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Honors Oracle

Honors College

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The Honors Oracle

October 2022

Table of Contents

Dealing with Disappointment

pg. 1

Fullbright Scholar Spotlight...

pg. 3

Honors students Establish...

pg.5

Spring Preview Night

pg. 6

MEET THE STAFF

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Taylor Isaac

Kassidy Jordan

Dealing with Disappointment

Kasey Stevens

Fall is a great season, but for the entertainment industry, September also kicks off another season—awards season. The Oscars, Emmys, Tonys, and Grammys take place from September to March.

You see beautiful dresses and excited awardees and hear awe-inspiring acceptance speeches, but one thing that often goes unnoticed is gracious losers. The camera pans to the awardee and then cuts to the other nominees, who are graciously smiling and clapping. They are notably disappointed, but at least for the cameras, they put on a brave face.

They worked hard, earned a nomination, and then ultimately lost. At that level, the disappointment is great and for everyone to see.

Whatever it is you are dealing with, the disappointment may be significant. Maybe you were a shoo-in for an internship or job and didn't get it. Maybe the scholarship program you desperately wanted picked someone else. We are disappointed when our expectations do not match what ultimately happened—and that's okay. It means you cared enough to be disappointed. The following are some tips on how you can deal with that disappointment.

$$\text{DISAPPOINTMENT} = \frac{\text{EXPECTATION}}{\text{REALITY}}$$

BetterUp 

Take a deep breath & Redirect: Focus on something else

Odds are you are disappointed in something you worked hard on and are passionate about. When first hearing disappointing news, take a deep breath and find a way to redirect. What do you do for fun? Do that. What distracts you best? Do that. Don't veg out on Netflix for weeks, but maybe an evening or two after classes is what it takes to distract your mind.

Don't do anything you will regret

It can be tempting to email that graduate school a fiery email of "look what you missed out on," but hold off for now. You don't want to burn bridges that may be open doors in the future.

Seek help if needed

Maybe the weight of the situation is more than you can bear alone. The Counseling Center is a great (free) on-campus resource if you need a neutral third party to talk to. It's often helpful to chat with a counselor or trusted mentor about the disappointment you're facing to gain an outside perspective and get you out of your head.

Practice self-acceptance

There are many ways to practice self-acceptance; an easy way to do so is to remember to be kind to yourself. You've worked hard, and things did not go as planned—it's okay. Practice positive self-talk by talking to yourself like you would a friend. Practice being grateful and appreciative for the good things in life.

Find a way to move forward

We can guarantee that if we care about something enough, we will be disappointed at some point in our lives. As we cope with and manage our disappointment, one day, we'll wake up, and it won't hurt as much. We will move on to the next challenge or adventure to find the best course set for us. If it's easier for you, start with a small step forward to ease yourself back into your groove. You've got this!



Photo by Jill Brown

Fulbright Scholar Spotlight: Studying in Scotland

Kassidy Jordan



Photo by Rafael Alfonso

The Fulbright Program is an internationally renowned cultural exchange scholarship program that is based on intercultural academic success. It values cultural relations and diplomacy and encourages the exchange of academic ideas on an international level. Getting into this program is a monumental feat and an amazing opportunity for new experiences and learning. In this program, recipients can study in a different culture, learning about different things and engaging with other students and scholars from all over. Fulbright Scholars are among the top academics in the world, and part of that comes from their experience abroad and learning from other scholars. Sophomore Marshall student Rafael Alfonso applied for this program, got in, and had the experience of a lifetime studying abroad in Scotland, meeting new people, learning about exciting things, and, of course, seeing castles.

Alfonso, a Computer Science and Creative Writing double major, describes his experience

applying for the Fulbright Program as “stressful” but also “very exciting.” He says, “It was happening during my first semester of college, so I was still getting used to that.”

Applying for such a prestigious scholarship as a freshman in college was a stressful situation, but Alfonso made it work. After learning that he got in, stress quickly gave way to excitement. “When I got it, I was so happy! I called my parents, I told everyone who was involved, my counselor, the scholarship coordinator, everyone.”

Alfonso describes his experience as “hard to describe.” He talked about the surprisingly sunny weather in Scotland, the (also surprisingly) good Indian food, the beauty of the highlands, and castles. He says, “The coordinators asked us what else we wanted to do, and I brought up castles.” Alfonso had mentioned in his program interview that he really wanted to see the castles in Scotland, because castles are not as common in the United States. Alfonso and the other Fulbright Scholars visited three castles in total: Culzean Castle, Edinburgh Castle, and Blair Castle.

Another thing Alfonso talked about was the beauty of Scottish culture, and the focus on innovation, collaboration, and sustainability. He says that sustainability is a huge part of Scottish, specifically Glaswegian culture, saying, “you cannot have sustainability without civil rights,” referencing the importance of sustainability for all. He also relates the culture and pride of the people of Glasgow, Glaswegians, to the people of Huntington, saying, “They have their own culture, they have their own history, and they’re very proud to be Glaswegian, similar to Huntington.” He also notes similarities in Scottish and American culture, such as the fierce sense of independence from Great Britain that is still very strong in certain areas of Scotland.

Alfonso also learned a lot from his Fulbright peers and the programs provided to him in Scotland. He was able to learn from a biomedical engineering day, as well as a “technology and game design, VR Day, which was like, my thing” Alfonso says. There was something for everyone to learn, and opportunities for scholars to learn from different disciplines. Alfonso says, “There learn about on the academic side really cool research, and I got to outside of just computers.” He part of this was the biomedical everything they did in really simple came out of thinking, ‘wow, that is ing about new things and studying one thing Alfonso will definitely academic future.



photo by Jill Brown

In a nutshell, Alfonso’s learning new things about technology inspired creatively in his writing incomparable. As he was there, he

experience into words, and found it difficult to capture the experience in its entirety. During a hike in Edinburgh, Alfonso was in awe of the scene of the coast, the rocks, the farmland, and the city, saying, “Being up there, I think, is something that I don’t think I will every fully be able to capture in words.”

Alfonso wants to encourage other students to apply for the Fulbright Program if they want to, saying to not let the pressure and prestigiousness of the program intimidate them. “If you want Fulbright, you have to know that you deserve Fulbright,” he says. “Even if you don’t get in, it is not a reflection of your ability as a human, and you’ve gained that experience. I encourage people to apply.” If you are interested in applying to the Fulbright Program and similar scholarships and study abroad programs, contact the Office of National Scholarships for assistance.

<http://www.marshall.edu/nationalscholarships/>

Honors College Students Establish Non-Profit Business Through New Class

Evan Green

Two Honors College students have spent the last year working with Marshall University's iCenter to establish a non-profit business focused on providing new utility for abandoned lots in the Huntington area by turning these lots into community spaces such as public parks.

Jaxon Smith and Olivia Andrew-Vaughan, two sophomores in the Honors College, began the creation of their business by enrolling in the "business incubator," a new class offered by the College of Business aimed at teaching students the process of business creation and development.

"We went into the class with the very distinct idea of turning abandoned rooftops into gardens, but that turned out not to be as much of a problem as we originally thought," said Smith. "After speaking with people in the community, we learned about how abandoned lots are actually a much bigger problem and we could transition our idea to focus more on that."

Contact Us!

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iCenter Information

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Smith and Andrew-Vaughan have worked to develop the specifics of their business since enrolling in the course, working to acquire grants and funding, as well as designing the layout of their renovations.

The pair had the opportunity to present their business during a business competition on Tuesday, Oct. 4. They competed against multiple other teams of students enrolled in similar business programs across the tri-state.

"Neither of us are business majors, so we come at things from a very unique perspective. We're trying to use that unique view to set ourselves apart and differ-

entiate our ideas from the ones typically presented in the business setting to something more based in the humanities and sciences, which are our actual fields of study," said Smith.

Honors College Spring Preview Night

Taylor Isaac

Interested students and faculty will have the chance to preview the Spring 2023 Honors opportunities during the inaugural Honors College Spring Preview Night.

The idea came from three different areas according to Cara Bailey, interim assistant dean and coordinator of the Society of Yeager Scholars.

First, to allow current Honors professors the ability to share more educational material with students outside of a classroom environment. Second, to gauge the interest and skill set of faculty who are considering teaching within the Honors College.

Professor Christine Ingersoll—who will be teaching HON480 Design Thinking in the coming Spring—said that her experience with Honors students has been one of the greatest teaching opportunities Marshall has presented her.

“These students are thirsty for knowledge,” said Ingersoll. “Everyone is here to learn and grow, but I have never had more engaging discussions and thoughtful work than when I have worked with my Honors students in Design Thinking.”

The last element of the event comes from student feedback. In post-semester surveys taken by the Honors College students made it very clear they craved comradery amongst other their peers, according to Bailey.

“Honors college students want more opportunities to be around other Honors college students and Honors college faculty,” Bailey said. “To get to know those people better and to add that social aspect of being in Honors that we have been missing since the beginning of the Covid-19 pandemic.”

These trials all held a common issue: people want to get involved in the Honors College, but do not know where to start. Bailey saw this trial as a time to strengthen the morale within the Honors College and begin rebuilding the sense of community that students and faculty desired.

“All of these things came together in my mind as an opportunity to showcase all of the good things we have to offer at the Honors college,” Bailey said.

At the Honors College Spring Preview Night, representatives from each of the programs within the Honors College will briefly present the multitude of ways to get involved during the next semester.

Professors will be discussing the topics of their upcoming Hon480 seminars, as well as the new Hon200 and Hon300 courses. Additionally, student-led groups such as the Honors College Student Association, the Honors Oracle, and TEDx will be present to engage with students who are looking to meet like-minded peers.

This kickoff event is scheduled for 4 p.m. on Tuesday, Oct. 18 in Smith Hall 154. Light refreshments will be provided.

Honors College
Spring Preview Night

Join the Spring 2023 Honors Seminar faculty as they present an exclusive look at the classes offered next semester.

4:00 - 5:00 PM, TUESDAY, OCT. 18 | SMITH HALL 154

STUDENTS, come out for a preview of our Spring 2023 Honors courses, including HON480 seminars.

FACULTY, Interested in teaching for the Honors College? Learn more at our Preview Night.

Light refreshments will be available.

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