

# WILLIAM PATERSON UNIVERSITY



## HONORS COLLEGE NEWS

March 2018

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*Honors Intern, Samantha Koprowski, publishes the Honors Newsletter several times each semester. She can be reached at [honors@wpunj.edu](mailto:honors@wpunj.edu).*

### A note from Dr. Andrew



*Dr. Barbara Andrew*

A greater number of Honors students are participating in short-term study abroad programs as well as semester-long international experiences and the National Student Exchange (NSE). In this issue of the newsletter, you'll read about Kayla Bowling's experiences with NSE and our next Honors course with a trip to Berlin in 2019. Be on the lookout for other opportunities at WP as well. Travel opportunities are fun, but they also provide life experience that may help you in your research or in job interviews. Another kind of opportunity to be on the lookout for are competitive internships. Watch the Friday Honors Announcements for internship opportunities and apply for internships through Trailblazer.

### Fall 2018 Priority Registration

**Priority registration for the Fall 2018 semester will take place Wednesday, April 4.**

Inside is a list of the Fall 2018 Honors UCC courses. You must request a permit for the courses on this list. **To request a permit, please send your name, 855 number, the name of the class and CRN number to [honors@wpunj.edu](mailto:honors@wpunj.edu). PLEASE DOUBLE-CHECK THE SECTION NUMBERS.**

If you have not already contacted your advisor, please do so. The name of your advisor can be found under the student tab on WP Connect.

First year students: If Dr. Andrew is your advisor, you may sign-up for an appointment on the sign-up sheets located on her office door in Raubinger 154.

All other students should contact the advisor listed in WP Connect.

Honors Track students should make an appointment with their major advisor first, and then follow-up with their Honors Track Director.

Your advisor will give you a six digit alternate pin number that you will be required to use to access the registration screen in WP Connect. This number changes each semester. Note that the alternate pin number for all Honors students should begin with 000. If your pin number does not begin with 000, please notify [honors@wpunj.edu](mailto:honors@wpunj.edu) immediately.

### Honors student studying in California



Kayla Bowling

Honors student, Kayla Bowling, is currently spending the semester in California under the National Student Exchange Program (NSE). William Paterson is a partner in the NSE and has sent students to participating universities all across the country. The National Student Exchange offers students the opportunity to study at participating universities in the United States and its territories for either a semester or a year while paying William Paterson tuition and fees and earning transferrable credits.

Kayla had previously expressed interest in studying in California and is now studying at California State University at Monterey Bay. She has moved on campus and is enjoying visiting historical landmarks and tourist attractions such as Alcatraz and Lombard Street.

Students interested in the NSE should contact Mrs. Cinzia Richardson via email at [richardsonc@wpunj.edu](mailto:richardsonc@wpunj.edu) or stop by her office in Raubinger Hall Room 207B. We wish Kayla the best of luck in California!

# Polar-oid Party



Honors hosted its annual Polar-oid Party on Wednesday, January 24th. We hope you had just as much fun as we did taking silly pictures with the photo booth props and eating ice cream!

## Honors Hangout

Many hungry Honors students were eager to devour the pizza and beverages at the Honors Hangout on February 8th. Students learned about civic engagement opportunities on campus, the Pesce Mentoring Institute, and the exciting spring 2019 Honors course taught by Dr. O'Donnell.

Dr. O'Donnell provided a brief overview of the History 3010 Modern European Social History course that will travel to Germany. It will count as an Honors course and will fulfill UCC area 5– Community and Civic Engagement and a Writing Intensive requirement. Students will travel over spring break to Berlin, Germany, where they will visit important historical sites. For more information, please contact Dr. Andrew at [andrewb@wpunj.edu](mailto:andrewb@wpunj.edu) or Dr. O'Donnell at [odonnellk@wpunj.edu](mailto:odonnellk@wpunj.edu).



*Dr. O'Donnell spoke about the spring 2019 History 3010 Modern European Social History course*



*Students enjoyed pizza and beverages.*



*Jan Pinkston*

## Tips for student success

Priority registration for the fall 2018 semester is right around the corner and as you are planning your fall semester schedule, take the opportunity to reevaluate your time management plan.

Regardless of your year in college or your GPA, it never hurts to review the basics of time management and adjust your plan as necessary. Are you scheduling your classes at the best times? Are you allowing enough time to study? Are you working too much? Below are a few things to remember when thinking about time management:

**Think of college as a full-time job.** The biggest chunk of your time each week should be devoted to attending class and studying. Students who are enrolled in five classes spend about 15 hours in class each week. For each hour spent in class, you should spend a minimum of 2 hours outside of class studying ( $15 \times 2 = 30$  hours per week studying). Add your study time to the 15 hours spent in class and that equals 45 hours per week (about the same amount of time that is required by a full-time job).

**Prioritize.** Make a list of all the activities that are important in your daily schedule. Figure out how long it takes you to complete each item on your list, and schedule those activities at the times that make the most sense for you and your personal situation.

**Practice self-discipline.** The most successful people I know all say the same thing: one of the keys to their success is practicing self-discipline. Once you have prioritized your specific tasks, stay on track. Do not procrastinate. Refer to your schedule and be disciplined enough to focus only on the task that you have for that time (this means avoiding all distractions like calls, texts, snapchat, hanging out with friends, etc.). Build in some incentives to reward yourself for being self-disciplined. For example, decide how long a specific task will take, and put it on your schedule, followed immediately by a 15-30 minute break. This way, you can “reward” yourself by having a break to catching up on social media and/or grabbing a snack or some coffee before tackling the next task on your list. Keeping on track with your plan will be challenging, but if you make yourself stick to it, you will find that it soon becomes a habit.

**Schedule on purpose.** Arrange your class schedule and study schedule during the time of day when you are most alert. Not a morning person? Do not schedule your classes or study time in the morning. Do you find that you are wasting time on parking? Why not arrive on campus earlier when it is easier to find a spot and then use the extra time studying? Do you want to play video games with your friends in the evening or visit your grandmother every Sunday? By having a plan and sticking with it, you will be able to work in those activities and still accomplish everything on your list.

**Do not ignore the basics.** You are aware that it is important to eat healthy food and get adequate amounts of sleep and exercise. Schedule time for meals so you are not tempted to grab fast food.

*(continued on page 4)*

## Fall 2018 Honors Courses

Courses are available by permit only. Email Honors@wpunj.edu for a permit.

### UCC 1

#### **FINP 1600-05 Financial Well-Being - MW 11-12:15 - Dr. Tao Guo - CRN # 42956**

Financial well-being is designed to promote financial literacy among students in order to allow them to increase their overall financial, economic and social well-being. Consumers operate in a buyer beware marketplace and must be financially literate in order to achieve and maximize their own well-being and security. This course covers the basic financial planning process and will help students obtain a working knowledge of creating an investment portfolio, filing taxes, risk management, insurance, credit scores, credit reports, debt management, retirement planning and time value of money.

Credits: 3.0

#### **MUSI 1150-03 Understanding Music - MW 8-9:15 - Dr. Lisa Pike - CRN # 41163**

The course will introduce students to music's role as an art form and as an expression of the human experience including the meaning and value of music within societies and individual lives within a historical setting. Music from a variety of genres, styles, time periods and geographical locations of origin will be studied, as well as the manner in which the elements of music are utilized within these settings. The course will include the development of attentive listening skills and effective communication about music.

Credits: 3.0

### UCC 2B

#### **ENG 1100-36 - College Writing – MW, 3:30-4:45 - Dr. Philip Cioffari - CRN # 40186**

A workshop course in which students develop pieces of writing, taking them through various stages of planning and revision. Students share their writing with the instructor and their peers, get feedback on drafts, and consider this feedback as they progress through the writing process. This course develops students' writing competency on the college level.

Credits: 3.0

### UCC 3A

#### **PHIL 1310-01 – Introduction to Philosophy & Medicine – TR 2-3:15, Dr. Elizabeth Victor - CRN # 42553**

This course provides an introduction to philosophy through its application to medicine and concepts in the health sciences. This course will interweave readings and discussion that focus on central philosophical problems, major historically significant perspectives on these problems, and key applications of philosophical thinking to contemporary life through our examination of specific cases throughout the history of medical practice. Central philosophical problems include problems of the following sort: (1) the problem of identity as defined by clinical diagnosis and patient perspectives (2) the problem of freewill and determinism and the role of self-governance in clinical practice; (3) the mind/body problem and determining the site of disease; (4) the problem of the existence of God and the role of faith in patient decisions; (5) the problem of justifying an ethical standard as the basis for care.

Credits: 3.0

### UCC 3C

#### **PSY 1100-10 – General Psychology – MW 9:30-10:45, Dr. Neil Kressel – CRN # 43054**

This course surveys the chief theories, principles, and methodologies of psychology. The biological foundations of behavior, sensory processes, learning, perception, memory, emotion, motivation, personality, psychopathology, therapy, and social behavior are examined to establish the foundations for advanced study in psychology.

Credits: 3.0

### UCC 3D

#### **BIO 1630-09 General Biology - MW 2-3:15 p.m. and Monday 11-1:40 p.m. - Dr. Carey Waldburger - CRN # 41567**

Provides a background in biological principles. Similarities and differences between living organisms, both plant and animal, are discussed. Subcellular and cellular structure and function, cellular respiration, photosynthesis, genetics, DNA structure, replication, transcription, and protein synthesis. Open to biology/biotechnology majors. There is a BIO lab fee.

Credits: 4.0

### UCC 4

#### **ANTH 2020-10 Diversity and Equity in Schools - R 2-4:40 p.m. - Dr. Ron Verdicchio - CRN #42001**

Schools are central to the socialization of children and to the formation and maintenance of modern nation-states. American schools transmit core values and knowledge and support a meritocracy where social mobility seems to be the outcome of talent and effort. While offering freedom and opportunity, schools tend to reproduce social structures and perpetuate systems of class, gender and race inequality. This course critically analyzes the role that schools play in the cultural production of the 'educated' person. It identifies links between school practices and the community, the state and the economy, which help explain the disproportionate failure of disadvantaged groups. It challenges students to think about schools as sites of intense cultural politics, and to consider the effects of history and power on educational processes.

Credits: 3.0

#### **PBHL 2950-02 Disparities in Public Health - MW 2-3:15 - Dr. Naa-Solo Tettey - CRN #42129**

This course will explore the health disparities that exist among and between groups of people based on the categories of race, ethnicity, gender and class. Situated within the historical record of public health in the United States, this course will review the social, political, cultural, legal and ethical factors that influence health disparities. Significant attention will be given to the idea that health and access to health care is a basic human right in a just society.

Credits: 3.0

### UCC 5

#### **ENG 3270-01 Literature and Environment - TR 11-12:15 - Dr. Barbara Suess - CRN # 42075**

The course will familiarize students with the established canons of nature writing and environmental literature. Using an ecocritical lens, students will study the vital relationship between literature and environmental values that exists even in literature not directly identified with environmental traditions. In addition, students will engage in one or more of the following activities: research and analysis of strategies for environmental activism; critical interaction with local (urban, suburban, and/or rural) ecosystems in order to investigate the concept of "environment"; and active participation in environmental activism. In these ways, the course may prove beneficial not only to understanding our regional, national, and global environmental crises, but for resolving them, too.

Credits: 3.0

### **Social Science Electives**

#### **PSY 2110-02 - Lifespan Development – TR 8:00-9:15 Dr. Randi Ona - CRN # 42645**

This course provides a foundation for understanding human development from conception through late adulthood and death. It reviews the theories and research on the biological, cognitive, emotional, and social aspects of human development. The biological & socio-cultural interactions with human development (e.g. race, class, gender & culture) are examined as well.

PREREQUISITES: PSY 1100 General Psychology

Credits: 3.0

### **\*\*\*\*Upcoming Class for Spring 2019 – UCC 5\*\*\*\***

#### **HIST 3010-01 Modern European Social History with Spring Break Study Abroad in Berlin, Germany (March 10-17, 2019) Prof. Krista (Molly) O'Donnell, Department of History and Humanities Honors Track Director**

Students enrolled in the Spring 2019 honors section of HIST 3010 Modern European Social History (with UCC Area Five and Writing Intensive designations) will complement their study of social movements and activism in Europe with a trip to Berlin, where they will visit museums and key sites of historical importance around the Greater Berlin area. The tentative itinerary includes a tour of the political centers of power and protest in Germany, enhancing students' understanding of civic engagement and political activism. Exact student fee to be announced soon! (The fee will be similar to the Paris course trip which was \$850 plus airfare).

## Honors students participate in MLK Day of Service

Many Honors students participated in the annual Martin Luther King Jr. Day of Service on January 15, 2018. Over 120 students participated in various community service activities such as cleaning the Paterson Great Falls, packing lunches and making scarves for the Father English Community Center, making teddy bears for Saint Joseph's hospital, and more. Several Honors students were in attendance. The Honors College is dedicated to instilling the love of community service in students. It is especially important for Honors students as leaders on and off campus to engage in activities that benefit our communities. The event was sponsored by Campus Activities.

Honors senior, Nejesea Brown, has participated in the Day of Service for three years. She is incredibly enthusiastic about civic engagement and excited to be a part of the day.

"It was a splendid experience knowing that keeping the elderly company meant a lot to them," said Nejesea. "My friend, Nancy, told me how we made her day, otherwise it would have been another boring Monday. I always encourage students to participate even if they can only do one or all of the activities. You can only do good when you participate!"

NJ's words reflect the spirit of Martin Luther King Jr. and his core message: everyone has a responsibility to help their fellow human. On this day and every day, we should remember our duty as citizens to be an active and responsible member of society by giving back as much as possible.



Nejesea Brown



A group of students made meal packages for Father English Community Center.

## Tips for success...

*(continued from page 2)*

Get at least 8 – 9 hours of sleep per night (even though you might feel okay getting only 4 or 5 hours of sleep, that is not sustainable in the long run). Find ways to work in exercise every day (yes, a walk around the WP campus counts as exercise!).

**Plan for the unexpected.** What if you get the flu? What if your car breaks down? Leave a little room for flexibility in your schedule so that your entire plan does not fall apart just because one thing goes wrong.

**Use a system that works for you.** Some students use their phone or computer to keep on track, while others use a paper planner or index cards. Whether you prefer electronic gadgets or highlighters and colored post-it notes, the most important thing is to employ a strategy that works for you (and be open to changing your system if it is not working for you).

**Have fun.** Do not forget to leave time in your schedule for socializing, spending time with family, joining clubs, attending cultural events, pursuing hobbies, etc. A well-organized time management plan will allow you to accomplish all of your educational goals AND get the most out of life in general.

## Elections for the Honors Club Executive Board 2018-2019

Nominations will open on March 20 at a joint Honors Club/Honors Hangout meeting at 12:30 p.m. in Raubinger 101 and will be accepted via email to President Katrina Adap at adapk1@student.wpunj.edu until April 3rd. The election will be held in person at a meeting of the Honors Club on April 10 at 12:30 p.m. in Raubinger 101.

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