Honors Students Explore Active and Global Citizenship through an Honors Summer Course in Beijing, China

Read more on p. 12
The stories in Honor Bound stand as evidence that Honors matters both for the lives of our students and the academic culture of our campus community! As the Director of Honors, it is my pleasure to help tell a different kind of story about how Honors matters – a story built from the data we continually work to collect for assessment, program review, and other assorted reports requested of our office. Whether you are a data junkie or not, I think you will likely find a small sampling of this data to be informative as well.

CMU Honors students comprise less than 4% of the on-campus student population but their pattern of activity and level of accomplishment helps to elevate the whole campus academic culture. Here are some data highlights, organized by Honors core values, to help document the distinctive profile of this small group of students. Last year, Honors students might have been less than 4% of the campus population but…

Scholarly/Creative Accomplishment
45% of the President & Provost Awards for Undergraduate Scholarship went to active Honors students and 38% of Honors graduates were co-authors on some kind of professional publication or presentation.

Global Citizenship
16% of all study abroad participants were members of the Honors Program and 32% of Honors graduates reported participating in a CMU sponsored study abroad experience.

High Personal Aspirations
100% of the CMU National Scholarship nominees were Honors students and 79% of Honors graduates reported plans to attend graduate or professional schools within the next three years.

Active Citizenship
32% of Alternative Break Site Leader positions and 17% of Campus Ambassador spots were held by Honors students.

What is most striking to me is that, for those of us who work closely with our Honors students and faculty, this pattern of activity and accomplishment seems perfectly normal because it is what we recruit for and what we promote.

In that vein, expect all of these numbers to get even stronger as we refine both our recruitment strategies and the support we are able to provide!

With the new Honors Program International Study Award just now going into effect, the percentage of Honors students studying abroad is already higher this year than last.

With a new Honors Program Scholarship for all first year 2013 Honors students, the academic credentials of the incoming class will be the highest ever in the 50 year history of CMU Honors!

So please enjoy the articles in this edition of Honor Bound recognizing that each is a snapshot of one small piece of Honors. Taken as a whole, I hope the data picture also helps you appreciate that Honors matters, not just for our students, but for our whole CMU campus culture.
HON 321D: Garden Island Survivor

Students study service learning and environmentally friendly camping practices

By: Kait Germain | Senior Contributor

Students enrolled in HON 321D: Garden Island Survivor split their time between Beaver Island and Garden Island, a small uninhabited island near Beaver Island, as they learned about the “Leave No Trace” principle of camping.

The Leave No Trace principle centers around making good decisions regarding the natural world, and it also teaches people how to enjoy the outdoors responsibly.

Led by Honors Professors Jordan Bruursema and Robert Dvorak, the students enrolled in HON 321D were provided with necessities, like tents, sleeping bags, and backpacks, but were instructed to bring clothing for any unexpected weather.

While on Garden Island, students also learned the necessities of minimal impact camping and how to survive efficiently. They learned how to pick proper campsites, how to plan meals, and also how to stay warm during freezing cold nights. The students took turns navigating, as the group hiked around the island.

Aside from the survival experiences, the class consisted of three other activities. The first consisted of an interactive presentation to educate the rest of the class on the Leave No Trace principle.

The second project was an action plan for their role as a new Leave No Trace educator, and the third activity was a wilderness based service-learning project.

“It is so cool to see the students come together and make a difference in the natural world”

“It was really neat to learn about Leave No Trace while on the island because we could see examples of it all around us.” South Boardman junior Karleigh Cameron said.

“Garden Island is a beautiful island and seeing it being ruined with trash was very saddening.”

Not only were the students surviving on minimal goods, but Bruursema and Dvorak

HON 321A: Art in New York City

Learning about art through museum visits—students take on the Big Apple

By: Hannah Griffin | Staff Contributor

Once a week throughout the month of April, a group of Honors students met together in the HON 321A: Art in New York City course.

In this course, students studied art history during the spring semester and then spent a week at the beginning of the summer semester in New York City exploring the city and its art galleries. The course exposed students to artwork from many different eras and movements such from the 1700s to present.

“We looked at the formal components of a painting, how all of those came together, and what the artist tried to represent in their work,” senior Kristine Stafford said.

“It’s sort of an introductory class that helps people get a little insight into [art] and feel as though they can walk into museums, know what they’re looking at, and feel as though they can process and speak knowledgeably about what they see,” Professor Rachael Barron-Duncan said.

Barron-Duncan has taught the class for three years.

“My hope when beginning the class is that students gain a general appreciation for modern art which is frequently something that’s hard to like if you don’t know a lot about it, because it’s not something that’s generally very approachable,” she said.

Barron-Duncan selects which museums the class will visit while in New York. This year’s list of museums included: The Metropolitan Museum of Art, The Museum of Modern Art, and Public School 1 (PS1).

While in New York, students got to experience firsthand what they had studied in class.

“Seeing a picture in a book doesn’t do it justice, so being able to actually get into the museum and see that artwork in person was interesting,” Stafford said.

“My favorite part of the class was having our professor with us in all of the museums to offer her knowledge on everything we saw. It was awesome to have our own extremely knowledgeable tour guide,” senior Malorie Urda said.

“While in the city, students also had down time on weekends and some personal time to seek out one museum we were not going to see as a group, where they went independently and wrote an assessment about their visit,” Barron-Duncan said.

Students who took this class not only expressed a new knowledge and appreciation for art, but enjoyed traveling to New York City and being able to explore the city.
HEV 320H: HDFS International Service Learning Trip in Oaxaca, Mexico

Students fundraise and volunteer in Oaxacan orphanages

By: Nicole Rombach | Staff Contributor

Honors students who participated in the three-week summer course HEV 320H: HDFS International Service Learning in Oaxaca, Mexico had the chance to change their worldview.

Led by HEV faculty members Dr. Jeff Angera and Dr. Ed Long, the program was originally started by current Director of the Honors Program, Phame Camarena, in 2002.

Participants have the opportunity to work closely with children from two different orphanages located in the city of Oaxaca, while also completing various service projects.

“The most meaningful part of the experience was definitely working with the kids because they were just so resilient,” Rudyard sophomore Shana Trotter said. “From them, I was able to gain a new perspective on what’s truly important.”

Focusing on activities that are designed to help develop both fine and gross motor skills, in addition to teaching English as a second language, students worked with small groups of children in teams of two.

The students also spent time journaling, reading required texts and touring the city.

“I couldn't imagine how much of an impact it would actually have,” Cadillac sophomore Charly Loper said. “I didn't realize how strong a connection we would make.”

According to Angera, who regrets not studying abroad as an undergrad himself, it is a connection that has grown stronger over the years.

“It’s much harder to say ‘us’ and ‘them’ after you’ve lived alongside another culture,” Angera said. “You become more understanding, and it helps shape the way students look at the world when they come back to the United States.”

Long also recognizes the potential such experiences have for personal development.

One of the most rewarding parts of the trip is “working with the students and helping them talk about their own development,” Long said.

“They ask so many questions they've never thought of before and begin to approach important world issues.”

This year, one of the main projects students participated in was the painting of a recently constructed building.

The Honors Program Philanthropic Society (HPPS) Oaxaca Committee raised funds throughout the year in order to purchase materials for this project.

To learn more about the HPPS Oaxaca Committee and these fundraisers, such as the Halloween Date Auction, see page 9.
HON 321S: Building Sustainability and Sustainable Systems
Students research sustainability and spread awareness to others through presentations and an online database

By: Alayna Smith | Staff Contributor

Honors students had a unique opportunity this semester to learn about sustainability in HON 321S: Building Sustainability and Sustainable Systems, the first course ever on Central Michigan University’s campus to focus on the subject.

Thomas Rohrer, director of the Great Lakes Institute for Sustainable Systems, said he loved teaching the course.

“It’s a great course with great students,” he said. “I’ve taught for the Honors Program before and I love the classes. [The students are] very bright, self-motivated and curious. They help lead the class with what they want to do.”

The number one thing Rohrer said he hoped his students would take from the course was how to be active in addressing the issues at hand.

“I hope they have a better understanding of what they can do as citizens to help create a more sustainable world,” he said.

Rohrer said the education could not stop at just examining the issues; social justice and simple steps to promote sustainability were also a big part of the class.

“When you have these courses and talk about these scenarios, students get a doom and gloom outlook,” he said. “We look at what can be done.”

One of the biggest steps that can be taken toward a sustainable future is simply educating others about the problems and solutions.

Leading by example, students can spread the word and let other people know about these issues,” Rohrer said.

The class studied local sustainable businesses and systems including a water treatment plant.

One way students are actively engaging in spreading the word is through a Facebook database they created which provides crowd-sourced reports on climate change in the Great Lakes Basin.

“The students, by the seat of their pants, decided, ‘How are we going to get people’s ideas to change about climate change?’” Rohrer said.

Streamwood sophomore Stephen Lokos said he thought the final project, a research presentation on a particular topic relating to environmental degradation, was very useful.

“It was nice because all ten students presented on a different topic, so it gave us a broad overview of different issues and forced us to learn one of those issues very well so we could present it to the class,” Lokos said.

Faculty of the Year: Dr. Janice Tomasik
Honors Chemistry professor recognized in Spring 2012

By: Ashley Popp | Staff Contributor

One isn’t likely to find students sitting idle in one of Dr. Janice Tomasik’s introductory chemistry laboratories. Tomasik, who teaches CHM 131 “Introduction to Chemistry I” and CHM 132 “Introduction to Chemistry II,” makes it a goal to incorporate research-based experiments into each of the lab sections she teaches, in order to introduce students to research within the framework of their regular classes.

“A lot of first-year students do not recognize that research is happening at this university,” Tomasik said.

She hopes that her approach exposes students to research and encourages them to explore research opportunities available outside of the classroom.

One of Tomasik’s research-based labs involves the synthesis of biodiesel by Honors students in conjunction with the research of chemistry faculty member Dr. Dale LeCaptain. Another, funded by the National Science Foundation, focuses on monitoring concentrations of organic compounds and heavy metals in local water and soil samples.

Tomasik believes that it is important for classes to include research-based experiences because they help students recognize that chemistry has real-world applications.

“It’s fun to do something that’s current and cutting edge,” she said.

Tomasik’s research focuses on chemical education and measuring the impact of research-based labs on students. She utilizes student evaluations in her Honors courses to determine if her research-based approach has benefited students by improving their learning and increasing their appreciation for chemistry. Ultimately, she wants to encourage students to seek out future careers in science and chemistry specifically.

“Growing up, I think people are taught that chemistry is really difficult,” Tomasik said. By exposing students to real-world applications of chemistry, she hopes to disrupt this belief and persuade students to consider chemistry as a potential career interest.

Tomasik and fellow faculty member Donna Ericksen were honored at the Honors Program Graduation and Recognition Ceremony in May 2012 for their dedication to working with Honors Program students.

“It’s so much fun to work with students who are really talented and ask wonderful questions that get me thinking,” Tomasik said.

She admitted that her students remind her of herself as an undergraduate and that it is fun to be on the other side now, working with students who have a vested interest in learning and an appreciation for science.

The class took a trip to the Union Township Hall to learn about different types of wind turbines and their viability and competitiveness as producers of energy.

Lokos said the class was unlike anything he had taken before, and he enjoyed learning more about something he is passionate about.

The class is “relevant to everyone’s future,” he said. “It provided a different perspective of how to view environmental degradation. It made me realize that not every environmental problem has a straightforward cause or solution.”
Honor Bound

HON 321H: Exploring Heroism in the 21st Century
Students explore heroism in literature through the non-traditional medium of graphic novels
By: John Lennon | Staff Contributor

When compared to many of the “classic” forms of literature, the genres of comic books and sequential art often fall flat in the opinion of scholars. However, it was the goal of HON 321H: Exploring Heroism in the 21st Century to examine these less recognized forms of literature for their literary merit.

One might ask, “Why comic books?” To this, Dr. Joseph Sommers responds that “we are in a time period where for whatever reason the super hero is the predominant hinterland for most entertainment.”

With an overload of students signing up for the class and the fixation of modern culture on the superhero, the popularity of this topic speaks for itself.

According to Sommers, students were open minded and embraced the material.

“Some people have more knowledge than others,” Sommers said, “but all students have approached the class with enthusiasm and been willing to be involved.”

The members of the class, along with other groups on campus, organized this year’s Comic Book Week. This series of events brought the culture of comic books to the community of Central Michigan University. The events included a cosplay contest, screenings of films such as The Dark Knight Rises, and brought speakers such as Michael Uslan—producer of all Batman films to date—to campus.

Grand Rapids senior Caitlin Cheevers said that she has always been interested in comic books, but she has never taken the initiative to read up on them. Moreover, it has been a cultural experience to be required to read works students are interested in.

“This is a medium that is really important to a lot of people and goes a lot more in depth than people realize,” Cheevers said.

With this, she says that it has been a great opportunity to explore a mode of literature that is more or less untouched in the academic community.

Houghton Lake senior and teaching assistant for the course, Justin Wigard said that this class became a labor of love for both Sommers and the students.

“You don’t have to be in love with Superman to be in love with the idea of having super powers,” Wigard said. This has allowed for students to get behind ideas in the class.

According to Wigard, there are a lot of heavy themes within comics and graphic novels that allow this course to require deeper analysis. For this reason, it breaks the norm of literary criticism, which allows it to stand out as an exemplary Honors class.

“This comics class is and should be part of the Honors curriculum because it exposes students to alternative parts of academia and lets students have fun at the same time,” Wigard said.

After a semester of reading and analyzing comics, the students hosted the first annual Honors Conference on 21st Century Comic Book Heroism in the University Center. The conference was highly successful, drawing over one hundred students throughout the day.

Each student in the class wrote an original research paper and presented their paper at the day-long conference. Topics included: psychology of comics, cultural studies in comics, and the new Journalism of comics.

Visiting Western Michigan University professor Dr. Gwen Athene Tarbox delivered the plenary address, “Tights Were Harmed in the Creation of this Comic: Surveying Female Heroes in Contemporary Young Adult Graphic Novels.”

After a hugely positive response from Honors students, Sommers plans to teach this or a similar course again next year.

Faculty of the Year: Dr. Donna Ericksen
Honors Math professor recognized in Spring 2012
By: Samantha Kidd | Staff Contributor

Photo By: Kelly Schiess

As the chairperson of the Honors Council, Ericksen engages with students in and out of the classroom.

Both the Assistant Chair of the Mathematics Department and the Chair of Honors Council, Ericksen keeps herself busy ensuring the success of her students.

“They have so much to contribute,” Ericksen said, “yet they also have to hold themselves accountable to their own potential.”

“I have seen her give her time again and again to the Program... it’s fantastic that her amazing efforts are being recognized,” Vanhala said. “It is obvious that she cares a lot about her students and their success,” Big Rapids senior Michelle Vanhala said.

Ericksen is completely dedicated to going above and beyond. In Honors she has served in a number of capacities including: teaching Honors courses, leading Honors study abroad trips, serving as chair of the Honors Council, serving on the Honors Program review committee, reviewing Honors senior projects to determine top award winners, serving as a senior project advisor, serving as a Centralis and Honors application reviewer, helping create the Honors faculty application and review process, serving on the committee that created HON 310, the new Honors Academic Serving Learning course, and attending as many Honors student events as she can.

“Donna is a regular at our Honors events and the students appreciate how visible she is within the program,” said Judy Idema, Associate Director of Honors. “It is hard to find someone who is as passionate about the Honors Program and mentoring Honors students as Donna is.”

Ericksen has dedicated herself to broadening students’ world views. This past year, she helped create and lead two separate co-taught Honors Program study abroad courses. Over spring break she led a group of students to the Yucatan Peninsula in a course called “Mayan Math”, and in the summer 2012 she co-led an Honors service learning course in Beijing, China. She will co-lead that course again in summer 2013.
Honors International Peer Partnership Program

After being part of a peer partnership program in China, Honors student Katy Steklac developed a similar program at CMU, partnering Honors and international students to build cross-cultural relationships.

By: Amberly Dziensinski | Staff Contributor

Junior Susan Reynolds knows what it is like to feel alone in a foreign country.

“When I studied abroad, I was really nervous,” she said.

“I wasn’t sure how to act or get around and personally benefited from interacting with people who lived in the area.

Wanting to alleviate some of this anxiety for international students studying at CMU, she jumped at the opportunity to join the Honors Program International Peer Partnership (IPP) program. The IPP program was developed in collaboration with the Office of International Affairs, with the intent of integrating international students on campus.

Honors students are paired with international students based on interests and subsequently meet throughout the semester, one on one or as a group, to experience American traditions and build cross-cultural relationships. Partners have participated in activities ranging from carving pumpkins to playing cards.

IPP coordinator, senior Katy Steklac, had the idea for the program while participating in the Honors Global Citizenship experience in Beijing last summer. While abroad, she had the opportunity to tour with a Chinese language partner and thought international students would benefit from a similar program at CMU.

Chinese exchange student Bruce Xiyuan Liu joined the program as a way to meet new people while abroad and has enjoyed bonding with his partner, junior Tara Vancil. While they participate in a lot of fun activities, Liu and Vancil also volunteer together.

“Through talking and playing with the local people, we can learn lots of American culture,” Liu said.

American students have found the benefit to be mutual; many have learned just as much from their international partner as they have taught their partner.

Due to this semester’s success, the future of IPP is bright as there are plans to expand to include more students and a wider variety of day trips throughout Michigan. Steklac attributes this program’s success in part to the student volunteers.

“I could not have asked for a better group of Honors students to help get this program started,” she said. “They have been immensely helpful in providing advice to make the program better.”

Honors Quiz Bowl Team Hosts First Tournament for High School Students

Sixteen high school quiz bowl teams attended the first annual C.W. Thornwait Memorial Tournament.

By: Megan Gill | Co-Editor

On November 10th, the Honors Club Quiz Bowl team hosted its first quiz bowl tournament. Fourteen high school quiz bowl teams from around the state spent the day in Anspach Hall, competing in the C.W. Thornwait memorial tournament.

The tournament was named after C.W. Thornwait, an early twentieth century alumnus known for developing a climate identification system.

Each participating team played in eight of the ten rounds offered at the tournament, with the winning team, Detroit Catholic Central, sweeping all eight of their competition rounds.

Organizing this event was a test for the CMU Club Quiz Bowl, which is only in its first year.

“The biggest challenge was definitely writing the packets for the competition,” junior Jeffrey Brandon, a tournament board member, said.

“Each round needed a packet with 24 toss-up questions and another 24 bonus questions which each consist of 3 parts of increasing difficulty. Every single question was written by a member of the CMU Club Quiz Bowl team and the majority of the credit should be given to Nick Rothfuss who is a veteran quiz bowl player and the tournament organizer.”

Club members judged their success by the evident enjoyment of participants.

“There was something very gratifying about seeing our preparation finally come to fruition,” Brandon said.

Club Quiz Bowl can also act as a marketing tool for graduating high school seniors, who have the opportunity to come to campus ahead of time through tournaments and might consider attending the university and enrolling in the Honors Program as a result.

“I thought the high school tournament was success in many ways, especially in terms of introducing top-tier students from notable high schools in Michigan such as Detroit Catholic Central and Ludington to Central Michigan University for an intellectually stimulating day of quiz bowl,” senior and founding member Amanda Erwin said.

The tournament was also a good way to raise funds for the club to attend tournaments with other collegiate groups in the Midwest. The group previously relied on the Honors Program and club members to finance all travel costs.

“Last year we participated in three major events: a beginners’ tournament hosted by MSU, a more advanced tournament hosted by U of M, and a tournament known as ACF Fall which was hosted by the University of Northern Illinois and is extremely competitive because it qualifies teams to compete at the national level,” Brandon said.

“We also volunteered at a few high school tournaments hosted by MSU in the spring.”

This year the club hopes to expand the number of opportunities it can offer its members.
Vision
The CMU Honors Program will serve the University by fostering a diverse community of scholars committed to academic excellence, intellectual engagement, and social responsibility.

Mission
Providing high academic ability students with unique educational opportunities and experiences, the CMU Honors Program challenges students to aim higher and to achieve more academically, personally, and professionally for the greater good of our disciplines, our society, and our world.

Core Values
The primary values that guide the implementation of the Honors Program mission include:

- Critical thought, scholarly inquiry, and creative expression
- Respect and appreciation for diverse peoples and ideas in a global society
- High standards for integrity and personal aspirations
- Active citizenship and service for the greater good

Honor Bound
Mission
Honor Bound is a student-produced newsletter that serves the Central Michigan Honors Program community by keeping its members – past, present and future – well informed of the unique personalities, achievements and involvements associated with the Honors Program and its core values.

Honors Outreach Network Hosted Three Fireside Chats
With a new set of tea cups, H.O.N. refreshed a longstanding Honors Tradition

By: Riley Downey | Staff Contributor

This semester, a series of three Fireside Chats was hosted by the Speakers Committee of the Honors Outreach Network. The committee invited various professors to be guest speakers at these chats.

At the chats students were able to explore topics outside of their normal areas of interests, in a more interesting setting than a lecture hall. At the end of the speaker's presentation, the students were able to converse with the presenter, ask questions, and have a group discussion.

The featured speakers were Dr. Merlyn Mowrey, professor of philosophy and religion, Dr. Brad Swanson, assistant professor of biology, and Dr. George Ross, president of Central Michigan University.

Dr. Mowrey spent time on the topic of death and dying, focusing on a religious context. Dr. Swanson spoke on the theory of evolution and creationism, comparing each idea and exploring how they fit and contrast with each other. Dr. Ross's topic was more general, with a focus on his life and his role as president of the university.

“I thought the topics were deep; I learned a lot from what she had to say,” sophomore Emily Marlow said, referring to Dr. Mowrey's presentation. “It was well argued and really interesting.”

Fireside Chats are limited to an attendance of thirty or so students, to keep the atmosphere more intimate and allow students to converse with the speakers on a more personal level.

“It allows you to make connections with professors or administrators you wouldn't normally talk to,” first-year student Lena Butler said.

“It's definitely something I would have liked to do in college,” Dr. Swanson said.

“I think it’s a great way to get students more personal time with professors,” Marlow said. “Plus, you get free tea and cookies!”

Brooke’s Dream Completed

In September, members of HPPS Kayli Trusty, Kristina Graham, Tiffany Binno and Kirsten Hissong (pictured from left to right) joined HEV Childhood Development and Interior Design students for the unveiling of the Brooke’s Dream project at the Detroit Children’s Hospital.

During the 2011-2012 academic year HPPS raised money to support the renovation of five treatment rooms at the hospital, a project designed to lessen the anxiety for children receiving medical procedures.

Brooke, a CMU alumna, was in the process of redesigning the rooms when her life was tragically cut short in an automobile accident.
Honors Program Philanthropic Society Committee Spotlight
The Oaxaca Committee and the Poverty Committee held several fundraisers this semester
By: Addey Meachum | Staff Contributor

Oaxaca Committee

This HPPS committee is dedicated to financially supporting an orphanage in Oaxaca, Mexico. The committee hosted many successful fundraisers this past semester, including a Halloween Date Auction.

In a relaxed and lighthearted atmosphere, HPPS members volunteered to be bid on by Honors students, and each volunteer walked away with a date. Halloween costumes and raffles created a fun and inviting setting for all in attendance.

First-year student Sierra Dyer of Grayling volunteered as one of the HPPS members to be auctioned off for the cause.

“At first I was really nervous about the auction, but it was very laid back which made it a bit more comfortable,” Dyer said. “It was great that we were able to raise money for Oaxaca!”

The Halloween Date Auction is an annual fundraiser for HPPS, and the proceeds go to support several orphanages in Oaxaca, Mexico. This year the committee chose to purchase supplies to paint a recently constructed building at one of the orphanages.

Photo By: Kristina Graham

Emily Wilson (left) and Parker Reitler (right) dressed in costume for the Date Auction

Poverty Committee

The HPPS Poverty committee was also hard at work throughout the fall semester, particularly around the holiday season.

Liz Pauly of AuGres is in her second year as a member of HPPS, and is Committee Chair of the Poverty Committee.

This year the group participated in the Isabella County Adopt-a-Family program, purchasing holiday gifts for a local family in need.

“Being part of the Poverty Committee is a very rewarding experience because we are able to give back to the residents of Isabella County and get to see first-hand how our work pays off,” Pauly said.

One fundraiser for the Poverty Committee during this fall semester included a cake-decorating workshop.

Led by Sterling Heights senior and HPPS president, Tiffany Binno, the workshop provided attendees with an enjoyable way to begin the Holidays while serving others. Participants were taught some basic frosting and decorating techniques and were able to try out their new skills on two cupcakes of their own.

The Poverty Committee also hosted the annual Holiday Pajama Event in which people donated ten dollars and assemble holiday gift bags for underprivileged children in the Isabella County area. Each donation covered the purchase of one pair of pajamas, a stuffed animal, a holiday ornament, and a hand-made holiday card.

The event gave students and faculty members a chance to interact outside the classroom, while enjoying the holiday spirit of giving.

A festive atmosphere was provided for volunteers with holiday music and decorations. While munching on cookies and drinking hot cocoa, each participant assembled a package, wrapping the pajamas and stuffed animal and assembling the ornament and card.

Chelsea first-year student, James Alexander, a participant in the Holiday Pajama event said that creating the cards was the most meaningful part of the afternoon for him because he felt that it added a personal touch to the volunteer work.

“I like that I was able to create something for the gift boxes that was personal and original,” Alexander said.

All funds raised by the Poverty Committee’s volunteer work were donated to the Adopt-a-Family philanthropy and local families during the holiday season.

Photo By: Judy Idema

Honors students and faculty came together to celebrate the holidays and wrap gifts for underprivileged children in Isabella County.

Join Honors on Facebook

Central Michigan University Honors Program
This is the official page for students in the Honors Program to stay connected with one another and with the program.
Be sure to “Like” this page to get important updates, event listings and other content that will be on this page.

Scan the barcode below to visit the page!

Or go to facebook.com/CMU.Honors.Program

Central Michigan University Honors and Centralis Alumni Group
This group is a way for all graduates of the CMU Honors Program to stay in touch.

Scan the barcode to visit the page!
HON 100 Philanthropy
New ideas for Honors Philanthropy
By: Taylor Arnett | Staff Contributor

This year the Honors 100 Philanthropy Project got a makeover. With all of the changes, the project is still intended to teach students the importance of service and helping their community.

Instead of over fifty small groups raising money for the Community Compassion Network—a non-profit organization that helps feed over one thousand local families each month in Isabella County—individual students were asked to obtain monetary pledges to help fight hunger in the county.

“The idea was to ask everyone you know ‘would you give up a Starbucks drink or a fast food meal, and instead, donate that money to help feed the hungry?’” Associate Honors Program Director, Judy Idema said.

“Each student had a goal to raise $50 in forty-nine days. A dollar a day was enough to help meet our goal.”

Some traditions kept alive from previous years were the first-year Centralis Scholars hosting the Silent Auction and all HON 100 students volunteering on a Saturday at the Mobile Food Pantry.

Honors Service-Palooza was the newest part of the HON 100 Philanthropy Project. This was a conference made up of multiple local and university organizations that conducted small sessions for the HON 100 students to help people in the area and throughout the world.

Activities at Service Palooza ranged from making bagged meals for families in Africa for Kids Against Hunger, to making recycled cereal box notebooks for kids in the area.

The addition of Honors Service-Palooza and pledging money for fundraising were the biggest changes in this year’s HON 100 Philanthropy Project.

By modifying the project, staff and students were able to foster excitement toward helping those in need, both in their community and throughout the world.

In the end, over seventeen thousand dollars was raised for the Isabella County non-profit, Community Compassion Network and the national non-profit, Kids Against Hunger.

First Annual Service-Palooza Conference
Day long conference highlights service opportunities: $17,000 raised
By: Sarah Donetti | Staff Contributor

The meaning and practice of philanthropy have been taught as part of the introductory HON 100 experience for years.

For first-year Honors students this fall, philanthropy and service to the community were emphasized even further with the introduction of Service-Palooza.

Taking place as HON 100 philanthropy projects concluded in November, Service-Palooza acted as a day-long service conference in the University Center to inform students of more ways they can continue to serve the community. According to Kirsten Hissong, Montague junior and Service-Palooza Student Coordinator, the event was planned as a fresh way to promote active service among first-year Honors students beyond the philanthropy project.

“We wanted to plan a new and fun event to bring back the true qualities of philanthropy and service, something our program is deeply rooted in,” Hissong said.

Students began the day with opening remarks from Honors Program Director Phame Camarena and an address by the event’s keynote speaker, Honors alumnus Emily Doerr. As the founder of Hostel Detroit, a non-profit dedicated to educating people about the highlights of Detroit while staying in affordable accommodations, Doerr described how she accomplished her philanthropic goals after graduating and how students can make a similar impact.

“She received great feedback,” Honors Program Associate Director Judy Idema said. “Students liked seeing somebody near their own age doing something so cool.”

The rest of the day was dedicated to seven sessions which involved different aspects of community service. While all students participated in a drive for Kids Against Hunger as one of their sessions, the remaining six sessions could be chosen from a wide variety of issues and organizations. Meals on Wheels, Americorps and AIDS awareness were just some of the many sessions.

The sessions that Charlevoix freshman Taylor Ackerman remembered most included Kids Against Hunger and the Christmas Outreach Network.

“I don’t know anyone who didn’t like the Kids Against Hunger session,” Ackerman said. “It was very unique and hands-on. I also decided that I want to get involved with the Big Brothers Big Sisters organization at CMU. It was good to find out about organizations and projects to get involved in outside of the philanthropy project.”

Hissong saw the opportunity to make connections with more service organizations as the biggest advantage of the event.

“Now, even after the conference, [students] have a list of sixteen different organizations that they can contact if they are interested in volunteering,” Hissong said.

At the conclusion of Service-Palooza, the total amount raised by the HON 100 philanthropy projects was announced—over $17,000 was raised to go toward Kids Against Hunger and the Community Compassion Network’s Mobile Food Pantry.

According to Idema, future students can expect the Service-Palooza to be part of the HON 100 experience.

“We received an overwhelmingly positive response and definitely plan on doing it again,” Idema said.
Their First Semester Through...

Personal Development

Personal Development Project Continues to Challenge Students
HON 100 students aim to achieve more, meaningfully in their first semester in the Honors Program

By: Amanda Jaczkowski | Senior Contributor

The Personal Development Plan (PDP), which requires first-year Honors students to complete ten activities that push the boundaries of their comfort zone, helps them to begin their college experience in a meaningful way.

Since there is a broad-spectrum of interests within the Honors Program, the students are encouraged to personalize their experience with a wide variety of activities.

Some activities require a greater time commitment, such as Hijab Week and becoming vegetarian for a month. On the other hand, some are a single event, for example, attending Deaf World or a food taster. The key is that the student must be able to find meaning in the experience.

“The most meaningful experience I had was feeding a homeless man in a wheelchair,” first-year Honors student Sean Bradley said, “I pushed him around, paid for his meal, talked to him and then gave him a little change when I was done. It really changed my perspective on giving.”

Lauren English, a fellow freshman, is participating in the Conversation Partners activity. She says that the time she spends with her partner from Kuwait is interesting.

“I have not had much experience with different cultures, and already I have had many stereotypes disproved. I learned more than I thought I would,” English said.

Honors students who were first-year students before the implementation of the PDP also realize its value.

“Many college students stay at CMU for four or five years and don’t challenge themselves half as much,” 2012 CMU Honors Graduate Stephanie Jaczkowski said. “As a former HON 100 Mentor, I was impressed with the growth that the PDP encourages in first-year students.”

“Even if someone has not had the PDP assignment or the chance to do it, I encourage them to stretch themselves in some way every so often. It definitely helps you grow as a person and a global citizen. In the end, I think people will be much happier and smarter for it,” said English.

As someone who participated in the PDP her freshman year, Honors 100 mentor Melody Graves continues to believe in the many beneficiary aspects of the PDP.

“I think that the PDP is a very unique and valuable experience for first year students.

Sleeping outside for a night, students helped raise awareness for the growing problem of homelessness.

It is very much about exploring what campus and the university have to offer, and it forces first semester students to get out of their room and do things,” Graves said.

“But more importantly, the project is about questioning values and beliefs, opening your mind, and expanding your comfort zone.”

2012 HON 100 Mentors

Mentor strengthen their involvement with the Honors Program through mentoring first year Honors students. Enrolled in HON 321M “Honors Mentor Experience,” they learn about leadership and work to challenge their mentees as well as themselves throughout the semester.
HON 321C: Honors Global Citizenship: Beijing
Honors students spent 3 weeks in Beijing working with Chinese language partners

By: Justin Wagoner | Staff Contributor

Eight students take on the Great Wall and the largest country in the world.

Led by Dr. Cathy Warner and Dr. Donna Ericksen, eight students took on the challenge of expanding their horizons globally and traveled to China for three weeks in July. The Honors Program prepares students for success in the 21st century and the HON321C: Honors Global Citizenship: Beijing class gives these students the chance to expand their knowledge and realize their role as a global citizen. This supported the idea of one of the Honors Program’s four core values, active citizenship and service for the greater good.

To learn more about their role as a Global Citizen, there were plenty of activities that the students and their language partners were able to experience throughout the three week course.

“Some of my favorite moments were when we went to a Beijing kindergarten school to teach the kids songs in English,” said Chelsea senior Katy Steklac.

Another favorite of the students was working with their partners to go to American style companies like Wal-Mart and Burger King in order to speak in English about the differences of the companies in China and the companies in the United States.

Although the students were busy from morning until night, they did have a chance to travel and tour famous sites, exploring places like Tiananmen Square, Forbidden City, the Temple of Heaven, the Summer Palace, and the Great Wall.

“Visiting the Great Wall was obviously a huge highlight, as walking along it was something that was on my bucket list,” Big Rapids senior Michelle Vanhala said.

This course was the beginning of the growth of global citizenship classes and the importance of these classes for the Honors Program overall.

“The focus was not on academic content, but the importance of connecting with another culture,” Honors Program Director Phame Camarena said.

With the growth and success of the program in Beijing, Camarena hopes to “develop this class in other wonderful places for exploration.”

“It is important for students to have the opportunity to learn by experiencing different cultures, and, beyond its academic benefits, studying abroad also results in personal growth as students challenge their beliefs and comfort levels,” Vanhala said.

“Study abroad shows that global learning and global citizenship are important to understanding other people’s point of view,” Warner said.

HON 321E: History of Biology and Medicine in Britain
Honors course visits Great Britain to experience historical site related to the development of modern medicine

By: Jamie Coon | Staff Contributor

Hands-on learning is a hallmark of science education. But when learning about scientists and their findings, students are often left reading about major discoveries in dusty textbooks.

This past summer, six Honors students had the opportunity to change this in HON321E: History of Biology and Medicine in Britain.

Along with Biology faculty member, Dr. Phil Hertzler, students traveled to southern England and Wales, exploring the lives of eminent British biologists and medical practitioners.

Dr. Hertzler described the experiences from the class as special, ranging from hiking in the Snowdonia mountains of northern Wales where Darwin practiced geology, to gaining access to the inner stone circle at Stonehenge on a misty morning.

“I enjoyed exploring new places with a group of enthusiastic students,” he said.

The students visited museums, birthplaces, and landscapes where British scientists and medical practitioners lived and observed.

Senior Dustin Goncharoff noticed a significant difference between how scientists and medical practitioners operated in the past and in present day.

“The most interesting thing that I learned would have to be all the fascinating—and sometimes legally questionable in the case of grave robbing—ways that scientists would get their hands on biological and medical samples,” Goncharoff said.

Dr. Hertzler considered visiting the Edward Jenner Museum in Berkeley to be one of the most compelling places the group went. Jenner was the scientist who discovered the vaccination against smallpox, which revolutionized medicine.

“While we were there, a team from Oxford University was digging in the yard, excavating a Saxon burial ground,” Hertzler said.

Mara Perry, a second-year Honors student, considered the museums one of her favorite parts of the trip.

“The trip was full of learning and new experiences, in science and beyond!” Perry said.

With only six students in the class and an engaging, hands-on approach toward learning, Goncharoff described HON321E as a unique Honors experience.

“The class allowed for us to study biology and medicine in such a way that the famous scientists of yesterday were more than names in a textbook.”

Students visit the Alfred Wallace memorial. Wallace co-discovered evolution by natural selection with Charles Darwin.
Kayli Trusty: Zambian Intern

By: Kelsey Whing | Senior Contributor

Elephants, giraffes, and rhinos are not the typical backyard visitors, but over the summer, while staying in Africa, senior Kayli Trusty had many once-in-a-lifetime experiences.

Trusty volunteered with a medical advocacy group that plans to build a state-of-the-art hospital, which will provide medical care and educational and training programs to the community in Zambia.

The group’s main goal was to create a bond with the people in the community and establish a strong trust that will be applied to future work in the hospital.

“You can’t teach someone if they don’t trust you and if you don’t understand their cultural values,” Trusty said.

“We could tell them all day about how important liquids are for children with diarrhea but they won’t listen unless we have some sort of credibility and explain in a way that works with their values and knowledge.”

During her time in Africa, Trusty volunteered at an orphanage working with sick and underdeveloped infants. She bonded with a set of premature twins named Owen and Olivia, and both started smiling shortly after her interaction with them.

“I had a couple of weeks left in my trip. I had just grabbed Owen and sat down, and I was just talking to him, and he looked up at me and smiled,” Trusty said.

“It must be a twin thing because the next day, Olivia started to smile at me. So by the time I left, these two precious babies would smile at me when I would come. I had no idea a simple smile would completely change my life.”

Throughout the trip, Trusty was challenged emotionally and physically. Participants held personal and group reflection times where they discussed their days and the struggles they were facing. This really helped disperse the culture shock they were facing, she said.

Unfortunately just before they were set to return, Olivia passed away. Trusty was devastated, but said she wouldn’t change her experience at all.

“The importance of small actions is one thing she will take with her from her summer abroad.”

“There were girls who we gave attention to that began to understand that they were worthy of love and the way men would touch them wasn’t right,” Trusty said.

“They didn’t know that before and it all started with just asking them their name. A small act can have a huge impact, and I was able to see the power of this.”

Trusty spent her summer volunteering at an orphanage in Zambia, Africa. She developed close relationships with many of the children with whom she worked.

Sam Easter: Cambridge Scholar

Easter studied at Cambridge during Olympics

By: Katherine Gibson | Staff Contributor

Instead of working at summer camp like he had in previous years, Honors student Sam Easter decided to study at the University of Cambridge in the United Kingdom from the beginning of July to mid-August.

“I felt like I needed to do something with my summer that was above and beyond,” Easter said. “Something out of the ordinary.”

Easter participated in Cambridge’s international summer school program, where he studied European literature and history. For Easter, not only was the atmosphere of Cambridge awe-inspiring, but so were the people he met there.

“I got a chance to meet some of the most dedicated people that I’ve ever seen in higher education. It was really inspiring and motivating to work with them.”

Easter anticipated that his courses at Cambridge would be rigorous, but he was gratified to discover that the professors were much more approachable than he had expected.

“The professors were really great and down-to-earth,” Easter said.

While Easter thoroughly enjoyed life at Cambridge, he also traveled around Europe; he took a 24-hour trip to Paris to watch the Tour de France and journeyed to London to witness the Olympic Games and soak up the British culture.

“London was awesome,” Easter said. “Going to the Globe Theatre was my favorite memory. I feel like most people think Shakespeare is stuffy and hard to digest, but the actors made the text really approachable and fun and easy to understand.”

Even though his courses were often challenging, Easter truly valued his study abroad experience. Not only did he accomplish his mission of making his summer an extraordinary one, but he also came back to Central with a stronger sense of purpose.

“I came back really motivated to take on the semester and be the best that I could be,” Easter said.

(Left) While in England, Easter explored cultural traditions of Europe.

Planning to Study Abroad?

Honors Program Scholarships are Available!

First Year Students entering the Honors Program in or after Fall 2011:

$1000 scholarships are available for short-term study abroad courses

$2000 scholarships are available for full-term study abroad courses

No Application Necessary

First Year Students entering the Honors Program before Fall 2011:

Scholarships are available to assist those who are planning to study abroad.

Pick up a scholarship application in Powers 104
Dani Cowles
Sophomore | Midland
Major: Graphic Design | Minor: Leadership

**Honors Program Involvements:**
Honors Outreach Network Secretary, Relay for Life Co-Captain, Honors 100 Mentor

**Campus Involvements:**
Larzelere Public Relations Chair, Campus Ambassador, National Society of Collegiate Scholars

**Favorite Honors Event:**
“The Honors Winter Charity Ball is a lot of fun and it’s a great cause. It’s a fundraiser that HPPS puts on each year.”

**Favorite Hobby:**
Volleyball

**Favorite Movie:**
Inception

**The Meaning of Honors:**
“The meaning of Honors is giving students a greater opportunity on campus to get involved and lead on campus and be that group of students that can make a change and make a difference on campus and then take that out into the world.”

**Study Abroad Plans:**
“I want to go this summer to Florence, Italy, for the drawing program. I’ve been to Paris and I’ve been to a couple of European countries and I really want to go to Italy. So that one just sounds perfect.”

Justin Wigard
Senior | Houghton Lake
Major: English, Children’s Literature Young Adult Concentration

**Honors Program Involvements:**
Co-Editor of The Honors Platform, the Honors Program online journal

**Campus Involvements:**
Sigma Tau Delta Community Service Chair; Managing Editor of Humanorum, a research journal through the College of Humanities and Social and Behavioral Sciences

**Favorite Honors Event:**
“The Trivia Challenge. It is unique because the Honors kids get to be kids for once, it’s really fun. You get to see kids dressed up as hipsters, nerds; one of the winning teams one year dressed up in sweater vests just because they could.”

**The Meaning of Honors:**
“Honors means that it is easier to take risks, challenge things, challenge notions. For example, in some of my other classes I may not have been able to raise my hand and start talking about zombies at an academic level, but in one of my Honors classes we were able to do that.”

**Fun Fact:**
“I like to go fishing once a year or twice a year maybe if I can get out that much and just sit with my Dad and do nothing. It’s absolutely phenomenal.”

**Favorite Movie:**
Jurassic Park
Letter from the Editors

Congratulations to our Honor Bound staff!

By: Megan Gill and Kelly Schiess | Editors

First of all, we wanted to take a minute to thank all of our writers and photographers for the amazing job they do every semester writing and contributing photos for Honor Bound. We are so proud of your commitment to excellence, and we couldn’t do it without you! Honor Bound won 2nd place in the nation at the National Collegiate Honors Conference (NCHC) in 2012 – its eighth NCHC award. We would also like to thank Kyle Terwillegar, our previous editor, who coordinated Honor Bound from the Fall semester of 2009 through the Fall semester of 2011.

As co-editors, we had the opportunity to attend NCHC in Boston with the Honors Program. We accepted the award on behalf of our Honor Bound staff and sat on a panel to educate other Honors students and staff about what has made our newsletter so successful. We were able to gain new insight and ideas that we can utilize in future issues of Honor Bound.

One thing that we as Honor Bound editors were struck by was how lucky we are to have so much student involvement, both with this publication and within our Honors Program in general. This semester’s issue was put together with the help of twenty-five student writers and four student photographers.

As we spoke with other Honors newsletter editors from across the country, they were blown away by the depth and dedication of our multidisciplinary Honor Bound staff, and we are thankful that we have so many great writers and photographers who contribute to Honor Bound each semester.

Online Journal Accepting Submissions

The Honors Platform

The Honors Platform is an online journal that encourages the creativity and academic study of Central Michigan University’s Honors students through the publication of innovative research and ingenuity of academic and creative work of students or student-faculty partnerships. The Platform’s guiding principle is the publication of the highest quality works by Honors students of any nature: creative, academic, or otherwise. It publishes biannually, once in the Fall and Spring, but it is always welcoming submissions.

The Honors Platform is always looking for submissions and editors. Any questions or submissions, please feel free to contact Justin Wigard or Kelsey Whing at honorsplatform@cmich.edu

Honors Program Potlucks Fridays

A new Honors Program Tradition

All Honors faculty, staff, students, alumni, and friends of Honors are invited to attend!

Please bring a dish to pass; anything edible is acceptable!

Join us to share good food and conversation in a relaxed atmosphere.

Friday Potlucks will be held from 11:30-1:30 in Powers 136 on:

- January 25th
- February 22nd
- March 22nd
- April 12th

No RSVP required!
Come and go as your schedule permits.

Congratulations to the Rumseys!

Honors academic advisor Ken Rumsey, his wife Ere, and son Oliver welcomed a new daughter, Annika Lisette Rumsey to their family in December 2012!
Your Senior Project proposal is due by the end of the second semester of your third/junior year. However, you should begin work on it well before this due date. Your completed Senior Project is due by the end of the first semester of your fourth/senior year.

<table>
<thead>
<tr>
<th>Name</th>
<th>Project</th>
<th>Advisor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emily Beuschel</td>
<td>Assisted Living Facility Layout: A Comparison Between Residence Types</td>
<td>Jeanneane Wood-Nartker</td>
</tr>
<tr>
<td>Myles Boothroyd</td>
<td>Ineradicable: The Persistence of Jazz in the Soviet Union and Nazi Germany, 1918–1945</td>
<td>Keith Clifton</td>
</tr>
<tr>
<td>Jacob Burkhart</td>
<td>Influence of Arctic Islands on the Dispersal of Ringed Seals (Pusa hispida) in Hudson Bay</td>
<td>Bradley Swanson</td>
</tr>
<tr>
<td>Helen Collins</td>
<td>Promoting Civility in the Next Generation of Leaders: An Analysis of the Pathways to Civility Conference</td>
<td>Cerie Strachan</td>
</tr>
<tr>
<td>Sam Easter</td>
<td>The Constitutional Remifications of Modern and Postmodern Language and Author Intent</td>
<td>Ronald Primeau</td>
</tr>
<tr>
<td>Georgia Farrell</td>
<td>The Effects of Telomerase Inhibitors on Pancreatic Cancer</td>
<td>Rebecca Uzarski</td>
</tr>
<tr>
<td>Taylor Galmarini</td>
<td>Creation and Implementation of a Nutritional Program for Elementary Students</td>
<td>William Saltarelli</td>
</tr>
<tr>
<td>Colleen Hoy</td>
<td>Is Video Self-Modeling an Effective Technique to Teach an Adolescent with a Cognitive Impairment an ADL?</td>
<td>Suzanne Woods</td>
</tr>
<tr>
<td>David Peacock</td>
<td>Oscars, Emmys and Gramys: A Statistical Examination of the Arts</td>
<td>John Daniels</td>
</tr>
<tr>
<td>Christine Ponnampalam</td>
<td>Master of None, a novel</td>
<td>Darrin Doyle</td>
</tr>
<tr>
<td>Melissa Scheid</td>
<td>The Potential use of Nitric Oxide-Releasing compounds as an Inhibitor to the Hemoglobin Defect in Sickle Cell Anemia</td>
<td>Dillip Mohanty</td>
</tr>
<tr>
<td>Joseph Shirely</td>
<td>The Ethnic Chinese and Their Role in Singapore's Business Success</td>
<td>Michael Pisani</td>
</tr>
<tr>
<td>Katy Steklac</td>
<td>The Transormative Teacher Project: “To What Degree do Undergraduate Teacher Education Programs Produce Transformative Educators?”</td>
<td>Phame Camarena</td>
</tr>
<tr>
<td>Drew Wydendorf</td>
<td>The Unintended Consequences of Minimum Wage Legislation: Historical Evidence and Recent Data Regarding Minorities and Teens</td>
<td>Jason Taylor</td>
</tr>
</tbody>
</table>

**SENIOR CAPSTONE PROJECT TIMELINE**

**THIRD/JUNIOR YEAR**

1st Semester | 2nd Semester

**FOURTH/SENIOR YEAR**

1st Semester | 2nd Semester
Perception of Garments From Different Cultures

By: Lauren O’Leary | Staff Contributor

Emma Brophy, a senior from Grandville, conducted research on international fashion trends for her Honors Senior Capstone Project. Emma is majoring in International Business with a minor in Apparel Design. “I wanted to do something for my project that could incorporate both my major and minor,” Brophy said. “I also wanted to choose a topic that could keep me interested while also being relevant to the community.”

While studying abroad earlier this year, Brophy collected white blouses from Japan and China. Pairing them with blouses from France and the United States, she then developed a questionnaire designed to determine the subjects’ perception of these garments—which they viewed most favorably, the likelihood they would purchase the garment, and their general preferences regarding apparel produced or branded in foreign countries.

Through careful statistical analysis of the results, Brophy worked to determine whether the country or culture of brand origin has an influence over a consumer’s opinion of a garment. She also completed a literature review of previous work done on the subject.

Dr. Usha Chowdhary from the College of Human Environmental Studies is serving as her faculty advisor for the project.

“I think doing this project was a really great opportunity,” Brophy said. “Most undergraduates don’t get this personalized research experience and since I am planning to apply for graduate school in the future, I think having a project of this nature under my belt will really make me stand out.”

Here at CMU, Brophy is involved in Career Services’ REACH program, the International Conversation Partner program, Honors Council, the Fashion Association of Merchandising and Design, THREADS, and is an Alternative Breaks participant.

Brophy has studied abroad three times—twice in Japan and once in China—and is planning to complete another study abroad in Japan next May. She is also in the process of applying for a summer internship in Ghana this year.

“I love traveling, meeting people, and learning about other cultures,” Brophy said. “Hopefully once my project is finished, I will be able to present it at a conference or get it published in a journal,” she said. “Just finishing this project is an accomplishment in itself though! It is big and intimidating, but worthwhile!”

The Honors Platform: Creating an Honors Program

Academic Journal

By: Kera Linn | Staff Contributor

In a world of academic publications and creative publications, the Central Michigan University Honors Program has created an online Undergraduate Academic Journal called The Honors Platform that combines academic and creative work. Walled Lake senior Kelsey Whing co-created and co-edited with Justin Wigard the inaugural edition of The Honors Platform as her Senior Capstone Project.

The Honors Platform offers a venue to showcase students’ creative works and research projects in order to acknowledge and highlight the challenging work each Senior Capstone Project demands.

“Honors students aren’t just academically focused.” Whing said. “They’re creative as well.”

A Journalism major and English minor, Whing wants to work with nonprofit organizations and bring attention to them through journalistic media. Whing uses The Honors Platform to analyze the process of creation and the maintenance necessary for an online journal.

“It’s a how-to and a legacy piece,” Whing said.

Through query letters and research, Whing has examined the policies, procedures, and submission types of other successful publications, the majority of which can be separated into either purely academic or creative. Professionals in the field of study use the former, yet the latter often look like blogs. Without a loss of professionalism or interest, The Honors Platform aims to combine both kinds of work into a successful whole.

The Honors Platform will biannually publish an equal number of academic and creative Senior Capstone Projects. The Senior Capstone Projects will be alternated on every page, so that each entry will have equal opportunity to be perused throughout the journal.

Whing’s research into the appearance of other journals, the acquisition of editors, and submission guidelines allowed her to gain experience in working with people, deadlines, and communications. One of the decisions implemented in The Honors Platform is a double-blind peer review process.

In a double-blind peer review, an anonymous submission will go through a first review by two editors, then be returned to the student to be fixed. Another two editors will facilitate a second review after it is resubmitted.

The first edition of The Honors Platform will be published in Spring 2013, and remain as a testament to Whing’s dedication to CMU and the Honors Program.

(right)

Winging has been working on the online journal with her co-editor Wigard and they plan to publish the first edition in Spring 2013.

Photo by: Tamika Hawkins

Emma Brophy holds two of the shirts, from America (left) and China (right), which she used to survey students.

Photo by: Kelly Schiess

Kelsey Whing

Emma Brophy

Perception of Garments From Different Cultures

The Honors Platform: Creating an Honors Program

Academic Journal
Since her acceptance into the McNair Scholar Program in 2010, Honors student Jennifer Messing has been taking advantage of everything McNair has to offer. The McNair Program provides research opportunities and free GRE prep to students who are part of underrepresented demographics in graduate school.

“The program may seem to simply be a wonderful resume builder, but it is really so much more than that,” Messing said. “The program provides its scholars with a research writing course, a summer research opportunity, GRE prep, personalized mentoring, and financial support.”

The summer research institute is the defining characteristic of the McNair Program.

“I decided to complete a research project from the ground up, just as a professor would,” Messing said. “I learned a lot, but it was a really intense summer.”

During the summer, McNair Scholars put in around forty hours a week of research and GRE preparation. The hard work was worth it, Messing said, because McNair gave her the opportunities, skills, and connections she needs to succeed in graduate school.

Messing is a dietetics major, but she sampled a different side of science for her summer research. She worked with Dr. Jennifer Schisa of the Biology department and Dr. Roschelle Heuberger of the Human Environmental Studies department in an interdisciplinary study on the effect of Vitamin D on aging in C. elegans, a microscopic worm.

Messing traveled to a national conference in San Francisco to present her findings.

“Jennifer is currently writing up her results for publication in a peer-reviewed journal,” Dr. Schisa said. “I have thoroughly enjoyed working with such a motivated, focused, and energetic student.”

Although Messing worked with biology in her research, she wants to focus her career around the social sciences. She plans to become a registered dietician and study community nutrition in graduate school. Messing hopes to bridge the gap between current nutrition research and community application by developing evidence-based outreach programs geared toward low-income families.

Messing recently accepted a full scholarship offer to Cornell University’s PhD-RD Graduate Field of Nutrition doctoral program.

“My classes and textbooks have taught me many important lessons,” Messing said, “but it is my research experience and my work in the community that really energizes and excites me for my future career.”

Messing is grateful for all the support she has received from her mentors and the McNair Program, and encourages all students who are passionate about research to find out more about the McNair Scholar Program.

Honors in the Community

Senior Emily Scheffler participated in Art Walk Central 2012, a summer art show hosted by Art Reach of Mid Michigan. Scheffler’s collaborative piece will help to beautify downtown Mt. Pleasant for years to come.

The Honors Program would like to congratulate Courtney Pasiak, class of 2003 on being the recipient of the 2012 Honors Alumni Service Award. Pasiak has been very involved with the Honors Alumni Board, serving as the secretary for six years, assisting with the creation of the Honors Alumni Board Scholarship and the Alumni Mentoring Program.
Erik Nilsson, ‘06 Graduate
Honors alumnus forms non-profit for Yege, China.
By: Ben Harris | Senior Contributor

When Erik Nilsson first went to Yege, he was surprised by what he found.
In Yege, a mountainous rural community part of the Qinghai province in western China, most of the adults are illiterate.
They can afford food or clothing for their children, who are the first generation to go to school, but not both.
The land, because of the extremely cold climate, is uncultivable. The people were able to subsist primarily on yak dairy, until an especially harsh blizzard wiped out half of Yege’s yak herd.

Nilsson became aware of Yege’s problem when he visited on an assignment with the China Daily. He started at the newspaper as an intern in 2005 through Central Michigan University’s journalism program, was hired full-time when he graduated in 2006, and has since been promoted to senior writer.

“I’ve traveled to more than twenty-three provinces, most of them repeatedly,” Nilsson said. “Most of the time I’m going to really remote, poorer communities to look at the poverty issues and solutions being developed there.”
For all of China’s wealth, Nilsson said, a staggering amount of poverty afflicts the country.

“China is a place of superlatives. There are places the bamboo grows so quickly you can hear it. The people are supremely wealthy or the people are supremely poor. Shanghai looks like the next millennium and the countryside looks like the sixteenth century,” he said.

This poverty, Nilsson said, is in part what inspired him to found his nonprofit, Step Up, which has provided Yege with, among many other things, new yaks and solar panels to give the school its first electricity. But Nilsson can credit the birth of the organization to a single encounter:

“I was talking to an old woman named Raxima living at a neighbor’s house. She had been paralyzed since the age of fifteen,” he said. “And when she was talking about her situation, she pulled up her sleeves to show the bite mark scars on her wrists. She couldn’t get up to grab a blade to end her life, couldn’t even get up to go to the bathroom.”

At that moment, Nilsson said, the realization came to him that something drastic needed to be done.

“The hope is if we provide better educational opportunities to kids, there will be very few people like Raxima by the time these kids reach her age,” he said.
Another major inspiration of Nilsson’s is the CMU Honors Program:

“Part of the reason I invest in education in the nomadic areas is because I was only able to get where I am today because CMU’s Honors Program invested in me with the Centralis Scholarship. I believe it’s my responsibility to, in turn, create educational opportunities for someone who wouldn’t otherwise enjoy them. I most likely wouldn’t be in a position to invest in nomadic children’s education if CMU’s Honors Program hadn’t invested in mine,” Nilsson said.

Photo courtesy of Erik Nilsson

Nilsson assists rural Chinese villages in obtaining solar panels

Nic Gareiss, ‘10 Graduate
Dances of the world provide Honors alumnus with cultural education tool.
By: Katy Steklac | Staff Contributor

2010 Central Michigan University graduate and former Honors student Nic Gareiss has traveled the world to share his love of dance and music with dozens of different communities.
Dancing since age eight, the Mount Pleasant native specializes in percussive dance, any dance in which the body creates audible sound. Gareiss graduated with degrees in music and anthropology from CMU, and he went on to complete post-graduate work at the University of Limerick, studying ethnochoreology, the anthropology of movement.

There are three elements of Gareiss’s career: performance, research, and academic writing. By learning different styles of dances and sharing them with communities all over the world, he seeks to create new cultural expression and use movement and music to gain insight.
He has traveled to Spain, Ireland, Scotland, Australia, and rural communities in the southern United States as well as many other places. Among his extensive experiences, Gareiss has worked with LGBTQ Irish dancers to examine their artistic and sexual identity and migrant Spanish speakers to help preserve their cultural tradition.

“There is no typical day for me. I could be in the middle of Canada with no running water, in a rehearsal hall, or writing about my experiences,” Gareiss said.
His latest upcoming project takes him on an entirely different adventure. Gareiss submitted a grant to go to Afghanistan to work with the children. He and his colleagues are planning to teach them to use string instruments using American music and movement, but he also hopes that by working with them, they will be able to change the children’s views of America.

“These children only know America by the faces of our soldiers, and that can be really scary. We hope to change that view around by showing them something more positive,” Gareiss said.
While Gareiss has moved on to bigger and better things, he has fond memories of his time at CMU and in the Honors Program. He recommends that Honors students take advantage of every opportunity and not take degree mapping for granted.

“Feel free to manipulate your academic plan. Don’t settle for anything until you are content,” Gareiss said.
He appreciates the uniqueness of the CMU Honors Program. “The Honors Program is unique because it represents the upper students, and it sets them apart,” Gareiss said, “The program does a great job of fostering inquiry, research, and going that extra step.”
A group of first-year Honors students visited CMU President George Ross’s home for dinner and conversation with President Ross and his wife. This dinner at the President’s home is a long-standing Honors tradition.