



BUFFALO STATE
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Muriel A. Howard Honors Program

Official Newsletter



Honors BBQ Pg. 4-5



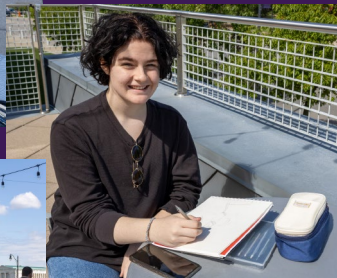
Welcome Back!



Honors Leaders Retreat Pg. 3



Sketch and Snack



at the
BPAC



Dare to Care Day Pg. 7

Welcome Back!



Matt whitewater rafting in Adirondacks, NY



Dr. McMillan visiting a tortoise on San Cristobal Island, Ecuador



Ms. Stevens off-roading in the Southern Tier, NY

Welcome new Honors students and welcome back to everyone else! This year we welcomed six transfer Honors students, including three from Medaille; four new international students, and 157 first-year students. To all our 500+ Honors students, we hope you had a fabulous summer – we sure did.

Over the summer we completed the first edition of our Honors Student Handbook. In it you can learn more about who we are, program requirements, benefits of being in Honors, scholarships and funding, advisement, applied learning, and policies about Honors academic standing. Please take a look through this important document and let us know if you have any questions!

This year our Honors Theme is **Navigating Transitions**. We are reading *Crying in H Mart* by Michelle Zauner in HON111 and HON444 as part of that theme and will be offering tickets to the Just Buffalo Literary Center BABEL event featuring Ms. Zauner on November 9th. We hope you can read this interesting memoir and attend the talk!

Whether you are navigating your first semester at Buffalo State or are preparing to transition to the workforce, we hope you make the most of this academic year and enjoy the many opportunities available through the Honors Program. Warmly, Dr. McMillan, Celestine, Ms. Stevens, and Matt.



Celestine vacationing in the Dominican Republic



Explore the Honors Handbook

honors.buffalostate.edu/site/honors/files/documents/honors_student_handbook_2023_24_1.pdf



Hi everyone, my name is Alexandra, but you can call me Alex. I'm from Brooklyn, NY and I'm a sophomore here at Buffalo State majoring in Sociology. I am the new work study for the Honors Program. I help keep things cleaned and organized. I'm always happy to help if anyone needs it or I'm here if you need someone to talk to. Outside of work I spend most of my free time baking so be on the lookout for treats. I hope everyone has a great semester!

Muriel A. Howard Honors Program
Student Handbook
2023-2024



Welcome Our Honors Work-Study, Alexandra



Honors Leaders Retreat

Over Labor Day Weekend, our Honors Leaders traveled to Whispering Pines Camp where they spent 48 hours building community and learning key skills needed to be successful peer mentors.



The Honors Leaders Program, now in its second year, matches first-year Honors students with returning Honors students who provide holistic support throughout the fall semester. The leaders visit their mentees in HON111, hold weekly office hours in the Honors Hub, and plan and host their own Honors events this Fall! Thinking about serving as an Honors Leader next year? Look out for applications in early Spring and contact Assistant Director Matt Baran to learn more.



“My tip for current freshmen would be to get involved whenever you have the chance! Getting involved leads to new opportunities, which leads to new experiences, and this cycle continues! The Honors Program is a great place to start! Students should also investigate different programs and organizations relating to your interests, both on and off campus.”

-Sarah Zakeri, Honors Leader



Sarah decorated the Academic Suite door for the Homecoming door decorating contest and received an honorable mention!

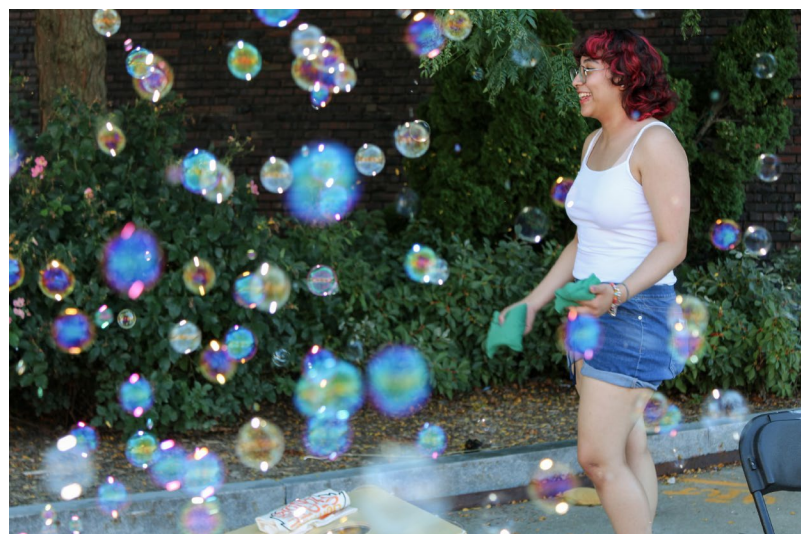
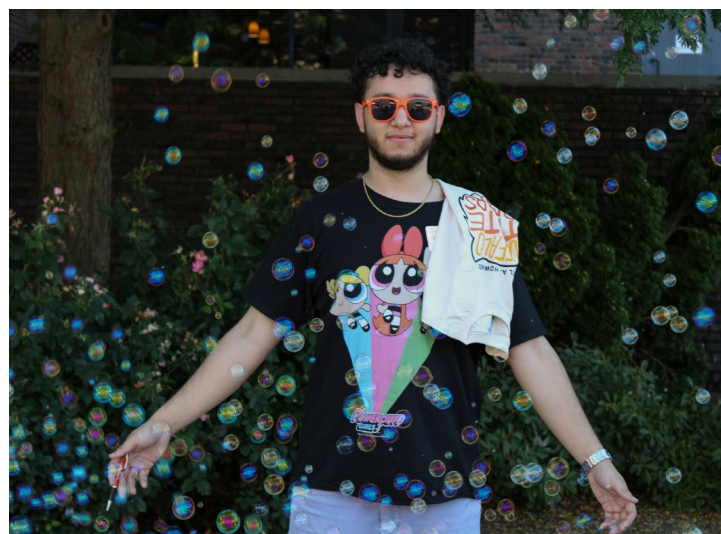


6th Annual Honors BBQ





On a sunny September day, Honors held our annual BBQ! Despite the sweltering weather, Honors students enjoyed some great food and even better friends. From speed friending to lawn games, there was no lack of fun to be had at this year's event! Thank you Interim President, Dr. Durand, for joining us!



Christina Shiners

Public Relations and Advertising major, Film Studies minor

Communications and Special Events Intern for the NFTA's Public Affairs.

I had the opportunity to work on a variety of projects and initiatives that supported the Buffalo community and NFTA employees. I helped cultivate posts on Elements, the NFTA's internal communication tool, develop communication plans, and participate in various community outreach programs such as Mayor Brown's Clean Sweep and NFTA's Community Night at the Ballpark.



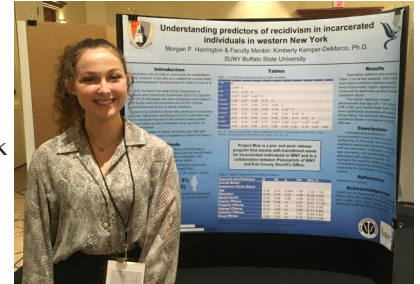
Morgan Harrington

Psychology (B.A.) and Criminal Justice (B.S.)

Research Assistant at the Buffalo Veterans Affairs Hospital

While at the VA I have had the opportunity to network with individuals within the field, help with grant writing, organize data sets, assist with recruitment on multiple studies, and more recently have begun training on suicide risk assessments. I am incredibly grateful for everyone I have met, studies I have been a part of, and all the other opportunities that have come from this learning experience.

This experience is important to me because I hope to work in a military psychology specialized field in the future after continuing my education. I have thoroughly enjoyed working with veterans and can see myself doing similar work in the future.



Resumé Builders

These Honors students spent their summers building a strong resumé through unique internships and research opportunities.

Wynni Benson

Speech-Language Pathology and Philosophy

My summer research was a Undergraduate Summer Research Fellowship, reviewing literature about medical bioethics and speech-language pathology!



I truly enjoyed the experience of doing an in-depth literary review and study of an experiment done in the 1930s, dubbed the "Monster Experiment" and its influence on the American Speech-Language-Hearing Association's Code of Ethics. I looked at the Code through the lens of biomedical principles. I learned much about general biomedical ethics and how I can apply these principles to my professional career as a speech-language pathologist.

Tyler Chen

Business with a concentration in Marketing

Communications intern for the Children's Garden.

I aided in advertisement through creating their newsletter and taking promotional photos. The Canadian wildfires prevented outside activities, which posed a serious challenge.



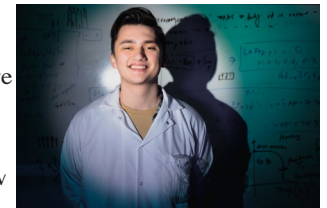
Aerial view of the Children's Garden

Chris Burgio

Physics with minors in Math and Astronomy

Laboratory Research Assistant with the Department of Energy Laboratory in Ames, Iowa

The experience was amazing. I was working with a scientist on a research project. I had to cut and measure materials, use a variety of different machines such as a Ball Mill, Hand Press, Tube Furnace, etc. As well as process the data from the measurement systems to interpret what we found within the study. I learned how to properly conduct a research project, and how to use all the machinery I used while there. I'd say that the biggest challenge I faced while there was learning to grow accustomed to the full time schedule I had while there.





Honors Gives Back



On September 23rd, over 60 Honors students and staff members volunteered for Bengals Dare To Care Day, Buffalo State's annual day of community service. Our participants spent their Saturday morning beautifying local neighborhoods, rehabilitating an old multi-family home, painting, organizing, gardening, and more. The community partners at each site – all local non-profit organizations – also discussed with each group the purpose behind their work and the positive impact that our own Buffalo community will gain through everyone's service.

**Priority
Registration
Begins on 11/1
at 6 am!**



Read the course descriptions on our website

Spring 2024 Honors Seminars:

- HON101 Hum Sem/Bob Dylan: Six Decades of Noble Lyrics
- HON101 Hum Sem/Meaning of Life
- HON102 Nat Sci Sem/World Natural Environments
- HON102 Nat Sci Sem/Environmental Sustainability
- HON103 Studio Arts Sem/Ceramics
- HON104 American History Sem/ American History
- HON106 Arts Sem/Europe's Got Talent: Classical Music Shapes A World
- HON201 World History Sem/Women and Gender in Islam
- HON202 Social Sci Sem/Visual Anthropology
- HON202 Social Sci Sem/Hard Times: Paris of Emile Zola
- HON303 Diversity Sem/Indigenous Art of North America
- HON303 Diversity Sem/Ethnic American Minority Literatures

honors.buffalostate.edu/course-schedule



★

send us a dm

@buffstatehonors
to schedule your

honor **INSTAGRAM TAKEOVER**

★

★



Annual Autumn
Pumpkin Drop



Join us for
Halloween
...if you dare



October 31st
10 a.m. - 2 p.m.
Honors Hub

Mastering
Change:
Powered by Habits

Friday, 10/20, 3-6 p.m.
Free Dinner Included!



Register for our Fall
Leadership Workshop