

Marshall University

Marshall Digital Scholar

Honors Oracle

Honors College

12-2023

The Honors Oracle, December 2023

Honors College

Follow this and additional works at: <https://mds.marshall.edu/oracle>



The Honors Oracle

A newsletter of the Marshall University Honors College

****FINALS WEEK EDITION****

Ways to face the finals fatigue

by *Nolan Duncan*

As the semester nears its end, the campus enters its final phase. Finals are here and the pressure is on. As Honors College students, we must maintain a specific GPA, alongside completing the program's extra courses. This can lead to overexertion.

Especially for freshmen, this may be

a new experience. High school did have finals to some capacity; however, college is a whole other ballgame. However, there are ways to manage your stress.

There are numerous resources provided by Marshall University. There is a Wellness center in the Student Center. Furthermore, on the first floor, there are massage chairs. There

are also therapists on campus that you can meet with and schedule appointments for. These resources are included in your tuition. Also, if you are experiencing health issues concerning fatigue or other symptoms of stress and these issues persist or worsen, visit the Student Health Center located within Cabell Huntington Hospital.

The campus has

many locales that can serve as quiet spaces to relax or study. Furthermore, a walk around campus is an optimal way to take a break, and still process things. Even walking on the treadmills at the Rec can help with your mental health. Working out in general has proven mental health benefits.

The third recommendation is to carve

out time for yourself. Make time to spend with friends. The campus has many activities you can do with others. If you need to step away from campus, then take your friends with you to Pullman Square. Go out to eat or take a walk around Ritter Park.

One could also pick up a hobby. Having

Jump to FINALS, P2

FALL 2023
ORACLE STAFF

Executive Editor:
Ryann Province

Reporters:
Alissa Davis
Nolan Duncan
Morgan Goldsberry
Maria Ramey

Faculty Advisor:
Cara Bailey



First-gen student determined for degree

by *Ryann Province*

At the Honors College, we host a variety of students from a variety of backgrounds and experiences; from transfers, to legacies, to even first-generation students, like Honors Student Erik Cochrane.

Cochrane, a sophomore chemistry secondary education major, is not only the first



Erik Cochrane

in his family to attend Marshall, but is working toward becoming the first in his family

to complete a four-year degree.

“Although it is sometimes a challenge because my family cannot relate to my college experiences,” he said, “I am determined to set a precedent in my family moving forward.”

He describes Marshall University as pivotal in this journey, describing Marshall as “the agent by which [he is] able to achieve [his] goal.”

“Being a first-generation college student, especially in the Honors College, has been a great privilege in my life,” Cochrane says, “it has planted a desire in me to complete my undergraduate degree with distinction.”

Cochrane describes the Honors College as supportive of his academic endeavors, say-

Jump to FIRST, P2

Honors student finds service through SGA

by Alissa Davis

The Marshall Student Government Association presents a wonderful opportunity for students on campus to get involved and connect with many facets of campus life. Although I am currently engaging in the SGA Apprenticeship program, you would benefit the most from hearing from a voting member. Enter Blayde Pinnell, an SGA Senator in the College of Health Professions.

I asked Pinnell what his involvement in SGA had provided him, and he replied, “SGA has brought me to my Marshall Family. I’m three hours away from home, and I wanted to get involved in something for the greater good,



Blayde Pinnell

and that was Student Government.”

In speaking of his involvement outside of SGA, Pinnell has devoted much of his time to his peers, saying, “I am also involved in the Honors College Steering Committee, where I work with all of the members to do things within the Honors College and to better the experience.”

Service has been an echoed topic of conversation here at the Oracle, as we understand that many readers may need some direction as far as how and what to get involved with. Some readers may feel a bit anxious or lonely on campus, and some of you may have found your bedroom, wherever that may be, has become a little too comfortable during free periods this semester. The best way to get involved is through getting involved on campus. SGA consistently provides avenues of volunteerism, seeking input and discussion of initiatives created to better the campus.

Each SGA member values service.

Blayde regards service as “giving back”; he adds, “In my life I have been very grateful for everything I have, and Marshall has given me so much in a short time. I want to give back to my Marshall family.” When asked about his favorite activity he has participated in as a member of SGA so far, he replied, “Back in the Spring, the SGA adopted a highway stretching from Corbly to Dunkin’, and we had our first opportunity to clean it. It felt good to clean it and make the campus and our community trash-free.”

When asked what avenue of service we recommend most highly, you’ll find that both Blayde and I will both promote SGA;

however, no matter what you choose, make it something that engages you. When you are present and live in the moment, if you are truly involved in something you care about, you will never feel lonely. SGA connects you to several avenues of opportunity, and potential lasting bonds.

If you are interested in getting involved in SGA, visit HerdLink and check out the different application opportunities. If you are a sophomore or greater, you can apply to be an At Large Senator. But if you are a freshman, you have the opportunity to ease into SGA with the Freshman Apprenticeship, which also has an application.

FINALS

something to take your mind off things is great. It also gives you something to look forward to between study sessions. Reading, gaming, walking, and more. The possibilities are endless. If you feel your hobbies are causing even more burnout, then learn a new one. Try sewing,

knitting, or model kit building. Good budget options are paper plane making, origami, and the no-internet dinosaur game on Google.

Finals are stressful. Remember that everyone is struggling to some extent. Try to show kindness and empathy to those around you and yourself. It will all be over soon!

FIRST

ing “There are many advising opportunities to ensure my path is effective in reaching my goals,” he says, “the courses offered by the Honors College have allowed me to develop various interdisciplinary soft skills that will undoubtedly be very beneficial in my professional career.”

In addition to being a

first-generation student, Cochrane serves as a senator for the College of Liberal Arts in the Student Government Association and is a member of the Don and Doris Ferguson Class of 2026 in the Society of Yeager Scholars.

As a Yeager Scholar, he serves on the Board of Scholars; a student-led change agent in the Society of Yeager Scholars.

In closing, Cochrane expressed his appreciation for Marshall University. “Marshall has provided me with countless opportunities to get involved on campus,” he says, “and find new, lifelong friends.”

If you are a first-generation student interested in receiving additional support from the university, reach out to your advisors through the Honors College.

Embracing Diversity: A Journey into Culture

by *Maria Ramey*

Welcome back to the third and final part of our Honors College Diversity series. In our last two editions, we met three students, Sage Sigdel, Smara Sigdel, and Asha Bora. In this edition, we have Honors College student Elizabeth Campbell here to talk about her cultural identity as a member of the Russian Orthodox Church.

Elizabeth (Ella) Campbell is a first-year honors student double majoring in music and creative writing. That alone makes her unique,



Elizabeth Campbell

but just wait until you hear about her special culture!

Her Russian heritage comes from her mom's side of the family, who is actually not from Russia, but from Kazakhstan. Although Ella is Russian, not Kazakhstani, she explained how this happened: "One of my great grandfathers left

Russia during the Soviet period and settled in Kazakhstan, where a large community of Russians formed after the revolution."

Now what about Ella's father? While he doesn't have a Russian heritage, he is a priest in the Russian Orthodox Church and takes part in all their traditions.

Resources on Campus

Marshall offers many resources on campus for students of all backgrounds. Diversity is encouraged, and if you ever need something, you can

count on Marshall to be accommodating. For Ella, there is one accommodation that comes in handy: University excused absences. In the Russian Orthodox Church, religious holidays occur often. As a result, it is sometimes necessary for her to miss classes to observe these events. Religious holidays are a part of Marshall's excused absence policy and can be easily requested from student affairs.

Goodbye for now!

Even though this is the last edition for the semester, the journey

of celebrating diversity doesn't end here. We encourage you to go out and meet students, learn about their cultural backgrounds and share your own. Culture is such an exciting and unique thing, and it is important to learn about and celebrate not only your own culture, but others' as well!

As mentioned earlier, Marshall offers university excused absences for days of religious observance. You can find more information about this accommodation here: <https://www.marshall.edu/student-affairs/excused-absence-form/>

Federal Work Study: What is it and how do I apply?

by *Morgan Goldsberry*

You want a job on campus, but do not know how it would work with your class schedule? Federal Work Study might be perfect for you!

A Federal Work Study is a need-based, on-campus position determined by both your FASFA and the unmet need from your financial aid budget.

As with any job, there are some eligibility requirements. To be considered eligible for

work study, you must have at least a few thousand dollars left in unmet need. If you do not know whether you do or not, all you would need to do is stop by the Financial Aid Office in Old Main Room 116 and ask about your unmet need.

Once eligibility is established, you will need to go to <https://www.marshall.edu/sfa> and click the "Forms & Applications" tab. Beneath the "Student Employment" heading, you will find the Federal

Work Study Wait List Form and Preference Form. By filling out and submitting these forms, you are letting the department know that you want to be placed as a work study on campus. Once submitted, the Director of work studies and financial aid advisor, Jennifer Jimison, in Old Main Room 120H, will try to find a placement that works for you. However, placements are not always guaranteed. If there are a lot of students applying, there

may not be enough open positions for everyone on campus.

Once you are placed, you will be directed to the HR department in Old Main Room 207 to complete an I9 form. To do this, you will need to bring your driver's license and a birth certificate, social security card, or federal passport. Once you finish this process with HR, they will direct you down the hall to set up direct deposit for your paychecks (yes, dear readers, be-

ing a work study gives you an actual paycheck which you can use to pay for college, save for your future, or spend in whatever way you please).

Once everything is set up, your new supervisor will reach out to you about when you can start working.

If you have any questions about this process, you can email the Financial Aid Office at sfa@marshall.edu, or you can email Jennifer at jennifer.jimison@marshall.edu.