

Barry University

Honors Program Newsletter

February 2014

Check out the website for more information and to read the newsletter online!

<http://www.barry.edu/honors-program/newsletter.html>

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Welcome

Dear Honors Program and faculty members,

Greetings! Our semester is well underway. For most of us, this means hectic days, late nights, and too many meetings. I write this column from an airplane, and as I watch life below from a bird's-eye view, everyone and everything looks like a scurrying army of ants. I am reminded that some--or many--of the things I focus my attention on are not truly worthy of my time and energy. I would like to encourage and challenge each of you to think about what the world looks like from a plane-- to live beyond busyness and to reevaluate your priorities. What does the way you spend your time say about what you value? I hope that each of us will find that we crave something deeper, that we will not be satisfied just with full schedules or impressive resumes, but that we will invest deeply in our relationships with those around us. Is your focus on doing *things* or on investing in meaningful relationships? I certainly recommend being involved in and serving your university community and beyond, but only if you do so with purpose, respect, and love. This may mean slowing down to truly know and listen to others.

I will leave you with this thought from Thoreau: "It is not enough to be busy. So are the ants. The question is: What are we busy about?"

Thank you for reading this issue of our newsletter; we hope you enjoy. HPSAB is honored to receive your feedback and we invite you to contact any of us at any time.

Sincerely,
Bethany

February Fun Fact: **Have you ever wondered why February is 'the short month'?**

There was a time when the year began in the month containing the beginning of spring, or March. This meant that February was the last month of the year, and it originally had 30 days. This is also why September, October, November, and December have prefixes for 7, 8, 9 and 10, respectively, even though they no longer apply.

July and August were renamed for Roman Rulers, and both those months had 30 days to begin with. To honor the greatness of the Caesars, the two months were extended to 31 days each and the days were taken from the end of the year, which at the time was February.

HAVE THESIS ANXIETY? HPSAB CAN HELP!

We all remember freshman year when we got our acceptance into the Barry University Honors Program and we quickly read over the conditions of our acceptances. When we got to the part about fulfilling a senior thesis we shrugged it off because we knew it was literally years away. Fast forward to now, the end of Junior year, where your thesis defense date is steadily approaching. And suddenly it hits you; you have to write an honors thesis and conduct a year-long research project. And then you PANIC! Well...at least that's what I did. So here are some tips to get over the thesis anxiety and get excited about your very first publication.

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- A lot of people are intimidated by the words Honors Thesis, and many seem to forget the word Project.
- Be proactive in finding your thesis committee. Remember which teachers you have taken that you might consider to be appropriate for your project.
- Be aware that your topic may change a few times over the course of your writing. Do not get discouraged!
- Your project will be a lot easier if you are excited about it

and have a game plan on how and when to get things done.

- Ask for help if you need it. There are a lot of people you can ask for help, from Dr. Sirimangala, to your committee members, to your peers who have done this before you or are doing it now.
- Set a designated time each day to sit and just write. It doesn't have to be perfect, but this method helps you keep the ball rolling.
- Relax and take it easy. Still find time to have fun, attend some events and continue writing and researching. If you think of your thesis as an extended project, and treat it as such, you will be a lot less stressed out.
- So to conclude, don't add more stress to your already stressful senior year of college. If you aren't sure how to approach the thesis situation, feel free to ask on of the HPSAB members for guidance. We all will be doing the project as well!

-Layota Luke



WORLD EVENTS:

Syrian government proposes exchange of prisoners: Syria's foreign minister is offering a prisoner exchange with rebels of the Syrian National Coalition. The proposition coincided with a meeting in



Istanbul, in which the opposition is deciding whether to attend next week's peace conference. Despite pressure from Western nations, many members of the Syrian National Coalition have already pulled out.

What's Happening This Month

February 5th: Stress Reduction & Relaxation Workshop

February 13th: Breaking into Network Television (College of Arts and Sciences Career Night)

February 14th: 4th Annual College Brides Walk

February 15th: Honors Program Perez Art Museum Trip

February 17 - 22: Come celebrate a week full of glitz and glamour events and the return of favorite spotlight programs at Homecoming. You don't want to miss the Behind the Scene Event, a fusion of music, fashion, performances, and artistry or a chance to be photographed by the paparazzi in your most fabulous outfit at the "Stars Gala" formal party! Back by popular demand is Barry Beauties Hollywood addition and the Bonfire!

February 21st: Barry University Reunion Weekend



Approaching Honors Program Events

As part of the Honors Program, students are required to participate in at least one event per semester. Check out these opportunities to fulfill this requirement:

- Perez Art Museum Trip on Saturday February 15 at 10:00AM! HPSAB is pleased to announce another weekend museum excursion! Join us as we venture over to the newly opened Perez Art Museum Miami. Carpools will be leaving in front of the bookstore at 9:00AM. Be sure to email Dr. Sirimangkala at psirimangkala@barry.edu to RSVP.
- There will be a HP Beach Cleaning taking place on April 12. This is a great service opportunity that will be sure to benefit the community.

Be sure to check out the March and April Editions for more information.



Inspirational Quote

"Never underestimate the power of dreams and the influence of the human spirit. We are all the same in this notion: The potential for greatness lives within each of us." - Wilma Rudolph

In 1976, as part of the United States Bicentennial, Black History Month was officially recognized by the U.S. government. President Gerald Ford urged Americans to "seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history." Black History Month is now celebrated every year in the United States and Canada in the month of February.

ALUMNI NEWS

FATIMA ZIMICHI AND AARON MOHAMMED

Many alumni have been greatly impacted by their studies in the Honors Program. This component of Barry's education often gives students the talent to excel after graduation. Here is a look at Fatima Zimichi and how she has been impacted by the Honors Program. Fatima graduated from Barry in May of 2011 and has been experiencing numerous successes. We are all grateful to hear from her!

Question: Please describe what you have been doing.

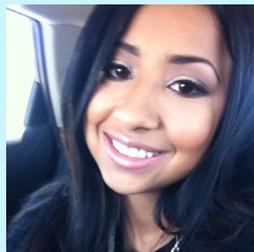
Response: I have been writing for a living (Yes! by choice). As soon as I graduated, my curiosity, writing abilities and determination led me to cover news for The Miami Herald, Open Media Miami and other interesting publications and websites. I ventured outside of my field for a year to experiment the world of Finance. However, my devotion for writing brought me back to my field now as a corporate writer and marketing coordinator at a local tech company. I have been working with this innovative company for a year now and I love it. As a Corporate Writer, I write creative blog articles, eBooks, white papers, press releases and insightful pieces that educate our readers and help them compete in today's digital era. Periodically, I also write about women in today's society. For instance, I recently contributed to the Encyclopedia of Domestic Violence and Abuse, which published on July 31st 2013.

Question: How has HP impacted you?

Response: The classes, professors, lectures, trips, and students involved in the Honors Programs defined my entire college experience. Thanks to the Honors Program, I learned the importance of being a leader, able to respond professionally and compassionately to any cultural and organizational environment.

Question: What advice will you give to current HP students?

Response: If I had the chance to speak to anyone currently involved in the Honors Program, I would tell them that although the road might be challenging, they'll see the end of road and be proud of it all.



Here is a look at what Aaron Mohammed has been doing after he transferred from Barry University to the University of South Florida and how the Honors Program has impacted him. A big thanks goes out to Aaron for keeping us informed about his success.

Question: Please describe what you have been doing.

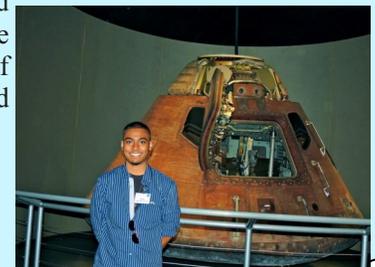
Response: Last summer, I participated in an applied physics REU program at USF. I ended up transferring there because I wanted to begin pursuing a major in physics. Over the past year or so, I've been continuing the research that I was working on that summer. At the end of the program last year, I was selected to attend the American Physical Society March meeting along with 4 other students in the program. I will be giving an oral presentation on my research.

Question: How has HP impacted you?

Response: I really enjoyed the honors courses that I took while I was in the program. What I really liked about most of them was the opportunities to engage in very meaningful and important discussions about various issues that humanity is facing today. Participating in these dialogues really encouraged me to become more aware of the world around us. For instance, I've become much more critical when it comes to what I hear on the news and where I decide to purchase my food or clothing. I've not only become more aware of social issues, but also the different ideas on how to actually solve some of these problems.

Question: What advice will you give to current HP students?

Response: Seriously take advantage of this opportunity to strengthen your thinking skills and test how well you are able to articulate your ideas and beliefs. In these honors courses, you are encouraged to speak your mind and actually give your own opinion. As much as I enjoyed expressing how I personally felt about certain topics, I also really enjoyed hearing what others had to say about them too. Keep your mind open because I can assure you that there is a lot of valuable knowledge and skills to be gained here.

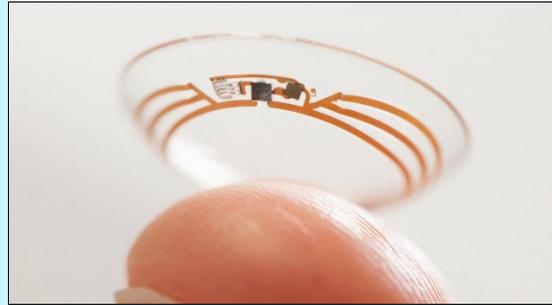


DIGITAL TECHNOLOGY NEWS

Google unveils 'smart contact lens' to measure glucose levels

Read more at: <http://www.bbc.co.uk/news/technology-25771907>

Google has said that it is testing a smart contact lens that can help measure a person's glucose level found in tears. This technology uses a tiny chip and miniaturized glucose sensor embedded between two layers of a contact lens. The company also said that it is working on adding tiny LED lights that would light up to indicate high glucose levels. Doctors hope that this could someday lead to a new way for people with diabetes to manage and monitor their condition. This could become a widely used technology, as it is predicted that one in ten people will have some form of diabetes by 2035. Google is working with the United States Food and Drug Administration (FDA) to get the product ready for mainstream use. Another idea is a similar chip that would allow the user to monitor their glucose levels using their i-phones.



ETHICS BOWL

Should terrorists be buried on US soil? In a world where automated cars may become safer than human drivers, would it be permissible to take away our driving privileges? Should we allow prayer at public school graduation ceremonies? These were just a few of the issues that faced Honors Program members Dianna Bellian, and Cheryl Fra-zier, as well as Barry University students Enrique Alvarado and Rashel Calixte, as they competed in the 10th Annual Southeast Regional Ethics Bowl Competition on Saturday, November 9, 2013. Held at St. Petersburg College, the Ethics Bowl Competition centered on students engaging in philosophical discussion as they sought solutions to some challenging ethical issues.

Similar to a debate competition, the Ethics Bowl is a nationwide event that allows teams of up

to five students to discuss a myriad of topics, including biomedical issues, plagiarism, discrimination, and technology. Barry University's Ethics Bowl team, led by coaches Ruth Tallman (Assistant Professor of Philosophy), Joel Wilcox (Professor of Philosophy), and Sandra Fairbanks (Professor of Philosophy), took second place at the competition, and will go on to compete in the National Ethics Bowl Competition in Jacksonville, FL on February 27, 2014. We would like to wish them luck and express our congratulations to the team on their Regional Competition win!

For those interested in viewing the final round of the competition, a video is available at the following URL: <https://www.youtube.com/watch?v=0OayIwZ61MM&feature=youtu.be>

Stay Tuned:

HPSAB is working on updating our newsletter for the 2014 school year! We have many new features planned, including highlighting HP faculty members, allowing students to submit entries and drawings to include in the newsletter, and reporting on where HP alumni are today! If you have any ideas of what you would like to see in our monthly newsletter, please let us know! You can email any of the HPSAB members.

Our HP Lab:

Did you know that the Honors Program has a computer lab open to your use? Currently located in Landon 206 G. Those interested in using the lab may contact Dr. Sirimangkala for more information. This lab is for HP students only.

Just a reminder for the students using the lab: make sure that you clean up after yourself. Also, use the printer responsibly. Make sure you close the door and turn off the lights when you leave.

Ideas for Spring Break:

1. **BECOME THE NEXT INTERNET SENSATION:** If you love singing or playing an instrument, this will give you time to start getting serious. Practice, practice, practice and then record your talent and share it with the world.
2. **STAY COOL:** For most of us, spring break means warm, sunny days. Time to break out the water guns and water balloons! Stage flash water fights with your friends at random times during the day.
3. **DE-STRESS:** Unravel all the stress! Look for deals to a local day spa, try yoga at the community center, or discover new routes for jogging. This is also a great time to simply catch up on those zzz's!
4. **FINISH THAT....:** Finish reading that book you started but never got around to finishing during school. Finish that art project that you weren't able to find time to do. Finish watching that series that you started but got too busy to watch every week.
5. **VOLUNTEER:** You can take this time to volunteer in fields that interest you as a future career. Volunteering is also a great way to meet new people with similar interests as you.

See more at: <http://thebottomline.as.ucsb.edu/2011/03/10-cheap-things-to-do-over-spring-break-2#sthash.G8xpTMvp.dpuf>

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