

# LAURUS HONORUM

“Honored with the Laurel”

Volume 2, September 2010

Honors Students take off for  
summer adventures!



# WELCOME



## A Word From The Director



Greetings from East Hall! We are well into the Fall semester, and it has been the usual exciting rush as the new students moved in last month and the returning students came to gush about their summer escapades. In this issue of the Laurus Honorum

we are focusing on those adventures, with great pictures from trips to Bulgaria and China, stories about scientific research ventures, and a peek into a master flute class experience. These are some of the myriad exploits of Honors students over the summer – oh, and there is a faculty summer report in here, too!

You will also get to meet our new intern, Virginia Trovato, and get caught up on the AIM High activities for the Fall, thanks to the Prestigious Scholarships Program graduate assistant, Ashley Whitten. The PSP office is also very busy with applications for the Fulbright, Mitchell, Marshall, and Rhodes Scholarships, and other scholarship deadlines are looming. Dr. Wheeler has been up early and late helping students prepare for these opportunities, and the students have been learning how the process itself can help focus and refine one's ideas about graduate school and the future.

Also highlighted in this issue are two Honors athletes and some events, such as the Vanguard Knighting. There are a few alumni stories and a reminder of the upcoming Freshmen Family Picnic. This will be the third annual "Picnic" (held inside in deference to mid-October weather!), and we are looking forward to hosting the families of our freshmen for lunch on the Sunday of Family Weekend in Legends.

The next issue will wrap up this semester with news of graduation, theses, and more faculty and alumni stories, so come back again in January to see what's new in Honors at Appalachian!

## Faculty Guest Lectures in Europe



Honors Faculty member Thomas McLaughlin (Professor of English & First Year Seminar) taught this past Summer at the European Graduate School in Saas-Fee, Switzerland. He served as a writing consultant and led writing workshops to students in the Expressive Arts Therapy program. This program brings together artists in every medium and from all over the world to study ways to use the arts in enhancing personal, professional, social, and political health. McLaughlin's writing workshops encouraged these artists to reflect on the role of their creative practice in their work and personal lives. He also lectured on "Reading as Expressive Practice," and all of this informs his teaching of the Freshmen Seminar course "Creative Life and Practice" (Honors version of FYS) this fall. It is faculty like Dr. McLaughlin who set the standard on engaged teaching and practice for Honors.

# RESEARCH



**Grant Canipe and Meghan Kusper in NCRC**

While Delvon Blue was examining the effects of stress on the brain in a lab at MIT this summer (see LH #1), Grant Canipe and Meghan Kusper were in Kannapolis at the NC Research Campus working with Dr. Amy Knab of the HLES Department. They were studying the effects of caloric restriction on the amount of voluntary exercise in mice, and they learned how to perform RNA extraction and reverse transcriptase polymerase chain reactions (RT-PCR) to determine changes in gene expression in the brain and hindlimb muscles. Their work has been submitted for presentation, and they are both keen to go back next summer to continue the project.



**Lindsey Shapiro Studies Memory**

Just down the road a bit, Lindsey Shapiro was working with Dr. Julio Ramirez at Davidson using the 8-arm radial maze (pictured here, Lindsey on the left) to test the spatial memory of rats. Lindsey is a sophomore Biology major who plans to go to medical school after college. She is also a reviewer for the journal IMPULSE and seems to be leaning towards all things neurological!

Meanwhile, out in Memphis, Cori Rogers spent her summer in the Pediatric Oncology Education Program at St. Jude's Children's Research Hospital. Her success there has already led to an invitation for her to return and continue her research next summer. While all of these students came to ASU with pre-medical intentions, don't be surprised if one or two don't head back to the lab for careers more focused on curing diseases than treating them.



**Cori Rogers at St. Jude's**



## Cara Lewis, Masterclass with Swedish Flautist

So, what does it feel like to win a spot in the annual flute performance masterclass with a world-class flautist? Just ask music major Cara Lewis. She competed at the Wildacres Flute Symposium in June 2010, where she auditioned for a chance to learn from Swedish flautist, Goran Marcusson (shown in the photo with Cara). She also performed a recital during the week-long event, honing her skills as a performance artist with some of the best flautists in the world. Since about 15% of the School of Music students are also pursuing University Honors, there will be more music reports in the future!



### Honors Welcomes First Intern!



A graduate student in the Higher Education Administration program at ASU, Virginia Page Trovato has joined the College for the year to fulfill her internship requirement for her Education Specialist degree. Ms. Trovato also works full time as an Assistant Director in the Career Development Center, but will be working in the College 4-5 hours a week on two projects of interest: 1) helping promote honors program development in neighboring community colleges, and 2) creating a model for general advising of students needing help in choosing their major, thesis topic, and subsequent career path. She has already put together a packet of resources and information on honors in community colleges that she helped present at a meeting with Wilkes Community College administrators, and her contribution is certainly being felt here in Honors. Welcome, Virginia!

## Vanguard Knighting



It was a somber and moving ritual – OK, so not really, it was a fun and sort of silly event where the new cohort of the Honors Vanguard were “Knighted” and initiated into their roles as the newest members of the Vanguard. Honors counts on these volunteers to meet prospective students, help represent Honors at University events, and generally support the mission of the College. Shown being knighted is John Schwabe, a Junior Biology major and pre-med who is a member of the IMPULSE journal’s review team and founder of ASU’s chapter of Epsilon Tau Pi, the Eagle Scout fraternity.



# FRESHMEN



## Move In Day

East Hall residents moved in with boxes, fans, furniture and more on the weekend of August 21 and 22, 2010. Volunteers from around campus and the community, including the Appalachian Honors Association!, arrived to “lend a hand” to incoming freshmen and their families. Move-in weekend is always a great time of year for students as they get to know their roommates and learn more about campus. East Hall, led by the RAs and Resident Life Coordinator, successfully helped over 370 students move in to start the 2010-2011 school year.

## Orientation Dinner

On August 22, 2010, Dr. Jones and Dr. Wheeler of The Honors College gave last minute advice to the incoming freshmen class. Students enjoyed a pasta dinner in the New Cafeteria and had a chance to meet all their fellow Honors classmates and Honors College Staff. The Honors Orientation Dinner was a huge success for all involved and we are looking forward to helping these students as they kick-off their academic careers.



## Freshman Family Picnic

Parents and Families of freshmen check your email! We have sent out an invitation for our 3<sup>rd</sup> annual Honors Freshman Family Picnic on Sunday, October 17, 2010. Join us for a picnic in Legends and meet your freshman’s honors faculty members. We look forward to great food and great fun!

# GLOBAL HONORS



## Chase in Amsterdam



It may seem unusual for an undergraduate, but Chase Francis has become a bit of a conference professional. Last year alone, he presented twice, once at the Society for Neuroscience annual meeting in Chicago, and then at the Southeast regional neuroscience meeting, SYNAPSE, in Wake Forest. This past July he flew to Amsterdam, The Netherlands, to present a poster at the Federation of European Neurosciences conference on scientific writing and publishing as enhancements to laboratory learning. Chase, a senior Psychology major, also studies how environmental enrichment can reduce the damaging effects of seizures in the brain in Dr. Mark Zrull's lab, and plans to go to graduate school in neuroscience. In the meantime, he will be going to San Diego in November to present two posters at SfN, again, and continues to serve as the Executive Editor of IMPULSE, an international, online journal for undergraduate neuroscience publications.

If doing research, presenting at international meetings, and serving on a journal editorial board sounds more like what a professor would do than a student, you are right, and welcome to Honors at Appalachian!

Senior Lauren Large is making an impact around the world. "Looking back on my years at Appalachian State, I found that the root of who I am and who I want to become all stems from my involvement with the Appalachian and Community Together (ACT) Office." The ACT Office is the community service office on campus, and ACT does pretty much everything: plan and implement all university sponsored community service events (Dance Marathon, the Blood Drive, MLK Challenge, etc); assist in the development of Service-Learning courses; help students commit to service through NC-ACTs, Graduation Pledge, and the Citizen Scholars Certificate; plan Alternative Spring Break (ASB) trips, and so much more! To fulfill her international education requirement, Lauren traveled to San Miguel Centro, a village tucked away in the jungle of Panama, and also led an Alternative Spring Break trip to Cruz Verde, a small community in the beautiful Dominican Republic. Lauren says, "I could write an entire book about how these two trips have changed who I am and how I see."

## Lauren Large in the Dominican Republic





# PRESTIGIOUS SCHOLARSHIPS



## PROGRAM

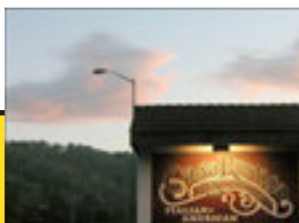
### AIM High Meeting



On August 31, AIM High had it's first meeting of the year. While chowing down on a dinner of turkey and roast beef, students were welcomed by Dr. Dale Wheeler, the director of AIM High. Although these students are only sophomores, Dr. Wheeler explained how important it is to start preparing for graduate school, or life after college, now. The next AIM High meeting will be on October 6<sup>th</sup> at 6 pm in the Price Lake room. Topics will include scholarly activities and faculty mentors, with Dr. Zrull and Dr. Utter as guest speakers.

### The PSP Update

The Prestigious Scholarship Program (PSP) is excited to announce that they have several students applying for national scholarships. There are two students interviewing for a Fulbright scholarship. One student is hoping to go to school in Scotland, and another student wants to teach English in Vietnam. We have a student who is showcasing his academic and athletic achievements in his application for the Rhodes scholarship. We wish everyone who is working towards a scholarship the best of luck!



### APPetite for Life

APPetite for Life dinners were launched this year with students from Natural Life studies. These students met with Dr. Lynn Siefferman and Dr. Mike Gangloff (Biology Dept.) for dinner at Casa Rustica. Students talked about preparing for graduate school and different types of research available for them. One student notes "Lynn Siefferman typed us up a sheet about tips for applying to graduate school that was really sweet and helpful. She and Mike were so helpful in answering questions and giving advice about ways to get involved in research. They were knowledgeable, but enjoyable. I really liked everything!" Next we have dinners for Business and Humanities students.

Appalachian Honors Association (AHA!) wants to remind everyone that all Honors students are automatic members of AHA! Upcoming events for October include a Spring Course Preview night with Honors faculty, Homecoming activities with East Hall, and the popular Dorm of Doom! AHA! is a great way for Honors students to meet other Honors students and participate in educational programs, working together on community service, and social events!

# ADVISING



## Spring Courses



Dr. Michael Lane's HON 2515 Course

It is another stellar line-up of HON courses for next semester! Some old favorites are back again (“Love & Death,” of course!), but there are some great new offerings for the University Honors students to consider. Dr. Dickinson is teaching “Experimental Behavior and Economics,” while Creative Writing Professor Joseph Bathanti (author of “East Liberty,” “The High Heart,” and “Coventry,” among others) is teaching a course on the “Black Mountain College” story. Dr. Victoria Cox from Foreign Language and Literature will be examining Argentina through the prism of culture (“Argentina and the Tango”), while new-to-Appalachian Education professor Dr. Julie Brooks will be offering “Ecology of Learning.” This is just a sampling, so check out the listing before you exercise your priority registration. Oh, and if you are 21 and preparing to graduate, you might consider Dr. Seth Cohen’s “Wine Production Principles,” a new Honors offering this spring!

## Advising Coordinator Tips

### Tips for Students:

- Make your advising appointment early!
- Come prepared to discuss potential major
- Have a list of classes ready



Angela Mead, Honors Advising Coordinator, with Honors student Sierra Asken

“What do you want to be doing 10 years from now?” This is the question we typically ask of all new Honors students. College is about far more than just 8 am classes and playing frisbee with friends on Sanford Mall, although those are an important part. College should also be a time where students find out what they are good at and what they enjoy doing. As Honors advisors and academic mentors, our role is to help guide students towards courses and majors that they might find interesting based on their long-term life goals and plans. We meet with students regularly and provide guidance and support as they explore their options in college. We know the majors and myriad resources available to students, and can help them to make choices or to find help when they need it. Whether students know yet what to major in or their career plans, Honors advisors serve as mentors and encourage students to become involved in the activities, such as involvement in scholarly research, travel opportunities and clubs and organizations, that will help them to reach their goals.





# HONORS ATHLETES



**David Towarnicky**

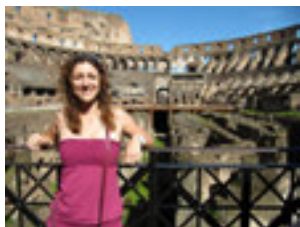
David Towarnicky is used to getting press; he has been an ESPN Magazine First Team Academic All-American as a Senior (Third Team as a Junior), he was recognized by the Wall Street Journal, receiving its Student Achievement Award, and he was the cover story for the 2010 Walker College of Business Leaders Magazine. But we thought we would just brag about this University Honors, double major (Finance/Banking and Risk/Insurance Management and International Business Minor) and give him another clip to show his family! He played first base for ASU all four years, and was the team captain this last year. He is now wrapping up his college career with a last semester (Chancellor's list every time) and plans to study Economics in graduate school so he can change the paradigm on ending poverty by creating models of lending that by-pass cultural and local banking limitations.

**Anna Gannett**

Chancellor Scholar Anna Gannett loves to run. A freshmen from Massachusetts, Anna runs for Cross Country and the ASU Track Team, usually competing in the 5 K and the one or the two mile for track. She says that the workouts are difficult, but her running is improving and she finds it helps to keep her focused when she goes to do her homework. So far, the balance of track and school has been working, and she is enjoying her classes and the many new friends she has made through both.



# INTERNATIONAL EDUCATION



## Sarah In Rome

In June, Honors student Sarah Pollard traveled with a group of 14 other students and two faculty members to learn more about philosophy and religion in France and Italy. She spent three weeks abroad and experienced new environments, cultures, languages, and foods. While in Rome, Sarah attended the opera, “Madame Butterfly” and also went to the Vatican to see the Pope deliver mass. After going on the trip, she “can’t wait to go again” and is very confident that she could “go and travel by myself anywhere.”



## Michael Cutshall

Over the summer, Michael Cutshall connected with a Bulgarian friend and went to explore the country from a local’s point of view. He camped by the Black Sea and other lovely places around the countryside of Bulgaria. It was a broadening experience and has motivated him to visit other countries in order to experience the different cultures and “all the amazing things the world has to offer.” Michael’s medical school ambitions may lead him to a career that combines his love of travel with an international medicine practice.

## Kelsey Adair and Noah Goodson’s Summer in China



Kelsey Adair’s favorite part of studying abroad is meeting people. This past summer Kelsey went to Zhejiang University in Hangzhou to study Physical Chemistry and was able to meet a new best friend, Riggy, who is also a Chemistry major on the path to medical school. Kelsey learned that there are some marked differences between life as a Chinese pre-med, but the similarities were more striking: the Chinese students have a similar fashion style and love Lady Gaga just as much as young adults in the U.S. And both Riggy and Kelsey had major tests to stress over: the college entrance exam for Riggy, the MCAT for Kelsey. For Kelsey, getting to talk to people from around the world and learn things that you cannot learn in a classroom or from a textbook was invaluable. She says “you can learn about different cultures while taking World Civilizations, but

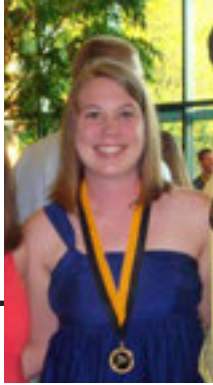


you would not learn that college students in China are really not any different from college students in the United States.”

Meanwhile, much further inland in the town of Chongqing, China, Noah Goodson was teaching English and culture to Chinese Medical students at Chongqing Medical University. He learned about their rich cultural heritage while also doing some research on Traditional Chinese Medicine, which is ancient naturopathic medical wisdom that plays a significant role in Chinese medical practice today. Great work, Noah, and 乾杯!!



## Heather Wiles' Thesis used in class at WKU



Alumna Heather Wiles graduated in 2009 with University Honors. Her thesis entitled “Controversy, Censorship, and Children’s Literature” was a website that described banned books and how they can be used within the K-5 classroom. Her thesis was recently used as a reference by faculty at Western Kentucky University for education students. Since graduating, Heather is working towards a Master of Arts degree in Elementary Education at Eastern Carolina University.

## Anna Smith and Amnesty International



Anna Smith, Center, with two Amnesty International interns.

As a recent graduate of ASU’s Honor’s Program, Anna Smith is now working for the largest human rights grassroots organization in the world: Amnesty International. With over 2.8 million members, Amnesty undertakes research and action to end human rights abuses worldwide. Anna majored in Spanish and Political Science, and completed an Honors Thesis Project that included a presentation and series of visuals for Middle School classrooms on the history, culture, and modern conflict in Afghanistan. In the spring of her senior year, she participated in the ASU Washington Semester Program, and considers it a “life changing” experience. Passionate about human rights and advocating on behalf of those who cannot advocate for themselves, Anna secured an internship with Amnesty International USA’s Counter Terror With Justice Campaign. At the end of the internship, Anna was offered a position in AIUSA’s Human Resources Department as the Internship Coordinator. Specifically, her work includes managing an internship program with over 60 interns between the DC and NY offices, preparing intern orientation and events, recruiting at universities and online, and working with supervisors to enrich the internship experience. As her job is temporary, Anna hopes to continue her education next fall by pursuing graduate studies in international conflict and poverty, leading to a career in international humanitarian efforts.

# DONORS



## Honors Gives Coffey Bricks to Donors



Do you remember Coffey Hall? Starting June 1, 2010, Coffey Hall demolition began and, currently, Coffey Hall is only rubble and bricks. This construction is in the first

stages for the new Honors Residence Hall and Honors College home. We are getting excited for the proposed 2012 opening of the new Honors facilities. Fortunately, Honors has acquired some bricks from the old building, and we will be giving away these bricks to any interested donors to The Honors College. Coffey Hall stood from 1953 until 2010 and housed the Honors Program until 2004. If you would like a souvenir of your time in Coffey Hall, please consider making a donation to Honors, and you can have a piece of Coffey for your home!

To donate to Honors, go to <http://www.give.appstate.edu> and click on Give Online Now. Once you enter an amount to give, click on Heltzer Honors Program or Heltzer Honors Program Scholarship Fund under "University College."

## Next Laurus Honorum Arrives in January!

The Honors College Newsletter

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