



MURIEL A. HOWARD HONORS PROGRAM

Official Newsletter

5TH ANNUAL HONORS BBQ

We celebrated our 5th annual Honors BBQ on September 9th...

See more

Pg. 4



Pg. 2

**WELCOME FROM OUR STAFF
WHAT'S UP FRESHMEN?**

Pg. 6

**BENGALS DARE TO CARE DAY
UPCOMING EVENTS**

**BENGAL
ADVICE**

Pg. 7

Success tips from current Honors students



Pg. 3

HONORS LEADERS

WELCOME

FROM OUR STAFF TEAM

Happy Fall 2022! **Welcome to our 150 first-year Honors students and welcome back to our returning students!** We are so happy to have each of you participate in the Muriel A. Howard Honors Program this year. We have updated and expanded the student space and now have all of the 3rd floor of South Wing. Please make it your home!

We know college life can be stressful and challenging, but take advantage of everything you can while you are at Buffalo State. **Whatever your need, the Honors staff want to hear from you. Let us know how you are doing and how we can help you to thrive as a student and reach your greatest potential.** Whether your difficulty is academic or non-academic, we are here to help guide you to success.



These 4 (or so) years will go so fast, but fill them with great memories and friends. **We have an exciting year full of exclusive Honors events and opportunities for you to enjoy.** We hope to see you there! We look forward to supporting each of your academic journeys this year and hope you make the most of this amazing community!

-Dr. McMillan, Matt, Celeste, & Ms. Stevens

WHAT'S UP FRESHMEN?

We checked in with our first-year Honors students to hear how things are going so far. The initial transition from high school to college can be an enormous challenge to conquer, and Honors is here to provide support along the way! Take a look at what these students had to say about their first month at Buffalo State . . .

"My first year of college is going great! With Honors and lacrosse, I've been able to set a solid, well-rounded routine in place that's allowed me to efficiently, healthily, and passionately pursue my goals thus far."

-**Beth Kulikowski**, Speech-Language Pathology

"My first year has been good so far! I've been enjoying the Honors events and I've been getting into the groove of my classes."

-**Sammy Marranca**, Computer Information Systems

"It's going amazing! So far everything has been super fun, and all the teachers are very kind. It's a great environment!!"

-**Jay Meidel**, Geology

"My first year of college is going pretty well so far. I'm liking the events along with the free food/giveaways, it's a good incentive to get involved. I also live on campus so the dorm life has been pretty decent. I'm definitely thankful to be in Bishop Hall as a first-year student because of the sheer cleanliness and private bathrooms. However, I ended up getting Covid last week which was not fun. While being in a suite all by myself had its many perks, I did not like being stuck in there alone. Glad to be finally recovered from that though"

-**Nathan Koss**, Television & Film Arts

"I joined the rowing club. It is a bit of a difficult sport to train for, but I am getting the handle of it. The classes are smaller with a high-school feel. I like Buffalo State and plan to stay for the next four years"

-Nushaiba Islam, Social Studies Education

"So far I love it!! I've been able to meet so many new people and I love my professors."

-Bella Mullen, Early Childhood & Special Education

"My first year of college is going great! I love the campus and everyone is so nice!"

-Kacie McCormick, Elementary Education with a focus in Social Studies

"My first year is going amazing so far, there are so many events and opportunities for freshman to meet new people and get help if needed, all my professors are very kind"

-Raeann Grasso, Childhood Education in Mathematics

"[It's] honestly a lot better than I originally expected. I kind of came in assuming I would be more independent and alone, but I found my friend group and I feel very at home here in Buffalo. I feel like I have a good balance of academics and free time as well!"

-Adam Jackson, Photography

INTRODUCING OUR PEER MENTORING HONORS LEADERS



We're proud to showcase our inaugural group of Honors Leaders who started their positions this Fall!

After applying and interviewing in the Spring semester, 16 students (14 undergraduate and 2 graduate) were offered the opportunity to develop their leadership & peer mentoring skills in this brand new program. The program aims to build connections amongst Honors students that bridge across class years and to help first-year Honors students thrive.

The Honors Leaders began their positions with a three-day training retreat at the USG-owned

Whispering Pines Camp located in Franklinville, NY. They explored a variety of topics related to mentoring and practiced one-on-one counseling techniques to support their mentees through any challenges they might face. The Leaders also quickly became a close-knit group through cooking meals together, hiking, playing card games, and staying up late sharing stories around the fire.

During the Fall Semester, the Honors Leaders hold weekly office hours in the Honors Hub for any students seeking peer-to-peer support. They also get to host or co-host their own Honors events so look out for some fun activities in the coming weeks!

5TH ANNUAL

HONORS BBQ

September 9, 2022 marked our 5th Annual Honors Welcome Back BBQ and it was nothing short of amazing!

Mother nature was on our side and gave us a bright sunny day with a temperature of about 85°F. Everyone was rocking this year's Honors T-shirt designed by Sara Hillman and had a blast connecting with fellow Honors students & staff.

There was some good ole corn hole, a prize wheel and the classic candy jar guessing game. Students also took a turn at "speed friending" to meet 10 new Honors friends in under 10 minutes. Kevin's Catering once again stole the show with their delicious macaroni and cheese. Thanks to all who attended and check out some of our favorite moments from the BBQ!





HONORS GIVES BACK



Every year, Buffalo State College participates in Bengals Dare to Care Day. Students, faculty, and staff all come together to complete dozens of service projects across Buffalo and “paint the city orange” as President Conway-Turner says.

This year, we had two groups of Honors Students come together to participate in this Buffalo State tradition of giving back. The day started at 8:30 AM on October 1, 2022. From there, our two groups ventured off their separate ways. Dr. McMillan and her group went to BestSelf and learned about

flexibility, the importance of helping people in recovery from addiction, and were able to clean up their establishment so they can better serve the community. Matt’s group volunteered at the Broadway Market where they revived a flower bed and cleaned up trash and weeds from the perimeter of the market building. Both groups enjoyed making a positive impact on the local community and finding new friends along the way.



UPCOMING EVENTS

Oct. 14 **BABEL AUTHOR TALK: ELIZABETH KOLBERT**
RSVP required

Oct. 21 **FALL LEADERSHIP WORKSHOP**
 to RSVP scan the QR code



Oct. 20 **HONORS THEATRE NIGHT: PIPPIN!**
Includes optional backstage tour & talk-back

Oct. 31 **HONORS HALLOWEEN: PUMPKIN CARVING & DECORATING**

PAST EVENT

TOUR OF THE RICHARDSON OLMSTED



Find all of our Honors events at bengalconnect.com/organization/honorsprogram or scan the QR code





BENGAL ADVICE

TIPS FROM CURRENT HONORS STUDENTS FOR FRESHMEN

“Get Involved!
Go to as many
events as you can.
Make connections!”

-Carolyn Freeman,
English, Senior

“It’s extremely important to make an effort building relationships, whether that is with your peers or your professors or faculty. You can use these relationships to network, hear about opportunities that might be available, letters of reference, and many other different benefits. Take time to send a professional email, visit office hours, or just check in with the person sitting next to you! You have no idea how that relationship may become a great tool for your success in college as well as post college.”

-Morgan Harrington, Psychology
& Criminal Justice, Junior

“Do absolutely everything you can,
within reason of course. Go to sports games,
join book club, and talk to new people (you never know
when or where you will meet your future best friends).

Take advantage of this new adventure and be the person you have always wanted to be.

Don’t take yourself too seriously, and,
most importantly, have fun.”

-Lizzie Evans, Sociology, Senior

“Don’t be afraid to get lost. There is always a person, a number, or a place you can go to find your way.”

-Morrigan Waller, History & Social
Studies Education, Junior

“...to all incoming freshmen,
the biggest piece of advice
I have is **CHECK YOUR
EMAIL LIKE YOU CHECK
YOUR SOCIAL MEDIA!!**”

-Chris Jackson, Psychology, Senior

Looking for more advice?
Stop by Honors Leaders office
to chat with another student!

WE WANT
YOU!



INSTAGRAM TAKEOVER

SEND US A DM
TO GET INVOLVED

STAY IN TOUCH



ARE YOU AN HONORS ALUM? Please update us on how you're doing!
Scan the QR code & fill out the survey to get a chance to be featured in our newsletter.



honors.buffalostate.edu



Buffalo State Honors Program



@buffstatehonors

| South Wing 330 | Monday - Friday 8:30am - 5:00pm | (716) 878-3093