



UNIVERSITY OF LOUISVILLE HONORS PROGRAM NEWSLETTER

Honors Calendar At-A-Glance:

December 5	HSC/RSA Holiday Party
December 5	<i>The White Squirrel</i> Release Party
December 5	Study Abroad Meet & Greet
December 6	Dental School Spotlight
December 7	HVP Christmas Chores for Seniors
January 17	Honors Peer Advisor Applications Due
January 24	KHR/SRHC Proposal Deadline
January 30	Senior Honors Thesis Info Session

Make sure to read through this entire newsletter for other important dates and deadlines.

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It's time to pull out those #2 pencils, Blue Books, and your course notes—finals are upon us! The Honors Program wishes you good luck on your exams, and that you have a wonderful winter break!



HONORS NEWS

HONORS PEER ADVISOR POSITIONS

Are you interested in working for Honors next summer as an orientation peer advisor? Do you want to help mentor next year's incoming freshmen class and help them create an academic plan for fall 2014? Peer advisors will be trained to help next year's incoming Honors freshmen class as they develop an academic plan and schedule courses during summer orientation. This is an outstanding opportunity for Honors students to learn more about the University, discuss their experiences in the University Honors Program with interested new students and parents, and earn some money along the way. Students will be expected to work approximately 15-20 hours each week from mid-May through the end of June 2014.

IMPORTANT NOTE: Both the Summer Research Opportunity Program (SROP) and Summer Term II classes may conflict with the required work schedule for a Peer Advisor. Please take this into consideration when applying for the Peer Advisor position. Additionally, if you are planning a summer travel abroad experience, you will want to check with Honors to determine if potential conflicts will prevent you from participating as a peer advisor.

Applications are due at **4:00 PM on January 17, 2014**. In order to apply you must have completed at least 30 hours and have a 3.35 or higher cumulative GPA. You may bring the completed application to the Etscorn Honors Center or email it to luke.buckman@louisville.edu. Download the application from the front page of the Honors website (<http://louisville.edu/honors/peer%20advisor%20APPLICATION%202014.pdf>) or pick it up in the Etscorn Center.

SENIOR HONORS THESIS

Are you an Arts & Sciences major and hoping to graduate with Highest Honors (summa cum laude)? Are you interested in or already pursuing undergraduate research in your field of interest? If so, and if you meet some minimum GPA and credit hours qualifications, you may be a good candidate to write a Senior Honors Thesis.

It's never too early to start brainstorming about a topic or start talking to your faculty mentors about your research interests! You can view more information about the Senior Honors Thesis process at <http://louisville.edu/honors/Enrichmentopportunities/senior-honors-theses>.

We will also be holding an information session 12:00-1:00 PM (location TBD) on **Friday, January 30, 2014** for qualifying Arts & Sciences majors who wish to know more about the Senior Honors Thesis Process. Please watch your email for an invitation to this event with updated details about the location in early January.

DENTAL SCHOOL SPOTLIGHT

Are you interested in attending dental school? If so, the Honors Program would like to invite you to our last Graduate School Spotlight of the semester. At this event, you can get an inside look into the admissions process at the University of Louisville Dental School. You'll be able to meet with admissions and current students, learn what it takes to be competitive, and participate in a question and answer session.

Light refreshments will be served. Contact Ketti Tonnemacher in the Honors Program at aktonn01@louisville.edu if you have any questions about this spotlight.



Dental School Spotlight
December 6, 2013
12:30-1:30 PM
Etscorn Honors Classroom

CALL FOR CONFERENCE PROPOSALS!

There are two upcoming Honors conferences in spring 2014: **Kentucky Honors Roundtable (KHR)** and the **Southern Regional Honors Council (SRHC)**. KHR will be hosted by Morehead State University and takes place February 21-22, 2014. SRHC will take place in Savannah, GA, March 27-29, 2014. To be eligible to present at SRHC, students must either present at KHR in the spring or have presented at KHR this past fall at NKU.

Both conferences provide an outstanding opportunity for Honors students to gain experience presenting work in front of others. If you are interested in submitting a proposal, topics can include: undergraduate research, a paper you may have written for a course that you'd like to present, a presentation you've already done in a class (Honors or otherwise), a topic based on Honors extracurricular programming, or other ideas you might have. If you are considering a topic, just ask your Honors counselor to see if it would be a good fit for one of these two conferences.

Kentucky Honors Roundtable

February 21-22, Morehead State University

If you are interested in presenting at the Kentucky Honors Roundtable, please submit your proposal by no later than **Friday, January 24 at 4:30 PM** to Katherine Rucker (katherine.rucker@louisville.edu). When you send your proposal, include the following:

1. Name of presenter(s).
2. Title of presentation.
3. Presentation description (100 words or less).
4. Presentation type (15 min podium presentation; 50 min panel presentation, must have at least two presenters; poster session).
5. Equipment needed (PowerPoint, film capabilities, sound, easel, etc).
6. Any technical needs beyond a laptop/projector (these are provided).



If your proposal is accepted, you will be expected to attend all KHR-related events on February 21-22.

Southern Regional Honors Council

March 27-29, 2014, Savannah, GA

If you are interested in presenting at SRHC, please submit your proposal by no later than **Friday, January 24 at 4:30 PM** to Katherine Rucker (katherine.rucker@louisville.edu). When you send your proposal, include the following (note the differences between this one and the one for KHR):

1. Name of presenter(s), email of presenter(s).
2. Title of presentation.
3. Abstract for conference program (30 words or less).
4. Full abstract for conference submission (100 words approximately).
5. Presentation type (10-15 min podium presentation; 50 min research panel presentation, must have at least two presenters; poster session; short digital film with maximum length of 6 min; music performance, maximum length of 6 mins; art/sculptor presentation).
6. Equipment needed (PowerPoint, film capabilities, sound, easel, etc).
7. Audio/visual needs (projector and screen *OR* projector, screen, and sound)



For more information on SRHC, please check their website at www.srhconline.org. If your proposal is accepted, you will be expected to attend all SRHC-related events on March 27-29, 2014.

Questions relating to Kentucky Honors Roundtable or Southern Regional Honors Council should be directed to Katherine Rucker at katherine.rucker@louisville.edu.

HONORS STUDENT COUNCIL

HSC/RSA HOLIDAY PARTY

Time to break out those ugly Christmas sweaters you've been longing to show off! The Threlkeld Hall Resident Student Association and Honors Student Council are having a Super Sweet Finals Holiday Party on **December 5 at 7:00 PM** in Threlkeld Hall. Make sure to come out for cookies, holiday movies, and even making more ugly sweaters! We hope to see you there!

HONORS VOLUNTEERS PROGRAM

Saturday, December 7 from 12:00-3:00 PM is the last HVP event of the semester! Join us for Christmas decorating with senior citizens!

- If you need a ride, HVP will be carpooling from the *Thinker* statue in front of Grawemeyer Hall.
- If you are able to drive other volunteers, please email helpinghandservinghearts@gmail.com.
- If you have not yet signed up and would like to, just email msblai03@louisville.edu.

Optional: Prior to the event, there will be an ugly Christmas sweater social from 9:30-11:45 AM with Helping Hands, complete with hot chocolate, cookie decorating, and Christmas cards for the people we will be serving at noon. For more information, check out <https://www.facebook.com/events/264677793689450/>.

THE WHITE SQUIRREL



The ninth edition of *The White Squirrel*, UofL's Literary Arts Magazine, will be released on **Thursday, December 5!** Join us in celebrating the Fall 2013 edition with a reading of poetry and prose from our contributors, as well as an open mic, at 8:00 PM at the Quills in Cardtowne. Sign-ups for the open mic start at 7:45. You can purchase the new edition at the release party for \$3, and it will be subsequently available at the Etscorn Honors Center, Carmichael's Bookstores, and Sunergos on South Preston. *We would like to thank everyone who submitted this semester, and encourage you to pursue creative writing!*

STUDY TIPS!

This is the last edition of *The Current*, so HSC Academics has quite a few study tips to share with you! These will be especially helpful as finals are now quickly approaching!

1. Take full advantage of all the finals events held by various organizations on campus. You can get index cards, pencils, highlighters, Blue Books, Scantrons, water bottles, snacks, or even massages, depending on where you go!
2. Memory psychologists provide evidence that cramming the night before is only minimally successful. Space out your studying; instead of starting the day before an exam try at least three days to a week beforehand.
3. Avoid pulling "all-nighters." Sleep psychologists have found evidence that sleep deprivation causes a lack of memory consolidation.
4. Take lots of short breaks throughout studying. You want to ensure that your studying is the most efficient it can be, and minutes are precious during finals.
5. **AND THE MOST IMPORTANT ADVICE:** Log out of Facebook on your phone and computer. Facebook is a vicious distraction, and is intensified when notifications are enabled on your phone or laptop. Most people like Facebook, but for the sake of finals, log out of the account and set Facebook use restriction goals for yourself prior to studying. For example, allocate a 5-10 minute break after every hour of studying for Facebook, but spend the rest of your study time anti-Facebook.

Don't worry: before you know it, finals will be over, and spring 2014 is sure to have so much in store for you! Be on the look out for HSC Academic events to be advertised in the beginning of spring semester.

FROM OUR FRIENDS

FIRST YEAR INITIATIVES

The Office of First Year Initiatives (FYI) helps to make sure you have a great first year! Upcoming FYI events include:

December 9:

BREAKFAST...FOR A BUCK?!

Ville Grill, 9:00-11:00 PM

It's late. You're studying for that final you have Tuesday morning, but it's getting hard to focus on anything but your growling stomach. What to do? **Head to Breakfast for a Buck from 9:00-11:00 PM on December 9** for a late-night breakfast at The Ville Grill! You can use Cardinal Cash, meal swipes, or if you donate a canned good, you get your meal for \$1! Check out the gourmet hot chocolate bar from First Year Initiatives, chair massages from Campus Health, study tips from REACH, and more!

**December 10 &
December 11**

Paws for Finals

Ekstrom Library, first floor, 11:00 AM - 1:00 PM each day

Are you exhausted from studying? Do you wish you had a furry friend to keep you company as you gear up for finals? Take a pause to relieve some stress--stop by the first floor of Ekstrom Library from 11:00 AM to 1:00 PM on December 10 and 11 to relax with some furry friends from Animal House and enjoy cocoa and cookies provided by National Residence Hall Honorary.

HEALTH PROMOTION

Are finals stressing you out? If so, the Health Promotion Office might be able to help.

You are invited to Health Promotion's Calm Café on Tuesday, December 10 from 11:00 AM - 4:00 PM. It's free, calming, and can help you do your best during this stressful finals season.

Questions about this and other Health Promotion events can be directed to katevance.louisville@gmail.com.

Calm Café



Where:

Health Promotion Office

When:

December 10, 11am-4pm

What:

Hang out, study, get a **FREE MASSAGE!**

Complimentary drinks and snacks to calm or energize.

QUIZ BOWL

Did you play quick recall or academic team in high school? Do you have a wide range of knowledge?

If you answered yes to any of these questions, you should consider joining the University of Louisville Quiz Bowl team. The Quiz Bowl team competes in tournaments throughout the state and region. The team is open to all University of Louisville students regardless of major and year. Last year, the team won both divisions of the Kentucky Collegiate Quick Recall League and also finished 12th at the NAQT Intercollegiate Championship Tournament. At ICT, the UofL team defeated national powers Cornell, Minnesota, Notre Dame, Ohio State, and Chicago. Tournaments are on the weekend and we typically practice once a week. Practices are scheduled around team members' class schedules. If you are interested, please email team coach/sponsor Matt Church at mschur01@louisville.edu or find our Facebook group, U of L Quiz Bowl.



DECEMBER 2 – 13



MONDAY, DECEMBER 2

Finals Blitz Begins! Check reach.louisville.edu/tutoring/finalsblitz for the latest test review sessions.

TUESDAY, DECEMBER 3

Kick Off to Finals Blitz: Snacks courtesy of Ekstrom Library. Test review schedules and study tips from REACH. Strickler Hall Lobby, 10:30 a.m. – 2:30 p.m. and Ekstrom Library, 4:00 – 6:00 p.m.

THURSDAY, DECEMBER 5

Resident Appreciation Thursday Night Breakfast Program: Includes breakfast with study handouts and review schedules from REACH. Community Park, 5:30 – 6:30 p.m.

MONDAY, DECEMBER 9

Cocoa Study Night with the Zetas: Study session with free hot chocolate. NPHC Suite, 4:00 – 6:00 p.m.

Finals Fiesta: A student-focused event that offers a break from studying. Rejuvenate with free Moe's, Comfy Cow, an oxygen bar, mechanical bull, DJ and much more! Hosted by the Student Activities Board. SAC Multipurpose Room, 6:00 – 9:00 p.m.

Meat & Potatoes: A guest speaker from REACH will share studying techniques and tips on how to perform better on exams. The Avenue, 7:30 p.m.

Breakfast...for a Buck?! Courtesy of First Year Initiatives. Late-night breakfast for \$1 when you donate a canned food, or use Cardinal Cash or a meal swipe. Free chair massages from Health Promotion and stress tips, and study tips from REACH. Ville Grill, 9:00 – 11:00 p.m.

TUESDAY, DECEMBER 10

Paws for Finals: Exhausted from studying and wish you had a furry friend to keep you company as you gear up for finals? Take a pause to relieve some stress and stop by to relax with furry friends from Animal House! Ekstrom Library, first floor, 11:00 a.m. – 1:00 p.m. **Repeats on the 11th, same time and location.**

Calm Cafe: Enjoy a quiet study space with free massages and calming, invigorating snacks. Health Promotion Activity Room, 11:00 a.m. – 4:00 p.m.

Nap & Meditation Room: Ear plugs, eye masks, wake-up calls, napping tips, and mandala coloring sheets. SRC Studio 201, 11:00 a.m. – 4:00 p.m.

WEDNESDAY, DECEMBER 11

Morning Motivation with Miranda: Need some morning motivation? Come and grab some coffee/energy drinks and a good breakfast to get your morning started as well as motivational quotes to help you along the way on finals day! Kurr Hall, 8:30 – 9:30 a.m.

Snack Up on Energy and Get Inspired: Make a snack bag, grab some coffee or cocoa, and color a page or two! At your individual residence hall, 9:00 – 10:00 a.m. **Repeats on the 12th, same time and location.**

Need test-preparation skills? Take the online seminar, "Acing the Test." To request access, visit reach.louisville.edu/seminars/success.html and click on the Online Seminar Request form. Requests typically take 24 hours to process.

Drop-in Tutoring

Computer Resource Centers (Ekstrom and Miller iTech Zone) M-Th, 8 a.m. – 8 p.m. and Friday, 8 a.m. – 4 p.m.

Math Resource Center (Strickler 226 East) M-Th, 9 a.m. – 7 p.m. and Friday 9 a.m. – 2 p.m.

Visit reach.louisville.edu/tutoring/finalsblitz for the EXAM REVIEW SCHEDULE with subjects, times and locations.



Writing Center consultants can help with any writing in or outside of class and at any stage of your writing. Make an appointment by calling 852-2173, stopping by our center in Ekstrom Library on the third floor, or by visiting our website, <http://louisville.edu/writingcenter>. We are open Mon/Thu/Fri, 9:00 a.m. – 5:00 p.m.; Tue/Wed, 9:00 a.m. – 8:00 p.m.; and Sat 1:00 – 4:00 p.m.

PART-TIME EMPLOYMENT OPPORTUNITY WITH REACH

REACH is seeking **HONORS** students as Tutors/Supplemental Instruction leaders for the 2014 spring semester at this time. Student employees may work from 4 to 20 hours each week in a schedule designed to work around your classes. The hourly wage begins at \$8.50, but can reach \$10.00 depending on certification and position.

Requirements and the application are available at: <http://www.reach.louisville.edu/applications/tutor/>. New student staff are needed for the following:

- ACCT 201, 202
- CIS 100, 300
- CECS courses
- ECON 201 & 202
- ENGR 101,102,201
- FIN 301
- MATH 180, 205, 206
- PHYS 107, 111, 221, 222, 298 & 299
- ITAL 122
- CHNS 102, 202
- MATH 109
- SOC 301

UNDERGRADUATE RESEARCH SCHOLAR GRANT

The primary purpose of an Undergraduate Research Scholar (URS) is to enrich the research, scholarship and creative arts experience of the undergraduate student by involving the student in research collaboration with a faculty mentor. The student is expected to become intellectually involved in design and execution of the research project, not just serve as “another pair of hands.” The undergraduate student writes the URS proposal after he/she has identified a faculty mentor who is interested in serving as the mentor. The faculty mentor is expected to make arrangements for the student to receive up to three (3) hours of course credit for the research or creative activity and provide a grade for the work completed by the student.

Students are encouraged to present a poster, or an equivalent demonstration of the research, on the Undergraduate Research Day. The student may request up to \$300 (dry lab/creative activity) or \$500 (wet lab) for supplies and expenses required for conducting the research or creative activity. **URS proposals may be submitted at any time.** They will be reviewed on a monthly basis.

Application at <http://louisville.edu/research/for-students/undergraduate-research-scholar-grant.html/>. Contact Dr. Pamela Feldhoff, URS Grant Executive VP for Research and Innovation, at pwfeld01@louisville.edu for information.

Find all Finals Blitz details at reach.louisville.edu/tutoring/finalsblitz

JESSE SUMMERFIELD: NATIONAL STUDENT EXCHANGE

In August 2011, as a freshman energetic to begin college classes, I was sitting in my freshman orientation class where I was introduced to a program called the National Student Exchange. I didn't think much of it at the time; it was one of many programs that I learned about in the class that UofL offered and I was told I should consider.

Fast-forward to October 2012, when I was a sophomore already feeling worn out by the grind of classes, extra-curricular activities, and a twenty-four hour per week job. Being from Jeffersonville, Indiana, I had been a commuter for my two years, and was also looking for a change in scenery.

Suddenly, the National Student Exchange seemed a lot more attractive and grabbed my attention. It presented a chance to pay my standard tuition, live in a new and exciting place for a year, and select classes that I knew would transfer when I eventually come back.

So, here I am, writing this in Colorado Springs, Colorado as a temporary student with The University of Colorado at Colorado Springs. I get to walk out of my dorm room and see Pikes Peak, standing at over 14,000 feet tall. I walk or ride my bike a little further to the greenway, which provides nearly 50 miles of trails throughout town. A little further is Garden of the Gods, a beautiful public park with even more trails. If I'm looking for a challenge, I can climb The Incline, a 2,000 foot ascent that used to be an incline railroad. Thanks to the help of great advisors both here and back home, I am enrolled in thirteen credit hours, all of which will eventually count towards my degree.

Last year, I got to see a BCS football team, national title men's basketball team, runner up women's team, and a College World Series baseball team. While I sacrificed some of that for NSE, I gained a beautiful new home, great new friends, and a sense of independence that I would not have gained by staying the traditional route at UofL. These are our college years; they are a time to try new things and expand our horizons. ✿

Interested in taking your own adventure? Contact Andrew Grubb at abgrub02@louisville.edu or 852-1482 for more information and an application for exchange in 2014-2015.

OFFICE OF STUDY ABROAD & INTERNATIONAL TRAVEL

Join the over 800 UofL students who have participated in an international experience and stop by or contact the Office of Study Abroad and International Travel for an advising appointment! Learn about program options, **using financial aid towards studying abroad, study abroad scholarships**, and more!

Remember, the time to start planning for Summer and Fall 2014 programs is now! Attend these events for more info:

NEW! December 5: *Study Abroad Meet & Greet (with free food!)*
Overseer's Honors House, 6:30 PM
Join us for an informal question and answer session with alumni and other interested students to learn more about studying abroad! Enjoy **free pizza** while we discuss the process of choosing a program, **using financial aid**, and finding courses to take towards your degree! Don't miss out!

January 22: *Let's Talk Travel Panel*
Cultural Center, 12:00-1:00 PM
Got questions about travel? Student study abroad alumni and study abroad advisors can answer all your questions about studying abroad and including an international experience into your time at the University of Louisville.

January 22: *Study Abroad Fair*
Red Barn, 10:00 AM - 2:00 PM
Shop around and talk to program representatives and study abroad advisors about the many options you have to study abroad! Learn more about scholarships, using financial aid toward your study abroad, and why study abroad is essential for your future career!