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THE HONORS ORACLE

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HONORS COLLEGE NEWSLETTER

TEDXMARSHALLU

SPRING 2023 EVENT

By Wynn Johnson

The TEDx MarshallU series continues this year with a new collection of speeches. The event this year is titled *Complexities of Identities*, with each speech tying back to the central idea that everyone is interconnected. It aims to "honor the balance between our connections and differences in order to promote a strong community" (TEDXMarshallU).

The event was on February 25th and cost \$5 dollars for students and \$15 dollars for the general public.

This year, the event was sponsored by the Honors College. Honors students had the opportunity to aid in creating and facilitating the operation of the event for two hours of honors credit. TEDx is mostly student led, with a faculty member assigned to advise when needed. Darshan Sangini, an Honors student, stated that working TEDx is, "an experience that sitting in a classroom cannot provide." He wishes that, "more students knew that you can be a part of this team that creates this meaningful event."

<https://www.marshall.edu/honors/experiential/>

Some of the notable speakers at this year's event were Kathleen McAuliffe and Audy Perry. Kathleen McAuliffe, a microbiologist, spoke on the link between the presence of certain bacteria in the gut and the mood, personality, and health of the host. These bacteria were able to change the identity of the person that they inhabited. Audy Perry, the Executive Director of Heritage Farms, spoke about how society views education, and how classist the stereotypes that accompany education can be. These speeches, and



Figure 1 Photo of TEDx Speakers

the rest of the speeches given at the event, can be found on the official TEDx Talks YouTube channel. <https://www.youtube.com/@TEDx>

NEW HONORS COUNSELOR

By Addison Leaberry

According to Mayo Clinic about 44% of college students suffer from anxiety and depression. Therefore, it is incredibly important to know the resources that are available. Beginning in the Fall of 2022, Alisha Martin is now the mental health counselor for Marshall University's Honors College. In addition to being a counselor Martin is also working towards a master's in social work; she has recent knowledge of the struggles of student life.

When asked to describe what counseling is for someone who was not familiar with it, Martin said they offer a wide range of care. She said, "The care can range from just being someone to talk to things like



Figure 2 Honors Counselor Alisha Martin

cognitive behavioral therapy and access psychologist and medication management." Cognitive behavioral therapy is a treatment for anxiety and depression that involves changing negative thinking into more positive thinking. Martin explained that they are equipped to handle a range of mental health concerns and even have case workers to help find resources outside the university if the need arises. She says, "clients are grouped using a leveling system." This leveling system helps determine the level of care needed.

There are two different types of appointments offered at the Counseling Center, scheduled appointments, and walk-ins. During a walk-in appointment you can just go in if you need someone to talk to. The first scheduled appointment is a client intake, this involves gathering family history, demographics, and medical history. From there you will work with your counselor to find a course of action.

The Counseling Center's services are free for students. Martin says, "I wish more people knew about the resources and care we offer here free of charge." Each student can have up to ten counseling sessions a semester, this does not include walk-in appointments. The counseling center also offers group therapy and couples therapy.

To schedule an appointment with Martin email her at bowen162@live.marshall.edu or call the Counseling Center at 304-696-3111. Martin offers in-person appointments Tuesdays, Thursdays, and Fridays and is virtual on Mondays and Wednesdays. In-person sessions are in the Counseling Center on the first floor of Prichard Hall.

Marshall University offers 24-hour Crisis Counseling. To assess the crisis Counselor, please call 304-696-2550.

PREPARING FOR GRAD SCHOOL

By Cassidy Jordan

Many students in the Honors College and outside of the Honors College are not stopping their education after a bachelor's degree. Many students seek post graduate programs, whether it be for medical school, law school, PA school, or seeking out a master's or PhD in their desired field.

For many students, the most intimidating part about grad school is the application process. Taking tests like the MCAT, LSAT, and GRE is a scary thing. Studying for these tests can be nerve-wracking, and a source for anxiety, even convincing some students to not even try for grad school because they become intimidated by these tests. Luckily, there are some tips for applying to grad school, as well as resources and some words of encouragement from a current grad student.

Marshall offers several graduate degrees and certificates. To apply, the student seeking the degree must look over the graduate admission requirements, and then fill out the general graduate application form, as well as provide any documents or test scores needed for their intended program. Some programs require test scores like the GRE, and some do not. To check, look on your intended program's page on Marshall University's website, and look at the program requirements.

If you are not seeking to attend grad school at Marshall, it is still a good idea to go to that school's website and look at their graduate requirements. Make sure you have all the information they require, and the test scores needed. It is a good idea to do this research early in your senior year, or even in your junior year, in case you need to take any tests like the GRE or LSAT.

It is also a good idea to look into grants and scholarships offered for graduate students, as well as opportunities to be a Graduate or Teaching Assistant.

Heather Martin is a Marshall alumnus and a current student in Marshall's Physician Assistant program. When applying for grad school, she said "I knew I wanted to stay at here for grad school. I had been dreaming of becoming a Physician Assistant for years and was so hopeful to get to stay in Huntington." Martin says applying for grad school is "very competitive and nerve-wracking but knowing that I could stay at Marshall was a breath of fresh air."

When asked to what advice she has for students applying for grad school, Martin said, "would say embrace your strengths. You will spend hours perfecting your personal statement and cover letter to make sure it is perfect, but make sure that it is true to you. Grad school needs all kinds of people and what makes you stand out is exactly what makes you the perfect candidate."

While applying for grad school can be stressful, there is a lot of information out there to help you prepare and apply. Just follow the steps, read the requirements carefully, and most importantly, take a deep breath. For more information, visit Marshall's website for graduate studies.

<https://www.marshall.edu/admissions/graduate/>

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