

April 2019

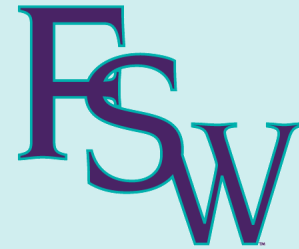
FSW Honors Scholar Program

A MESSAGE FROM THE COORDINATOR

The best part of my job as Program Coordinator for Honors is watching the synergy that results when bright, engaged individuals are brought together to inspire each other to think in unique ways. This year, Professor Ihasha Horn shepherded our first cohort of students through their capstone projects which all related to the theme of sustainability. While each of the students focused on individual interests in their research, they also worked together to make some significant changes on our campus. They started the Sustainability Club and revamped the garden behind the Collegiate High School on the Lee campus. They met with students taking a course in permaculture at FGCU who proposed several designs for an outdoor classroom on our campus which we hope will be brought to fruition in the future. They also presented their capstone projects at the Florida Collegiate Honors Council Conference in Orlando.

In a similar way, other HSP students translated their experiences in the program into meaningful and lasting contributions to FSW's culture. Inspired by Professor Housley's Honors class as well as her "Movies for Mental Health" event last fall, several of our students decided to attend the Mental Health First Aid workshop we hosted in November. The knowledge they gained from this experience motivated them to get more involved in activities designed to stop the stigma against mental illness. Two of these students joined the Mental Health Advocacy Council, another gave a powerful and candid talk about the strategies she has used to cope with mental illness as a college student, and others worked closely with Dr. Rebecca Gubitti and Professor Housley to start the Active Minds club to raise awareness about mental health issues. As I write this, several of these students are on their way to Washington D.C. to attend the national Active Minds conference in hopes of returning with fresh ideas about how to cultivate a more informed and supportive community of mental health advocates at FSW.

Please join us on Thursday, April 10th at 3:30 in J-103 for the Honors Capstone Presentations. This year's program is going to end with a special performance by music student, Elizabeth Heath, performing original music and spoken word poems she created for her capstone project. I hope to see you there!



Dr. Wendy Chase
Coordinator, Honors Scholar
Program

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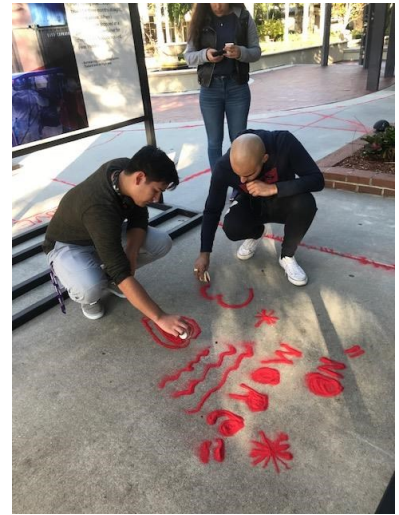
UPCOMING EVENTS

- Honors Capstone and Undergraduate Research Presentations: April 10th, J-103 at 4:00 PM.
- Beach Clean Up : April 13th, Bunche Beach at 8:00 AM.



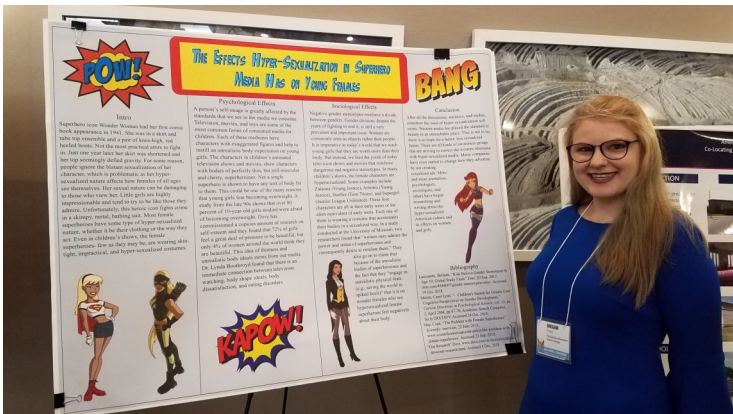
BOUGHT AND SOLD

Kay Chernush's photography exhibit "Bought and Sold" was on display during the month of January to bring attention to human trafficking. In addition, students participated in the Red Sand Project, hoping to highlight those who have been human trafficked and "fallen through the cracks".



FCHC CONFERENCE

Dr. Chase and Professor Horn led 7 students on a trip to Altamonte Springs, Florida to attend the Florida Collegiate Honors Council Conference.





Professor Housley

FACULTY FEATURE: PROFESSOR TERRI HOUSLEY

What is one idea from your discipline that you wish everyone could understand?

I would be delighted if everyone understood that psychology matters. How we think and behave affects the quality of our relationships, our lives, and the world at large. Engaging in a regular practice of getting to know ourselves opens the door to a lifetime of self-discovery and personal growth. Self-awareness, in the form of observing or noticing ourselves without judgment, allows us to more freely experience and shape our existence. When we gain a deeper understanding of psychology we are in a better position to cultivate compassion, empathy, and acceptance—expressions we can all benefit from giving and receiving. No one escapes the influence of psychology. How you think and how you behave matters.

What ideas are you currently obsessing over in your field of study? Is there any new research or ideas that you are particularly interested in right now?

Mental health! Mental health! Mental health! In the past year, my teaching has shifted significantly toward healthy living practices such as self-awareness, gratitude, acts of kindness, identifying values, and the most powerful tool of all, meditation. About a year ago Professor Heather Olson gave me great advice about starting and sticking to a meditation routine. She said, “WPM! Wake. Pee. Meditate.” I immediately heeded her advice and virtually every single day since then I wake, pee, and meditate...is that too much information? As far as research goes, my latest intrigue is with Brené Brown’s work on vulnerability, courage, empathy, and shame, as well as Catherine Sanderson’s research on mindset.

Did you always want to be a professor? If not, what led you down this path?

Nope, plan A was to become a Certified Public Accountant. I was working toward my degree for two years before I realized that a career as a CPA didn’t quite fit my personality. So, I did some soul searching. I was twenty years old; my form of soul searching was pondering which classes I enjoyed in high school and college. Needless to say, psychology topped the list. Actually, it was the only thing on the list. The field of psychology had always intrigued me, but I never thought of it as a career. I did some research on careers in psychology, and settled on Marriage and Family Counseling. I applied to a Master’s program in counseling, and to my surprise, felt a major sense of relief when I didn’t get accepted. Apparently, listening to people’s problems all day didn’t suit my personality, either. I was working in a restaurant at the time and shared with the hostess my woes about finding a career in psychology when she said to me, “Have you considered teaching it?” Her name was Sandy. Thanks, Sandy...this January marked my 19th year as a psychology professor, and I absolutely love what I do. Riveting story, I know.

INSIDE HONORS PSY 2012 WITH PROFESSOR HOUSLEY

In my honors Introduction to Psychology course, students delve into their own psychology—thoughts, emotions, and behaviors—and practice strategies that are designed to enhance the quality of their lives. During the semester students get to experience much of what they learn, and acquire knowledge and skills that will be valuable in their lives well beyond the course. In addition to exploring important concepts in the field of psychology, students are presented with opportunities to create healthy living habits, serve as conduits for positive change on a personal and social level, and discover productive ways to contribute to the world at large.

HARVARD NATIONAL MODEL UNITED NATIONS CONFERENCE

Dr. Baltodano's INR 2500 Model United Nations class participated in Harvard's 65th National Model United Nations Conference Feb. 14 -17, 2019. Thousands of students from 60 different countries worked in 25 committees. Through committee work, delegates engaged in substantive debate and worked with colleagues to draft resolution papers. FSW students served on the following committee: Disarmament and International Security, Economic and Financial, World Health Organization, and International Organization for Migration.



RAFAEL COLUMBIE

My name is Rafael Alejandro Columbie, I am a 23-year-old husband and freshly minted father who, after dropping out of college at the age of 18, got the crazy idea to go back to school to become a neurosurgeon; as if this would somehow be easier with a child, a wife, and a mortgage. My passion for healing others was awakened just over a year ago when I lost my right leg in a motorcycle accident. That night I surely thought my life would come to an end, but by some odd twist of fate, the gentleman who had struck me with his vehicle was a doctor. With his help and that of the group of medical professionals that saw to my wounds, I was able to continue my young life. While I was in the ICU there were two other young men (both approximately twenty years of age) who had also been brought in for motorcycle accidents; one lost both his legs, while the other lost his life. I consider myself fortunate. Thus, from that moment on, I felt compelled to devote my life to save that of others; for the memory of those of us who weren't so fortunate. But, sobering tragedy aside, I devote what time I have left outside of school and my family to martial arts, Jiu-Jitsu in particular; there is something oddly satisfying about besting my fellow two-legged humans in hand to hand combat (on the rare occasions that I do).

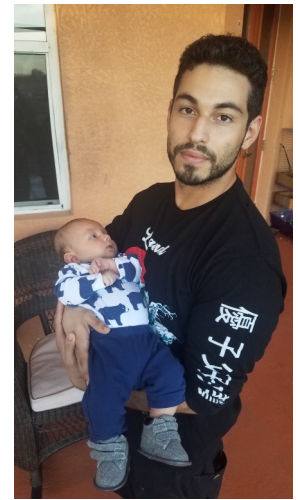
Has your involvement in HSP made a difference in your overall educational experience here?

Although I was apprehensive of joining the Honors Pro-

gram at first, by virtue of my age (silly I know, I am only 23), it has enriched my educational experience far beyond my greatest hopes.

FSW's honors program is a stellar example of excellence and passion, the likes of which I had not before seen. After only a few months into my first semester as an FSW Honors student, I was granted the opportunity to present at the Florida Collegiate Honors Conference, all graciously sponsored by the college. The experience was enriching beyond anything I could've hoped for. I, a former college drop out, now have a 4.00 GPA and a reignited passion for education and for what the future may hold. A future that seems exceedingly bright may I add, because only a few days ago I received a letter in the mail from Columbia University, inviting me to apply. This could not have been possible, had it not been for the resources, support, and genuine encouragement so generously provided by FSW's Honors Program.

To all FSW students, keep moving forward. See your educational endeavors through to the end, and be the change that you want to see in the world.



TYLER STRIDER

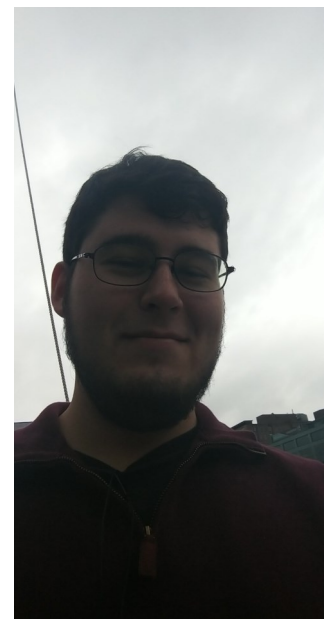
Has your involvement in HSP made a difference in your overall educational experience here?

The Honors Program has been extremely beneficial to my education. It gave me a second chance at taking my education seriously, something I didn't do in high school. It gave me opportunities like going to conferences, smaller classes, better access to grants and scholarships. Most importantly, Honors has given me confidence that I could go anywhere after FSW and every possibly is within reach.

What advice would you offer to all FSW students?

School provides more than homework and diplomas, and more than academic resources. The chance to network on a college campus is better than most oth-

er places; you can easily find someone that knows something you don't, someone that's farther along with the career you both share and definitely potential friends. Going to school, just for school won't help as much as you want.



The FSW's Active Minds Club will begin meeting after Spring Break on the 2nd and 4th Tuesday of each month at 3:30 PM. We will be meeting in U-220 on 3/12, 3/26 and 4/9 and then on 4/23 we'll be in J-117/118

JOIN FSW'S ACTIVE MINDS CLUB!

"Suicide is the second leading cause of death for college students," yet we continue to disguise our mental health issues due to the shame and stigma society has created. Active Minds, founded by Alison Malmon, is a nationwide, student-initiated club led by students, for students, to help smash the stigma behind mental health. After losing her brother to suicide, Alison wanted to ensure this tragedy did not strike again. She founded Active Minds as a way to "combat the stigma of mental illness and encourage students who needed help to seek it early." As students at FSW, our goal is to provide ourselves, peers, and friends with the resources and voices needed to overcome the stigma, shame, and guilt of mental illness. We want to ensure that mental health is talked about as easily as physical health. For the 20% of college students currently living with a mental health condition, for the 50% of us in our lifetime that will experience a mental health crisis, we will learn to normalize these conditions. As a member of Active Minds, your voice will be heard, understood, and reciprocated. Active Mind's members will have the opportunity to travel to conferences and meet fellow club members. You will be the voice for others and inspire them to come out of the shadows and seek the help they need. You will help our community by shining awareness on mental illness. It all starts with you - the student. We are here for each other, we are here for a reason, and we all deserve to receive help when we need it.



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