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Honors Oracle, May 2019

Marshall University Honors College

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Honors Oracle

Marshall University's Honors College newsletter • May 2019



MARSHALL EARNS 'R2' RESEARCH CLASSIFICATION

By ABI DROPIK

In early March 2019, Marshall University was classified as an “R2” research institution by the Carnegie Classification of Institutions of Higher Education. This new classification places Marshall research alongside research institutions such as Harvard University and Stanford University in the top 6% of college and universities in the nation.

Nicola J. LoCascio, dean of the Honors College and holder of a degree in immunogenetics from Chapel Hill, North Carolina, said she believes this new classification will do nothing but help Marshall’s future research.

“It gives us a higher profile and encourages researchers to apply,” LoCascio said. “This new classification will probably open up more opportunities, which means more of our students will be in undergraduate research positions, which is incredibly beneficial when deciding what you want to do in the future.”

Each university that holds the R2 classification

grants at least 20 research or scholarship doctorates annually and spends \$5 million or more per year on research. In order to receive this classification, a university has to apply.

LoCascio said Marshall conducts both clinical research and basic science research. She said she believes some research that can be positively influenced by this classification is stem cell research being conducted by the biology department in the science and biotechnical building. This research is currently being done by several people at Marshall, and it includes growing stem cells in culture.

The R2 category is the second-highest classification that an institution can receive from the Carnegie Classification of Institutions of Higher Education.

“We will see what we get from the reclassification, and it really should help,” LoCascio said in regards to Marshall moving forward with its research and potentially gaining the highest classification presented by the Carnegie Classification of Institutions of Higher Education.

KEEP UP WITH THE HONORS COLLEGE ON TWITTER!
@MarshallUHonors

Yeager Leadership Institute focuses on mental health

By MIRANDA SMITH

Each year, Marshall University accommodates the Yeager Leadership Institute, an annual series of thematically-connected panels planned and hosted by Marshall Yeager Scholars, and the Institute chooses a community outreach program or social issue to raise awareness of.

This year's Institute, presented by scholars on April 5, focused entirely on mental health, with the specific goal of improving the mental health of college students in the Appalachian and tri-state region.

"The goal was not just to raise awareness about mental health among college students, but to host a panel where we could try to explore the causes of mental health issues and what factors impact our ability, as college students, to get and seek proper treatment," junior Faith Hensley said.

Hensley, along with many of her fellow Yeager Scholars, served as one of the organizers for this year's Leadership Institute, and, therefore, she said she feels very close to this year's theme. In the process of planning this year's panel, Hensley and her peers were tasked with deciding which panelists to include as experts on mental health. Hensley, during the planning process, spoke to and secured Candace Layne, director of the Marshall Counseling Center, located in Prichard Hall, as a panelist.

Layne made up one of the panels for this year's Institute along with Bill Webb, owner of Oasis Behavioral Health in Barboursville, West Virginia. During their time, they focused on the stigma surrounding mental health. In the process, they discussed sources of anxiety for students, such as separation anxiety and homesickness, peer pressure, parental pressure and "grind

culture," which promotes unhealthy and unrealistic expectations for someone to constantly work without seeking time for themselves.

"Both panelists not only addressed sources of stress and anxiety, but ways for students to cope with them," Hensley said. "They recommended setting aside time each week for yourself to recharge and distance yourself from sources of stress – even if it is just an hour per week – as well as seeking professional help if these feelings of stress get to be too much and begin to negatively impact your mental health."

Other panels included two on substance abuse and mental health, as well as one centered on the direct connection between physical and mental health.

The Yeager Scholars plan to continue raising awareness for mental health among college students, part of which can be observed in the Student Government Association-launched "Humans of Marshall" page on Facebook and Instagram, a modified version of Humans of New York, which features a picture of an individual followed by a personal story or quote from them. Marshall's version of

this has hitherto featured students and staff members who have shared their own struggles with mental health as well as the ways they have found to cope. Several Yeager Scholars have contributed to the page in addition to sharing their own stories.

"We really just want to let people know that they are not alone and that there are options for them," Hensley said.

The "Humans of Marshall" page can be found on Facebook and Instagram. Students who are interested in learning more about mental health and coping strategies can reach out to the Marshall Counseling Center.

“

We really just want to let people know that they are not alone and that there are options for them.

- Faith Hensley



HOW WAS YOUR SEMESTER?

We want your HON 480 Seminar feedback! Contact larch15@marshall.edu with comments, questions or suggestions!

“Honorable Mention”

Karen Rogge

By ABI DROPIK

Connection to the Honors College: Member of the Honors College since 2016

Class Level: Junior

Major(s): Accounting, finance and economics

Hometown: Naples, Florida

A Word She Would Use to Describe Herself: Ambitious

Involvement on Campus:

- Marshall University Honors College member
- Marshall University Women’s Soccer team member
- National Society of Leadership and Success member
- Beta Gamma Sigma member and student officer
- Beta Alpha Psi member
- IMA Accounting Honor Society member

Community Involvement:

- VITA (Volunteer Income Tax Assistance)
- Marshall University Women’s Soccer player
- National Society of Leadership and Success member

Awards:

- Dean’s List
- Conference USA Commissioner’s Honor Role
- Conference USA Commissioner’s Academic Medal
- Conference USA All-Academic Second Team, 2017



PROJECT FEED HUNTINGTON 2019

By AMANDA LARCH



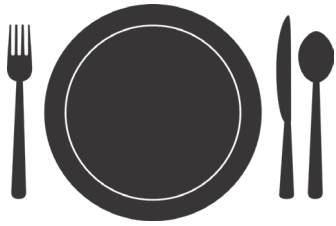
Project Feed Huntington was a community service project organized by Matt James’ spring Honors 200 class. Donors included Olive Garden, Texas Roadhouse and Sodexo.



See FEED on pg. 4

FEED from pg. 3

Project Huntington volunteers and attendees. They fed over 500 people, including taking 250 meals to the Huntington City Mission.



Volunteers and members of Matt James' HON 200 class participating in the event.

THE HONORS ORACLE STAFF SPRING 2019

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