

Barry University Honors Program Newsletter

March 2014



Welcome

Hello to all and happy March! Somehow we have managed to stumble across the mid-point of the semester. I don't know how so much time has passed and yet I feel as though it was yesterday I stepped off the plane in January to return to Barry. It's a fantastic reminder that all time is precious and it is important to make every day count in its own special way by doing simple things, like waking up half an hour early to go to the gym or by calling someone you love to talk.

As I am writing this, I am thinking a lot about the upcoming Spring Guest Lecture Series that the Honors Program will sponsor. If you've missed the memo, at 4:00 PM on Wednesday, March 12th in Kostka room, an esteemed panel of speakers will be discussing Digital Consciousness and exploring whether or not our technology driven world is a dystopia disguised as a utopia. It is a very interesting topic that is not only relevant to society as a whole, but also reflects the course material of both the HUM 199 and HUM 300 classes this Spring. I am enrolled in HUM 300 and have had the privilege of spending the semester discussing a variety of topics, from health care to music, and how technology affects them. One of the class' speakers, Dr. Adam Dean, who will be one of the three panelists at the Guest Lecture Series, opened my eyes to the idea of the body schema. This concept is one which states that physical objects, such as a soccer ball, can reach a point where they can be manipulated so well that they are more than just an object, but rather can serve as an extension of someone's body. Dr. Dean pointed out how this is just as significant in the digital world as it is in the physical world. How many times have you rearranged the apps on your phone, only to be totally lost the next day when looking for Twitter? How often has a software update thrown you off with its new layout? These are examples of the body schema (or, rather, lack of) in action and I think it is super cool! Things like this and more will be discussed at the Guest Lecture Series. I hope to see many faces for this one of a kind event, because it is, in my opinion, a simple thing to do for a day which will make that day count in its own special way.



Alek Sayers

March Fun Facts:

March is named after Mars, the Roman god of war. This is probably because the Roman battle season began in spring.

RCA made the first color television on March 25, 1954.

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

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

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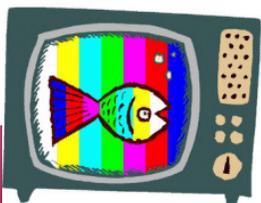
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Museum Trip:



On February 15, 2014, students of the Honors Program embarked on a trip to the Perez Art Museum in Miami, Florida. They viewed many works from modern artist Ai Weiwei in his collection *According to What?* This collection revealed the social, political, and cultural positions of China, his native country, and the world. His work featured a wide variety of media including architecture, food, paintings, pictures, and sculptures. His works raised philosophical questions about the excess and decadence of society and challenged long held traditions of the typical definition of 'art.'

HPSAB hosts many events throughout the semester so find time for one in your schedule. You will not regret it!

Current World News: Ukraine

There has been a dramatic collapse of Ukraine's government in recent days after months of political turmoil and social unrest. Demonstrators have been rallying against the government of President Viktor Yanukovich. The demonstrations began last year after the president turned away European trade and political agreements. Yanukovich also agreed to a \$15 billion bailout from Russia. After several months of protests, Yanukovich left the capital and protestors took control of the city center; however, Yanukovich remains firm that he will stay in power. Ukraine is a battleground for political and economic influence from the European Union and Russia. Russian dictator, Vladimir Putin, seeks to regain influence over the ex-Soviet states, and it seems as if Ukraine is at the top of the list. Many countries, such as the United States, Canada, and Russia have been trying to intervene in this conflict. President Obama has spoken with Putin about how Russia's continued violation of Ukraine's sovereignty negatively impacts Russia's standing in the international community.



Alumni News:

Megan Barnes

Megan Barnes graduated from Barry in May of 2011 and is now the owner of The Mogul Mom, a blog and company for female entrepreneurs. We are grateful to hear how the Honors program has impacted her life since leaving Barry.

"It has been nearly three years since I graduated from Barry University, and it has been a period of many transitions. I was out of commission for sometime with undiagnosed health complications, which were later confirmed as complications of lupus and fibromyalgia. I mention this first because the process of grappling with chronic and disabling illness has been my greatest challenge and my greatest teacher since leaving school. I continue to wrestle with it and hope that I take more grace and acceptance than bitterness from my experience. On a more positive note, I have had some amazing experiences since graduation, including the privilege to travel to Dubai, The Netherlands, Jamaica, and New Mexico. Currently, I'm exploring the possibility of writing professionally.

It was through the Honors Program that I gained my richest undergraduate experiences. From hearing the tragedies and triumphs of the Chronic Fatigue Syndrome sufferers I researched, to presenting my research findings in Ithaca, NY alongside HP faculty and students, few other undergraduate experiences brought such a tremendous reward.

My advice would be to recognize the jewel of your present opportunity. In my experience, there is no harder work than the task of learning, and in the midst of that effort, I think it's easy to forget how

extraordinary an experience you're having. So, seize the day, and you will take strength from this experience for the rest of your life."



Jacquelin Escobar

Jacquelin Escobar graduated in May of 2013 with a degree in Social Work. Her life has taken many interesting turns since she has left Barry. We are very proud to hear back from Jacquelin. Here is her news:

"Hello everyone, I graduated from the Honors Program with my Bachelor's in Social Work in May of 2013. I pursued my Master's of Social Work immediately and graduated in December of 2013. I began working three days after as a Counselor at homeless shelter. However, I quickly learned that I was not content; however, I pushed myself to continue working, as I did not want to give up. At the end, my employer and I came to mutual agreement that the agency was not a good fit for me and I am now in the process of seeking other employment opportunities. What I learned through this experience is that it is okay to have a plan as to where to work, but only through experience is one able to identify what setting fits best.

Although the job market is tough, it is not impossible, especially as an Honors Program Alumnus. My study abroad in China has assisted me in being unique from other applicants and increased my knowledge on cultural diversity. On a more personal note, I am engaged and will be getting married in April of this year. I met Elias at ICEP Miami; our similarity for serving others brings us together regardless of diverse cultural backgrounds."



Calendar and Upcoming Events for March

March 6: Holocaust Awareness Day

March 12:

- ◆ Dr. Robert G. Bringle, an internationally recognized service-learning and civic engagement leader, will be the keynote speaker and lead presenter at Barry's inaugural Community Engagement Symposium from 8:15 am–3:30 pm.
- ◆ Honors Program Guest Lecture Series on Digital Consciousness from 4:00–5:30 in the Kostka Room

March 14: The Department of Fine Arts invites the Barry community to the Annual Student Gallery Annex exhibition, "Stand Out," which features diverse works of art created by the members of the Kappa Pi Art and Art History Honor Society, Theta Delta Chapter.

March 17: St. Patrick's Day Mass

March 20: Misa en Español

March 22: The Family Counseling, Assessment, Research, and Education (CARE) Center is sponsoring a workshop that will provide participants with a general introduction to Play Therapy from 9:00–noon.

March 25: The Annunciation

March 26: Heidi Nichols, Chief of Forensic Photography at the Miami Dade Medical Examiners Office, will be giving two presentations on Alternative Light Source Photography as Applied to Forensic Investigations at 11 a.m. in Adrian 101.

Attention:

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:

- Be sure to attend the Honors Program Guest Lecture Series on March 12 from 4:00–5:30 pm in the Kostka Room to find out about how our new technological world is shaping our society.
- There will be an 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 April Edition for more information and remember to register for your next Honors Program Course.

Women's History Month:

March is National Women's History Month's. The roots go back to March 8, 1857, when women from New York City factories staged a protest over working conditions. It wasn't until 1981 that Congress established National Women's History Week to be commemorated the second week of March.

"The most difficult thing is the decision to act, the rest is merely tenacity. The fears are paper tigers. You can do anything you decide to do. You can act to change and control your life; and the procedure, the process is its own reward."

Amelia Earhart; American aviation pioneer



Attend The Honors Program Guest Lecture Series

Technology depends greatly on the society for innovation and improvement; in fact, computer programming is one of the fastest growing professions in the world. Society falls back to technology for its development and convenience. Individuals stay connected through social media, find new information on almost any subject through the use of search engines, program robots to perform surgeries, and use advanced mechanics to explore new frontiers. This seems like the perfect symbiotic relationship, but is it really?

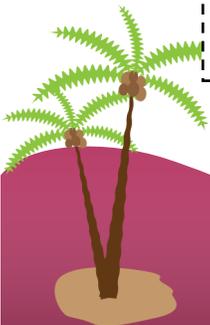
The Honors Program will be hosting the Spring Guest Lecture Series on the subject of Digital Consciousness: Are we living in a dystopia disguised as an utopia? This event will take place on March 12, 2014 from 4:00—5:30 p.m. in the Kostka Room located within Thomson Hall. The panelists in the series include Drs. Adam Dean from the Communication Department, Sean Erwin from the Philosophy Department, and Hugh Murphy from the Fine Arts Department. These esteemed professors will discuss the implications of our technology driven world and the impact that the technological demand has on society.



Texting While Walking—A New Danger?

We all know that we shouldn't text and drive, but new findings show that texting and walking could be one of the new dangers of our rapidly changing modern world. Consequences include bumping into walls, falling down stairs, tripping over clutter, or even stepping into traffic. Imagine an individual walking down the street, absorbed in replying 'lol' to their friend only to smack right into a pole. This problem became so common on one street in London that bumpers were placed in front of posts to keep people from walking into them. "When texting, you're not as in control with the complex actions of walking," says Dietrich Jehle, MD, "While talking on the phone is a distraction, texting is much more dangerous because you can't see the path in front of you." Pedestrians face three types of distraction: manual, in which they are doing something else; visual, where they see something else; and cognitive, in which their mind is somewhere else. Texters face all three of these distractions. While the injuries typically aren't severe, physical harm resulting from texting and walking occurs more frequently than anyone would guess: more than 10,000 cases are admitted into hospitals yearly.

Read more at: <http://www.sciencedaily.com/releases/2014/03/140303143347.htm>



Let's Hear from You

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 e-mail any of the HPSAB members.

Just a reminder -Be sure to use the Honors Program Lab responsibly!

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Simplifying: Spring Cleaning for Your Life

Living a simple life means "getting rid of many of the things you do so you can spend time with the people you love and do the things you love; it means getting rid of the clutter so you are left with only that which gives you value." -Leo Babauta. Like a roller coaster, life has its ups and downs. And while life may never be hassle free, it can be simplified. Here are some tips:

Try the simplified approach to simplifying: This is about identifying what's most important to you and eliminating, or downsizing everything else.

Simplify your obligations: Evaluate your commitments and eliminate the things you don't enjoy or aren't in line with your priorities.

Simplify your wardrobe: owning fewer clothes of better quality means you'll look good and spend less time trying to find what you wear.

Simplify work tasks: Our workday is made up of an endless list of work tasks. Don't try and accomplish everything, or you'll never get the important stuff done.

Take break times: No matter how much you may love your job, breaks are an essential part of rejuvenating your life.

Clear your desk: If you have a cluttered desk, it can be distracting and disorganized and stressful. Clean it off regularly, perhaps on a Monday before starting your week. This also applies to your digital desk. Try to keep your e-mail box empty by answering, filing, or deleting e-mails upon reading.

Overall, it is important to try and figure out who and what you truly love in life and devote your time and energy on things that make you feel better.

Read more at: <http://zenhabits.net/about/>