

Honoring Times

The Newsletter of the Snow College Honors Program



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Student Work: Math Poster Presentations

Professor Larry Smith added an innovative opportunity last semester to the honors math class by asking students to put on a poster session at the beginning of December. It was held in the honors classroom. Each student was invited to pick one topic about math that interested them. They then created a poster presenting research on their chosen topic. They explained what it was, how it worked, and how it applied to life in a way even non-mathematically inclined people could understand. It was a unique experience that allowed the students to apply what they had learned to other areas they were interested in. For example, Brandee Watters did her project on fractal geometry and art.

Overall, this was a great chance for students to do research and practice presentation skills.

Another benefit of the poster session was that it showed the campus community what honors is about. Around 50-75 people came to see the posters. It was an educating and fun experience that rewarded both parties.

Brandee Watters and her poster on fractal geometry and art



Helps and Hints: Stress Management

As college students, we are constantly bombarded with tasks. We have classes to keep up with, social lives to maintain, and jobs we are responsible for. There are always new things requiring our time and attention. What does this all mean? Stress. And stress can be crippling for many students. As responsibilities pile up so does the anxiety. So here are a few tips to keep the stress at bay.

- **Eat well.** If you maintain a healthy diet, you will have more energy and feel better. It will also help you feel better

about yourself physically which will lead to mental confidence. Did you know that eating an apple will give you more energy than that bottle of Coke?

- **Take a nap.** Give yourself 15-20 minutes to rest. It will help you feel rejuvenated and ready to tackle your next challenge. Remember to keep your power naps under a half hour. If you sleep longer than that, your body could enter a deep sleep, and you will lose that refreshed feeling.

Article continued on page 4

Faculty Focus: Professor Jon Cox

Honors Symposium with College Credit

By Professor Jon Cox, Assistant Professor of History

In celebration of the 150th anniversary of Gettysburg and the Emancipation Proclamation, prominent Civil War historians will visit Snow College's campus



during the week of August 6-9. Two of the scholars teach at some of the most prominent institutions for military history in the world, including the

Naval War College and Gettysburg College. One of the visiting lecturers was frequently consulted by Steven Spielberg during his production of the recent film, *Lincoln*.

Snow College is excited to have scholars with such impressive backgrounds visiting our institution. Students will be able to attend the lectures and even earn college credit if they so choose. A two-credit honors course will be offered in conjunction with this conference.

Housing will be provided for any interested students at the new Academy Square building on campus for a low \$10/night rate. All college credit for this conference will be placed on a student's fall semester schedule. As such, any scholarships a student may have will count this class just

like any other fall semester class (even though the class will not officially meet after the August conference dates). Those not attending regular fall semester classes can still take the two-credit class for \$182. A small conference fee may also be charged, but that has yet to be determined.

It's not every day that we get these kinds of opportunities in Ephraim, let alone the state of Utah. In four days, students can become experts on arguably the most important event in U.S history. Four days, two college credits, and \$182. Take a break this summer and enjoy an opportunity that few students ever get.

For additional information, please contact Jon Cox (class instructor) or David Allred (honors director).

Talent Corner: Art Contest

In December, the Honors Program sponsored its first art contest! Planned by the Honors Leadership team member Cinimin Kofford, the theme was New Beginnings, and it was open to art of all mediums and all Snow College students. The winners were:

1st Brooklin Williams. (middle)

2nd Viktoria Cole. (left)

3rd Thomas Morris (right)

Congratulations!

Viktoria Cole, who won 2nd place, described her entry. Through art classes here at Snow, Viktoria was able to redefine her life and begin again after some difficult losses. Her piece was a 180 lb horse head, carved out of dolomite, named The Knight. It is part of a larger chess set. She says that “the game of chess is just like life. Each move you make is thoughtful and calculated but that doesn’t mean it’s always right.”



Student Work: Writer’s Block

Everyone can use help with improving their writing skills, but it can be difficult and embarrassing to ask for help. Those doubtful thoughts crowd your mind and eventually you just hide your work away under endless stacks of discarded scribbles. Don’t you wish there were people who shared your passion for writing and wanted to help you? Go visit Writer’s Block! Imagine entering the room and seeing friendly faces. Can you see the people eager to give you both compliments and criticism?

This is Writer’s Block. They are a small club run by Emily Browning and Rochelle Maxwell. A typical meeting begins with an open share. Members are invited to share anything they have been working on that week such as poetry, short stories, and even excerpts from books they may be working on. The group then gives them constructive criticism and

encouragement in their endeavors. Emily Browning explains, “I am writing a book whose idea was born in the club.” It is the perfect place to get help on whatever project you are working on. After the open share, they move into a writing exercise. A prompt is offered and they spend the next 15 minutes writing. When the time is up, they then have the opportunity to share with the group. Overall, they have succeeded in creating a comfortable, fun place for students to hone their creative writing skills.

Writer’s Block is always looking for new members. They enthusiastically welcome anyone looking to improve their creative writing skills and to join in the fun. If you would like to join, head over to their meeting in the library on the third floor in the large conference room this (or any) Wednesday night at 7pm. They would love to see you there. Bring a pen and paper and get ready to write!

“Stress Management” continued from page 1

- **Plan.** Go get a planner and write down EVERYTHING. No one can remember every little task required of them. You are bound to forget something. Take the burden off your brain by planning your day. You’ll also get the reward of checking it off when a task is complete
 - **Exercise.** When you exercise, your brain produces endorphins that elevate your mood, leaving you optimistic about the challenges you may be facing. It will also leave you feeling more confident about yourself.
 - **Create healthy relationships.** Find friends that support you and accept you for who you are. Spend time with people you can rely on. If you are in an unhealthy relationship, get out. You are not obligated to be friends (or more) with someone who brings you down.
 - **Learn to say NO.** You are not superman. You can’t do everything. It’s okay if you are too busy to go to that party or help your roommate study for their algebra test. You will only increase your stress levels by taking on more than you can handle. Everyone has their limits.
- These are just a few; there are many different ways of dealing with stress. If you would like more tips, see the websites below. Just remember, you can do it!
- sas.calpoly.edu/asc/ssl/stressmanagement.html
 - www.campuscalm.com/time_management.html

Honors Announcements

University of Utah Scholarship. Each year, the University of Utah offers one full-tuition scholarship (renewable for a second year) to a Snow College honors student. To apply, you need to be a Utah resident, plan on attending the U next fall, and have a 3.8 or higher GPA. If you are interested in applying for this scholarship, let Professor David Allred know and he will send you the application instructions.

Honors Contracts. Now is the ideal time to set up an honors contract for the semester, especially if you couldn’t take an honors class this semester or if you are trying to finish the program. Remember that the honors contract allows you to enhance a non-honors course so it counts for honors credit. A copy of the contract is available on the honors webpage. See Professor Allred if you have any questions.

Publication Opportunity. Weeds is Snow College’s literary journal, and it is being edited by one of our honors students, Skye Cranney. You can be involved in two ways. Weeds needs staff members. If you want to gain editing and publishing experience, this is a great chance. Weeds also needs submissions. Submit your essays, poems, art, or short stories for the chance to be published. For more information, email snowweedsjournal@gmail.com. Skye, David Rosier or David Allred can also answer questions.

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