

Marshall University

Marshall Digital Scholar

Honors Oracle

Honors College

Fall 11-2022

Honors Oracle, November 2022

Marshall University Honors College

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The Honors Oracle

November 2022

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Finals Week: Resources, Events, and Stress Relief Tips

Kassidy Jordan

The most stressful point in the semester, for most, is the end. Dead week and finals loom over students right after Thanksgiving Break. Many students, in their stress of studying for exams, often neglect their mental health. It is important to remember that during this stressful time in the semester, taking care of yourself is a top priority. Luckily, Marshall has a few resources and events around finals week to help students' stress level and mental health.

The Marshall Counseling Center is a great resource for when you are feeling stressed. The Counseling Center offers many mental health resources, such as one-on-one counseling, support groups for depression, anxiety, etc., and more. The Counseling Center also often hosts events close to finals week for stress relief, so be on the lookout for those on your Marshall email and MyMU.

The Honors College houses its own counselor, Alisha Martin. She can provide specific support for Honors students, who often face heavy stress. Martin is always open to meeting new students to discuss the stress of finals week and the general stress of being an Honors student during this busy time in the semester. If you are feeling anxious or stressed and want to talk with someone, Martin is a great person for Honors students to chat with. Walk-in hours are 2-4pm every Wednesday, in Prichard Hall 153. To schedule an appointment, email counselingcenter@marshall.edu or go on the Marshall Counseling Center website.

Housing and Residence Life are having a cookie crawl on November 30th. Enjoy free cookies delivered to your dorm room and take a study break. Staff will be delivering cookies 2:30-4pm, so take that time to take a break and destress from studying for exams or writing papers.



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Go to East Hall for a quiet place to study on campus. East Hall is located between Harris Hall and the Freshman North dorms. It is open to all students and has many quiet rooms and areas to study and even meet with friends for a group study session. Drinko Library or the Memorial Student Center Starbucks are great places to study and get some coffee to energize yourself. Getting out of your dorm and studying in a different place can help relieve stress and improve mental health by simply being in a new and relaxing environment.

A few tips for relieving stress during finals week are: get out and take a walk on campus! Don't stay cooped up in a dorm room studying all day. Spend time with friends! Junior psychology major Izzy King says,



Photo by Kassidy Jordan

“During finals week, I try to make some time for my hobbies and interests. I find that taking a break to enjoy life outside of school for a bit lets me destress!” Make sure to take frequent breaks, go outside, and remember to utilize Marshall’s resources to relieve stress during finals!

Final Exams take place December 3-9. To access the final exam schedule and be prepared for your exams, click the link below. Good luck!

<https://www.marshall.edu/registrar/exam-schedules/>

Contact Us!

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Special Topics for Honors Students

Taylor Isaac

From the founding of the Honors College, interdisciplinary skills have been deeply-rooted in the way Honors courses are taught.

HON480—or Special Topics—were courses designed in collaboration with the outstanding faculty across the university. These upper-level seminars encourage students to think critically about subjects from a variety of disciplines.

“What I love about this experience is that I get to really dive deep into the topic,” Professor Chris Ingersoll said. “When I taught my Design Thinking course this Fall, I was absolutely blown away by how engaged the students were. They get to take a class that is maybe a bit more fun than their degree requirements and I get to share more of my educational passions. It’s a win-win.”

In addition to Ingersoll’s “Innovation for Good” course, the Honors curriculum currently offers five HON480 courses for the Spring 2023 semester.

- ▢ **Listening to Film:** Explore how and why music became an integral part of filmmaking beginning in the silent era to the present.
- ▢ **Innovation for Good:** Apply a heavy dose of interdisciplinary design thinking and solve under-addressed problems organizations avoid with like-minded peers.
- ▢ **Cinepoems:** This highly collaborative workshop will offer students the opportunity to learn how writing, technology and community function together in the making of poetry and films.
- ▢ **Civil Rights and Film:** Using films, explore ways the legal system acts as a resource for fairness as well as ways in which it has posed obstacles to justice.
- ▢ **Russian History and Culture:** Witness a panoramic overview of Russian history and culture throughout a series of major historic events.

There is no right choice when it comes to which HON480 seminar students select. Professor Ian Nolte, who will teach Cinepoems, says that these courses are made for every student to push themselves and their strengths, regardless of their ability coming into the class.

“Maybe you’re a student who is very curious and passionate about writing but you’re a little bit nervous about digital media and consider yourself inexperienced. My class would be perfect for you,” Nolte said. “The opposite is also true. In these classes everyone is able to spend the semester working on themselves and growing their skills in relation to the topic at hand.”

For a full description of the HON480 courses being taught this Spring, visit <https://www.marshall.edu/honors/courses/>



Explaining the Honors College Scholarships

By Evan Green

The Honors College offers a number of exclusive scholarship options that both incoming and current students within the college can apply for. Many of these scholarships have a very small application pool, and some even go completely unapplied for.

The first scholarship eligible for students is the

Photo by Allen Brown

Honors Scholarship. All students within the Honors College receive this scholarship upon admittance into the college.

The scholarship is worth \$500 annually and students in good standing are eligible to receive it for four years.

The next section of scholarships is those that require a separate application and are designed for incoming first-year students. These include Hedrick, Hodges and Yeager scholarships. The specifics for these scholarships can be found on the Honors College website, but all include various award amounts and application requirements. These scholarships all have certain GPA and/or test-score requirements in order to apply for them.

Current Honors students have a number of scholarship options to choose from as well. The Albarran Scholarship, the Honors Council Grants, the Paul J. Mayer Leadership West Virginia Scholarship and the A. Mervin Tyson Honors Award are all available for student applications.

The Albarran Scholarship is available for anyone in the college to apply for, but preference is given to students from West Virginia with majors in the College of Science or College of Education.

Honors College students can apply for Honors Council Grants to aid in their research and supply funding. The Paul J. Mayer Leadership West Virginia Scholarship is available for juniors in good standing with the college to apply for. The A. Mervin Tyson Honors Award does not include an application, as its recipient is nominated by a professor of an upper-level Honors seminar who has demonstrated curiosity and clarity of expression.

There are also scholarships available to Honors College students through affiliated organizations such as the National Collegiate Honors Council and Phi Kappa Phi, an interdisciplinary honors society.

Experiential Learning: TEDxMarshallU Internship

by Cassidy Jordan

The TEDxMarshallU team has been hard at work planning their next event in February 2023.

The TEDxMarshallU internship is an internship opportunity designed to give students real-world experience to help them with future jobs and learn from others. The internship sends students out to create this experience by hosting speakers (both professional speakers and students) and creating an exciting event for the community. The internship is an experimental learning course housed in the Honors College but open for all students.

“I think the goal is to create a sense of community,” Student Co-Organizer and Executive Producer Bex Law said. “A goal is also to educate, and to provide platforms for people who may not be heard in other areas to talk about something important; everyone has something important to share.” Law is majoring in multimedia journalism and plans to graduate in the Spring of 2024.

The Fall plans for the TEDxMarshallU team include planning for their next event, choosing speakers, and how they want the event to go. These plans go into action with the execution of the TED event in the Spring.

“I think it’s really cool to be able to talk to so many different people,” Marketing and Communications Coordinator Bella Schrader said. “I have learned so much from other people.” Schrader is a junior majoring in entrepreneurship and sustainability management/technology.

During one of their recent meetings, the TEDxMarshallU team discussed social media outreach, such as marketing and video production ideas, the process of choosing speakers for the Spring 2023 event and the plans for the event itself, such as speakers, staging, location, etc.

“The event is tentatively scheduled for the 25th of February, and we really want as many people as possible to come.” Faculty Organizer Brian Kinghorn said. Kinghorn wants students to be interested in this event, not only by attending, but also getting involved. “It’s not too late to volunteer. We might need help on the day of the event.”

“We’re going to need a lot of people to come help, we’re going to need a lot of people to come see the show, to like our stuff on Instagram. There are so many ways that students can get involved,” Law said.

The Spring 2023 event has been put together by a hard-working team of students and faculty. Be sure to attend the next TEDxMarshallU event in the upcoming Spring semester in February to get involved in this opportunity.

The 2023 student team for the TedxMarshallU internship includes: Bex Law, Darshan Sangani, Alexis Campbell, Bella Schrader, Tennia Dennis, Kyleigh Hoey, and Gabriella Sevilla. Faculty team members include Brian Kinghorn, Ben Eng, Matt James, Chris Ingersoll, Crystal Stewart, and Ryan Vance. For a full list of staff, including roles and personal bios, go to the TedxMarshallU website, linked below.

Speakers for the Spring 2023 event will be announced on the TEDXMarshallU website.

2023 Team: <https://www.tedxmarshallu.com/2023-team/>

