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The Honors Oracle

August/September 2022

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More Than an Honors Student by Taylor Isacc

Staying afloat as an Honors student can be a stressful experience, which is why the Honors College has partnered with the MU Counseling Center to create a support group for the Fall 2022 semester.

More than an Honors Student aims to help Honors students with their stress, workload management and identity through fun and engaging discussion. For ten sessions students will talk amongst a group of peers—led by a mental health professional—about their challenges and aspirations and learn coping skills to alleviate stress.

Morgan Conley, the coordinator of case management and student development, stated that it is critical for students to develop a sense of self-worth outside of their academics.

“Sometimes when you get into those pockets or groups it is hard to see yourself outside of that role,” Conley said. “We want to help students see that they are more than the sum of their successes or struggles. They are people.”

Students from all grade levels and majors within the Honors College are invited to attend these sessions. The group will be held on Fridays at 11 a.m. beginning on September 16, 2022. It will be located in the Honors College Seminar Rooms located on the Third floor of the Old Main building.

Future sessions are as follows:

- September: 16, 23
- October: 7, 14, 21, 28
- November: 4, 11, 18
- December: 2

For more information about the *More Than an Honors Student* support group please contact the counseling center at counselingcenter@marshall.edu or by phone at 304-696-3111.

MEET THE STAFF

Executive Editor:
Sierra Hamsher

Layout Editor:
Jillian Brown

Reporters:

Evan Green

Taylor Isaac

Kassidy Jordan

Join us for...

More than an Honors Student

Support Group

Join our fun and engaging group specifically designed for honors students on campus. We'll discuss identity, stressors and challenges - and discover who you are as a college student!

Old Main - Honors College Study Rooms
Fridays | 11am-1pm

10 SESSIONS
September 16, 23
October 7, 14, 21, 28
November 4, 11, 18
December 2

TO REGISTER, SCAN HERE:



Sponsored by:
MU Counseling Center
www.marshall.edu





Curriculum Changes Made to Honors College Steering Association

By Evan Green

Photo by Evan Green

The Honors College Steering Association (HCSA), an organization focused on leading and promoting Marshall University's Honors College, has undergone significant changes this semester in order to better meet the standards and guidelines of the organization.

Anyone from the Honors College is permitted to sign up for the course, and in the past, the organization has mainly focused on event planning, such as a canned food drive and a trivia

night. This year, with the help of the Interim Dean of the Honors College, Dr. Brian Hoey, the student officers of the organization have made wide-scale changes to the way the class is structured.

The class will now feature guest speakers, group discussions, and immersive events that will focus on enriching the Honors College as well as the students in the organization in order to promote leadership outcomes.

"We want to make a change where every event is meaningful, rather than fulfilling a requirement. We're looking at doing volunteer work that requires critical thinking, and really trying to put a sense of excellence into the activities of the club as it pertains to the vision of the Honors College." Peyton Levi, the Vice President of the HCSA, said.

Peyton also stated that many of these concepts were written into the course curriculum from the start, but are now being re-emphasized by the current leadership of the organization.

"I wanted to be a part of an organization that would help to improve things around campus, so I went with the Steering Association." Garrett Shields, a sophomore Honors student in the organization, said. "I reached out and asked my friend with a Ph.D. in executive leadership to come speak to the group at some point this semester." The course's focus on leadership growth is one of the more considerable changes that has been made for this semester.

"I think there's a considerable drive to make change that is lasting, rather than a simple event-planning committee, which I think is a real testament to the desire for changes on campus that is reflected in a lot of students," Levi said.

The leadership of the organization aims to use the HCSA as an opportunity to better both the members of the class as well as the Honors College as a whole through their events this semester.



Five Tips for Success in the Honors College

by Taylor Isaac

Navigating coursework, utilizing resources, and maintaining a social life can be daunting for any incoming Marshall student. For those in the Honors College, it can seem like an impossible juggling act.

One of these Honors students is Andrew Adkins, a first-year nursing student who has several questions about succeeding in school.

“I heard it’s difficult to balance the required honors credits and managing my time. It would be great to get recommendations on how to keep up with everyone,” Adkins said.

After speaking with current upperclassmen in the Honors College, I have compiled five tips that every honors student should know.

1. Take Honors Classes with a Friend.

Similar to a work-out buddy, having a friend in your honors class can be a real advantage to the both of you. Not only do you have a partner to study with, but someone who can hold you accountable for coming to class and turning in work on time.

My friend group and I tried to take courses at the same time so that we could work together on the assignments, discuss the content and ask each other questions. Personally, I found it to really boost my motivation and work drive. Plus, the more the merrier!

2. Know Your Limits

The Honors College offers a wide array of exciting courses in addition to your other degree requirements, and it can be very easy to overbook yourself with 18 credit hours. That is why being mindful about your workload can be one of the easiest ways to stop stress before it starts.

“Try not to take on more than you can handle,” says honors biology student Kaylee Hall. “Being able

to relax will help you to be happier overall and perform better in classes.”

3. Get Involved

“Ever since I joined clubs and organizations on campus, like Student Government and Pi Sigma Alpha, I gained a new perspective on Marshall and felt so much more confident on campus,” Olivia Moncada—a political science major—said.



Photo by Taylor Isaac

There are over 200+ student organizations to explore at Marshall, including our very own Honors College Student Association. From gaming to rock climbing, academics to sports, there are a plethora of opportunities to forge friendships and find your place on campus.

3. Develop a Reward System

Let's be real with each other. Studying for five hours straight is not the best way to prepare for a big test. It can be painstaking and difficult to focus for such a long period of time. That is why junior Shawna Lockard takes time to treat herself in-between biology homework.

"Plan blocks of time for yourself to study and to have fun in advance, and treat these time commitments just as importantly as class or anything else. Self-care isn't optional for success," Lockard said.

Studies have shown that developing a reward system can help boost your memory and reduce stress. I like to keep my mind sharp by doing homework for an hour and then doing something fun for an hour. Do not be afraid to explore what works best for your own study style.

4. Remember Your Resources

Freshman year can be exciting and stressful, but know that your Marshall family is here to support you. If you ever have questions, all Honors students are able to receive advising through the college. Additionally, connecting with other students can help greatly when it comes to simpler questions. The Honors College is full of students and faculty who want to see you thrive on campus, so never be afraid to ask them for help.

The Office of National Scholarships **By Kassidy Jordan**

Most students need help funding their education. Whether it's for undergraduate or graduate degrees or study abroad experiences, being able to afford an education and finding scholarships can be difficult for all students. That is what the Office of National Scholarships is for.

The Office of National Scholarships is housed in the Marshall University Honors College, located in Old Main 230E. The office helps students find and apply to nationally competitive scholarships and grants. These scholarships and grants can help students pay for graduate school and study abroad, as well as allow them to pursue their interests in a way they couldn't before.

Program Manager Kasey Stevens describes the office as "helping students stand out on a national stage" when applying for these scholarships and grants. She says, "Marshall is a nationally known institution, and our students are competitive at that level."



Photo by Jill Brown

Stevens says the Office of National Scholarships wants students to know that they do have opportunities to pursue what they want. She says, “we have students going to school internationally with the Yeager program, we have students studying abroad all the time, and the more attention and international focus we can get on our university, the better.”

The Office of National Scholarships is open to all Marshall University students, not just Honors students. It also offers help for faculty and alumni to find grants and fellowships for their research or graduate education. Some examples of scholarships and grants the Office of National Scholarships can help students apply for are the Barry M. Goldwater Scholarship, a scholarship available to students who are majoring in STEM fields and are interested in research in those fields, and the Benjamin A. Gilman International Scholarship, which assists students from any major who are receiving the Pell Grant with study abroad costs.

A few scholarships that Marshall University students have received in the past are the Harry S. Truman Scholarship, which students apply for in their junior year, helps students who are interested in government or public service receive \$30,000 towards a graduate degree. Another is the Fulbright Scholarship, which students apply for in their senior year or during graduate school, which funds research, study abroad, or teaching English as an assistant abroad.

Some Marshall students were previously unaware of the office but appreciate its services and plan to utilize it in future endeavors. On being told about the Office of National Scholarships, junior Marketing major Adriana Collelo said, “it could help me pay for grad school.” Collelo plans on getting her Master’s degree in Business Administration, saying “I plan on doing the 3 + 2 graduate program through the College of Business.” The Office of National Scholarships is an exciting and useful resource for students of all majors and disciplines. When asked if she will go to the Office of National Scholarships in the future, Collelo said “Yes, definitely for my extra year at grad school at Marshall University!”

Stevens wants students to know that the Office of National Scholarships is there to help them and encourage them to reach their goals. “Even if you think you know exactly what you want to do, just be open to different things,” she says. “I wish I would have come to this office as a student. Try to be open to new opportunities. There is a lot of funding out there, and a lot of people want to pay for students to be educated.” Stevens wants students to be open minded to their options, and to seek out these resources in their journey to grad school, or in their study abroad journey. With rising tuition prices in colleges across the nation,

Contact Us!

**The Honors College
Marshall University
One John Marshall Drive
Huntington, WV 25755-2170**

Phone:: 304-696-5421

Email: honorscollege@marshall.edu

Website: marshall.edu/honors

scholarships like the ones mentioned above are the only way some students are able to seek out amazing opportunities for graduate school and studying abroad and achieve their dreams to their fullest potential. Stevens says, “Students should take advantage of those opportunities, and not count themselves out.” The Office of National Scholarships is open to all students to seek help in applying to nationally competitive, prestigious scholarships. Marshall students can compete at that level and can and will make a difference in the world.