



December 9, 2024

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Welcome, Kathryn Holt! ***New UHP Instructor/Coordinator***

We are excited to announce that Kathryn Holt was selected to join the UHP leadership team as our new Instructor/Coordinator.

You'll learn more about Kathryn in our first edition of the Spring 2025 UHPWU and when you meet her in person, but for now, Kathryn says: **"Hi everyone! I am thrilled to join the UHP as an Instructor/Coordinator this Spring! I hope you all have a great winter break, and I can't wait to meet everyone in January."**

Kathryn will dive right in to teaching Honors Event Planning Seminar (HONS 4499) and Honors Peer Mentorship (HONS 3392), advising students, and planning the Opportuni-Tea.



Announcements & Opportunities

Have Extra Meals on Your Meal Plan? Donate Them to Bengal Meal Share



The Bengal Meal Share program supports students who are experiencing food insecurity. Through this program, students are allowed to donate up to 10 meals per academic year from their meal plan, to a pool for students in need. This helps ensure that their fellow Bengal classmates have access to nutritious meals each day so they can stay focused on their studies and success.

[Donate Meals Form](https://universitydining.wufoo.com/forms/z19tk66k0frxh4d/): <https://universitydining.wufoo.com/forms/z19tk66k0frxh4d/>
More about [Bengal Meal Share](http://isu.edu/mealshare): isu.edu/mealshare

Showcase Your Work In A National Student Journal

Learn more about UReCA, the student editorship position, and how to submit work for publication go to ureca.submittable.com/submit



The NCHC Journal of Undergraduate Research & Creative Activity

THE UNIVERSITY OF TEXAS

**MD Anderson
Cancer Center**

CATALYST Summer Training Programs

Visit the [CATALYST Summer Research Programs](http://ureca.submittable.com/submit) website for more information about undergraduate opportunities and to apply.

Applications open November 18th and close January 15th.

Email CATALYSTTrainingProgram@mdanderson.org with any questions



SAB Winter Craft Carnival

Wednesday, Dec. 11 | 5 - 7pm

PSU - Wood River Room

Take a break from studying and check out this SAB event. There will be games, crafts, holiday breakfast, and Santa! Get in the holiday spirit and wear your holiday pajamas.

Honors Thesis Spotlight:

Beverly Victoria Bolivar

Beverly Victoria Bolivar (pictured on the left with her ISU faculty advisor Dr. Devaleena Pradhan) presented her super interesting Honors thesis this month to complete her Honors Bachelor of Biology (Integrative Organismal Biology) degree and will graduate this week.



Beverly's project, titled Medium and High Aggression Intensities Direct Early Hierarchy Resolution During Protandrous Sex Change in *Lythrypnus dalli*, is part of a broader study of the bluebanded goby, *Lythrypnus dalli*. The bluebanded goby is a species that is capable of bidirectional hermaphroditism sex change, where individual fish can change its sex between male and female multiple times throughout its life.

Beverly's project looked specifically at the behaviour of male fish in order to determine hierarchy and predict individuals that will undergo protandrous - male to female - sex change within a given population of two initially dominant males and a single female. This involved observing and manually measuring aggression behaviors of the fish in real time (live) and in video recordings over a span of days to see which dominant male stays male. So, Beverly put in a lot of time watching two dude fish fight over a lady fish and journaling about it! Here's her [full abstract](#), if you're interested.

We asked Beverly a few questions about herself and her research experiences.

Q. When you're not working on school and research, what do you like to do?

BV: Outside of school and research, I focus on myself and spend quality time with friends. I enjoy cooking, exercising, watching Korean dramas, attending concerts, and visiting new places.

Q. How did you learn about your project and connect with your advisor?

BV: I connected with my advisor when I joined the TRIO McNair Scholars Program, which closely works with the UHP to help us find a mentor to do research during the summer. Once I identified my advisor, Dr. Devaleena Pradhan, we had a conversation about my research interests and the opportunities available to work towards them. Thanks to the good fit with my mentor and lab, I decided to continue doing research and that enabled me to grow as a scientist and complete an honors thesis.

Q. What's next after you graduate from ISU?

BV: My plan after graduation is to attend graduate school in Fall 2025 to pursue a PhD in behavioral neuroscience. I am interested in learning about the changes in the brain that occur with social behaviors. In the meantime, I will continue working in the Integrative Physiology Lab to expand my knowledge in methods that will help me in graduate school.

Q. Any tips for incoming honors students who are interested in undergraduate research?

BV: I encourage you to follow your curiosity because that, coupled with consistency and resilience, will lead you to great academic accomplishments. Research is always a learning curve and it can be frustrating, but your curiosity and motivations will help you overcome those struggles. Your input in creating new knowledge is incredibly valuable, and the limits of how far you can go are only set by you. If you want to reach the sky, keep aiming for it—you can make it happen!

Have a Wonderful Break and a Happy New Year!

We wish you Safe Travels;

***Days Filled With Relaxation,
Joy, and Comfort;***

**Good Meals, Company &
Conversation;**

And Many Nights of Good Sleep

See you in January!



**Idaho State
University**

**University
Honors Program**

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