

BARRY UNIVERSITY HONORS PROGRAM NEWSLETTER

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HP GREETINGS

BY HPSAB CO-CHAIRS NICOLE RAFOLS AND JOHANIA CHARLES

Greetings!

November is usually one of the most stressful months of the semester. As courses begin to wrap up, and due dates begin to approach, most of us can't wait to go home for the holidays. There's nothing more welcoming than walking through the front doors and into the arms of your family and friends. We encourage you to keep that thought in the back of your head as you mule through the next essay or pull your second all-nighter for the week. Going away to college, whether it's across the Atlantic or just across the street, is a nerve-racking experience, and it's moments like these where we depend on our people and their wisdom the most. As the semester winds down, think of the insights you can share with your family back home, something they can refer to during difficult times. We urge our Honors students to reflect on their families and how fortunate they are to have them, whoever they may be. This Thanksgiving season reach out to those that warm your hearts and share your newfound knowledge and experiences with them. Show them how much their contributions mean to you and what you intend to do to fulfill them. HPSAB is thankful for our readers, our faculty, and our very own Honors students. We wish everyone good luck in the remaining weeks of the semester and a wonderful Thanksgiving.

NORTON MUSEUM OF ART

HP FIELD TRIP - OCTOBER 26, 2019



On October 26, the bi-annual Honors Program Field Trip was to the Norton Museum of Art in West Palm Beach. This was an incredible opportunity to get a glimpse of fine arts from many different eras, cultures, and styles. From walking in the front door to leaving several hours later, we were constantly curious to see what was in the next exhibit, and the next, and the next. The Type Writer Eraser (pictured to the right) is just the first of a prodigious exposé of all kinds of art. In order to avoid missing out on great opportunities like this one in the future, be sure to keep an eye on the Dates to Remember section, page 10.



Those in attendance, from left to right: Adriel Solórzano, Dr. Lawrence Byrne, Dr. Pawena Sirimangkala, Emma James, Walter MacWaters, Brianna Lopez, Heaven Laster-Torres.

HP STUDENTS PRESENTED AT THE FALL 2019 MINI-CONFERENCE ON TECHNOLOGY AND THE INTERPERSONAL



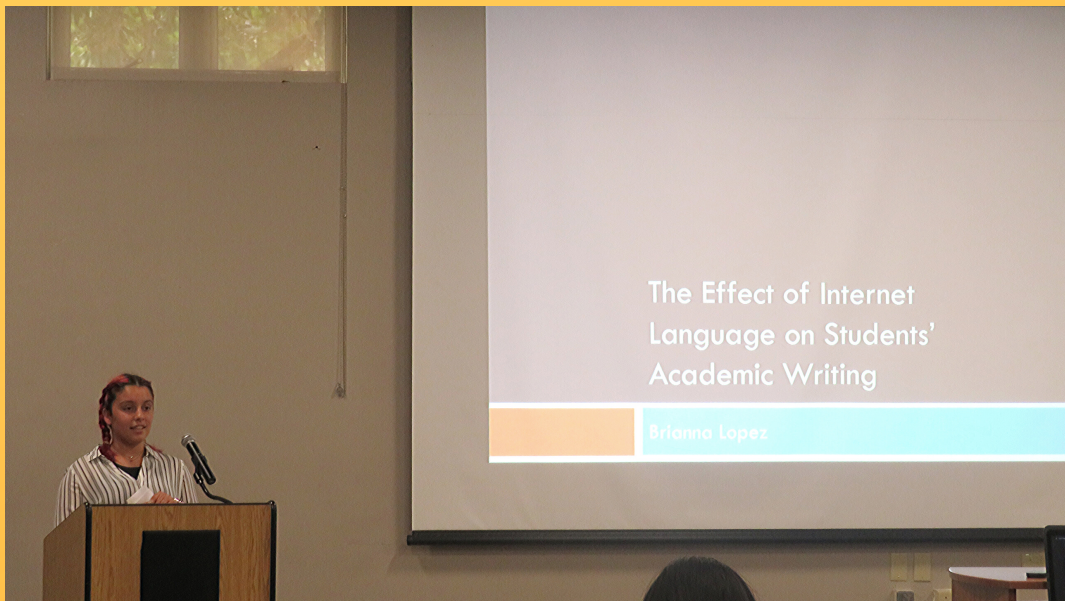
"Presenting at the mini conference was a really great experience because this was my first time presenting in front of a large group of faculty and staff." Johania Charles presented her paper on *Social Media among Female Activists*.



"Public outreach and advocacy is a phenomenal chance to learn and grow, and I feel very grateful to have gotten to speak to some of the brightest minds of Barry about a topic I feel is deeply important." Walter MacWaters presented his paper on *The Right to Privacy in a Modern Age*.



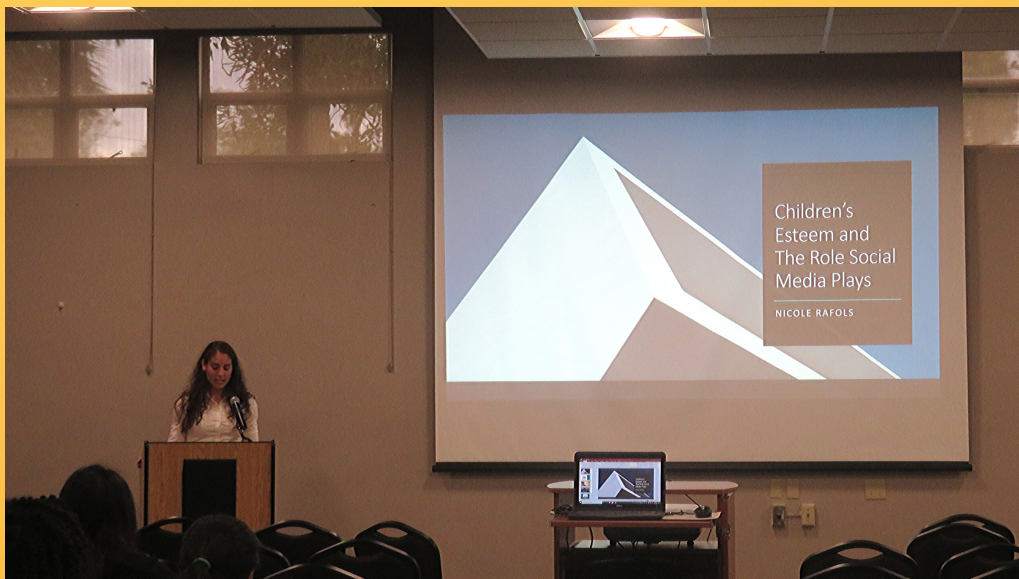
"The topics presented at the mini-conference were interesting, every session was very informative, and those who attended were engaged. Overall it was a success, and I am honored to have been a part of it." Emma James presented her paper on Social Media Algorithms versus Users' own Problem-Posing.



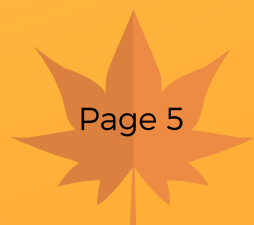
"The mini-conference was a great experience and allowed me to come out of my comfort zone, because I've never liked public speaking. The experience made me more confident in my public speaking abilities as well as furthered my research for my thesis." Brianna Lopez presented her paper on *The Effects of Internet Language on First-Year Student's Academic Writing*.



"I thoroughly enjoyed my experience at the mini-conference. The topics presented were very enlightening and all of the speakers did a wonderful job. I am very proud of my HPSAB counterparts and their participation in the event." The title of Michidael Ceard's paper was *Social media as Anthropological Tools*.



"[The mini-conference] was great practice for the professional stage; I was really pleased with the faculty and students asking questions." Nicole Rafols' presentation title was *Children's Self-Esteem and the Role Social Media Plays*.





The members of the first HP panel (Emma James, Johania Charles, Michidael Ceard) with Nina Escalante, a former HP member

The members of the second HP panel (Nicole Rafols, Walter MacWaters, Brianna Lopez) pose with Dr. Sirimangkala and Dr. Foreman



The members of the first HP panel (Emma James, Michidael Ceard, Johania Charles) with Dr. Banaji, student Kassandra Guerrero, Dr. Calvo-Peña, and Dr. Sirimangkala

ALUMNI NEWS

AN UPDATE FROM MAY 2019 GRADUATE ABIGAIL SOLÓRZANO

Abigail Solórzano gives the Honors Program students and faculty an update on her current life after graduating.

“Ever since I graduated, I can definitely say life has been good. I've been able to relax some and get caught up with some sleep that I lost during my senior year.

Thankfully, soon after graduating, I was able to land my first and current job as a Junior Editor in a non-profit organization



located in Miami, where I am the assistant graphic designer, photographer and social media manager. I spend most of my time doing work-related things, such as creating content for the social media accounts we have, editing photos or videos, and designing.”

Solórzano goes beyond her new career and talks to us about other opportunities she's had to explore.

“Since graduation, I've been able to travel back Nicaragua, as well as travel for the first time to Dominican Republic where I have been able to get into contact with other non-profit organizations in Dominican Republic, Puerto Rico & Venezuela to help with their social media presence, branding and content, as well as meet amazing new people.”

Solórzano believes she owes much of the preparation for her job and the real world to Barry and the Honors Program.

“Being in leadership roles during my time at Barry prepared me to cultivate a spirit of leadership and to continue being a leader now in my workplace. Also, by always having been surrounded by people, and organizing and preparing events for the Honors Program, it prepared me to be proactive, enhance my social skills, and learn how to work in teams.

The Honors Program helped with leadership skills, but the thesis showed me that I CAN accomplish things, no matter how difficult, tedious, or time-consuming they might seem. Having to work hard to complete the thesis on time prepared me to face things head-on without giving up. It prepared me to believe in myself and in what I am capable of.”

Solorzano has a special word of advice for the graduating HP students.

“You will get stressed. There is no way to avoid it, but always find time to give yourself a break. Allow yourself to breakdown. Allow yourself time to put schoolwork aside and give yourself some attention. You won't be able to go far if your brain gets fried.

In the end, everything else will work out. You will finish that thesis. You will walk that stage. You will be successful. Believe in yourself and in what you are capable of. Don't be afraid to ask for help, whether from friends, family or even professors. And don't forget to enjoy every single second of your last year at Barry.”

Abigail Solorzano leaves us with kind words, and a thank you to the HP faculty for all they did. “It was such an honor and a blessing having been a part of Barry's Honors Program and HPSAB. . .Thank you Dr. Sirimangkala for always believing in your students and for pushing us beyond our own limits. And to all the other professors and faculty, thank you for giving us students the opportunity to grow, learn and be involved.”

by Brianna Lopez



STUDENT SPOTLIGHT: HEAVEN LASTER-TORRES

What is your major? What would you want to do with it?

Hello everyone! My name is Heaven Laster-Torres and I am new to the Honors Program this semester! My major is Biology Pre-Medicine and I aspire to become a cosmetic dermatologist.

Where are you from?

I was born and raised in California.



Why did you choose Barry?

My mother attended this school and fell in love with it, so she encouraged me to apply. I fell in love with Barry myself because I love the idea of small universities. Moreover, Barry seemed like the best fit for me. Its mission statement really resonated with me, as well as its core commitments.

What made you want to join the Honors Program?

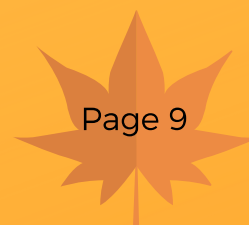
I am a very inquisitive person. I really enjoy learning new things, especially when they help me make sense of the world. As crazy as it may sound to my peers, I thoroughly enjoy school. I am constantly seeking out new learning opportunities, and rarely ever back down from challenges. Although my workload may be overwhelming, I aim to make as much use of every resource I have access to, and every day I attend Barry. I am so excited to have been accepted into the Honors Program and I feel extremely blessed to be a part of this small community.

Aspirations for the future and the program?

My goal is to become a cosmetic dermatologist. However, I plan to produce my own skincare line and manage a spa as well.



by Heaven Laster-Torres

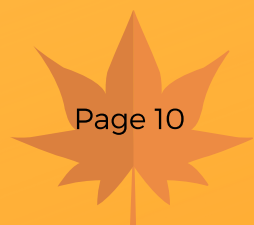


NOVEMBER DATES TO REMEMBER

Nov. 2.....	Dia de los Muertos
Nov. 3.....	Daylight Saving Day
Nov. 11.....	Veterans Day
Nov. 13.....	World Kindness Day
Nov. 15.....	National Recycling Day
Nov. 18.....	Mickey Mouse's Birthday
Nov. 20.....	Transgender Day of Remembrance
Nov. 21.....	GLS*
Nov. 23.....	International Survivors of Suicide Day
Nov. 25.....	International Day for the Elimination of Violence Against Women
Nov. 28.....	Thanksgiving
Nov. 29.....	Black Friday

Our HP Holiday Party will be on December 5th, at 3:00pm in Lehman 103. Join us for treats, games, and holiday spirit! We hope to see you all there dressed as the Christmas carol of your choice!

***more information on next page**



Honors Program Fall 2019 Guest Lecture Series

4-5:30 pm



**21
NOVEMBER**

Resiliency to Climate Change Through Art Forms:

**City of Miami Beach Misael Soto's "Sand:
Ampitheater, Theater, Arena" and "Flood
Relief" Projects**

Located in the Landon Events room. Please join the Honors Program in response to the United Nations Climate Action Summit 2019's call to develop ambitious solutions in two of the six areas: sustainable and resilient infrastructures and cities, and resilience and adaptation to climate impacts. Please RSVP to @psirimangkala@barry.edu by

November 12th

STUDY TIPS & THE DANGERS OF PLAGIARISM

As the semester comes to a close, finals draw nearer, and papers and projects begin to pile up, it is important to be aware of how we study and remind ourselves of the dangers of plagiarism. Study skills are very important to have and can often make college a lot easier. Here are some tips to help you make it through finals and end the semester successfully.

1. **Give Yourself Enough Time to Study:** Often times, students cram the night before of the day of which has been proven to be very unsuccessful for the majority of people. If you know when your test is, start studying a week before. Something as small as 30 minutes to an hour a day can go a very long way. Time management is always a great skill to have.
2. **Organize Your Study Space:** Think about what kind of spaces you feel comfortable in. Make sure that you are in an environment where you can focus. Get rid of distractions. Play background music. Whatever works for you, immerse yourself in a productive environment
3. **Join A Study Group:** While they don't always work for everyone, study groups have often been found to be quite helpful. It has been proven that explaining content to others helps you better understand and retain information. There might be someone who understands more and can better explain things to you. Just make sure to always make sure you surround yourself with productive people.
4. **Take Breaks:** The brain is a muscle that also needs its rest. Studying for long periods of time can often make a study session unproductive. Make sure to give yourself a regular breaks, even for a few minutes at a time. Simply walking around for a few minutes can be very rejuvenating and help you re-focus
5. **Snack On Brain-Food:** The brain also needs fuel so it is always a good idea to keep a few nutritious snacks nearby. While caffeine and sugar are often appealing, they always lead to a crash which could cut your study session short and limit your productivity. Staying well hydrated and snacks like fruit, nuts, and yogurt and known to aid concentration and memory.

Not only is it important to know how to study but it is also important to be aware of the dangers of plagiarism. Plagiarism is a very serious issue in college that can have detrimental consequences. Plagiarism is the act of taking someone else's words or ideas and passing them off as your own. Citing information and putting things in your own words are key solutions to avoiding this problem. Simply changing a few words or rearranging a sentence is not enough. Don't risk your education and reputation. Take the time to put everything completely in your own words. Hard work always pays off.

by Arin Blake

HONORS PROGRAM REQUIREMENTS

- Enrollment in Barry as a full-time Undergraduate (12 credits per semester minimum)
- Maintain a minimum cumulative GPA of 3.5
- Take one Honors Program course each semester
- Attendance of a minimum of two Honors Program events per semester

Junior and Senior Thesis Requirements:

- Enrollment in HON-479H
- Attendance of Thesis Orientation
- Defense of Thesis one month prior to Commencement

SPRING 2020 HP CLASSES

1st year students: HUM 199H-H1

*Your regular English class (ENG 112 or ENG 210) can be enrolled concurrently with HUM 199H.

2nd year students: ENG 358H-H1

3rd year students: HUM 300H-H1

*As a general rule, HUM 199H must be completed before taking HUM 300H

4th year students: HON 479H-H1

WHAT IS HPSAB THANKFUL FOR?



I am thankful for the love and affection of all my friends and family, as well as their continual support.

- Nicole Rafols

I am thankful for all the wonderful opportunities to grow that are unfolding before me.

- Walter MacWaters

I am thankful for my family and friends and getting through this semester successfully.

- Brianna Lopez

Although this semester has been quite a rollercoaster, I am most thankful to still be breathing and having the opportunity to accomplish my goals.

- Arin Blake



I am thankful for the experiences I've had and the people in my life who encourage me to be my best self.

- Emma James

As graduation day gets closer, I can't help but to be thankful for the opportunity to be in HP and serve on HPSAB. I appreciate all the experiences I've been afforded through the program and friendships made along the way.

- Johania Charles

