



the AMPERSAND

Volume 6 Issue 2

The November/December Issue

Did you know...*The Ampersand* is going **green**!
This issue is printed on 20% recycled material.



What's Behind the Special Collections Door?

The Legacy of the Atlantic Slave Trade



It's that time of year at UIC – tests and projects have begun to pile up, and the library is soon to become our home away from home. Rows upon rows of books, tables crowded with students; it might seem overwhelming. Everyone needs a little break from studying, so why don't you walk on over to the third floor special collections section at the library and have a look around?

Professor Nancy Cirillo's fascination with Caribbean literature led to an Honors College Core class, and the acquisition of hundreds of books documenting 200 years of history relating to the Atlantic slave trade. The collection includes 684 volumes dealing directly with the French, British, and American slave trade. The Richard Daley Library at UIC houses the Atlantic Slave Trade Collection, the only collection of Caribbean literature in Chicago, and one that is on its way to becoming classified as a world-class collection.



Professor Cirillo found out about this collection in 1995, and soon after it was brought to UIC. But now, instead of hiding these first and second edition books in the library, she has set up an exhibit to showcase the highlights to everyone: information about the slave trade, abolition and abolitionists, and the impact the slave trade had on the world. Through this collection, she hopes to open everyone's eyes up to the impact the slave trade had on not just one country, but the world as a whole. Take the time to look through this exhibit, and you'll walk away feeling educated and enlightened.

Mary Schuster, Freshman, Kinesiology

Greetings from Dean Bottoms

Dear students, Faculty Fellows, staff, and friends:

It was great to see literally hundreds of students, faculty, and staff at the HCAB luncheon last month. This event and others like it throughout the year illustrate a foundational element of the UIC Honors experience—the mentoring relationship between students and Faculty Fellows. Our Fellows’ commitment to student success is found in quality teaching and engaging scholarship, and it is the basis of the kind of intellectual friendships that create a true community here in the Honors College.

This issue of *The Ampersand* evinces the value of an Honors College experience throughout. For example, you’ll read about the very important exhibit and Honors Core class focused on the Atlantic slave trade created by Faculty Fellow Nancy Cirillo. And you’ll see that Lt. Governor Sheila Simon visited with four honors students in Faculty Fellow Leslie Fung’s laboratory.

There’s so much else going on, but we can’t cover it all with articles—for example, Provost Lon Kaufman will be leading an Honors Seminar on Leadership in Higher Education next semester. Also, seniors who are scheduled to graduate this December will be presenting their Capstone projects at the Honors College Research Symposium on November 29th. One-third of all Honors College undergraduates are engaged in research at any given time, another reflection of those faculty-student relationships mentioned above.

Come see me during my office hours each Monday at 2:30, or stop by and have hot chocolate with me on Thursday, November 29 at 11:00 a.m. to say hello, share your ideas, and tell me how your semester is going.

Good luck as we approach the end of another busy semester in the Honors College!

Table of Contents

Legacy of the Atlantic Slave Trade	1
Greetings From Dean Bottoms	2
Focus on a Fellow	3
Retrospect on Chicago Ideas Week	4
Chicago Ideas Week	5
Interning in India	6
Upcoming Events	
Lieutenant Governor Visits UIC	7
Honors College Academic Quiz Team	8
Honors Core Class Book Review	9
HCAB Update	
Capstone Update	10
Scholarship Update	
Exegesis on Diversity	11
Student Leadership Council	
Lounge Talk	12
Ampersand Board	
Ampersand Mission Statement	



Best wishes,

A handwritten signature in cursive script that reads "Betty S. Bottoms".

Dean Bottoms
**Dean, Vice Provost for Undergraduate Affairs,
and Professor of Psychology**

Focus on a Fellow: Dr. David Featherstone

After explaining the story of how he went from planning a career in art to his position in the Biological Sciences, Dr. David Featherstone said, “Academics have no self-control.” This is Honors College Fellow Dr. Featherstone’s moral.

Dr. Featherstone intended to learn graphic arts and special effects before entering the video game or movie industries. His timing was ideal: the field was growing, and the opportunities seemed endless. However, after taking a neuroscience class, he decided to knock on lab doors to see if he could get involved. Soon enough, he found the opportunity to work in a lab, and from there his career in neuroscience was underway.

“This isn’t really what I ever thought I was going to do as a career. Even recently, I’ve had the mindset that I’ll stay in the lab as long as it’s fun, and when I don’t like it, I’ll go do something else,” Featherstone explained. However, for him, neuroscience is a whim that never passed.

The catalyst for Dr. Featherstone’s career was the fact that he had a wide variety of interests. “It’s true of many Honors College students here as well: they’re interested in many things. They find a puzzle or a story, become

fascinated, and there go the next ten years of their life.” For this pursuit of knowledge, there is no self-control.

Dr. Featherstone currently runs a laboratory with the help from technicians and graduate students that studies the determinants for the varying numbers of receptors at synapses. This research involves studying mutated genomes of fruit flies. “It’s really great because I get to just ask ‘if we knew this, wouldn’t the world be better?’ and then convince people to buy into that so that eventually I can share that knowledge,” he explained. Dr. Featherstone feels scientists must look for the empty places on the map of knowledge in order to fill in the gaps and explore new territory.

Dr. Featherstone has managed to keep his artistic dreams alive, albeit in a different form. To him, art is experiencing a certain perspective and communicating it to the world. Scientists and teachers must do the same thing. Each presentation, lecture, or paper is really an art form. By capturing and communicating his visions, Featherstone is able to definitively explain that art is science, and science is art.

Avni Bavishi, Freshman, Biological Sciences



Dear Friend,

It’s easy to tell when the seasons are changing in Chicago. I’m sure you know what I’m talking about just by looking around the quad as the sweatshirts and umbrellas of autumn gradually start turning into winter coats and boots. Oftentimes, it is tempting to swing by the Honors College for a hot chocolate or bake sale to warm up the day. Just last week, I left my dorm window open late at night to stay awake to finish another essay when the festive melody of a Christmas song echoed into my room.

Yes, the semester is somehow drawing to a close already. It’s hard to believe, since it feels like our first classes just began and already another round of exams and essay deadlines is looming. By now, we’ve probably all learned (some of us the hard way) that time management is key to survival. It seems that most of us are slowly but surely figuring out how to be economical with the hours of the day to balance work and social life. (Hopefully you also seized the daylight-savings time change opportunity for an extra hour of sleep.)

Undoubtedly, there have been struggles and adjustments that needed to be made for this first semester, our first taste of college life. Perhaps there have been failures and disappointments that we never anticipated, but with these upsets comes something truly invaluable: experience. With the eye of experience, we prepare ourselves to select our spring semester courses—a chance to build our own schedules for the remainder of our first year. As we choose our majors and anticipate our four-year plans, we also must keep in mind our selection of an Honors Core class, the requirement asked of us as freshmen in the Honors College. With the diverse and unique topics available, it is thrilling to explore our options in learning about topics we never studied before.

Stay warm, work hard, and be happy. And remember, there are always friendly faces waiting for you at the Honors lounge!

A Fellow Freshman,
Sarah Lee, Freshman, Biology

What's the Big Idea?

Retrospect on Chicago Ideas Week

From October 8th to 14th, the city hosted the annual Chicago Ideas Week, an opportunity for collaboration and discussion on “big ideas” which influence society and our role within it. By the good graces of the Honors College, I was able to attend six Talks—on Giving, Religion, Exploration, Comedy, Creativity, and Food. Each presentation, lasting 90 minutes, consisted of approximately a half-dozen speakers, who presented in either a lecture format, or participated with the audience and segment host. The events were held at the Goodman Theatre and the Museum of Contemporary Art.

Viewed on their own, the five topics don't seem very connected. But taken as a whole, their themes—about finding your niche, understanding the viewpoints of others, embracing the unknown, recognizing the value of simplicity, following inspiration wherever it may lead, and not taking yourself too seriously while you do so—made for an intellectually stimulating week.

The message of Chicago Ideas Week was to spread ideas and start conversations, something I did with gusto. I picked the brains of Tim Kafalas and Thomas Beug, who started “This is My City,” a travel series in which complete strangers show the duo the best of the destination city. I learned more about the group of graphic artists who made “visual notes” recordings of the presentations, and how they started the graphic design company Ink Factory. I shared my experiences in *The Asterisk* with another audience member of the Comedy Talk.

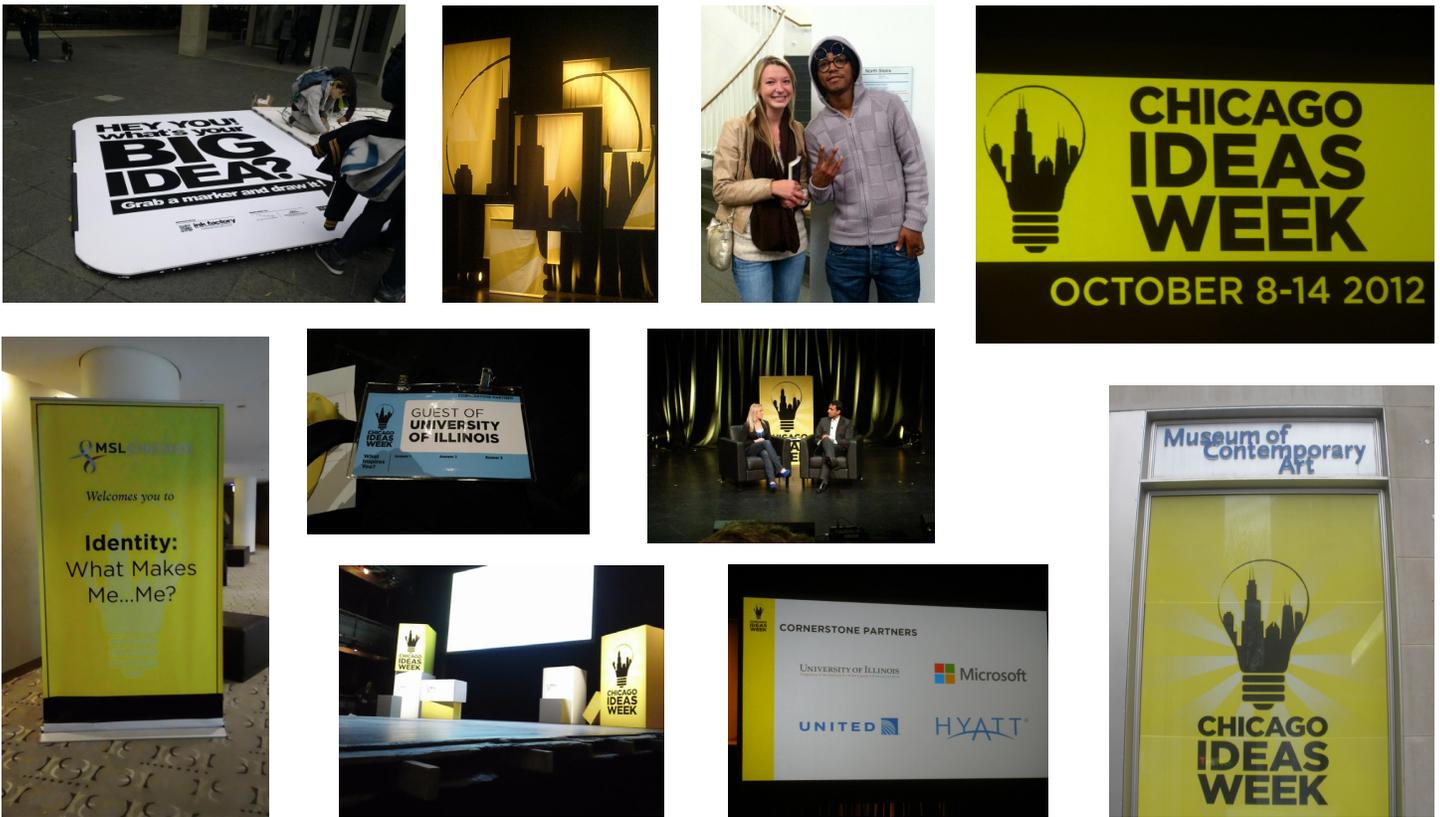
I also had internal conversations, reflecting on how to better live up to the themes presented by the speakers. While the presenters of the Exploration Talk were all adventurers of legendary scale—trekking remote rainforests, exploring

the depths of the ocean, swimming the English Channel—their shared spirit of adventure was something more accessible and inspiring. As I returned to my apartment that evening, I began to see detours and delays as invitations to adventure, of witnessing a different side of the city. People sitting next to me on the subway all suddenly had their own adventures too, and I was lucky enough to be sharing a moment with them on their journeys.

I also came away with the message that not everyone will share in your appraisal of your ideas. At the Comedy Talk, the head writer and editor of *The Onion* explained their creative process behind one of their more recent—and controversial—articles. The Food Talk by Madison Cowen about his personal journey from drifter to chef was one which I found to be the most powerful of the week, but a disappointed woman at the reception following the presentation told me she found it distracting and out of place. I think she wanted a segment featured in the food presentation to explicitly reference food.

While I feel it impossible to transmit all I learned from Chicago Ideas Week to paper, I hope to transmit them to action (now would be a good time to paraphrase Hemingway in reminding readers not to confuse movement with action). Ultimately, Chicago Ideas Week demonstrated to me that what distinguishes a good idea from a great one is whether or not an idea inspires action. No matter how interesting or novel it seems, an idea for idea's sake needs development to reach its fullest potential. Sharing with others, a theme at the heart of Chicago Ideas Week, is an excellent method in doing so. So while I have yet to start my own charitable 501(c) 3, ski across Antarctica, or develop a way to provide healthy meals to inner-city children, I feel more inspired and aware of the ways in which I identify and implement my own ideas.

Bryan Killian, Senior, Biology



“What did I think of the CIW-sponsored Intelligence Squared Debate on Rationing End-of-Life Care? I thought it was exciting, engaging, and inspiring.”

Nikhil Bommakanti, Junior, Bioengineering

“It was an incredible opportunity to listen and learn from dedicated individuals pursuing their passions. It was really inspiring to be surrounded by people who are consciously working towards bettering themselves and their communities.”

Vidya Govind-Thomas, Senior, Biology

“Chicago Ideas Week as a whole was a great experience. The presenters were all very different even when speaking upon the same subject, which made every event all the more interesting. Many times, some presenters would even have opposing viewpoints, giving a very diverse and engaging presentation. The range of speaker background itself added to the quality of Ideas Week. Very rarely does one have a chance to hear a presidential adviser, former Westboro Baptist Church member, and SNL comedian speak on the same stage. CIW is one of the best experiences of my life.”

Akshay Patel, Senior, Physics

“It was really exciting to hear Lupe Fiasco speak about his responsibility to the Chicago community as an artist and his work and new album.”

Gabrielle VanSpeybroeck, Senior, Biochemistry

Check out The Ink Factory’s amazing representations of all Talks featured in Chicago Ideas Week by visiting their Twitter page: [@the_ink_factory](https://twitter.com/the_ink_factory)

Interning in India

“You’re going to India? But you’re Indian!” Prior to my study abroad experience, I was often asked why I was choosing to go to a country I had already been to and was seemingly a part of. Though I didn’t quite have a definitive answer myself, I always felt as though my prior trips to India never gave me a full picture of what life there was really like. I’d usually visit extended family with my parents and accompany my cousins on outings that showcased all of India’s best tourist attractions. Though I appreciated their gestures, I still felt like an outsider who didn’t belong. I applied to the Alliance for Global Education program in Pune, India in hopes that it could help give me a new perspective and a deeper understanding for my culture and heritage.

I spent a total of seven weeks in Pune, taking classes and interning at a non-profit called Deep Griha. Deep Griha is an organization that works towards alleviating poverty and poor health within urban slums. The program I participated in targeted poor maternal and infant health and developed educational programs to educate mothers about proper prenatal techniques. This was a truly eye-opening experience. Though I had seen pictures and videos depicting slum life before, this was the first time I had the opportunity to engage with these communities on a personal level, walk into their homes, and step into their shoes. The people I met genuinely inspired me; though they lived on small incomes and faced challenges that I would often take for granted, these people had some of the liveliest personalities I had ever come across. Apart from my experiences at my internship, studying abroad in India also introduced me to other aspects of Indian life I had not yet been accustomed to such as traveling by public transportation and buying food from local food bazaars.

Every day in Pune was filled with its own unique mini-victories and minor struggles. Before this trip, I had never had the power go out on me mid-shower or yelled at rickshaw drivers over one Rupee’s change. At the same time, I had never danced in monsoon rains, or gone shopping for flowers in a large open bazaar. I feel that studying abroad challenged me beyond my limits but also encouraged me to grow as a person. Most importantly, I learned the values of patience, flexibility and the idea of branching out of my own comfort zone. I am very appreciative that I got the opportunity to explore a new side of India, and hope to return again in the near future.

Shani Chibber, Junior, Neuroscience

UPCOMING EVENTS

Comedy Film Series with Dr. Pirozhenko
Every Thursday at 5:30 PM, 121 BH Burnham Hall

“Werther” at the Chicago Lyric Opera
November 20, 2012 at 7:30 PM, 20 N Wacker, Chicago

Hot Chocolate with the Dean
November 29, 2012 at 2:30 PM, 121 BH Burnham Hall

Honors College Research Symposium
November 29, 2012 at 3:30 PM, 203 SCE Student Center East

Chicago Symphony Orchestra with Dr. Pirozhenko and Dean Bottoms
November 29, 2012 at 8:00 PM, 220 S Michigan Ave

Lieutenant Governor Visits UIC

UIC welcomed Lt. Governor Sheila Simon on Thursday, October 11 when she visited the university as the first stop of her College Affordability Summits. Simon is holding the summits at the state's 12 public universities in order to emphasize the significance of keeping college affordable for thousands of Illinois students. Simon's plan focuses on sustaining financial aid grants, work-study, and the Monetary Award Program (MAP).

Simon met with faculty and campus administrators including Chancellor Paula Allen-Meares, Provost and Vice Chancellor Lon Kaufman, Vice Chancellor Barbara Henley, and the Vice Provost for Undergraduate Affairs and Dean of Honors College Bette Bottoms. Simon discussed the importance of keeping college affordable, improving student aid, the College Choice Report, and increasing rates of student retention and graduation within the university.

In order to directly observe the activities students participate in to fund their college education, Simon visited Dr. Leslie Fung's research lab in the chemistry department. Dr. Leslie Fung is an Honors College Fellow and one of the Undergraduate Research Experience program's participants.

Dr. Fung's undergraduate research assistants and Honors College students Swathi Madugula, Sean Suastegui, Jeff Li and I shared our stories and future academic plans with Lt. Gov. Simon over a friendly talk in Dr. Fung's office. We also discussed our research projects and the value of the experience of being independent undergraduate researchers in Dr. Fung's lab.

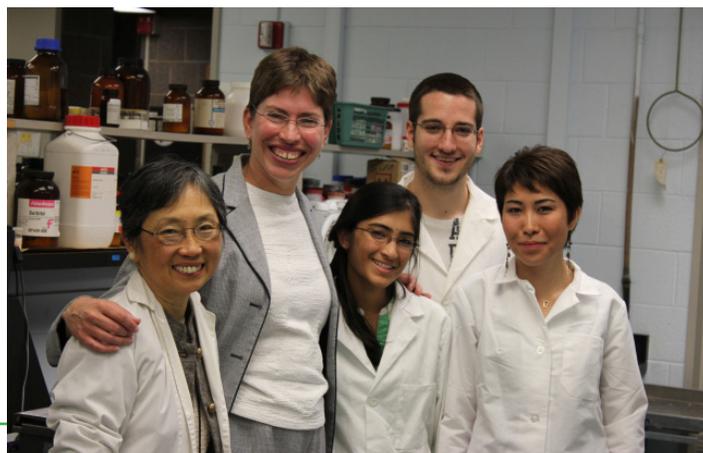
Simon was particularly interested in students involved in work-study and how this option affects

their experience as undergraduate students. Since 2010, the UIC office of the Vice Provost for Undergraduate Affairs has been offering the Chancellor's Undergraduate Research Award to 40 work-study eligible Honors College Students each academic year. The purpose of this program is to increase the undergraduate research experience and also to provide an option for paying undergraduate research assistants. Three of Dr. Fung's current students, including me, are Chancellor's Undergraduate Research Award recipients.

Simon shadowed Dr. Fung's students while we were performing our individual experiments to get a better idea of what type of work is done by undergraduates in a research lab. She rolled her sleeves up when I asked her if she wanted to try using the micropipette. "It is fun!" Simon exclaimed as she was pipetting a protein sample.

At the end of her visit Simon gave a statement recorded in our lab which reinforced her message about the importance of increasing college affordability using the experiences she gained from her trip. She concluded by saying that UIC has set the bar very high as the first university on her College Affordability Summits.

Mena Poonoki, Junior, Chemistry



“Why Do We Have to Know That?”

Scholars Anonymous: The Honors College Academic Quiz Team

“For 10 points, name this 19th century German prince who created a unified German empire that promoted a balance of power in Europe until 1917.” As soon as the moderator uttered the last syllable, a buzzer rang. And we were off.

On October 18, eight teams competed for four hours to win UIC’s Intramural Academic Quiz Tournament, hosted by Campus Programs. Names of the teams ranged from “Qurus” (the words “quiz” and “gurus” put together) to “Knows Everything.” The Honors College sent its own team, “Scholars Anonymous,” assembled from an interested group of Honors College students, while my team, RAAH (an acronym made from the first letter of each team member’s first name), consisted of myself and three other Honors College students.

A member of the Honors College team Scholars Anonymous, senior Shikhar Shah said during the tournament that he did not remember topics such as literature and history as well as he used to but that he could draw all the amino acid chains. “I don’t think I could come up with [historical knowledge] simply because it’s not in my actively used brain anymore,” said Shikhar.

The academic quiz tournament was a fun and interesting experience that tested our knowledge beyond what we learn every day in the classroom. Some questions were expected. In college we should know about matrices and alkanes and electron volts, right? But some questions, about topics ranging from “Call Me Maybe” to Greek mythology, left me wondering whether or not these topics were relevant to academics and actually covered the “entire spectrum of a college curriculum,” as the National Academic Quiz Tournaments website proclaims.

The questions ranged from the odd to the oddly specific, and the fact that some students knew the answers to some of the more obscure of them was astounding. This made me realize that as an Honors College student, I shouldn’t want the questions to

pertain solely to math or science, or whatever fields my teammates and I are familiar with, just so that we could buzz in more often.

One of the great things about such a trivia game is that it tests all knowledge and all aspects of cultural literacy. I was becoming a more knowledgeable and interesting person just by being in that kind of environment, surrounded by other enthusiastic, interested individuals. Just by having the answers to these wildly random questions asked of me, I was learning to let go of the “value” and “degree of importance” of a certain fact or topic. By being a part of the tournament, I was reminded again of just why I am in college. I am here to learn, and not just about cells and hydrocarbon chains, but also about Erasmus and Rossini. I am participating and learning just for the sake of learning itself.

Hannah H. Lee, Freshman, Biochemistry



Same Books, Different Stories

As Honors College students, we all must take an Honors Core class our first year. Since the point of these classes is to open our minds to diverse subjects, I decided to take Honors 121: Differing Aspects of the Self in the Classics with Professor Allan Kershaw. The class is not a race to see who can read the most works of classic literature. The focus is the development of the characters on their paths to self-discovery.

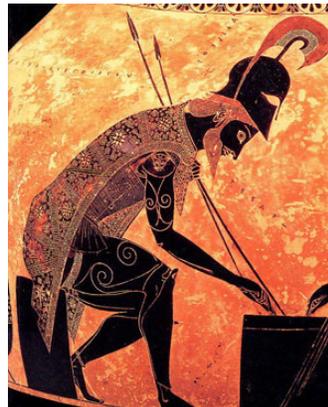
There are few who have not read or at least heard of Homer's *The Iliad*. It typically is taught as both a story about the Trojan War and a great romance that incited the war. There is another, more nuanced way to read *The Iliad* which focuses on the warrior Achilles and his moral development throughout the war. Reading the work from this perspective opened doors to deeper and varied interpretations of the dialogues. It also emphasized events that had not seemed as important in previous readings.

In addition to this new style of reading, my classmates and I were also introduced to the brilliance of Sappho, a female ancient Greek poet. In a class dominated by the writings of men, it was great to appreciate literature written by a woman, especially one who lived and wrote in a time when the contributions of women were seen as inferior. Sappho's poetry touches on messages of beauty and art, as well as themes of homosexuality and acceptance. These themes are still relevant today, and can be

seen as an important aspect of the diverse community we build in the Honors College.

Before taking Professor Kershaw's Honors Core class, I approached classic literature in much the same way as I did in high school: read the book, find some theme or symbol to write about in a paper, and move on. By taking Honors 121, I've explored works which I previously read, and have come to understand the different ways of interpreting great literature. If I could get something different out of reading the same book for a second time, imagine how differently another person would interpret the work! The example of Sappho and the timelessness of the themes expressed in classic literature show us all the value in discussing and developing our own ideas as they pertain to our own lives.

Adriana Perez, Freshman, Psychology



HCAB Update

October was a busy month for the Honors College Advisory Board (HCAB)! HCAB members kicked off the month with the Semi-Annual Honors College Student-Fellow Luncheon, where Honors College students, Fellows, and staff all enjoyed Mediterranean cuisine from the local restaurant, I Dream of Falafel. Students were able to have one-on-one time with their Fellows over a meal consisting of beef and chicken shawarma, salad, pita bread, and falafel. The next big event that HCAB members organized was the Annual HCAB Halloween Party. Even before the party, students enjoyed seeing the Honors College decorated with pumpkins, spiders, webs and spooky creatures in preparation for a spectacular night! Pizza was served while students decorated pumpkin cookies and participated in a mummy wrap contest, while some students dressed up for the annual costume competition. For those students who wanted to sit back and relax, a scary movie was played in the Quiet Study.

Although the semester is beginning to come to an end, HCAB will still be holding some events for students to look forward to. Be sure to read the announcements for more details.

Helen Sweiss, Junior, Biology and Psychology

Honors Capstone Update: Weili Zheng



Weili Zheng, a senior majoring in economics and biological sciences, is spending this semester abroad in London, England. During his time abroad he has been inspired to pursue a Capstone relating to his interests in health care policy. While in England, Weili is taking

a course called Comparative Health Care Systems and Policies in Great Britain, Europe, and the United States. It has given him the inspiration for his Capstone, which he is completing as he studies in Great Britain.

In the class, students are encouraged to explore aspects of health care. Weili's instructor introduced him to an article which explored the inextricable link between social and health inequities. This lesson has grown into a Capstone which will address American health policy. Weili's project, "Identifying the Players within the US Health Care System: What do Parties Stand to Gain or Lose in Health-Care Reform in the US?," draws upon issues here in America and will challenge him to analyze further the field in which he hopes to work.

Scholarship Update

As the weather begins to cool down, scholarship deadline season is beginning to heat up!

NSEP Boren Undergraduate Scholarship for Study Abroad – December 3, 2012

Carnegie Endowment Junior Fellows Program – December 3, 2012

Hispanic Scholarship Fund – December 15, 2012

Oxford|Cambridge NIH Partnership Program – January 2, 2013

Humanity in Action (HIA) Summer Fellowships – January 10, 2013

Coro Fellows Program – January 18, 2013

Rangel International Affairs Graduate Fellowship – January 18, 2013

Samuel Huntington Public Service Award – January 18, 2013

Pickering Graduate Foreign Affairs Fellowship – January 21, 2013

Whitaker International Fellows Program in Bioengineering – January 21, 2013

Payne International Development Graduate Fellowship – January 23, 2013

DAAD-RISE Summer Internship Program – January 31, 2013

For more information on the specific awards listed below, contact the Office of Special Scholarship Programs at 312-355-2477 to schedule an appointment with Beth Powers, director, or Amanda Harrison, assistant to the director.

As new opportunities presented themselves, the field of health care abroad has become even more intriguing to Weili. The time spent abroad, coupled with a desire to analyze health policy, has influenced how Weili sees his future career goals. His time spent learning about the World Health Organization has motivated him to continue exploring what he wants out of his career.

As an American student abroad in London, Weili has experienced all that London has to offer outside of the lecture hall. For example, street markets are common and vendors sell delicious foods alongside clothing and art. With London being such an international city, there are always more things to learn and discover. Weili would recommend the experience to fellow Honors College students as he believes that being in a new location is a great way to learn about a different culture and learn more about yourself. It may even inspire you to pursue a topic for your Capstone that you had never considered before!

Gabrielle VanSpeybroeck, Senior, Biochemistry

Exegesis on Diversity

Diversity. The word is seared in our minds during the infamous college application process. We begin to internally analyze this catalytic question over and over: what makes us unique? Our defining qualities often cause us to feel left out or overlooked, but UIC fosters a positive sense of individuality through building a community of scholars in the Honors College. Attending an institution that prides itself on being diverse allows individuals who come from a variety of backgrounds to feel right at home. My experience with living in an Honors College community through UIC Campus Housing has granted me a heart-warming experience, which I would not have gotten anywhere else. We continually support one another academically and socially as we attempt to maneuver through this crazy maze of an experience we call college. Honors College students are naturally driven and have developed intense study habits, which allow them to be mediators when they see their peers overly stressing out. They possess a sense of responsibility, but aren't afraid to thoroughly enjoy themselves whenever they possibly can. There's time for work and play, a distinction that is clearly defined by these students. The President's Award Program (PAP) Honors students represent a microcosm of the College as a whole. These students naturally clicked from day one of arriving on campus this summer. "We bonded because we were trapped together in JST A Tower for two weeks before anyone else got here," says Angelica (Freshman) with a laugh, "we didn't really have another option!" All jokes aside, my closest friends are members of the Honors College because they seem to understand me better than I do. They serve as a family away from home, which gives me a level of comfort that would be difficult to acquire anywhere else. The diversity in the Honors College has helped me assimilate into college life and has brought a whole new meaning to the college experience for me. We laugh until we cry, read each other's minds, live with a smile, and make it all worthwhile. I am forever grateful for this.

Maria Nakhasi, Freshman, Chemistry

Student Leadership Council: Helping Leaders Lead

Most leaders will never admit it, but being a leader isn't easy. After the work to be elected or appointed has ended, a leader faces a year or more of recruiting organization members, managing timelines, and establishing budgets. So where do leaders turn when they don't know what to do?

Fifteen of the Honors College organizations, ranging from Alternative Spring Break to Honors College publications, find common ground in discussing the topics essential to being a good leader.

"Each year has been extremely informative, with regards to growing as leaders: how to maintain motivation and enthusiasm for the organization, in not only the members, but also keeping yourself motivated to do the work; fundraising, peer-counseling, the list goes on," said chairperson Stephanie Getz.

The students also participate in workshops, such as one held by Assistant Dean of Students Malcolm Smith that focused on succession training. The workshop was tailored by Mr. Smith to help the large proportion of graduating SLC members plan successfully for the future of their organizations, and make being a leader a little easier.

Michelle Skinner, Senior, English

Lounge Talk

Reading 50 pages in your psych book, writing a proposal for English, studying for your chem midterm, meetings, laundry, social activities...

Gets pretty daunting, doesn't it?

For every college student, these are only a handful of things that they must deal with on a daily basis. Let's face it: homework is hard. Reading takes a while, so does taking notes. And most of us can't just turn on that photographic memory or talent for osmotic learning that is just oh-so-handy in all those sci-fi novels. No, we college students have to resort to actually learning things, which takes time. Not to mention fitting three meals in amongst all of that AND trying to get to bed at a decent hour. It's natural that we get stressed out. But the trick to being a successful student and a well-rounded human being is learning ways to cope with that stress, whether it is a little thing, like spilling your coffee or a big thing, like failing that test you were up studying for until 1 a.m. (in Idea Commons, of course).

So whether it be taking a nap – as I saw firsthand, there was at least one kid sleeping on the couches in the Honors lounge every time I went in there the past two weeks – or watching a few episodes of “One Tree Hill,” here's how Honors College kids cope with their everyday hassles and problems.

Shannon Keane, Freshman, English

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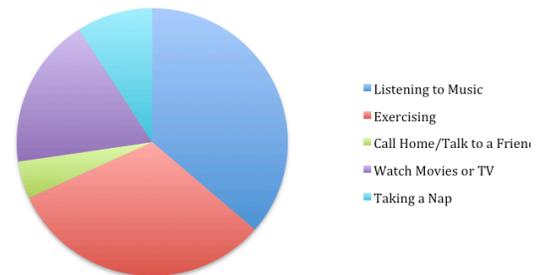
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Ways to Cope with Stress



AMPERSAND MISSION STATEMENT

To highlight the achievements of Honors College students, staff, and faculty, to report on Honors College events, and to provide a forum for students and faculty to share interesting experiences and opinions, all for the purpose of fostering a sense of community, and celebrating diversity among the constituents of the Honors College.