

Muriel A. Howard Honors Program Newsletter

OFFICIAL NEWSLETTER OF THE BUFFALO STATE HONORS PROGRAM

Welcome Back

Welcome back to campus, Honors Students! It feels great to see you in the Howard Honors Hub, our offices, and at our events. We already had a terrific start to the semester with our 4th Welcome Back BBQ and we have many other great events planned for this year. Check the Honors Program Bb Organization page calendar, your email, and the newsletter for all the wonderful activities coming up.

If you haven't visited the Howard Honors Hub in South Wing 320, please do! Along with seven computers for your use and free printing, we also have coffee, tea, hot chocolate, popcorn and instant oatmeal every day. Stop by Tuesday for our Topic and Treats or come to one of our sponsored events in this space. The Howard Honors Hub is open Monday-Friday from 8:30 am – 5:00 pm.

Our Honors office is right next door in South Wing 330. If you didn't get your t-shirt at the BBQ, stop in to pick it up! We are here during the same hours as the Hub.

We are welcoming a new Assistant Director for the program, Matt Baran. Check out this newsletter for more on Matt or stop by South Wing 330 to say "hi." His role in Honors will be all things student engagement, so please tell him what you would like to become involved in or what kinds of events or activities you would like to see in Honors.

This fall we are also launching two mentorship programs – one with M&T because last year was so successful (three of our Honors mentees are now employed with M&T and several others have gone on to graduate school). The second is a new program with Horizon Health. This program launches in October and will be of special interest to majors in health and business related fields. We are excited these community partners are working with our Honors students!

Finally, this year Buffalo State College celebrates 150 years. Please join some of the many events surrounding this celebration. If you would like to represent Honors as an Ambassador or just at an event, please let me know. There are many opportunities for students. We hope to see you often during this year! Have a fabulous one!

BUFFALO STATE COLLEGE 1871–2021



Dr. Amy McMillan

Director, Muriel A. Howard Honors Program

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Looking Back, Moving Forward

**Buffalo State Honors*

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Upcoming Events

Homecoming Week: Sept 27- Oct 2

Sept 27 @ 10a: Chalk the Plaza

Sept 28 @ 12:15p: Benji's Birthday (Plaza)

Sept 30 @ 12:15p: Pep Rally (Plaza)

Oct 2 @ 12p: Football vs. Union College

Horizon Health Suicide Prevention Workshop: Oct. 13

South Wing 100: 11:00a-11:50a

Crafting w/ Ms. Stevens: Oct. 14

Honors HUB: 4:00p-6:00p

Honors Movie Night (*Heathers*): Oct. 15

Upton Hall 230: 7:00p-10:00p

Guided Meditation w/ Leigh: Oct. 19

Honors HUB: 12:30p-1:15p

Going Beyond: Leading with a Creative Mindset w/ Dr. Cyndi Burnett: Nov. 5

Bacon Hall 115: 3:30p-6:00p

Howard Honors HUB

The Honors Program got an upgrade! Since the last time we were all on campus the Honors Office has moved. We gained a suite dedicated for student use and we are thrilled to share it with you!

The Howard Honors HUB is located in South Wing 320 and is a space especially for all of you! The space is open **every day from 8:30am-5pm** or as long as the honors office is open.

There is always something happening in the HUB. On Tuesdays we have 'Treats and Topic Tuesdays' where we provide a snack and a topic to chat about. On the first Tuesday of the month we host a book club, we host wellness events, and much more. In addition to scheduled programming, the HUB is always open to study, play games, and use our **free printing**.



HONORS 111

Professor Carol Beckley; Assistant Director

Welcome back students! This is my last year as the Honors Assistant Director. It's been my pleasure serving Honors and helping to develop the HON111 class. HON111, Introduction to Honors, is a Freshmen seminar for all incoming honors students. It's a place for the students to get to know each other, Honors, Buffalo State College, and our community. This semester we welcomed over 150 new students to the program and the class is lively and active!

We are reading the MARCH trilogy as our common read, an autobiographical graphic novel series told from the point of view of civil rights leader John Lewis, covering epic events from the sit-ins of the 1960s to the Obama inauguration. Our common read supports this year's theme of "Looking Back, Moving Forward". The trilogy, the 150th anniversary of Buffalo State, and the ramifications of COVID, are foci in a semester of reflection, expression, and growth. HON111 provides a vehicle for students to engage scholastically, personally, and civically, through our common read, a partnership with Horizon Health, a requirement to join a campus group, Honors-specific groups for Bengal Dare to Care, collaborative work with one another, and attendance at nine campus events.

Join me in congratulating the Muriel A Howard Honors class of 2025. See you around campus!

HONORS THEME

LOOKING BACK
Moving Forward





Honors BBQ

After more than a year of connecting virtually, we finally got together in-person at our fourth Honors Welcome Back BBQ! Nothing builds community better than food and Kevin's Catering delivered! We enjoyed games, handed out this year's t-shirt, raffled off awesome swag, and made some new friends in speed friending led by Professor Beckley. We even managed to capture a group photo in the shape of a 150 to celebrate the 150th anniversary of Buffalo State College.

It was wonderful to see so many members of the Honors community come together for this event. We had a record 165 attendees this year including several faculty! Thank you to everyone who came out to the BBQ, and a huge shout out to everyone who helped make this event a success including the Honors Ambassadors and Ms. Celestine Simmons!

All in all it was a terrific start to the year. We are greatly looking forward to seeing you in class, in the Howard Honors Hub, in the Honors office, at our events, and around campus! We can already tell it's going to be a great year for honors! Stay tuned for more fun events in the future.



Achieving Academic Success

Ms. Elizabeth Stevens; First Year Academic Advisor



I'm Elizabeth Stevens, and I am the adviser for first-year honors students. My job is to meet our new freshmen over the summer and register them for their first semester of classes. During the academic year and summer, I am available for guidance with academic issues and any obstacles that may hinder student success. Starting this fall, I am also available to upper-level students who have general questions or concerns about their academic progress. My job is to help you be academically successful and also adjust to the college environment.

Ultimately, the grade that you receive in each class reflects the success you had managing the requirements of that particular course. In addition, you have hopefully gained knowledge and skills that will help you as you approach each new semester of courses. There are many factors that go into academic success, and it is important to understand them early in your college career. Things like problem-solving skills, decision-making, time-management, and asking for help are all factors that contribute to academic and also personal success.

Proven academic success is something that Honors students bring to the college classroom, along with many talents and abilities, both academic and non-academic. Managing many interests and activities can sometimes become a challenge for students who have multiple interests and goals. Learning to make good choices, sometimes hard ones, and establish priorities helps the semester be less stressful and more enjoyable. Any student who wishes to discuss their own academic journey and establish a strategy for success is welcome to make an appointment with me to create a success plan for the semester and beyond.

Introducing our new Work Study Franchesca Ovalle!

Hello everyone! My name is Franchesca Ovalle and I am 17 years old (I am a Libra-Scorpio cusp if anyone is interested in knowing). I was born and raised in Washington Heights and I proudly consider myself Dominican. I am a sophomore living in Bishop Hall. I am also the new work study for the Honors program. Some of my favorite things include listening to music, eating, playing softball, meditation and origami. I will be working in the Honors office so feel free to drop by and say hello! I wish everyone a happy and successful semester.



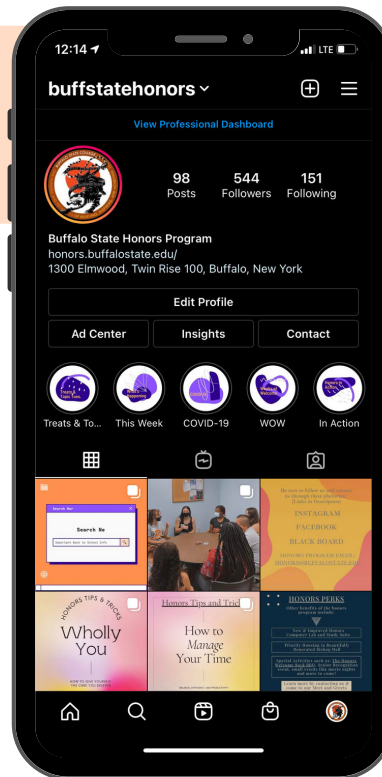
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Honors Program



The Honors program is looking for students to do Instagram Takeovers! If you are interested in taking us through a day in your life send us a DM.

Social Media Takeovers

Celestine Simmons

Greetings! I am the Administrative Assistant for the Honors Program. It's difficult to encapsulate all of what I do in Honors and for the campus. I will say I love what I do here! Interacting with the students and campus community is a joy I look forward to each day. I am proud to support Dr. McMillan and her vision to continue to expand Honors. Personally, I am devoted to my faith, I enjoy community service, and I love coordinating social events. I feel strongly that life should be embraced. We can learn from the unfortunate experiences and live in the moments of the incredible ones. I am looking forward to all that this semester has in store for all of us and the growth that will come from it.



Hello! I am thrilled to be joining the Honors staff team as the new Assistant Director. You'll see me around quite a bit between HON111, events, leadership opportunities, and much more. I'm originally from Long Island and earned my Master's degree at The Ohio State University where I focused on events, student wellness, and professional development. Outside of Honors you can often find me caring for my vegetable garden, running around Delaware Park, or selling breads at a local farmers market! Buffalo is an awesome place to live - I encourage everyone to make the most of all the experiences available to you on and off campus! Looking forward to getting to know everyone this year.

Matt Baran

Looking Back

Moving Forward

Buffalo State Honors

The Honors Program began as the Dean's Honors Course in 1983. Professor Tom Kinsey, then head of the Interdisciplinary Sciences Department, coordinated this course in the fall 1983 semester and Professor Michael Johnson, Modern and Classical Languages, managed the fall 1984 course. The All-College Honors Program was created in 1984 under President Bruce Johnstone with a handful of students.

In the fall 2021 semester the Muriel A. Howard Honors Program welcomed 150 new first year students and 11 transfer students. The total enrollment of the program is over 550 students!



Top Left: Honors Student Luncheon, 2008

Top Right: Dr. Muriel A. Howard, seventh President of Buffalo State College, and Dr. Andrea Guiati, former Director of the Muriel A. Howard Honors Program.

Bottom: 2004 incoming class of Honors students. Dr. Andrea Guiati and Dr. Michael Johnson are in the center bottom.