

November 2018

FSW Honors Scholar Program

A MESSAGE FROM THE COORDINATOR

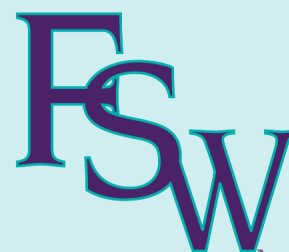
Stanford University, an institution that only accepted 4.5% of applicants last year, recently published findings which reveal that college selectivity does not determine how well a student learns, how satisfied they are with their careers after they graduate, or their overall well-being. What students do while in college, however, does determine these things. According to this study, there are six experiences that empower students to aim higher and achieve more, regardless of the institution they attend: taking a course with a professor who makes learning exciting, working with professors who care about students professionally, finding a mentor who encourages students to follow personal goals, working on a project across several semesters, participating in an internship that applies classroom learning, and being active in extracurricular activities

While many of these experiences take place regularly outside of the Honors Scholar Program, we are focusing our attention and using our resources to engage all students in meaningful extracurricular activities that require them to work on a project across several semesters.

Last year, HSP students identified two topics that they want to address outside of the classroom: sustainability and mental health advocacy. To this end, Professor Ihasha Horn is guiding three students in a capstone project aimed at addressing food insecurity, fostering sustainable living habits, and developing partnerships with local stakeholders. These students are leading others in the restoration of the garden at the Collegiate High School on the Lee campus and working closely with students from FGCU to conceptualize a larger garden/outdoor classroom. Their goal is to establish these green spaces as a legacy for other FSW students to inherit so that they too can experience the value of stewardship and community, which are at the heart of all sustainable living practices.

HSP also sponsored two “Mental Health Matters” initiatives that were open to all FSW students this semester. Professor Terri Housely led a “Movies for Mental Health” event in October, using short films made by students across the country to lead discussions about eating disorders, suicide, depression, and anxiety. We also sponsored a Mental Health First Aid certification workshop in November. We will continue to sponsor these events regularly and add others as we conceive of them. On Tuesday, February 26th at 3:30 in the Rush Library Auditorium, HSP student, Jacqueline Calderwood will be giving a candid and personal talk titled, *Living with Mental Illness and Speaking My Truth: A Story of Hope and Recovery*.

If any of your students are interested in getting involved with either of these initiatives, please have them reach out to me so that I can connect them to the student leaders. And if you have any ideas or suggestions for future programming, do not hesitate to contact me. wendy.chase@fsw.edu.



Dr. Wendy Chase

Coordinator, Honors Scholar Program

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UPCOMING EVENTS

- 34th Everglades Coalition Conference January 10th—13th 2019.
- Florida Collegiate Honors Council Conference February 8th—10th 2019.
- *Mental Illness and Speaking My Truth: A Story of Hope and Recovery* February 26th 3:30 PM at the Rush Library Auditorium.

HONORS MEET AND GREET



30 new and returning Honors Scholar Program students and faculty participated in a Meet and Greet early in the Fall semester. Participants created auditory experiences through “found sounds” and won t-shirts, pizza parties, and movie nights!



BELIZE

Professor Emily Porter and Dr. Rozalind Jester led Honors students on a trip to Belize to study Marine Science.





Dr. Jacquelyn Davis

FACULTY FEATURE: DR. JACQUELYN DAVIS

If you could choose one idea from your discipline that you think everyone should know about, what would that be?

Psychology is the scientific study of how we think and behave. In my classes, students are exposed to numerous theories and concepts ranging from Pavlov's dog and classical conditioning to Loftus's research on eye-witness testimony and memory. Because there is no shortage of media examples reflecting psychological content, students are typically very eager to learn. However, as a teacher of psychology, my primary goal is to create an environment that fosters critical thinkers. I firmly believe that by encouraging students to engage in scientific inquiry and apply psychological concepts to real-world problems, they are better prepared for the future *and* leadership.

Did you always know that you wanted to be a Psychology Professor? If not, what led you down this path?

After completing the mental health counseling program at Nova Southeastern University, I was excited about working as a counselor and ultimately opening a counseling practice. However, I stumbled into higher education and discovered a passion for teaching; arguably one of the best detours of my life! Helping students understand important psychological concepts while learning about themselves is both fulfilling and rewarding.

Whose work inspires you right now? What trends in psychology or whose ideas out in the world are currently of interest to you?

Currently, my dissertation research focuses on mental health issues in first-year college students. The literature shows that students entering college with some form of mental illness is on the rise. Thus, understanding ways to help this population succeed is particularly interesting and a priority. I am also inspired by recent developments in neuroscience and cognitive research; however, my greatest inspiration is teaching students committed to learning about the fascinating science of psychology.

INSIDE HONORS PSY 2012 WITH DR. DAVIS

The Introductory Psychology Honors course is an advanced -level curriculum offering hands-on experiential learning, organized educational field trips, as well as an in-depth exploration of fundamental psychological concepts. The honors course examines and tests students on the history of psychology, psychological theories, and scientific methodology as required in the non-honors course. However, the honors course also offers a more advanced introduction to psychology through research, writing, and application. In keeping with the accelerator model of teaching which focuses on "matching and exceeding" student talent, (Plominski & Burns, 2018) this course is designed to create an engaging but challenging environment where students can enjoy delving into the intricacies of psychology.

Below: PSY2012 students conducting a brain dissection.



A VISIT TO FGCU

Students of the HSP visited FGCU's Honors College this semester, and learned about what FGCU Honors has to offer from a student panel. HSP students are eligible to articulate into the FGCU Honors College provided they graduate with a GPA of at least 3.5 and complete the HSP certificate. HSP students also were able to tour FGCU's Food Forest, to gain inspiration for FSW's Food Forest!



BLACK MARIA FILM FESTIVAL

For the 10th year in a row, HSP hosted the Black Maria Film Festival—a national film festival that includes cutting edge short films curated by HSP students. Discussion led by HSP students also occurred at this event, resulting in fruitful analysis of this year's films. Proceeds raised during this event went to FSW's Sustainability Club.

JACQUELYN CALDERWOOD

This past summer, I had the opportunity to study marine ecology in Belize with the Honors Scholar Program. In Belize I was able to conduct my own research on dolphin pod behavior including interactions between dolphins and researchers. My study abroad experience was more than just an educational opportunity, I got to experience an entirely new culture and meet people who were very influential in my life. This semester I've created a brand new club (FSW Sustainability Club) as an extension of my capstone class, where we are building an edible garden right here on campus!

Has your involvement in HSP made a difference in your overall educational experience here?

Being in the Honors Program has allowed me to extend my education experience at FSW beyond the general education requirements each student is here to get. I believe that

being in the Honors Scholar Program has motivated me to pursue achievements most people do not feel enabled to do.

What advice would you offer to all FSW students?

My advice for all FSW students is to engage yourself on campus. The college experience really does shift once you become involved with activities outside of the classroom. Getting involved can only increase your chances for success and how much you enjoy your time at FSW.



“Yes, these courses are challenging and time-consuming, but they also force me to step outside of my comfort zone and cultivate a deeper understanding of the world around me.”

FLEENER COPHY

My name is Fleener Cophy, and I am a Sophomore at Florida Southwestern State College. Throughout college, I have developed a deep fascination for the understanding of government, politics, and their role in our everyday lives. My hobbies include reading about political theory, politics, and memoirs of people I respect, such as Supreme Court Justice Thurgood Marshall. My hobbies and interests reflect the activities that I partook in at FSW. For instance, I have been part of Student Government as a Senator in Campus Congress. As a senator, my responsibilities include attending our meetings and expressing the concerns of the entire student body.

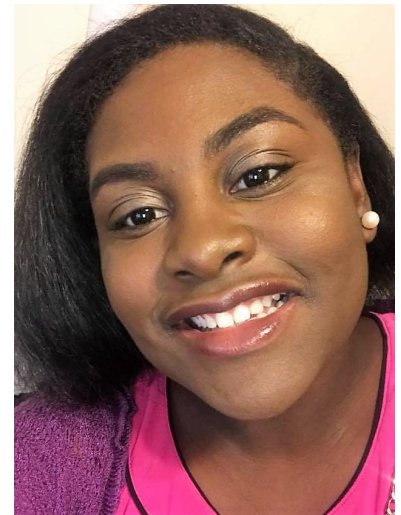
Has your involvement in HSP made a difference in your overall educational experience here?

The Honors Program has impacted my educational experience for the

better. One of the ways HSP has done that is through the unique classes they offer. Two really unique classes that I have been fortunate to take are Philosophy in Film and Model UN. I've gained tools and knowledge from both of these courses that will help me in my future career. These courses and HSP have also strengthened my sense of self and enhanced my agency. Yes, these courses are challenging and time-consuming, but they also force me to step outside of my comfort zone and cultivate a deeper understanding of the world around me.

What advice would you offer to all FSW students?

My advice to FSW students is if you feel like we are living in turbulent times and you do not have a voice, do not give into despair. We have to look deeper into our world and fight for our values. While attending FSW, pay attention to all of the opportunities



being offered to you and take the risk to get involved. The future is ours and the choices we make now will change it for the better.

The FSW's Sustainability Club meets every other Thursday from 2:00 to 3:00 PM in room I-114 on the Lee Campus.

The first meeting for the Spring 2019 term is January 10th.

JOIN FSW'S SUSTAINABILITY CLUB!

This is the first semester of the FSW Sustainability Club, established by Jacqueline Calderwood, Phillip Souza and Ireland Abbott, who aim to unite students that are passionate about taking care of our earth and learning how to sustain the environment, their own health, and our community. The Sustainability Club provides students with the opportunity to engage in environmental stewardship while learning about sustainable practices. One main objective for this club is to create a sustainable organic garden right here on campus. This will serve to educate the community about the environment and sustainable practices, while creating a peaceful space for students to get work done or simply destress. The space can also be used for various classes on campus and integrated into future student research projects. Long term goals for the Sustainability Club include addressing food insecurity on campus and continuing to spread environmental awareness to the FSW community. We meet every other Thursday from 2:00 to 3:00 pm in room I-114. For the Spring 2019 term, we will start meeting again on January 10th.



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