture of Spain while sharing the language and culture of the United States with students in Spain, as well as a tremendous opportunity for professional and personal growth.

**Deadline to Apply is March 26, 2025**

**For more information and to apply go to**

<https://www.educacionfpydeportes.gob.es/eeuu/convocatorias-programas/convocatorias-eeuu/nalcap.html>



# Announcements & Opportunities Continued

## FORWARD PSU INTERNSHIP



FORWARD PSU is a transformative 15-month program designed to support undergraduate students committed to addressing healthcare inequities and improving access for underserved Indigenous communities. This includes Native American, Alaska Native, Native Hawaiian, Pacific Islander, First Nations (Indigenous to Canada), and Indigenous peoples of Mexico, Central, or South America. This program offers:

- Clinical Placements: Hands-on experience with clinical teams.
- Mentorship: Multi-tiered mentorship with clinical, career, and peer mentors.
- Culturally Responsive Curriculum: Workshops that provide professional development.
- Financial Support: Monthly stipends to support student participation.

Students will gain critical healthcare skills, build professional networks, and prepare for graduate/professional pathways such as medical, dental, or public health programs.

**The application deadline is February 28th, 2025.**

**You can learn more about the program including eligibility requirements, financial support, essay questions, and more on the program's site [sites.google.com/pdx.edu/forward-psu/apply](https://sites.google.com/pdx.edu/forward-psu/apply).**



## Summer Research Program

This intensive paid 10-week summer research opportunity provides mentoring and research experiences while allowing scholars to preview graduate school life. Students with a strong interest in graduate programs are encouraged to apply, as are those from populations traditionally underrepresented in graduate education.

Programs include: Applied Plant Systems, Beneficial Insects & Bacteria, Biomedical Engineering, Chemistry, Crop-to-Food Innovation, Plant Pathology, Redox Biology, Quantum Materials, and more.

The program runs from June 2 to August 7, 2025.

**Deadline to apply is March 1, for more information and to apply go to [summerprogram.unl.edu/](https://summerprogram.unl.edu/)**

## Call For Creative Submissions for the Opportuni-Tea Silent Auction



The annual Honors fundraiser, [An Opportuni-Tea](#), will be held on Saturday, April 5. A silent auction of donated items raises funds that provide scholarships for students in the Honors Program. Donors love to bid on creative works produced by Honors Students.

If you are interested in donating an original piece of creative work or a service, please fill out the [Opportuni-Tea Creative Work Donation Form](#)

## Want to Share Your Honors Story?

### Call For Video Participation for the Opportuni-Tea

The annual Honors fundraiser, [An Opportuni-Tea](#), will be held on Saturday, April 5. If you are interested in being included in a video about Honors scholarships or being an Honors student for the event, please fill out this form.

[Opportuni-Tea Video Form](#)



# Announcements & Opportunities Continued

## The Palouse Review is Accepting Literary Submissions



The Palouse Review is the biannual arts and academics journal of the Washington State University Honors College. We accept submissions from current and former honors students from throughout the Western Regional Honors Council. Our editors are looking for carefully crafted, evocative work that demonstrates the literary, artistic, and academic excellence of our broader honors community.

The submission deadline for the Spring 2025 edition is March 23.

For more information or to submit your work, go to: [palousereview.wsu.edu](http://palousereview.wsu.edu)

## 2024/2025 Undergraduate Student Travel Grant

The College of Arts and Letters (CAL) seeks proposals for travel funds from full-time undergraduate students in the college. Proposals will be accepted until funds are expended. Proposals must be submitted prior to the dates of travel. Funds for travel MUST be expended by May 2, 2025, and all paperwork completed by June 2, 2025.

Details about about submitting a proposal can be found in the linked document below. Contact Carrie Page ([carriepage@isu.edu](mailto:carriepage@isu.edu)) with questions.

[CAL 2024/2025 Undergraduate Student Travel Grant](#)

## Call For Abstracts: ISU 2025 Research & Creative Works Symposium

The ISU Research and Creative Works Symposium on Wednesday, March 19, 2025 and is an opportunity for undergraduate and graduate students of all disciplines and degree levels to present their in-progress or completed scholarly or creative works for a chance to win big bucks!

To help answer any questions and show examples from previous years, we will be hosting 45 Minute Insider Sessions on Jan 28 and Feb 21

**Abstract submissions open January 21 and close February 26.**

Visit [www.isu.edu/researchsymposium/](http://www.isu.edu/researchsymposium/) for more information and to submit an abstract.

## NOMINATIONS ARE OPEN FOR... THE BENNY AWARDS



UNDERGRADUATE STUDENT LEADER OF THE YEAR

GRADUATE STUDENT LEADER OF THE YEAR

ROAR BENGAL ROAR (SPIRIT AWARD)

FACULTY MEMBER OF THE YEAR

STAFF MEMBER OF THE YEAR

EXEMPLARY SERVICE AWARD

ALUMNUS OF THE YEAR

OUTSTANDING EVENT OF THE YEAR

INSPIRATIONAL BENGAL OF THE YEAR

STUDENT ORGANIZATION OF THE YEAR

STUDENT AFFAIRS AWARD OF DISTINCTION

STUDENT ORGANIZATION ADVISOR OF THE YEAR

DEADLINE FOR NOMINATIONS IS FEBRUARY 28, 2025 [WWW.ISU.EDU/BENNYAWARDS/](http://WWW.ISU.EDU/BENNYAWARDS/)

# HAVE YOU HEARD ABOUT?

## HONORS OPPORTUNITY SCHOLARSHIP

These scholarships, up to \$250, are intended to help UHP students with expenses related to their education. Unlike a lot of our other scholarships, which are pre-funded and ready to go, the Opportunity Scholarships will be presented to potential donors who can partially or fully fund your request. UHP will be drumming up plenty of interest though--we'll be soliciting donations for the Opportunity Scholarships during both Bengal Giving Day (March 18-19) and the Opportuni-Tea (April 5)!

First step: check out the application criteria in [BOSS](#). Then, consider the following tips:

1. The more specific your request, the better! Potential donors like to know what specific items (and their costs) you're hoping to fund.
2. Your request can be any amount up to \$250. In fact, many donors like to have a variety of cost options to choose from.
3. Your personal statement should be brief (as in ~50 words, and certainly no more than 100). Make sure you're telling potential donors what you need AND how it will help you achieve your educational or professional goals.

And remember: applications close at the end of the day on Friday, February 28!

## Opportunity Scholarship Butterfly Making Events

Donors attending the Opportuni-Tea on April 5 will view your Opportunity Scholarship request on handmade butterfly ornaments. We have found that donors at the event are much more likely to give to butterflies that are physically made along with the virtual component of your scholarship.

The butterfly making sessions will include:

- Making a custom butterfly that specifies your request
- Hand writing thank you cards to donors

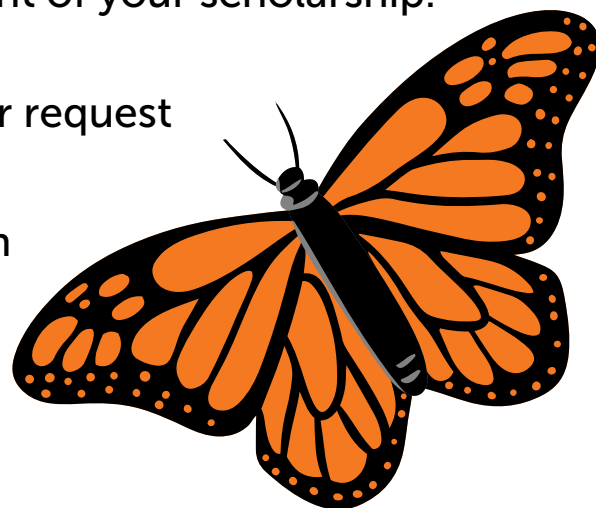
We have two 2-hour sessions for you to drop in anytime to craft your butterfly!

**Monday, February 24 | 4-6pm**

**Monday, March 10 | 4-6pm**

In the Honors Lounge (outside REND 305)

[RSVP HERE](#)



# February

# UHP EVENTS



## CIARA GACHES THESIS DEFENSE

Caregiver Emotional Response to an Autism Diagnosis:

Examining the Effects of Caregiver and Child Factors

Friday, February 21 @ 3 pm

REND 111 or [isu.zoom.us/j/84025304411](https://isu.zoom.us/j/84025304411)



## Volunteer at the Idaho Food Bank

Use the sign up form to indicate interest & availability

[Idaho Food Bank Volunteer Form](#)



## UPCOMING....

## Research Mixer

Details TBA

Plan for future UHP Events at

[isu.edu/honors/current-students/honors-student-events/](https://isu.edu/honors/current-students/honors-student-events/)

## Recreation & Wellness Speaker Series: Rock Solid Ways to Boost Your Metabolism!

The event will feature Randy Vawdrey, NP-C, CMO, who will share rock-solid ways to boost metabolism—a key factor in maintaining overall health and energy levels.

Attendees will gain valuable insights from an experienced healthcare professional on how to optimize metabolic function and improve well-being through sustainable lifestyle changes. And, have a chance to win one of six continuous glucose monitoring (CGM) devices.

**Wednesday, February 19 | 5:30 - 6:30 pm**

**Little Wood River Room, Pond Student Union Building**







## ISU Men's Basketball

**Thurs, Feb 20 @ 7pm**

vs. Portland State University

**Sat, Feb 22 @ 6pm**

vs. Sacramento State

**Reed Gym**

## Idaho State Civic Symphony

**"Heroic Aspirations"**

**Fri, Feb 21 @ 7:30pm**

**Pre-concert Chat @ 6:30pm  
in the Rotunda**

**Stephens  
Performing  
Arts  
Center**



Idaho State  
University

University  
Honors Program

**[www.isu.edu/honors](http://www.isu.edu/honors)**

Dr. Sarah Robey | Honors Director | [sarahrobey@isu.edu](mailto:sarahrobey@isu.edu)

Conner Suddick | Instructor/Coordinator | [connersuddick@isu.edu](mailto:connersuddick@isu.edu)

Dr. Kathryn Holt | Instructor/Coordinator | [kathrynholt@isu.edu](mailto:kathrynholt@isu.edu)

Lori Tapanila | Academic Support | [loritapanila@isu.edu](mailto:loritapanila@isu.edu)



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