



Welcome!

Hello everyone,

As some of you may know, in just a few short days (13 from the moment I'm writing this, not that I'm counting or anything) I will have the honor of graduating from Barry University. To most, this is a day that you cannot wait for; after pulling your seventh all-nighter in a row, sleeping through your art history lecture because you caught the dreaded Finals Week Cold, and forgetting to turn on the dryer in your sleep-deprived attempt to do laundry before moving out for the summer, graduation probably sounds like paradise. However, as I go for late-night unlimited appetizers at TGIFridays with friends, play Magic until 5 in the morning despite having a 9 am lecture to attend, and walk through Landon on my way to yet another meeting, I can't help but feel a twinge of remorse as I realize that any of these activities could be done for the last time at that given moment. That being said, the past few weeks have been spent reflecting on what I've accomplished, and what I wish I had done, during my time at Barry.

At a leadership conference last year, I attended a showing of a TED talk done by Drew Dudley entitled "Everyday Leadership." In this talk, Dudley recounts a story of his time at Mount Allison University in Sackville, New Brunswick, a small school like Barry. On Dudley's last day of school, a girl he didn't know approached him and told him about the first time they met, four years earlier. As the girl explained, prior to her first day she was convinced that she couldn't handle university life, and wasn't ready to move away from home. Like I'm sure many of your parents did to you before your first day (be it in kindergarten, elementary school, or any time thereafter), her parents told her that at the very least she needed to go for the first day. If that was terrible, although they knew it wouldn't be, she could leave, and they would support her. As she stood in line for registration, Dudley approached her, handing out lollipops to promote a charity on campus; Dudley had a student next to her pass her a lollipop, both students quite terrified, and to ease her nerves, Dudley turned to her parents and said "Look at that. First day away from home, and she's taking candy from a stranger?!" The crowd burst into laughter, and the young girl remembered this as her lollipop moment, a time during which someone did something to make her life fundamentally better. Although Dudley had no recollection of this event, it changed the girl's outlook forever, and became the catalyst she needed to stay and eventually graduate from the university.

You might be wondering why I'm explaining this story to all of you. Although lollipops are delicious, I am not encouraging you to take candy from strangers, because I'm a firm believer in the rule "stranger danger." However, I want to encourage you each to thank someone who gave *you* a lollipop moment. It only takes a minute to write an email, drop by an office, or simply say "I really appreciate you," but it means so much. Don't underestimate the difference your words can make.

In closing, to all of you who have made my four years in the Honors Program and at Barry University the best four years of my life, thank you. Words cannot begin to express the impact you've had on me, and as I head off to my next adventure in a PhD program in Oklahoma, I can say with certainty that I will never forget the difference you've made. I'm "Barry proud" to have met you, and I will carry your memory with me in all that I do. Go forth and continue to do great things!

Thank you all. Stay awesome,
Cheryl Frazier, HPSAB Vice Chair

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May 2015 Graduation Events

- Honors Convocation:
Broad Center, May 8th at
2 PM
- Baccalaureate Mass:
Broad Center, May 8th at
5 PM
- Rose and Candle Ceremony:
Broad Center, May 8th
at 6:30 PM
- Commencement: James L.
Knight Convention Center,
May 9th at 10 AM & 2:30
PM

Advice from Cheryl Frazier about Senior Honors Thesis:

In April I had the exciting privilege of presenting my honors thesis project for defense, following two years of hard work and research. My thesis, entitled *A Culture of Communication: A Critical Examination of Modern Implications of Social Networking Sites*, examined the dangerous effects that social networking sites such as Facebook, Twitter, and Tumblr can have on young adult users. Thanks to the help of my committee members, Dr. Ruth Tallman, Dr. Sandra Fairbanks, Dr. Victor Romano, and Dr. Adam Dean, I was able to pull together a product that I am quite proud of, which considered the ways in which social networks impact the identity, self-esteem, and interpersonal relationships of users. I successfully defended my project with no revisions, and although I put a great deal of work into the project, my success would not have been possible without the support of my committee and friends.

I was lucky enough to have witnessed Honors Program alumna and my dear friend Dianna Bellian do her thesis and defense last year, so I thought I knew just how excruciating the process could be beforehand. Going into the thesis I was ready for countless hours of reading, endless drafts and deadlines to stick to, and the daunting task of learning to merge five different working styles (my own, and the four of my thesis committee members, who were giving me incredible feedback throughout the process), but despite seeing all of this on the horizon, I didn't fully realize how grand of a task I was taking on until it really got going. However, keeping in mind advice I received and having done quite a bit of research for conferences over the past few years, I was able to complete the project without going too crazy. For those of you starting your thesis in the months to come, I would like to share some of this advice to help make the process a bit easier.

Start early...

Find a topic you are passionate about, and ask what is so important about it. Once you've found that topic, start looking at research in the field and identifying faculty members who are interested in said cause.

...but be flexible.

Because I changed my major during the process of working on my project, I ended up pursuing different interests, changing my thesis topic more times than I could count before I turned in my official proposal. Rather than getting frustrated by this, however, I looked at it as an opportunity to learn a lot about a myriad of things that I didn't necessarily cover in my classes, and it helped me start a lot of other research projects for conferences and publications.

"Find a topic you are passionate about, and ask what is so important about it."

Don't be afraid to ask for help.

Whether from your committee members, classmates, or upperclassmen (and alumni!) who have been through or are going through this process. We are all here to help you, and although not everyone will be able to solve the problems you encounter or have time to assist in the ways that you may want, even just bouncing ideas off of someone else can be the push you need to get out of a slump.

Stick to your deadlines.

Your committee members will thank you. You will thank you. Life gets busy, but being organized and staying on schedule makes the process so much easier.

Plan your semesters accordingly.

If you know you'll be working on your thesis in a given semester, try not to take 21 credits, work two part-time jobs, and be an officer in 13 clubs on campus. I know that as Honors Program students we have a tendency to push ourselves, but the thesis is a large research project and you'll want to devote enough time to it to make it a worthwhile project.

Last but not least, find some balance.

This applies to both the project itself and to your outside life. With the thesis, do a little bit of work each day, or each week. Set out a specific time when you can concentrate on the project and your research without distractions. **DO NOT TRY TO WRITE AN ENTIRE DRAFT IN ONE NIGHT.** Trust me on this one. And make sure to make time for other things! If you've been working on your project for weeks on end, and you're relatively on track, don't be afraid to step back for an afternoon and hang out with friends, meditate, or go to the beach. While the thesis is a large part of your final few semesters at Barry, you don't have to sacrifice *everything* to do it. With the right planning and dedication, you will make it through your thesis project with ease! 😊

Senior Honors Thesis Defense

- * On April 13, 2015, Cheryl Frazier defended her thesis successfully. Her thesis title is *A Culture of Communication: A Critical Examination of Modern Implications of Social Networking Sites*. Her thesis committee was consisted of Drs. Ruth Tallman, Sandra Fairbanks, Victor Romano, and Adam Dean.

Cheryl will graduate with a Bachelor of Arts in Philosophy May 9th, 2015.

- * On April 27, 2015, Lizandra Cruz defended her thesis successfully. Her thesis title is *Japanese Symbols as manifested in Manga: The Power of Eyes*. Her thesis committee was consisted of Drs. Andrea Greenbaum, Kate Comer, Brad Bowers, and Larry Byrne.

Lizandra will graduate with a Bachelor of Arts in English on December 12th, 2015.

On May 8th, the day of the Honors Convocation:

Cheryl Frazier will be awarded:

- * College of Arts and Sciences' Dean's award recipient
- * Winner of Saint Catherine Medal in the Senior category
- * Honor Societies' induction to Alpha Chi and Kappa Gamma Pi

Biology Research by Trace McClenen

In his research, titled *A Comparative Analysis of EMG Results Between Males and Females*, Junior Trace McClenen analyzed the clench strengths and fatigue times of arm muscle and how it differed between male and females. His abstract, listed below, explains how he used Electromyography to conduct his experiments, as well as give his reasoning for his results:

Abstract:

Electromyography (EMG) is a procedure that can be used to detect, amplify, and record changes in skin voltage based on underlying skeletal muscle contractions (McMullen et. al. 2015). EMG results can be used to determine things such as maximum clench strength, fatigue times, and even the phenomenon known as tonus. This experiment was designed to attempt to confirm the commonly held idea that men are stronger in the upper than women, particularly in the dominant forearm. Studies have indicated that men are generally stronger than women because of larger cross sectional area of muscle and also maximum tension achieved which is potentially linked to muscle fiber type distribution (MacDougall et. al. 1993). In order to test this hypothesis a total of 6 individuals, three male and three female, were hooked up to the Biopac EMG program as outlined in EMG I and II handouts. Each individual was tested for maximum clench strength and also the time it takes to hit 50% fatigue. Overall, men exhibited higher clench strengths and slower times to fatigue to 50%. There are many different factors that could have led to these results. It was previously hypothesized that because men tend to have larger muscle size, the cross sectional area is also larger leading to a greater force of voluntary contraction (MacDougall et. al. 1993). Another contributing factor could have been the distribution of muscle fibers. The experimentally confirmed stronger males should have more of the fast glycolytic and fast oxidative fibers, which would explain the larger maximum clench strength. However, the distribution of these fibers would also explain the slower fatigue time of males (Bill 2015).

Trace McClenen, HP Junior: major in Biology and minor in Chemistry

Scholarship Engagement

On April 18, 2015, 20 Honors Program students participated in the program's annual Scholarship Engagement at Feeding South Florida. Students learned that over 871,920 South Floridians struggle with hunger, 1 in 4 children (287,650) in South Florida go to bed hungry, and that 1 in 7 adults (150,000) face the choice between paying rent, utilities, buying medications or putting food on the table.

A critical component of high quality of life is good health, which starts with healthy eating. Unfortunately, food insecurity (low wages and lack of access to healthy food) is a significant barrier that prevents so many from living, and working in South Florida.

In volunteering with Feeding South Florida, students helped to sort food boxes by category (cereal, dried foods, sauces, drinks, and so on) which are then transported to families and individuals in need.

Here are some of the pictures of the day's event:



HP Student, Alyssa Piña Follows her Passion for Educating Children

I have a passion for educating children. Without the necessary education, children may not be afforded the same opportunities as their peers. In order to do my part and give back to the community of Miami Shores, I became a kindergarten aide at a local Catholic school. I have developed a close bond with the students and made a lasting impression on them. My experience there has motivated me to become a full-time teacher after I graduate from Barry. I get excited everyday I go to work, knowing that I am making a positive impact on the children. They are beautiful sponges, eager to learn. I not only help them but they help me also. Kindergarten is a pivotal point in a child's life and I am forever grateful for the opportunity the CCSI department has granted to me. I plan on continuing my employment there next year.

Alyssa Piña, HP Sophomore

Interview with Dr. Callaghan

Dr. Callaghan is the Dean of College of Arts and Sciences, as well as Professor of Sociology. She teaches courses on sociological theory, social justice movements, service-learning, and sociology of race, class, and gender.

Tell us about yourself.

I grew up in Philadelphia, and attended La Salle College, now called La Salle University. For my first semester, I studied Biology as my major but then decided to change my major to Psychology, and finally decided to pursue a double major in Psychology and Sociology. I then went to Ohio State University where I earned my Masters and Ph.D. As a graduate student, I specialized in sociological theory and gender and race studies; I later focused on community-based work, and have worked as a community organizer.

What led you to a career in Sociology?

I took a Psychology, then a Sociology course which really interested me. I was also interested in learning about history and political science; I enjoyed learning about everything related to social issues and theories. I felt intrigued about the questions sociologists ask about how society works, about gender and race differences, and so on. I just enjoy the way sociologists analyze and look at social issues.

What are some of the factors that contributed to your decision to come to Barry University to teach?

While I was in graduate school, I met my husband. He was more advanced in the Sociology program so he graduated first, and was offered a job in Arkansas. While living there, I worked as a program evaluator at a youth service agency and directed a therapeutic foster care program at a community mental health center. After my husband was offered a faculty position at University of Miami, I learned that Barry University was conducting a full-time faculty search; I applied and was offered the position of Assistant Professor of Sociology. I was thrilled to have a full-time academic position and to be at a University with Barry's Mission and student body.

If you had to choose something other than being a dean and professor, what would you do?

I would definitely go back to what I was doing before: being a community organizer. I find it fascinating to do international projects; I have done community projects in Grenada, Colombia, Ecuador, and Guatemala. In doing these projects, it makes me feel like I can make an impact in another community.

What do you like most about Barry?

The students. I loved being a student, and being around students. I appreciate the mission statement, especially the values of social justice and collaborative service.

What are some of the projects you have worked on, or are working on? Tell us about them.

A team of which my husband and I were a part of, went to Grenada last summer where we developed a community health program. First, we identified problems, in this case, there were high rates of breast cancer; in fact, Grenada is one of the countries where there is the highest rates of breast cancer. Then, we would educate and train women into doing health assessments themselves, and by doing so, we would help the people of the community become advocates and solve these health issues. We would teach them how to do self-exams, and would also educate citizens about nearby clinics which many people did not know about. My husband and I are writing an article about community mapping, which is a methodology community researchers and organizers use to assist residents with identifying local assets, problems, boundaries, issues, etc. This type of mapping is not based on geographical coordinates, but requires participants to reflect on their common experiences and problems.

We also worked on a health project in Ecuador. We partnered with Peace Corp volunteers and community partners and identified the need for a health clinic. We contacted the country's government, and the government agreed that they would be able to supply the clinic with physicians, equipment, and materials, as long as we were able to build the clinic with the funds we raise. I hadn't done fundraising before, but we began to raise funds by asking for donations at local churches, schools, and many other places, and managed to raise sufficient funds as to build the clinic in Ecuador. It is amazing to think that when we begin to share resources, so many good things start to happen.

Also, in Colombia we helped a youth group developed a small recycling cooperative, and educated citizens on how to take more responsibility on environmental issues.

What do you enjoy doing on your free time?

I love to travel to different places, and I also enjoy reading.

What is the most beautiful place you have ever been to?

My husband and I have spent some summers in Guatemala, and the view of the volcano in Antigua is quite incredible. The natural environment, the mountains, everything...it is quite beautiful. I too like congested urban areas, like Paris, which is beautiful with its many gardens and buildings. I enjoy different areas – rural and urban areas, beaches, mountains.

Who are some of your favorite authors? Favorite book?

I enjoyed reading this book, *Pedagogy of the Oppressed* by Paulo Freire, who has been a great influence in my life. He was a Brazilian philosopher and educator.

I also loved the book, *Zen and the Art of Motorcycle Maintenance: An Inquiry into Values* by Robert M. Pirsig. This book also influenced my life and my way of thinking.

What are your top 5 values?

Social justice, being in solidarity with others, sharing, humility, and nonviolence.

What are you most grateful for?

I feel grateful for so much. I feel grateful for having the position I have had for 25 years. For my husband and friends. For good health, and for the many opportunities I have had to be of service to others.

Who do you admire most, and why?

Nelson Mandela. He is a person whom I have learned from a lot, and whose struggles I felt very committed to. The fact that he was in prison for 27 years, was released, and continued fighting for justice, and the whole legacy that he has left behind is very inspiring.

What advice would you have wished someone had told you as an undergraduate student?

I wish professors would have told me about the wide range of projects and opportunities that students have outside of the academic setting. I learned about many social issues and what other people were doing to address these issues, but didn't actually do such activities. In the end, I did manage to find out about what I could do but I wish someone would have told me about it earlier. For this reason, Barry has integrated the service-learning aspect; because students take what they learn, and put it into greater use in the community. My advice for students would be for them to go out, and do work that will benefit the community.

What inspires you the most?

The people who I have encountered when working in these very poor communities. I learn from them, who are struggling with so many conditions and problems. I learn from their resilience, how energetic they are despite their many issues, and the fact that no matter what, they are always looking to improve. This motivates me to continuously go on, and makes me feel committed to continue doing community work.

Do you have any other words of wisdom you would like to share with the Honors Program community?

Don't be afraid to take the things that interest you seriously. Take your intellectual, and applied work seriously.

Paola Montenegro (HP Sophomore, Biology major) contributed to this column.



“Don't be afraid to take the things that interest you seriously.”

May 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Classes end!	2
3	4 Drop-in Meditation Session 5 PM	5 Drop-in Meditation Session 5 PM	6 Drop-in Meditation Session 5 PM	7 Drop-in Meditation Session 5 PM; Overtown Children & Youth Coalition Roundtable 5-7:30 PM	8 Honors Convocation 2 PM; Baccalaureate Mass 5 PM; Rose & Candle Ceremony 6:30 PM	9 Commencement 10 AM & 2:30 PM
10	11 Summer classes begin	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



During finals week drop in for a 15 minute meditation session to find some peace and calm. You'll leave more relaxed and with some tips to help you deal with the stress of exams and papers. Monday-Thursday at 5:00 PM in Campus Ministry. No experience necessary.

Date: May 4 - May 7 (Monday - Thursday of Finals Week)
 Time: 5:00 PM
 Location: Campus Ministry Office

Honors program lab

Did you know that the Honors Program has a computer lab open to your use? Currently located in Landon 206 G, this lab provides students with a quiet place to work and study, whether it be on your Honors Program Thesis or your general coursework! The lab also features free printing to students who have a key.

Those interested in using the lab may contact Dr. Sirimangkala for more information on purchasing a key. Keys are available for a \$10 deposit, which is returned upon your completion of the program.

This lab is for HP students only.

Just a reminder for the students using the lab—be sure to be responsible about usage, sign-in, and keep the door locked.

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If you ever have any questions or concerns, feel free to contact any of the HPSAB officers!

Have a GREAT summer!

