



September 9, 2024

## *The Update in Brief*

- Do you know Lori? (Page 1)
- Announcements & Opportunities | Fall graduation application deadline; Volunteer opportunity for 'Out of the Darkness' walk; BengalsRUOK? information (Page 2)
- Honors Events | Rootbeer & Racing (Page 3)
- In Next Week's Edition..... (Page 4)

## Meet Lori, UHP Academic Support

Hi everybody! It's me, Lori Tapanila, the mysterious 'Academic Support' member of the UHP team. I've worked at ISU since 2005 -- 14 years as a geology instructor for the ISU Geosciences department and, in October, 5 years for the Honors Program. I live with my husband and two kids, a dog, and a bunch of fish, plants, and rocks. Aside from work and spending time with my family, I like to play tennis, ride my bike, hike with my dog, cook, garden, read, and listen to KISU.

Most of you may think you don't know me and what I do for the UHP, but you've seen my name and interacted with me from the moment you submitted your application to the Honors Program. And, maybe even before then! Did you receive an email and/or letter invitation to apply to the Honors Program? That was me!

And, I know a little bit about you all too! One of my main (and most enjoyable) responsibilities is recruiting students who apply to ISU, processing applications to the UHP (so far, we've received a total of 209 applications for this academic year!), and communicating with all the applicants about their application status.

My UHP tasks and duties are many and varied, so I won't go into detail about all of them here. But I will say, I spend a bunch of my time creating ways to share information about the UHP to our broad audience -- current students; future students and their guardians; ISU faculty, staff, and administration; and more -- and I get to be creative in finding ways to ensure that they all find the information they are looking for and answers to their questions. This information distribution includes the Honors website, UHP brochures, UHP data tracking and analysis, and I was recently allocated the Weekly Update.

You won't see me in person very often as I work part-time and mostly behind the scenes, but know that I'm working hard for Honors students, doing my best to keep the UHP running smoothly, and cheering for your success! I'm here for you - you can always send me an email to ask a question, make an appointment, or give me some Weekly Update feedback and content! I hope to hear from you soon!



# Announcements & Opportunities

## Application Deadline for Fall 2024 Graduation

Students who wish to graduate in Fall 2024 need to complete a graduate application by September 16, 2024.

[www.isu.edu/commencement/graduates/](http://www.isu.edu/commencement/graduates/)

## Volunteer Opportunity

Volunteers needed for the American Foundation for Suicide Prevention's "Out of the Darkness Walk" This event brings our community together to support suicide prevention, raise awareness, and provide hope to those affected by suicide.



**American  
Foundation  
for Suicide  
Prevention**



We are seeking volunteers to help with various roles, such as event setup, registration, providing support along the walk route, and more. Your participation would make a meaningful impact and contribute to creating a safe, supportive environment for all attendees.

To view volunteer slots and descriptions, check out the link below, or feel free to reach out to Aubree Denker (aubreeddenker@isu.edu) if you have any questions.

[Volunteer Sign-Up](https://www.signupgenius.com/go/10C0A4CA4A72BA2F8C70-51136940-2024)

(<https://www.signupgenius.com/go/10C0A4CA4A72BA2F8C70-51136940-2024>)

**Out Of The Darkness Walk | Saturday, September 14, 2024 | ISU Quad**

Volunteer Meeting: 7:30 AM

Registration/Partner Fair: 8:00 AM

Opening Ceremony: 9:00 AM

Walk Start: 9:30 AM

**Bengals  
RUOK?**

**[Bengals RUOK?  
Questionnaire](#)**

Stress, anxiety, depression and the pressures of day-to-day life affect us all. Sometimes those pressures can negatively affect our happiness, relationships with others, academic performance, and even our feelings and beliefs about ourselves.

Bengals RUOK? is an anonymous interactive screening program designed to help you assess your current state of mental health and well-being. Once completed, a campus counselor will review your Questionnaire and provide you with a personalized response on this website. The response will include information and resources for connecting to support.

*This website and the services offered are intended ONLY for students at Idaho State University.*

*Your participation is completely voluntary and anonymous.*

Every ISU student has access to the ISU Counseling and Mental Health Center [www.isu.edu/counselingcenter/](http://www.isu.edu/counselingcenter/)

## JCPenney Suit-Up! Event

Elevate your professional style at the JC Penney Suit-Up Event, where students can access exclusive discounts on a wide selection of professional attire for their journey to success.

Thursday, Sept 12 | 4 - 7pm  
JCPenney | Pine Ridge Mall

## SAB Movie Night on the Quad: The Fall Guy

A stuntman, fresh off an almost career-ending accident, has to track down a missing movie star, solve a conspiracy, and try to win back the love of his life while still doing his day job. What could possibly go right?

Friday, September 13 | 8:30pm | Quad



SEPTEMBER 9  
2024

***THIS WEEK'S***

# **UHP EVENTS**

## **UHP ROOTBEER & RACING**



**Friday, September 13**

**8-? pm**

**Rendezvous Planetarium (REND 203)**

*Enjoy rootbeer floats while you show off your mad Mario Kart driving skills!*

Plan for future UHP Events at

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



**UHP,**  
**Share Your**  
**Welcome Back**  
**Orange and Black Week**

**Photos and Stories with Us on**  
**UHP Social Media**



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[@IdahoStateUniversityHonors](https://www.facebook.com/IdahoStateUniversityHonors)



[@Idaho\\_Honor](https://twitter.com/Idaho_Honor)

## **Are You A CPI?**

**Or have you held a CPI position in the past?**

**We want to know about it!**

**Send us a message at**

**[honors@isu.edu](mailto:honors@isu.edu)**



## In Next Week's Edition.....

### Learn about the Sustainable Idaho podcast.

Meet the new student hosts of the KISU show "Sustainable Idaho" and some of the topics they'll be covering this year. Maybe you'll want to apply to be next year's host!

### Are you registered to Vote?

Election day is November 5, 2024 and the results are guaranteed to have an impact on your future. Your vote matters! The first step is getting registered. This is the first of a non-partisan informative series on voting in the 2024 election.



**Idaho State  
University**

**University  
Honors Program**

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

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