The Honors College Student Ambassadors of Sam Houston State University hosted the 12th Annual Undergraduate Research Symposium (URS) on April 27, 2019. The symposium, open to all undergraduate students, allows students to share their research on various topics in a multi-disciplinary environment.

Since its inception in 2007 the event has grown tremendously; this Spring the URS garnered a record-breaking 455 registrants and 225 presenters.

The eight-hour long event, held in the College of Humanities and Social Sciences and the newly built Lowman Student Center expansion, included presentations on topics such as critical issues in race and disability, agriculture, engineering technology, business and many others. Throughout the day, students had the opportunity to experience public speaking, network with others, and most importantly, receive constructive feedback from faculty moderators.

Even though the URS has served in part to promote the Honors College’s mission, the Undergraduate Research Symposium itself is also a major highlight of the university’s newly implemented five-year Quality Enhancement Plan to increase active learning among students. The Southern Association of Colleges and Schools continued on page 5
Introducing Sam Houston Honors Scholars

Like many incoming freshman, Sydney Cisneros from Pearland, TX, sought a college environment where she could be surrounded by individuals with like-minded academic goals.

After applying to Sam, Sydney learned about the Elliott T. Bowers Honors College and decided to apply. Shortly thereafter, she was made aware that she was qualified for the newly available Sam Houston Honors Scholarship, totalling $17,000 over four years.

The Sam Houston Honors Scholarship is a merit-based scholarship awarded to students with qualifying test scores of at least 1350 SAT and/or at least 30 ACT. There are a limited number of scholarships each year, so they awarded on a first come, first served basis.

The scholarship recipients, Sam Scholars, have exclusive Honors housing in Piney Woods Hall and are required to enroll in the Honors learning community, University 1301: Introduction to Collegiate Studies course.

In addition, the Sam Scholars will all have the opportunity to meet Honors College Dean, Dr. Kimberly Bell, and Sam Houston Honors Scholar advisor, Dr. Maria Holmes, before they officially begin their college careers for Honors advising.

Of the scholarship, Dr. Holmes says, "This 4 year award is a game-changer for many students. It allows them to focus on and to excel in both their studies and extracurricular activities with less financial stress, so they can be more engaged in preparing for their future careers..." At the beginning of the Fall 2019 semester, Sam Scholars will be invited to attend both the Honors Welcome Retreat and the Honors Fall 2019 Assembly in order to become familiar with the Honors community.

Students interested in applying must be accepted incoming freshman with qualifying test scores. To apply, visit our website online at www.shsu.edu/honors/.

Honors Goes Digital

In an attempt to lessen the Honors College carbon footprint, student assistant Sean Hamilton, who handles Honors data and records, has begun to digitize our Honors surveys and forms. At our many Honors events now, students and parents are given a QR code through which they can access digital event feedback surveys on Qualtrics, an online survey tool.

Most notably, our Undergraduate Research Symposium, which took place on April 27, 2019, hosted about 400 attendees all used Sean’s digital registration and check-in system.

Finally, the Honors Student Advisory Council hosted their officer elections via Qualtrics. This provided a quick, secure, and confidential method of voting for participating students.

Students can expect less paper during the Fall 2019 academic semester!
Alumni Spotlight Q&A

Dr. Katelyn Bruno, 2011

Dr. Bruno graduated with a Bachelor’s of Criminal Justice and Chemistry from Sam Houston State University in 2011. She went on to earn her Ph.D. from John Hopkins School of Public Health by researching myocarditis and currently works as an instructor and lab manager at the Mayo Clinic in Jacksonville, Florida. She is also an adjunct faculty instructor at the University of North Florida.

Q: You were a member of the Honors College, then the Honors Program, during your time at Sam Houston State University. Did this affect your studies?

Yes, I was in the Honors Program during my whole time at Sam. I was also an Honors Ambassador and completed an Honors thesis, so I graduated with Highest Honors. I always tell people that going to Sam Houston is the reason I am where I am today. Going to a smaller school and being part of the Honors Program gave me one-on-one attention from my professors that I would not have gotten otherwise. I got involved with research during the summer after my freshman year because of the mentorship I received from Drs. Young and Holmes, and due to my participation in research I was able to attend conferences to present my work. The Honors Program funded some of these trips, including the trip to a conference where I met the professor from Johns Hopkins who recruited me.

Q: Would you encourage others to join Honors programs at any university?

I would and do encourage students to apply to Honors programs at their schools of interest because I know how much of a difference the Honors Program made in my life and how much it increased my college experience and led me to be as successful as I have been today. As an adjunct faculty at a local undergraduate university and a mentor for numerous students each year in the lab, I talk to them about how they can improve their current educational experience and tell them about things that will set them apart when applying to medical or graduate school. Honors Programs are one of those things.

Q: You received your Ph.D. in 2016 from John Hopkins School of Public Health. Do you have recommendations for undergraduate students interested in graduate school?

My biggest recommendation for students looking to get a Ph.D. in the biological sciences or to get an M.D. is get involved early! Get involved in research, volunteering, leadership… become passionate… take chances and show them what sets you apart! Personally at Sam some of the things that set me apart was starting research my freshman year, serving as a TA, being an Ambassador, doing an internship, presenting at conferences, etc. If you are reading this, you are already in the Honors College and considering it so you have already taken your first step.

Q: You were a member of the Honors College, then the Honors Program, during your time at Sam Houston State University. Did this affect your studies?

Since graduating from SHSU, I have been selected as a Young Investigator of the Year Award Finalist for the Mayo Clinic Angiogenesis and Tumor Microenvironment Symposium, Heart Failure Society of America and American Heart Association: Basic Cardiovascular Sciences. The highest honor thus far I received this May while in Athens, Greece, at the World Congress on Acute Heart Failure and Heart Failure Association of the European Society of Cardiology Joint Meeting. I was awarded First Prize in the Young Investigator of the Year Award: Basic and Translational Science Competition.

Read more from Dr. Bruno at www.shsu.edu/academics/honors/alumni/spotlight
Actively Raising Awareness
Putting an end to mental health stigmas

Mental health is a topic not often talked about openly, and students who suffer from mental health issues and illnesses tend to isolate themselves, seldom seeking support. A group at Sam Houston State University strives to raise awareness about mental health disorders and encourages students to seek assistance or advice, to keep an end to those trends.

Founded in 2013, the SHSU Active Minds chapter is a student-led organization that focuses on fighting the stigma surrounding mental health. Maria Holmes, Associate Dean to the Honors College and faculty advisor to Active Minds, says just talking through things is a huge first step.

“Active Minds is here to provide information and awareness about mental health and to also let students know that it is OK to go ask for help,” Holmes said. “We want to provide lots of resources, make sure it is very visible to students, and provide support groups that continue to talk about this issue.”

“Do not be afraid to seek assistance, or if you see a friend struggling be sure to help them, too. We do not want people to feel alone on this issue or to isolate themselves.”

Organization President and SHSU junior, Alex Cuellar, says the group is dedicated to supporting others and building awareness.

“It takes passionate students to run this organization,” Cuellar said, “because this subject is something that not a lot of people are comfortable talking about.”

Through their meetings and events, Cuellar is hopeful to get a clear message out to students.

“It is OK to not be OK,” Cuellar said.

Drew Miller, licensed psychologist and executive director of SHSU Counseling and Health Services, sees groups like Active Minds as essential to good mental health for students.

“It is important for students to be involved and we are so grateful to have Active Minds,” Miller said. “There is so much stigma about mental health. Having peers who are advocates for seeking help, who are brave enough to admit their struggles, and who can explain how therapy or counseling has helped, can do so much to normalize that.”

Read more about Honors students leading on-campus organizations at www.shsu.edu/academics/honors/student-organizations/other

Story taken from Heritage: The Magazine of Sam Houston State University.
identifies active learning as an “evidence-based best practice that is shown to increase undergraduate student learning.”

At the URS, students present their work in either oral-media sessions or in a research poster session, and then receive detailed feedback from a designated faculty moderator. The Undergraduate Research Symposium also offers scholarship opportunities to presenters.

Special thanks to Today@SAM student writer, Jamol Simon.

**URS 2019 Highlights**

Congratulations to the 2019 URS Scholarship Recipients! From left to right, Best Overall Senior, Julia Gernhart, Best Overall Oral Media Honorable Mention, Dalanie Aufill, Best Overall Oral Media, Carlee Sachs-Krook, Best Overall Poster, Chelsea Veloso, Best Overall Poster Honorable Mention, Michael McCarney, Assam Honors Scholarship, Jeffrey Belanger and EURECA FAST Award, Makayla Mason.

Special thanks to the Spring 2019 Honors College Student Ambassadors for hosting the 12th Annual URS.

The Ambassadors serve as Student Co-Chairs, Presentation Moderators, Registration Assistants, and much more throughout the day.

All Spring 2019 Ambassadors pictured are listed on page 12.

Special thanks to the 12th Annual URS Student Co-Chairs.

From left to right, Associate Dean Dr. Maria Holmes, Co-Chair Shani Gomez, Co-Chair Lindsey Burcham, Co-Chair Kayla McCarns, Co-Chair Lucero Nava, Associate Dean Dr. Patrick Lewis, and Dean Dr. Kimberly Bell.

Congratulations to the 2019 URS Scholarship Recipients! From left to right, Best Overall Senior, Julia Gernhart, Best Overall Oral Media Honorable Mention, Dalanie Aufill, Best Overall Oral Media, Carlee Sachs-Krook, Best Overall Poster, Chelsea Veloso, Best Overall Poster Honorable Mention, Michael McCarney, Assam Honors Scholarship, Jeffrey Belanger and EURECA FAST Award, Makayla Mason.

Special thanks to Today@SAM student writer, Jamol Simon.
Calendar of Events

January 16: Wake Up with Honors
January 23: Honors Assembly & Photo
February 13: Pizza with A Prof, Dr. Stephen White, Psychology
February 20: ProfSPEAK!, Dr. Victoria Lantz, Theatre
February 28: Ambassadors Meet&Greet
March 6: Pizza with A Prof, Dr. Fidel Gonzalez, Economics
March 21: Advance Registration Sum 19
March 27: ProfSPEAK!, Dr. Jessica Herzogenrath, OSRP
April 4: Advance Registration Fall 19
April 10: Pizza with A Prof, Dr. Narasimha Shashidar, Com Sci
Dr. Stephen White, Psychology
April 20: Cultural Outing, JSC
April 24: ProfSPEAK!, Mr. Steven Koether, Sciences
April 27: 12th Annual Undergraduate Research Symposium
April 30: HSAC Elections for 2019-2020
May 6-9: Finals Week
May 9: Bowers Medallion Ceremony
May 10-11: Commencement

Fall 2019 begins on August 21, 2019.

Student Spotlight

Anubhav Thakur

International student Anubhav Thakur was recently awarded the 2019 Sammy Award for Outstanding Sophomore Student Leader.

He officially became a member of the Honors College in Fall 2017. Immediately after joining, he had the opportunity to volunteer through the Honors College in doing cleanup where after Hurricane Harvey.

This Spring 2019 semester, Anubhav was enrolled in the Honors Seminar, Journeys (HONR 3322). This semester, students in this seminar did everything in between KungFu and visiting SHSU’s Center for Biological Field Studies.

Anubhav recognizes his membership in Honors as having given him the opportunity to meet professors, mentors, and more through Honors Contracts which led him to become the student leader he is today.

As newly-appointed 2019 president of SHSU APICS the Association for Operations Management, he will soon lead the organization in participating both nationally and internationally on various platforms.

During Fall 2019, Anubhav will serve as an Honors College Student Ambassador, president of the International Student Organization, and more.

Photo provided by Anubhav Thakur.

March 27:

Terry Scholar Student Spotlight

Bethany Leander

Junior Bethany Leander is both an Honors College Student Ambassador and a Terry Scholar Officer.

Bethany joined Honors Fall 2017 after being selected as a Terry Scholar for the 2017 Cohort. She applied for the Terry Scholar Foundation scholarship with hesitation and was pleasantly surprised when she was selected. Shortly after, she was also selected as an Honors Ambassador.

“The Honors College and Terrys are a community of students and staff that believe in me when I don’t believe in myself.”

Bethany says, “Both organizations have provided a community of students and staff that believe in me when I don’t believe in myself by presenting me with opportunities where I can be a leader and good representative of the school.”

She is thankful for the Honors College and Terry Scholars working so well together as she can focus on her schoolwork in both organizations, complete community service for both memberships, and develop friendships both in Honors and Terry.

During Fall 2019, Bethany will continue her membership as an Honors Ambassador, Terry Officer, and the Terry Scholar Student Assistant.

Photo provided by Bethany Leander.
The first-ever Honors seminar led entirely by students took place during Spring 2019 semester. HONR 4375: Special Topics (Memes) was led by Honors students Lindsey Burcham, Madeliene Charlton, and Connor Rollings under the supervision of Honors Associate Dean, Dr. Patrick Lewis.

Dr. Lewis, who is in charge of coordinating seminars, says, “So far we have a 100% approval rating for student-led seminar proposals! One for one.”

In order to propose a seminar, students and faculty alike must meet with Dr. Lewis and discuss the focus and end goal of the course. Then, an official seminar proposal form must be submitted. The course, like all other seminars, was limited to 20 students to ensure that each student had the opportunity to interact with the topic and the instructors on a personal level.

Throughout the semester, each student was placed in a small group for discussions and to complete assignments. Each week, students were taught a different aspect of memes and meme creation.

Students learned about the history of memes, the influential social culture around memes, and even aspects of meme creation that could be used professionally.

Towards the end of the course, students were taught about flyer design and the many components of an informational flyer. After this lesson, each small group produced an internet safety flyer.

During the last week of class, all small groups collaborated in creating one flyer focused on internet safety. This flyer was distributed to students all over campus.

Seminars with a special focus such as memes give students an opportunity to dive into a topic of their interest alongside other likeminded individuals.

In the Memes Seminar, students were taught how to create flyers and were asked to create one of their own. Pictured above is the ACE flyer that students produced as a class. Over 250 copies of the flyer were distributed to students around campus.

**Students Attend National Model United Nations Conference**

In early April, a group of SHSU students were invited to attend the National Model United Nations conference (NMUN) that took place in New York City, NY. Among these students, were Honors students Natalie Hays, Victoria Makanjuola, Yhaz Mhih Nyh Toliver, and Alexus Uhl.

The NMUN conference is a simulation of the United Nations General Assembly Plenary Session. Students from universities all over the world engage in the procedures involved in addressing a particular issue by collaborating with model member states to draft resolutions for those issues.

With help from the Department of Political Science and the College of Humanities and Social Sciences, these four students attended the conference.

Honors students were among the first-ever group of SHSU students invited to the conference. During their time at NMUN, SHSU’s student delegation represented the Republic of Singapore.

“Model UN was an incredible journey that challenged my speaking and writing skills and equipped me to interact competently with others about the issues we addressed that week,” says Natalie Hays.

After careful drafting, Natalie and the SHSU delegation were awarded an Honorable Mention. Through this award, they were invited to join the Taipei Economic and Cultural Office in New York City, NY, in a discussion about Taiwan’s appeal to join the United Nations.
Dr. Victoria Lantz,
Theatre

Where do we Keep History?
Finding Dance in the Archives (and How to Get There)

Because dance happens with our bodies, many believe that its history proves impossible to trace. Dancing bodies, however, remain in the written record, worth recovering for what they may challenge about our ideas of the past. In this presentation, we will explore the ways in which dance appears in textual archives through my current book project. We will also discuss the process of applying for funding to support one's research (no matter the topic).

Dr. Jessica Herzogenrath,
Office of Research and Sponsored Programs

The Search for Truth:
Often and Uncomfortable Endeavor

We are continuously bombarded by claims from professors, friends, family members, the media, and more. Critically analyzing every decision is unfeasible. Sometimes we use shortcuts to save time and energy. We may also use short cuts to reduce dissonance and avoid uncomfortable thoughts or decisions. Taking such short cuts can potentially put us, or our loved ones, in danger. It can limit our ability to make well-informed decisions. Critical thought is a skill and takes practice. My career and research have led me to investigate educational practices that influence college students’ critical thinking skills and dispositions. In this talk, we will discuss why the search for truth can sometimes make us uncomfortable, ways to guard ourselves from faulty thinking, and data from a campus success story. While educators may not be able to significantly improve every student’s critical thinking, or disposition to do so, I argue that there are ways they can promote and encourage it. I also argue that providing students with the tools to think critically enables them to self-advocate, recognize/evaluate dubious claims, and ultimately become better citizens.

Mr. Steven Koether,
Biological Sciences

Interested in being a presenter for an upcoming ProfSPEAK! series?

Email honors@shsu.edu for more information!
Cultural Outing
Student Insight

“As Honors students, we focus so much on school so being able to spend a day having fun is very enjoyable! At NASA, there were many hands-on activities that we could participate in.”

- Brittiany Minor

Cultural Outing Highlights

Space shuttles, moon rocks, real astronauts, and more were available to the group of Honors students who attended our Spring 2019 Cultural Outing to the Space Center Houston.

On April 20, 2019, the Honors Student Advisory Council took a group of 40 students to the Space Center Houston, ranked as one of Houston's top attractions and officially the No. 1 attraction for international visitors.

Freshman Michael Villanueva, attended the outing expecting a strictly scheduled experience. Upon arrival, he realized the trip was setup as an educational yet entertaining opportunity for students to explore the space center as they wished.

“...there was a surprise around every corner. This outing did more than educate us; it excited and stimulated our minds....”

Michael says, “The most memorable thing about this trip was exploring inside the shuttle because there was a surprise around every corner. This outing did more than educate us; it excited and stimulated our minds.”

The 2019-2020 Honors Student Advisory Council officers have already selected a soon-to-be revealed destination for the Fall 2019 Cultural Outing.

During the trip, students Sean Hamilton and Michael Villanueva had the opportunity to view and control an aircraft flight simulator. This simulator taught visitors how wind pressure and direction affect the takeoff, flying, and touchdown of an airplane.

Space shuttles, moon rocks, real astronauts, and more were available to the group of Honors students who attended our Spring 2019 Cultural Outing to the Space Center Houston.

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Freshman Michael Villanueva, attended the outing expecting a strictly scheduled experience. Upon arrival, he realized the trip was setup as an educational yet entertaining opportunity for students to explore the space center as they wished.

Throughout the day, students had access to a theatre with films, virtual reality experiences, live shows and demonstrations, gift shops, the Zero-G Diner and the Independence Plaza.

The plaza is famously known for its Independence shuttle replica display mounted on top of the original NASA 905 shuttle carrier aircraft. This replica at Space Center Houston is the only mounted shuttle that allows visitors to go inside.

Michael says, “The most memorable thing about this trip was exploring inside the shuttle because there was a surprise around every corner. This outing did more than educate us; it excited and stimulated our minds.”

The 2019-2020 Honors Student Advisory Council officers have already selected a soon-to-be revealed destination for the Fall 2019 Cultural Outing.
**Internship Spotlight: Lucero Nava**

Words, font types, page alignment and more are all things that junior Lucero Nava must be carefully aware of in her internship as an editorial assistant to WaterWood Press.

WaterWood Press is a small press company out of Huntsville, Texas, that dedicates itself to publishing humanitarian poetry in honor of those who cannot.

The most recent release by WaterWood, *No, Achilles*, is a collection of international war poems from 64 poets living in Africa, Asia, Europe, the Middle East, and the Americas. Lucero was tasked with working on WaterWood’s upcoming release, *Elusions: Refugee Poetry*, an anthology which features international poets.

As an intern, she contacts the selected poets and gathers all the information needed for the creation of the anthology itself. Afterwards, she spends many hours putting everything together and ensuring that every word, line spacing, font type, color, and more, matches the styleguide for the work. Then the book is sent to a designated publisher for printing.

Though tedious work, Lucero says, “I know that I am making a difference by helping share humanitarian work from all over the world. WaterWood Press has given me an opportunity that I never imagined possible.”

Prior to working with WaterWood Press, Lucero has edited and designed textbook layouts and created figures for academic journals. She also works in the Honors College Office as the Marketing & Communications Specialist and is an Honors Ambassador.

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**Research Spotlight: Camille Ingham & Makayla Mason**

Junior student Camille Ingham and her classmate, Makayla Mason, visited the Zhejiang Police College in Hangzhou, China, last semester.

Both students learned about this research opportunity through Dr. Brittany Hayes their professor for a Victimology course. Their trip was funded by the Department of Criminal Justice and Criminology, Criminal Justice International Initiatives, the Office of Research and Sponsored Programs, the Honors College, and the EURECA FAST grant award.

During the trip, Camille and Makayla aimed to measure the level of understanding that Chinese police cadets held regarding domestic violence. Domestic violence was not made illegal in China until 2016. To measure this, they surveyed Zhejiang students on the topic.

Camille says “The most memorable moment of this trip was seeing how other students’ lives differed from ours.” She is currently writing her Honors thesis using the data collected.

Both she and Makayla plan to present their research at the American Society of Criminology conference in November later this year.

Makayla also presented at this year’s URS and was selected as the EURECA FAST Award winner.

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**Upcoming Internship**

Shani Gomez

Honors Ambassador Shani Gomez will be spending most of her summer in Bangor Base, Washington, and Napa, California, working with Nova Group, Inc. as a Safety Coordinator Intern for Quanta Services, Inc.

Shani plans on graduating with Honors and a Bachelor’s of Science in Engineering Technology with a concentration in Safety from SHSU in Spring 2021. Shani also works in the Honors Office.
Spring 2019
Highest Honors
Graduate Theses

Stephanie Baker: The Microanatomy of Bone Trauma

Katharine Evans: Charlie: The Making of an Original Musical

Cassidy Harkins: The Grail Questers: What Does it Take to be the Chosen One?

Rayne Horton: The Relation Between Pets, Emotional Intelligence, and GPA in College Students

Ruby Liliedahl: Preparation and Identification of P450 Metabolites of Dextromethorphan

Kayla McCarns: The Nature of the Relationship Between Crime and Geography

Brittiany Minor: Mental Illness Across Defendants of Different Races: Competency to Stand Trial or Be Restored

Caleb Zavala: Enhancing Lithium Ion Batteries Through Cation Doping and Graphene Coating

Noah Zavala: Effects of Different Carbon Sources on the Growth of Rhodobacter sphaeroides

Graduate Notes

Stephanie Baker will be attending Sam Houston State University and pursuing a master's degree in Biology.

Emily Bowman will be attending the University of Houston-Victoria and pursuing a master's degree in Forensic Psychology.

Ibeth Gaces will be attending Baylor College of Medicine and pursuing a medical degree.

Destiny Caldwell will be attending Florida State University and pursuing a master's degree in Higher Education.

Noemi Cazares will be attending Texas A&M's University of Veterinary Medicine.

Kestra Derise will be attending Sam Houston State University and pursuing a master's degree in Curriculum and Instruction.

Sara Diehl will be attending Sam Houston State University and pursuing a master's degree in Curriculum and Instruction.

Logan Haley will be attending Sam Houston State University and pursuing a master's degree in Curriculum and Instruction.

Petting Liu will be working as an associate for BKD CPAs & Advisors in Houston, Texas.

Jacinda Maxwell will be attending Sam Houston State University and pursuing a master's degree in Education.

Kayla McCarns will be attending Sam Houston State University and pursuing a master's degree in Homeland Security Studies.

Brittiany Minor will be attending University of Houston at Clearlake and pursuing a master's degree in Clinical Psychology.

Connolly Rollings will be attending the University of Texas Health School of Public Health and pursuing a master's degree in Epidemiology.

Bram Sebbo-Brundage will be attending Sam Houston State University and pursuing a master's degree in History.

Caleb Zavala will be attending Baylor University and pursuing a doctorate degree in Physics.

Conrrads Graduates!

College of Business Administration
Chelsea Gillian
Alexus Hardy
Velvet Wallace

Madeleine Goldwait
Petting Lui

College of Criminal Justice
Alejandra Aguillon
Emily Bowman
Stephanie Darter
Taria Godwin-Pierce
Katie Hernandez
Velmasha Jefferson
Kayla McCarns
Kailey Muir
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Maryln Alvarado
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Katharine Evans*S
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Sara McClanahan

College of Health Sciences
Dalia Alsaiati
Andrea James
Alba Sadiq
Whitney Woodward

Kelly Clipper
Connor Rollings
Kaslyn Searcy

College of Humanities and Social Sciences
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Audrey Crase
Amber Holder
Tessa Huber
Brittiany Minor*

Aileen Argueta
Audrey Crase
Amber Holder
Tessa Huber

Lauren Blossom
Cassidy Harkins*
Rayne Horton*

Alice Lyons
Rebekah Primrose

Hannah Spradlin

College of Science and Engineering Technology
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Stephanie Baker*
Hali Behrens-Rusell
Gina Collura
Janika Ernst

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Eric David

Susie Jewett
Ruby Liliedahl*

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