



Honors Program Newsletter

OCTOBER

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Greetings



Hey everyone, Caleb here! I just wanted to formally introduce myself as one of the writers for our Honors newsletter. You'll usually find me working on our "Cultural Corner" page, sharing stories and experiences from around the globe. I'm also happy to contribute to many other areas of the newsletter to help bring each issue to life. I'm excited for a great year with you all!



Hey everyone! I'm Kaiden, one of the writers for the newsletter. I hope to share with you all tips to make your college journey a successful one. I am looking forward to connecting with you and helping you to become the best versions of yourself.



Hey everyone, Viviana here! I am the editor-in-chief of the Honors program newsletter. I am senior. I am so excited to share and experience the honors program newsletter with you all! I am looking forward to seeing the new voices and faces.

HALLOWEEN

HAPPY HALLOWEEN FROM THE BARRY UNIVERSITY HONORS PROGRAM!

WISHING ALL OF OUR HONORS STUDENTS A SAFE AND FESTIVE HALLOWEEN! EVER WONDER ABOUT THE SPOOKY ORIGINS OF THIS POPULAR HOLIDAY?

HALLOWEEN'S STORY BEGINS OVER 2,000 YEARS AGO WITH THE CELTS' ANCIENT FESTIVAL OF SAMHAIN. CELEBRATED ON OCTOBER 31ST, THEY BELIEVED THE BARRIER BETWEEN THE WORLDS OF THE LIVING AND THE DEAD DISAPPEARED. TO WARD OFF GHOSTS, PEOPLE WOULD LIGHT BONFIRES AND WEAR COSTUMES.

LATER, AS CHRISTIANITY SPREAD, NOVEMBER 1ST WAS DESIGNATED ALL SAINTS' DAY. THE NIGHT BEFORE, KNOWN AS ALL HALLOWS' EVE, WAS EVENTUALLY SHORTENED TO "HALLOWEEN." THIS CELEBRATION WAS BROUGHT TO AMERICA BY IRISH IMMIGRANTS, WHERE IT EVOLVED WITH UNIQUELY AMERICAN TRADITIONS LIKE TRICK-OR-TREATING.

FROM ANCIENT BONFIRES TO MODERN COSTUME PARTIES, THE SPIRIT OF HALLOWEEN HAS BEEN CELEBRATED FOR CENTURIES. HAVE A SPOOK-TACULAR TIME!

TRICK
OR
TREAT

WARMLY,



THE BARRY UNIVERSITY HONORS PROGRAM

추석

Chuseok

October 5-7, 2025

한가위

Chuseok, a major three-day harvest festival in South Korea, is often called Korean Thanksgiving. It's a time for families to gather, give thanks for the autumn harvest, and honor their ancestors.

Key Traditions

- **Family Reunions:** Similar to Thanksgiving in the U.S., families travel to their hometowns.
- **Ancestral Rites:** Families perform memorial services (charye) and clean ancestral graves to show respect.
- **Traditional Foods:** They prepare special dishes, including songpyeon, small rice cakes steamed over pine needles.
- **Cultural Activities:** Many wear traditional clothing (hanbok) and play folk games.

Chuseok, like other fall celebrations, emphasizes community and gratitude for nature's bounty, providing a cultural contrast to Halloween's focus on the spooky.



Cultural Corner

My Semester Abroad: From Trinidad to Miami to Seville and Beyond!

Hi everyone! My name is Caleb, and I'm a Computer Science major here at Barry. As an international student from Trinidad, I came to Miami for a great education, but I never imagined it would be my ticket to the rest of the world. In fact, for the longest time, I didn't even know Barry had a study abroad program.



Last spring, I took a leap and signed up to spend a semester in Seville, Spain. To say it was the most amazing few months of my life would be an understatement. I lived with a wonderful host family who shared their culture, their language, and their incredible home-cooked meals with me. While I'm a CS major, I took the opportunity to complete some general education courses, which gave me the flexibility to fully immerse myself in the experience without worrying about falling behind in my major.

My program organized fantastic cultural trips around Spain, but the adventure didn't stop there. Living in Europe made travel incredibly accessible. On weekends and breaks, I managed to explore France, Italy, Austria, Ireland, Portugal, England, Vatican City, and even Morocco! Each stamp in my passport came with a new perspective and unforgettable memories.



Now, you might be thinking this sounds expensive, and as an international student, that was my biggest worry. I was so happy and surprised to learn how affordable Barry's study abroad program was. It's a common myth that studying abroad is out of reach, but it's more accessible than you think.

If you want an experience that will challenge you, inspire you, and leave you with friends from all over the globe, I can't recommend this enough!

All the best,
Caleb

Next Up: HPSAB's Saphira



Cultural Corner

My Semester Abroad: From Trinidad to Miami to Seville
and Beyond! Cont'd



France 



Italy 



Portugal 



Morocco 



England 



Vatican 



Austria 



Ireland 

Your Voice Matters: Share Your Honors Experience!

Hi HP Scholar!

Your journey, insight, and achievements are the heart of our community. As we plan for the year ahead, we want to hear directly from you! We invite you to fill out our HP Interest Form for a chance to share your story and help shape the future of the Barry University Honors Program.

By taking just a few minutes to complete the form, you can:

* Be Our Next Student Spotlight!

Are you involved in fascinating research, a unique internship, or a passion project? We want to celebrate your hard work! Let us know if you're interested in being featured in an upcoming newsletter or on our social media pages.

* Guide Incoming Freshmen!

Remember navigating your first year? You can be a valuable guide for new students joining our program. Share your wisdom and help incoming freshmen make a successful transition to university life and the Honors curriculum.

* Share Your Study Abroad Insights.

Did you have an amazing experience studying abroad? Your story could inspire another student to take that leap! We are gathering feedback and testimonials to enhance our programs and showcase the incredible global opportunities available to Honors students.

Your perspective is essential to building a stronger and more connected Honors community. Thank you for being a leader and for helping us grow.

Ready to share? Search the link below to fill out the form!

<https://forms.gle/uvvvqzqUqUpfZ2eK9>

Pop Culture Corner



If you've been on TikTok, Instagram reels, or even just walking across campus, chances are you've heard someone yell out "six seven!" The phrase has become one of those random internet trends that seems to be everywhere at once. Its can first be traced back to a rap track where "6-7" was shouted as a catchy adlib, and it became even more popular when people started pairing it with basketball highlights, especially since LaMelo Ball is 6'7". From there, it took off as part of meme culture.

The crazy thing is "6 7" doesn't really have a set meaning. For most people, it's just something to shout for hype, fun, or just to show that you're in on the joke. A few people have tried to give meaning to it, defining it as "so-so" or a playful nod to someone tall. However, at its core, it's not about the definition. It's about energy. Like a lot of Gen Z slang, the appeal comes from its randomness and the fact that everyone can use it without needing a clear explanation.

So the next time you hear "6 7," don't worry about what it means. It's simply part of the shared internet language we're all participating in, an inside joke you join just by saying it.



Finding Balance: Prioritizing Health, Academics, and Athletics

By Alexis Hansen

As an honors student, professional water skier, and pre-medical Spanish major living with an autoimmune condition, balancing academics, athletics, and health isn't just a goal—it's a necessity. My experience has taught me that success isn't about doing everything at once; it's about doing what matters most with intention, resilience, and care.

Diagnosed with ulcerative colitis in high school, I faced years of treatment, hospitalizations, and setbacks that challenged my mental and physical endurance. Yet, these experiences shaped the foundation of my discipline. I've learned that my health is the cornerstone of every accomplishment, and that honoring my body—through a nutrient dense, anti-inflammatory diet, movement, and rest—is what allows me to perform at my best, both in the classroom and on the water.

As a professional water skier and certified lifeguard, physical training is part of my lifestyle. I also train daily for beach volleyball and lift weights 3-4 times a week. To balance this with a rigorous academic schedule, I rely on structure. I've adopted intermittent fasting, intentional meal planning, and early morning walks to create stability and clarity before tackling classes, labs, and my role as a future chemistry lab TA.

What I've come to realize is that peak performance comes from self-awareness. Some days, rest is more productive than pushing through. Some semesters, priorities shift, and that's okay. Managing an autoimmune disease while pursuing a medical career has deepened my empathy, sharpened my focus, and inspired me to advocate for wellness in every area of my life.

To my fellow honors students: remember that your ambition doesn't have to come at the cost of your health. When you care for yourself, you unlock your full potential—in academics, athletics, and beyond.

Study Hacks 101

With midterms fast approaching, it's time to buckle down and prepare for success. The trick isn't just putting in hours of work, but building smart study habits that set you up for the best results.

Here are a few tips to maximize your preparation for exams:

1. **Don't Procrastinate** - Waiting until the night before only leads to higher stress and lower scores. Instead, start a few days in advance and break your studying into manageable chunks.
2. **Take Breaks** - Studying for hours straight can lead to burnout. Try the 45/10 rule: study for 45 minutes, then rest for 5-10 minutes. This helps your brain recharge and retain information better.
3. **Use Tutoring Resources** - Barry offers free tutoring for many classes. Take advantage of this before exams to reinforce concepts and strengthen your understanding.

With these simple strategies, you can reduce stress, stay on track, and walk into your exams with confidence.



Word Search

D I S S E R T A T I O N P U S B
 C U R R I C U L U M P M I A M I
 O O Q U H R E S E A R C H N O R
 M C O S Y M P O S I U M O O S E
 I N S I D H A Y R I D E R C E V
 N U P C R I S P S A U S N O S A
 I C I H T I C U R U N U H H L E
 C O A O S R E V E H T O C A A L
 A P M N H E N T S O N S H C R S
 N I A I N I O S O N I L E O H I
 D I V U A M R A E C D O R S C O
 T U T L N C A D S H T N R S H P
 R U A A H R O O M R A I A L P C
 S M S S L R N S S L H V H R A U
 H N T A D E R E E N A C C U B B
 A A E T H S I L R H O N O R S E
 L L V S Y T I S R E V I N U E L
 C S H C R A E S E R E C I D E R
 Y T S E V R A H S I P H S R E D
 A I P O C U N R O C H S E H O S

Word List

Find these words in the puzzle above:

- ACADEMIA
- AUTUMNAL
- BARRY
- BUCCANEERS
- CIDER
- CORNUCOPIA
- CRISP
- CURRICULUM
- DISSERTATION
- DOMINICAN
- HARVEST
- HAYRIDE
- HONORS
- LEADERSHIP
- LEAVES
- MIAMI
- PUMPKIN
- RESEARCH
- SCHOLAR
- SEMINAR
- SHORES
- SYMPOSIUM
- THESIS
- UNIVERSITY

Bonus Words:

