

# THE CURRENT

University of Louisville  
Honors Program Newsletter

## TRIVIA EDITION

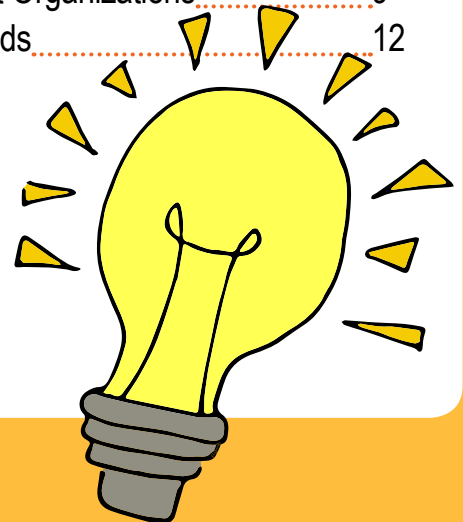
### QUICK CALENDAR

- 10/5** Trivia Night
- 10/8** HSC Service Opportunity & Community Meeting
- 10/11** Deadline to register to vote!
- 10/19** Non-Profit Fair
- 10/19** Medical School Spotlight
- 10/21** Travel Seminar Application Deadline
- 10/26** The White Squirrel Submission Deadline
- 11/3** Priority Registration at 8:00 AM
- 11/8** Election Day

*\*More important dates and deadlines are listed throughout this newsletter. **Please read carefully.***

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**OCTOBER 5, 2016 • VOL. 16, ISSUE 4**

# HONORS NEWS

COMING UP

## MEDICAL SCHOOL SPOTLIGHT



Mark your calendars for the Honors Program's Annual Medical School Spotlight! This is your opportunity to ask all of your medical school questions from what it takes to be admitted to making it to graduation. Join us for a discussion with members of UofL Medical School's admission team (Dr. Stephen Wheeler, Associate Dean of Admissions, and Pamela Osborne, Director of Admissions) and Honors alumni currently in the program. Bring your best questions to this panel-style conversation!

**Wednesday, October 19**  
**6:00-7:30 PM • Etscorn Classroom**

*Image: Panelists at the 2015 Medical School Spotlight.*

SPRING 2017 WOODCOCK SOCIETY

## NATIONAL TRAVEL SEMINAR

### A MUSICAL ATLAS OF APPALACHIA

HON 331-01 / HON 341-01

Dr. Jack Ashworth

TTh, 11:00-12:15

**APPLICATION  
DEADLINE**

**10/21 by 4:00 PM**

#### Course Description:

This course is about the signature traditional and popular music of the American Southeast through the beginning of commercial country music, especially that associated with the Appalachian region of Virginia, West Virginia, North Carolina, Tennessee and Kentucky. The material will include ballads (both transplants from the British Isles and also more recent ones), "old time tunes" (from the early days of radio and recordings), and traditional bluegrass (from the original Bill Monroe and his Blue Grass Boys through about 1975). While we will spend time identifying, analyzing and placing examples of these types of music in a cultural context, we will also pay special attention to different ways that music relates to place, whether it's a fiddle tune named for a geographical feature ("Shippingport") or a ballad about something that took place in an actual place ("Baltimore Fire") or a lyric that is anchored in a specific landscape ("East Virginia Blues") or a more generic concept such as "region" ("Sweet Sunny South"), "home" ("Eight More Miles to Louisville") or "heaven" ("Angel Band"). Then we will travel to some of the places that this music is about, or from which it comes. **This course will fulfill requirements in the Humanities or Social Sciences.**



*Image Credit: <https://www.flickr.com/photos/23660854@N07/2285294824/in/album-72157603967238987/>*

The anticipated student cost for this travel is \$300 - \$350 per student. The final course fee will be determined by the end of October. The fee will be charged to the student's university account. Potential site locations include: Rosine, Whitesburg, Hindman, Pine Mountain Settlement School, Berea (all in Kentucky), Clinton and Bristol, TN, and Hiltons, VA.

**Apply today through the Honors website! <http://bit.ly/2c6nHAA>**

## M.A.S.S. SCHOLARSHIPS

Students with demonstrable financial need and involvement in the University Honors Program may apply for awards to buy books and supplies for spring semester classes. Funds for these awards were originally contributed by members of the Mature Adult Student Society (MASS). Two to three scholarships (ranging from \$300 to \$400) are awarded.

Applications consist of a letter outlining your academic program, overall financial need, and projected expenses of books for the spring semester. Letters can be returned to the Etscorn Honors Center or mailed to:

Dr. Joy Hart  
University Honors Program  
Etscorn Honors Center  
University of Louisville  
Louisville, KY 40292

**Deadline: November 11**

## TRIVIA TIME

Look for Trivia Time boxes throughout this issue featuring questions about the Honors Program. The first person to answer the 5 trivia questions in this issue and bring their correct responses to the Etscorn Honors Center will receive an Honors prize pack!

### 1. WHEN WAS THE HONORS PROGRAM FOUNDED?



### CONFERENCE REVIEW

## KHR AT MURRAY STATE

This past weekend, Honors students traveled to Murray State University to present their research at the Kentucky Honors Roundtable (KHR) conference. The students were accompanied by Sarah Springer, Academic Counselor, Olivia Hill, Honors Advising Intern, and Dr. Joy Hart, Executive Director of the Honors Program. KHR is a great opportunity for undergraduate students to gain experience presenting, as well as network with other Honors students from Kentucky. Everyone who presented did a great job! There will be another KHR conference this coming spring, and we encourage any interested students to keep that option in mind while working on research projects this semester.

Name	Presentation Title
Ali Costello	Roughness, Fourier Transforms, and Power Spectra of AFM Scans of MoN and Nb
Piyani Gandhi	Advances in the Controlled Printing of Spheroids using a Bio-Assembly Tool
Adaline Heitz	Healthy Lifestyle Impact on Breast Cancer-Specific and All-Cause Mortality
Tasneem Karim	Examining Nutrition and Displacement in Ghana and Arabic Language Study in Morocco
Elizabeth Peña	Felony Disenfranchisement: Restoring Voting Rights to Nonviolent Offenders
Seth Sereff	Elucidating the Mechanism of XB05 in Malignant Cells
Troy Sterling	Pre-Med Student or EMT... or both?



Image: UofL conference participants at Murray State University.

# HONORS NEWS

## 1ST YEAR SCIENCE LLC LECTURE REVIEW

# MARS TODAY

First Year Science LLC students spent their evening on Thursday, September 22, attending a lecture by Dr. Tim Dowling, Dynamic Meteorology Professor at UofL about the current condition on Mars and how they compare with what the planet was probably like 3 billion years ago. He tied the lecture in with the film, *The Martian* (2015), discussing ways the film was or was not an accurate depiction of Mars today. Aisha Thapa, Science LLC member, had this to say about the event:

“The Mars talk was one of the best events I’ve been to at UofL so far! At first I was skeptical because I wasn’t sure if it’d just be another speaker, but Dr. Dowling was intelligent, witty, entertaining, and informative all at the same time! . . . It was awesome.”

Image: Dr. Dowling presenting to the First Year Science LLC



## BOARD OF OVERSEERS MENTORING PROGRAM

# KICK-OFF DINNER

On Wednesday, September 28, the Board of Overseers Mentoring Program welcomed the 2016-2017 mentees at a Kick-Off Dinner hosted at the University Club and Alumni Center. After receiving more than 200 applications, 52 students were matched with highly respected professionals in their fields of interest. At the dinner, students had the opportunity to meet several members of the Board of Overseers who helped match students with their mentors. In addition, students were able to share who their mentor was with the rest of the incoming mentees! This year students were matched in a variety of fields including law enforcement, medicine, counseling, investment banking, marketing, politics and law, higher education, and social justice.

Image: 2016-2017 Board of Overseers Mentoring Program participants.



# TRIVIA TIME

Remember: the first person to answer the 5 trivia questions in this issue and bring their correct responses to the Etscorn Honors Center will receive an Honors prize pack!

**2. SINCE IT BEGAN, THE HONORS PROGRAM HAS HAD HOW MANY DIRECTORS?**

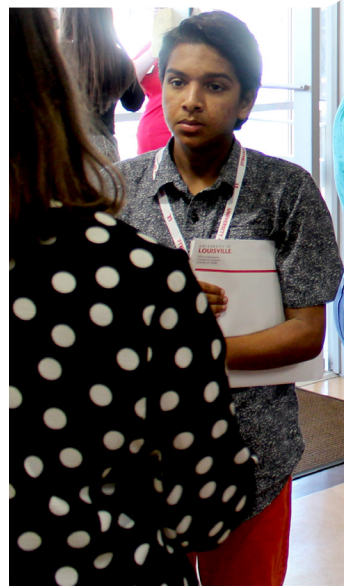
# HONORS NEWS

## EVENT REVIEW

# ACCOLADE

The University of Louisville hosted its largest recruiting event of the year on Saturday, September . Approximately 1,000 prospective students and their family members visited campus on Saturday, September 24. In the afternoon, the University Honors Program hosted successful open houses at the Etscorn Honors Center & Kurz Hall, which we could not have done without the assistance from some fantastic volunteers! We are grateful to the following students for graciously donating time on Saturday to help with Accolade:

- |                     |                   |               |
|---------------------|-------------------|---------------|
| Katherine Armstrong | Kasey Golding     | Emma Radulski |
| Amy Cherry          | Adaline Heitz     | Dylan Rankin  |
| Jazmen Conner       | Joshua Julian     | America Silva |
| Emilie Cornett      | Mariah Moore      | Noah Smith    |
| Danielle Deal       | Cortney Patterson | Troy Sterling |



Images: [Top] Luke Buckman, Assistant Director for Student Programming & Development, discusses the Honors Program with a prospective student. [Middle] (Left) Emilie Cornett talks to a student after they toured Kurz Hall. (Right) Troy Sterling talks to a family in the Honors Center Lobby. [Bottom] (Left) Katherine Armstrong talks to a parent in Kurz. (Right) America Silva and Kasey Golding take a break to pose for a quick picture in Kurz.

# ADVISING CORNER

## HAVE YOU SCHEDULED YOUR HONORS ADVISING APPOINTMENT

Advising is underway in the Honors office! Have you made your advising appointment? **Don't forget, you must have an Honors Advising Appointment this semester in order to sign up for Spring 2017 Honors courses!** Although we welcome any Honors student to make an appointment with one of our advisors, not all Honors students are required to be advised every semester. To find out if you will be required to be advised in Honors this semester, please visit: <http://bit.ly/2bNsHfd>

Please arrive promptly in the Etscorn Honors Center on your appointment date/time. If you arrive to your appointment **10 or more minutes after the scheduled appointment time**, you will be required to reschedule for a later date/time subject to counselor availability.

### Priority Registration

**8:00 AM on Thursday, November 3<sup>rd</sup>**

*\*Don't forget to put your classes in your enrollment shopping cart to save time on registration day! It will also let you validate your courses, so you can catch any problems with your schedule or student account!*

**Pro Tip:**  
When scheduling an appointment you should always receive a **Confirmation Email!**

*If you didn't you may not have an appointment!*

## ADVISING TOOL KIT

### Getting to "My Planner"

1. Go to ULink from the Louisville homepage.
2. Upon logging in, click on "Student Services" from the tabs at the top.
3. Scroll down to "Student Center."
4. Click on "Plan."
5. Click on "Browse Course Catalog."
6. Click on courses and add them to your planner.

### Unofficial Transcript\*\*

1. Go to ULink from the Louisville homepage.
2. Upon logging in, click on "Student Services" from the tabs at the top.
3. At the bottom of the "Registration tab" under the "Transcript" heading, click on "View/Print Unofficial."

*\*\*Credits earned prior to your time at U of L may or may not be included in this transcript.*

### Transfer Credit

1. Go to ULink from the Louisville homepage.
2. Upon logging in, click on "Student Services" from the top tabs.
3. Under the "Admissions" tab, click on "Transfer Evaluation – View/Print."

### Links

Course Catalog: <http://louisville.edu/undergraduatecatalog/>

General Education Requirements: <http://louisville.edu/provost/GER>

Flight Plan: <http://louisville.edu/flightplan>

Schedule of Classes: <http://htmlaccess.louisville.edu/classSchedule/setupSearchClassSchedule.cfm>

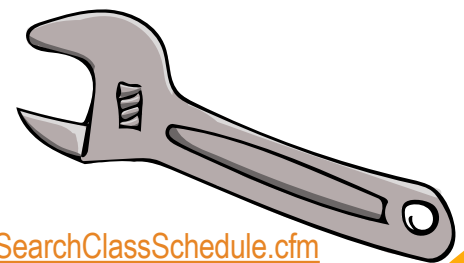
Arts and Sciences – Departments: <http://louisville.edu/artsandsciences/academics/departments>



## TRIVIA TIME

Remember, the first person to answer the 5 trivia questions in this issue and bring their correct responses to the Etscorn Honors Center will receive an Honors prize pack!

**3. NAME THE FORMER HONORS DIRECTOR WHO CURRENTLY SERVES AS UNIVERSITY PROVOST.**



# FACULTY SPOTLIGHT



## DR. JOSEPH STEFFEN BIOLOGY DEPARTMENT

CELLULAR AND MOLECULAR PHYSIOLOGY

[Joe.steffen@louisville.edu](mailto:Joe.steffen@louisville.edu)

### What are your primary areas of research & academic interest?

I started my research with an interest in hibernation, primarily ground squirrels, bats and bears (being from Minnesota originally, I was interested in responses to cold temperatures). I came to Louisville to work on research related to spaceflight, specifically the effects of microgravity on physiological and biochemical systems in mammals and have had experiments flown on the space shuttle and on Russian Cosmos satellites. Since Kentucky is ranked by the CDC as state with a high incidence of obesity, more recently the undergraduates working in my lab have been investigating a hormone, adiponectin, which is related to both obesity and diabetes.

### What inspired you to create the Honors Seminar, *History, Mystery, and Medicine: The Early History of Medicine through Historical Fiction*?

Historical fiction is a genre that I love to read, therefore, it wasn't such a leap to think about offering a course with this at its heart.

### How did you narrow down the texts for the course?

It wasn't just that a work had a content rich in medical history, but that it was a continuing series. I want students to find one of the characters in the readings that they would like to continue reading about. This was important in selecting the four books that we read.

### If a student was interested in the connection between literature and medicine, what book would you have them start with?

*The Physician*, by Noah Gordon. It has been made into a film, but the book is much better!

### What was your favorite course as an undergraduate student?

I loved physiology laboratory, as we got to work with a variety of organisms (including crayfish and lobsters). We basically got to repeat some of the classic experiments that defined how organisms function. It was a lot of fun. Unfortunately, students don't get to experience those types of laboratory investigations any more (for a variety of reasons).

### What advice do you have for current students?

I wish I was wise enough to be able to distribute advice! Follow your passion, but keep in mind that there might be multiple ways of doing that.

### Tell us about life off campus; what's your family like?

My wife Marlene is the Facility Manager for the Center for Predictive Medicine/Regional Biocontainment Laboratory on Shelby Campus. My oldest son Ethan is a UK graduate in sustainable agriculture and a forester for Metro Parks. My younger son Kyle is currently working on his Ph.D. in Physics at Indiana University in Bloomington. We have two "children" still at home, our golden retrievers Creighton (after Creighton University where Marlene and I met) and his little sister Elle (or "L" in Louisville language).

### What are some of your hobbies?

I'm a voracious reader, with two or three books almost always going at once. I love working in my yard, on my



# FACULTY SPOTLIGHT

flowers and garden. I'm an uncontrollable Cardinal sports fan, so (almost) everything stops when I can see a game.

## What's your favorite book?

I'll give you two. *Long Knife*, by James Alexander Thom, a very well written biography of George Rogers Clark and *The Invention of Nature: Alexander Von Humbolt's New World*, by Andrea Wulf.

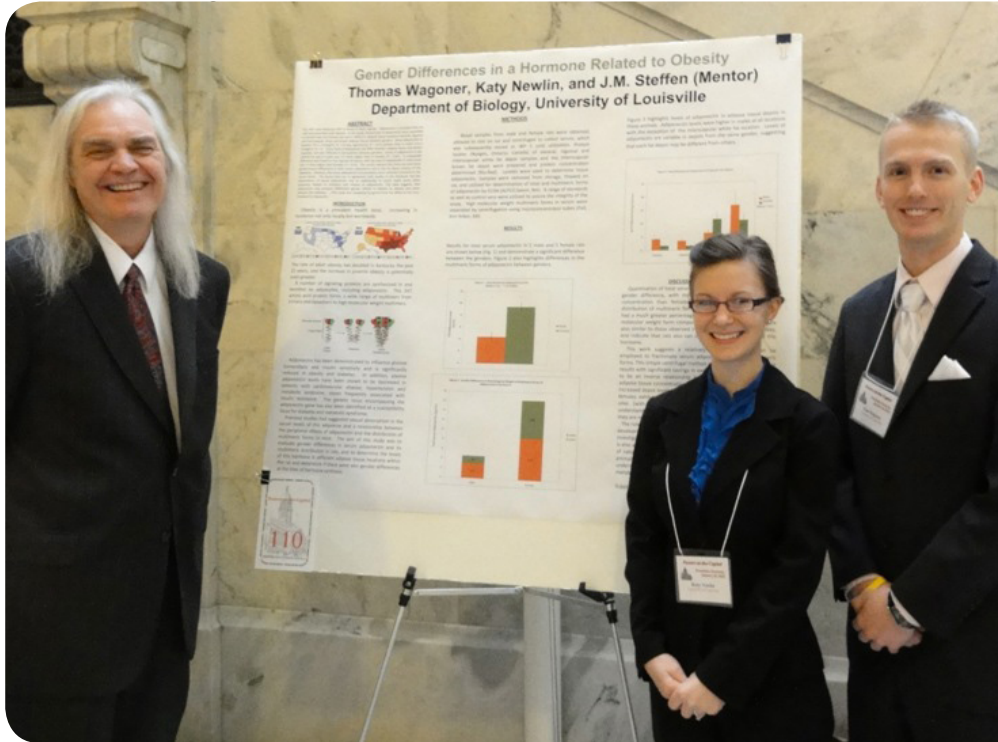
## What's your favorite quote?

Here are three:

"Poor is the pupil who does not surpass his master", Leonardo da Vinci.

"Nothing is really work unless you would rather be doing something else", Sir James Barrie (author of Peter Pan).

"You make a living by what you get, you make a life by what you give", Sir Winston



## Where are some places you suggest students who are still new to Louisville visit to see something unique to the city?

Science Museum, Frazier Museum, Louisville Slugger bat factory, and Big 4 Bridge.

## Where's your favorite place to eat in Louisville?

Jack Fry's.

# HAVE YOU REGISTERED TO VOTE? THE REGISTRATION DEADLINE IS NEXT WEEK!

Registration Deadline: October 11 by 4:00 PM Eastern

Election Day: November 8

Did you know you can register to vote online? You don't need your photo ID to register online either, just your social security number for the online form. Visit <http://elect.ky.gov/> to register before the October 11 deadline!

Did you also know that students have the choice to either register with their school address or their home address? If you so choose, you can register to vote with your UofL school address. Or, you may register at your permanent address, but know that if your permanent address is outside of the state you may need to arrange an absentee ballot to vote in the Presidential Election this year.

Want more information about registering and voting in November?  
Students, check out this site: <http://campusvoteproject.org/kentucky/>

# STAY CONNECTED WITH HONORS!



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Like Us!  
facebook.com/  
LouisvilleHonors



Tag Us!  
@UL\_Honors



# STUDENT ORGANIZATIONS

## HONORS STUDENT COUNCIL

### TRIVIA TIME ? TRIVIA NIGHT IS TONIGHT!

Remember, the first person to answer the 5 trivia questions in this issue and bring their correct responses to the Etscorn Honors Center will receive an Honors prize pack!

#### 4. WHEN DID THE ETSCORN HONORS CENTER OPEN ITS DOORS?

Are you a Harry Potter expert? Join Honors Student Council for their annual Fall Trivia Night and put your brain to the test. There will be both general trivia and feature Harry Potter rounds (for all you Potterheads). On Wednesday, October 5th, from 7:00-8:30 PM in the Red Barn, come eat a homemade spaghetti dinner, play some rounds of trivia, and compete to take home awesome prizes! Student admission is \$5 and non-student admission is \$10. Bring a team of 5 or come as you are. All proceeds benefit Camp Quality Kentuckiana. Come brush up on that Harry Potter knowledge before Yule Ball comes around!

**TONIGHT, Wednesday, October 5**

**7:00-8:30 PM • Red Barn**

**\$5 students • \$10 general admission**

Start flexing your brain for the event tonight by playing trivia through the Trivia Time boxes in this issue of *The Current*!

## NON-PROFIT FAIR

Want to make a difference in the community? Honors Student Council encourages you to stop by the Non-Profit Fair to meet representatives from Louisville non-profits and service organizations. At the fair you will have the chance to explore community service and volunteer opportunities you can be passionate about! Whether you're looking to fulfill service hours or you want to make a positive impact on the world, the Non-Profit Fair can help you find an organization or a cause you enjoy serving. See you there!

**Wednesday, October 19**

**11:00 AM-1:00 PM**

**Red Barn and the West Lawn**

**OCTOBER'S**

## SERVICE OPPORTUNITY & COMMUNITY MEETING

College-readiness starts young! Join us in our partnership with Family Scholar House and help pre-schoolers prepare for school. At our next event, we will be playing with the kids and administering assessments to measure their learning growth throughout the year. We need tons of volunteers to help the kids have fun while they wait for their assessments! We will meet in Kurz at noon for food and our community meeting. After that we'll drive over to volunteer.

**Saturday, October 8**

**12:00-3:00 PM**

**Kurz Hall Conference Room & Family Scholar House**

Let us know you're coming: <https://goo.gl/forms/KO1t5o9KTsVU4C9Q2>

## FOOD PANTRY

Hungry? HSC has you covered. The Food Pantry is in the Honors Overseers' House lobby!

**Juice Pouch (in fridge)**

**Fruit Snacks**

**Cheese Cracker Dippers**

**Granola Bars**

**Fruit Bars**

**Raisins**

**Canned Soda (in fridge)**

**Chips**

**Ramen**

**Pudding Cup (in fridge)**

**Applesauce (in fridge)**

**Cheese Crackers**

**Peanut Butter Crackers**

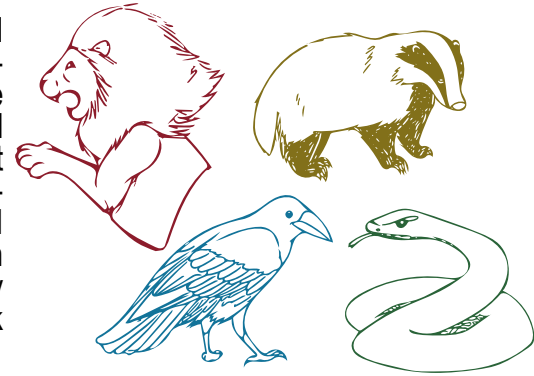
**Pop Tarts**

**Mac n' Cheese**

# STUDENT ORGANIZATIONS

## JOIN THE TRIWIZARD TOURNAMENT

October is the month to welcome wizardry to campus as Honors Student Council prepares for the annual Yule Ball. Throughout this month, watch out for opportunities to get your HP geek on at various Honors Student Council events. The first being Trivia Night, TONIGHT! Experience the magic, earn special prizes, and enter for a chance to be named one of four Triwizard Tournament champions at events like Trivia Night, the Nonprofit Fair, and a special Harry Potter movie viewing in Kurz! Each of the four champions will receive two free tickets to Yule Ball and a chance to win the Triwizard Tournament grand prize. The fun will culminate on November 11th at 8:00 PM, where muggles and wizards alike are invited to enjoy some well-mannered frivolity at the 2016 Yule Ball. So grab your wands and mark your calendars, it's the most magical time of the year!



### EVENT REVIEW

## POPS WITH PROFESSORS

By Katherine Armstrong, The Current Student Writer

Honors Student Council's Pops with Professors was a "popping" success! With Raising Cane's chicken and Steel City Pops popsicles, the Etscorn classroom was packed with students and professors alike. Honors students took the opportunity to chat with university faculty and staff about anything from success in their courses to hobbies and sports. Even when the pops were gone, everyone stuck around for the great conversation! Honors Student Council would like to thank everyone who came out and enjoyed; we hope you all had as much fun as we did!

All images are of students, faculty, and staff enjoying this annual meet and greet event in Honors!



# STUDENT ORGANIZATIONS

## THE WHITE SQUIRREL

### CALL FOR SUBMISSIONS: ART, POETRY, AND PROSE

The White Squirrel is the University of Louisville Honors Program's literary and arts magazine, which publishes and showcases the poetry, prose, art, and overall talent and creativity of the students, faculty, as well as others within the University and Louisville community. We are now accepting submissions for our Fall 2016, print edition!

Find submission guidelines on our webpage: <http://bit.ly/2cM88Sm>  
Send submissions, questions, and concerns to our email:  
[uoflwhitesquirrel@gmail.com](mailto:uoflwhitesquirrel@gmail.com)

**Deadline: Wednesday, October 26**



Now accepting  
submissions for our  
Fall 2016 edition.

For more information  
follow us on Facebook  
[@uoflwhitesquirrel](https://www.facebook.com/uoflwhitesquirrel)

### TRIVIA TIME

Remember, the first person to answer the 5 trivia questions in this issue and bring their correct responses to the Etscorn Honors Center will receive an Honors prize pack!

**5. HOW MANY  
VOLUMES OF THE  
WHITE SQUIRREL  
HAVE BEEN  
PUBLISHED?**

**KEEP  
UP WITH  
HSC &  
TWS!**

**HSC ONLINE:**  
Twitter & Instagram:  
[@UofL\\_HSC](https://twitter.com/UofL_HSC)  
Facebook  
[@UofLHSC](https://www.facebook.com/UofLHSC)



**TWS ONLINE:**  
Facebook  
[@uoflwhitesquirrel](https://www.facebook.com/uoflwhitesquirrel)



# FROM OUR FRIENDS

## EVENTS

### Cookout for Clep

**October 5 • 11:00 AM - 1:00 PM**

#### Red Barn

Join Testing Services for chili dogs on October 5! While you're there, pick up some information about CLEP testing and earning college credits. UPS will be on site to discuss seasonal work opportunities as well. For more information, contact testing services at 852-6606. This is a student only event - you must have your student ID to attend the cookout.

### Who Cares Anyway? A Leader's Legacy Workshops

**October 11 • 12:00 PM • Career Center**

**November 15 • 5:00 PM • SAC W305**

Did you know that the University of Louisville and employers are looking to fill leadership positions with diverse students who have unique values? Join the Career Development team and learn what your values are and how they can make you a strong leader. Register at <http://bit.ly/2dfONs4>

### 10th Annual Anne Braden Memorial Lecture

**November 15 • 6:00PM**

**Brown & Williamson Club, Cardinal Stadium-  
2800 S. Floyd St, Louisville, KY 40209**

The keynote speaker is scholar/activist Angela Davis. This event is free and open to the public. For more information please contact Dionne Griffiths:

[dionne.griffiths@louisville.edu](mailto:dionne.griffiths@louisville.edu)

### Garden Commons Herb Workshop & Workday

**Friday, October 7 • 2:00 - 3:00 PM**

#### Garden Commons at the Cultural Center

Think herbs are just tasteless, dry flakes? Find out what you've been missing! Join us Friday 10/7 at 2pm in UofL's organic garden to learn how to use & dry the herbs we'll harvest from the garden, while sampling fresh herbal tea, and caprise salad! Our next workday will be a special Garlic Planting & Sampling on 10/21 at 2pm!

### KORU Retreat

**October 15 • 10:00 AM-2:15 PM**

**Location: Uofl Belknap, TBD**

Join our Koru Retreat in October to learn mindfulness and practice meditation. The \$10 enrollment fee includes lunch. Sign up at: <http://bit.ly/2deskdq>

### Hell No, We Won't Go! A Leader's Legacy Workshop Series

**October 24 • 5:00 PM • SAC W305**

**November 17 • 5:00 PM • SAC W305**

You don't have to be in a leadership position to be a catalyst for change! Learn what it takes to be the change you would like to see in your community, and how to push for social change.

### PEACCful Yoga

**October 25 & November 29 • 12:00PM**

**SAC W309K**

PEACCful Yoga is back! Join us for an opportunity to relieve stress and gain peace in this free series.

### Join Quiz Bowl

Any students interested in joining the quiz bowl team are encouraged to email Matt Church for more information: [mschur01@louisville.edu](mailto:mschur01@louisville.edu)

### Sustainability Round Table

**Every other Friday • 11:00 AM - 12:00 PM**

**Life Sciences Building, Rm. 133**

All UofL faculty, staff, and graduate students engaged in research related to sustainability are encouraged to join us for an on-going series of Sustainability Roundtables. We gather several times a year to share research interests, goals, and projects; hear from sustainability practitioners and those in government; have roundtable discussions about sustainability research; and discuss specific sustainability topics of common interest. We will focus on bringing researchers and practitioners in the community together around potential interdisciplinary research opportunities and grants that we could pursue through collaborative proposals. We want to be poised to respond when appropriate requests for proposals are issued from granting agencies. Thus, we will gather every other week to share ideas about potential projects, decide upon research areas of common interest, and explore local sustainability challenges that could be addressed through our research efforts.

Contact Virginia Nunamaker for more information:

[vcnuna01@cardmail.louisville.edu](mailto:vcnuna01@cardmail.louisville.edu)

### I Got the Power! Strengths Quest

**October 13 • 7:00 PM • SAC W305**

**November 16 • 12:00 PM • SAC W305**

Did you know you are uniquely talented? No one is quite like you. Discovering your talents and building your strengths are key to enhancing your skills as a leader. We will discuss what you already do well and how you can use Strengths to build your leadership.

# FROM OUR FRIENDS

## EVENTS - CONT.

### KORU Mindfulness Workshop

Sign up for a 4 week Koru Mindfulness Workshop with Health Promotion Wellbeing Central. The fee is \$12 and all dates are listed in the announcement. Visit [louisville.edu/healthpromotion](http://louisville.edu/healthpromotion) to sign up today!



**KORU**  
mindfulness

Focus your mind.  
Be stress resilient.

JOIN OUR 4 WEEK WORKSHOP TO LEARN  
MINDFULNESS & MEDITATION.

Register: <http://louisville.edu/healthpromotion/services/mindfulness-meditation>

\$12.00 enrollment fee includes book  
You commit to all four sessions when you register

BELKNAP	
<b>OPTION 1</b> Workshop #B116: 4 Wednesdays Oct 12, 19, 26, Nov 2 5:30-6:45pm Ekstrom Library 117A	<b>OPTION 2</b> Workshop #B117: 4 Thursdays Oct 13, 20, 27, Nov 3 2:45-4:00pm SAC W309K

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HSC	
<b>OPTION 1</b> Workshop #H118: 4 Mondays Oct 10, 17, 24, 31 5:15-6:45 pm Abell 110	<b>OPTION 2</b> Workshop #H119: 4 Wednesdays Oct 26, Nov 3, 10, & 17 4:15-5:30pm K Building 2017

### ACC Distinguished Lecturer Meet & Greet / Q&A Session

**October 10 • 10:00 AM-2:15 PM**  
**HUM 300**

ACC Distinguished Lecturer, Professor Peter Holland of the University of Notre Dame, will be on campus on Monday, October 10th. As part of his visit, there will be a Meet and Greet/Q&A session for students.

### Call for Student Voices:

Give us your Feedback and input on our new Quality Enhancement Plan (QEP) for undergraduates

Let us know if you can participate in one or both of these opportunities:

### QEP Student Focus Groups & Pizza: Reflecting on your 2nd year at UofL

**October 20 • 6:00-7:30 PM**

**November 16 • 12:00-1:30 PM**

**Cultural Center, Multipurpose Room**

A focus group brings together a small group of people to allow for a facilitator to ask, in depth, about their perceptions, opinions, beliefs and experiences around a specific topic. Students who have already completed their second year at UofL are invited to come to one of the Focus Group sessions below in order to reflect on the personal and academic challenges of the second year, including the journey students had in solidifying, or changing, their major or deciding on career goals.

### Find Your Fit Student Advisory Team Meetings & Pizza Lunch

**October 21 • 1:00-2:00 PM**

**November 4 • 1:00-2:00 PM**

**December 2 • 1:00-2:00 PM**

**Ekstrom Library, Delphi Center Lab rm 244**

The UofL Find Your Fit Student Advisory Team (SAT) to be made up of undergraduate students at UofL who will provide ongoing insight and advice to the QEP Development Committee as they continue to develop and flesh out the goals, activities and services that will make up a new seminar class for second-year students who are undecided about their major.

The student SAT will meet monthly in order to sustain the conversation around the academic and advising needs and experiences of second-year students, especially those who are undecided/pre-unit students, at UofL.

We seek to bring students together to speak honestly and openly about their experiences at UofL and help us construct a brand new program and small seminar course that will meet the specific needs of future students who are striving to find their "academic home" at UofL.

Join us! RSVP for one or more of these opportunities: email [QEP2017@louisville.edu](mailto:QEP2017@louisville.edu) or contact QEP Graduate Assistant, Indigo Cornelison at [indigo.cornelison@louisville.edu](mailto:indigo.cornelison@louisville.edu)

# FROM OUR FRIENDS

## ANNOUNCEMENTS

### Book-in-Common Donation Drive

**Deadline: Friday, October 21**

First Year Initiatives, Freshman LEAD, Hispanic & Latino Initiatives, & Housing have teamed up with Churchill Downs to show students a hidden part of the city of Louisville. We are collecting donations of non-perishable food items and toiletries. Donation bins are located in the residence halls, Cultural Center, First Year Initiatives, and SAB.

### Book-in-Common Service Project

**Saturday, October 29, 9:00 AM-2:00 PM**

Students will be taking the donated items to Churchill Downs and spending the day hanging out with the workers and children.

### FREE Graduate Exam Preparation Workshops

REACH is offering FREE preparation workshops to help you review for the GRE, MCAT, DAT, and LSAT. All workshops are led by experienced tutors who have performed well on the exams. This is a great way to start practicing for these exams! No need to sign up in advance! All dates and times can be found on our website: <http://reach.louisville.edu/tutoring/general/#GRE>  
Contact Maureen McCoy for more information: [mrmcco03@louisville.edu](mailto:mrmcco03@louisville.edu)

### Abstracts for Posters-at-the-Capitol

**Deadline: October 24, 2016**

The Annual Posters-at-the-Capitol Event will be March 2, 2017, in Frankfort, during the Legislative Session. Posters-at-the-Capitol is an opportunity for UofL undergraduates to showcase their research and to help increase legislatures' understanding the important role undergraduate research plays in the education of our students. The program runs from 9:00 a.m. until 3:00 p.m., with special remarks in the Capitol Building Rotunda at 10:45 a.m. Abstract Deadline will be October 24, 2016. For information and abstract submission go to <http://bit.ly/2c2jy39> If you have additional questions, contact Pamela W. Feldhoff, Ph.D. [pwfeld01@louisville.edu](mailto:pwfeld01@louisville.edu)

### 2016 Election Information

**Register by October 11**

**Election Day: November 8**

October 11 is the last day to register to vote in Kentucky! You can register here:

<https://andrewgoodman.org/voter-registration/>

More Voting Information Available <http://bit.ly/2dEc6hJ>

## TRAVEL

### National Student Exchange

**Travels: May 3-27, 2017**

**Application Deadline: December 1**

Would you like to spend the 2017-18 academic year in an exotic and educational place like Florida or Wisconsin? If getting away for a semester or a year sounds like a good way to fulfill your goals, National Student Exchange (NSE) may be right for you: you can continue paying tuition to UofL while you take classes not offered at UofL, explore post-graduation opportunities, or even just live somewhere that has mountains or something like that.

For more information, please visit [www.nse.org](http://www.nse.org) and contact Andrew Grubb at [abgrub02@louisville.edu](mailto:abgrub02@louisville.edu). Placements for 2017-18 will be made in March, but it's never too early to start brainstorming.

### 15th Annual Study Abroad Program in Panama

**Travels: May 3-27, 2017**

**Application Deadline: December 1**

For more information about next year's study abroad program in Panama, visit <http://bit.ly/1hzDPeK>.

## THE CURRENT STUDENT WRITER

**Katherine Armstrong** is a senior Biology major, hoping to go to veterinary school after graduation. She is also the Honors Student Council Historian. She enjoys reading, playing video games, and being snarky.



**Read her article on page 10!**

## THANKS FOR READING!

Don't forget to bring your Trivia Time answers to the Etscorn Honors Center to win an Honors prize pack! Answers will be published at the end of the next issue, for anyone interested in learning these fun facts about the University Honors Program.