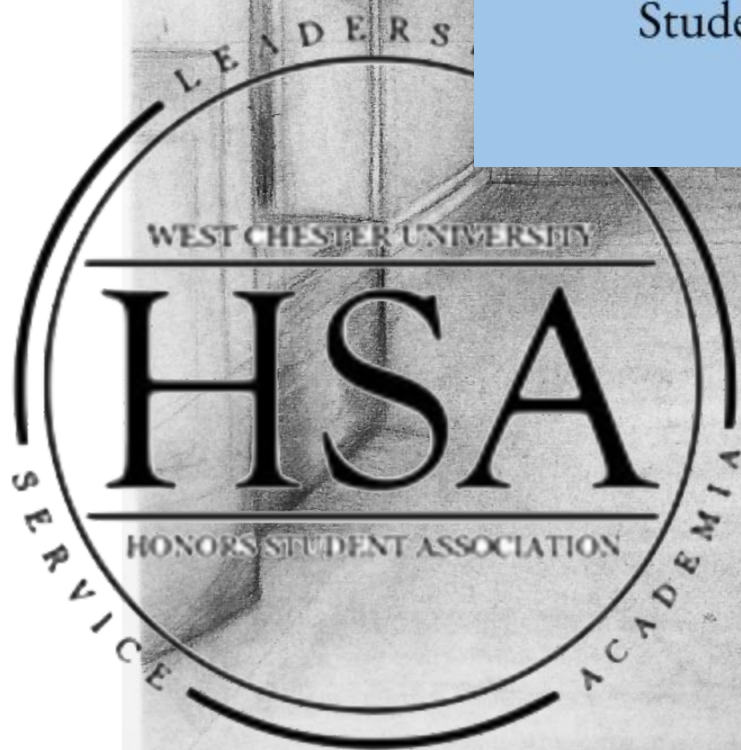


# HSA HAPPENINGS

*September*

A student-produced monthly newsletter created and distributed by the Honors Student Association. Its purpose is to supplement the West Chester University community's knowledge of the Honors Student Association's activities and endeavors.



Edited by Jodi Lamborn,  
Director  
Leela Rose & Allison Farrell,  
Assistant Directors  
Dr. Martin & Professor  
Wooten, Faculty Advisors

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## A NOTE FROM THE EDITOR

To my fellow HSA members:



I hope your semester is off to a great start! I know life looks a little different right now, but there is still so much to look forward to this

semester, and we will all work together to get the very best out of our experiences. Martin Luther King, Jr. once said, “the ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.” The leadership skills that we have the opportunity to develop will be measured by this period in time. I encourage you to get involved with the community- albeit a particular

university community, or the West Chester community as a whole. Now is the time to utilize what we learned throughout quarantine and apply it to the world we live in now. I hope for you all that this semester brings creativity, productivity, and positive mental attitude.

Sincerely,

A handwritten signature in cursive script, appearing to read 'Jodi Lamborn'.

Jodi Lamborn, Director of HSA Happenings

## DIRECTOR'S CORNER - SEPTEMBER 2020

DR. DEAN



Give Yourself a BREAK!

On the February 9, 1991 episode of

Saturday Night Live, comedian (known better your generation as Minnesota's ex-Senator) Al Franken debuted the skit,

"Daily Affirmations with Stuart Smalley." Drawn in part from Franken's experience with Al-anon programs and the blue cardigan sweaters of Fred Rogers fame, Franken's character Stuart, held a mission to daily administer words of self-praise and celebration. In the skits Stuart, "counseled" a wide collection of SNL guest hosts, and the viewing audience, to embrace the daily practice of repeating the phrase: I'm Good Enough, I'm Smart Enough, and Doggone It, People Like Me! For Stuart Smiley, this phrase provided THE answer to an abusive world.

As the novelty of the first weeks of a new semester wane and the first assignments-----oh, let's say, for example, the first Question Set for HON 352 or the Literature Review for HON 311-----come crashing down, it becomes easy to feel some self-doubt. Questions such as, Why did I take this class? Why do I have 18 hours? Why did I accept that extra shift at work?, routinely swirl in your mind, seemingly from the moment you wake until you fall asleep. A feeling of treading water, fatigue and exhaustion creep into your life.....and really negative thoughts begin to sprout: "Am I good enough?

Am I smart enough? Do I belong?" Psychologists label such thoughts as the imposter syndrome, a condition where individuals question their abilities and experience internal anxiety from the fear of being seen by others as a fraud.

As a first generation college student, I watched the imposter syndrome plague my dad, who experienced moments of inferiority in his vocation as a real-estate broker, as he interacted through most of his professional life with colleagues who held a college degree. I experience it myself through every message I write due to my "void of giftedness" when it comes to spelling (can I say by the way, spell check ranks as one of THE best technological advancements ever), how could a person with a PhD display such weakness? I also witness the recurrence of this soul crushing phenomena every fall as the life of college takes hold. This annual occurrence of momentary despair becomes magnified this year as we add in all the uncertainties surrounding COVID, a contentious national election, racial tensions, climate issues and financial pressures. At times like these it becomes very tempting to darken all the bedroom windows, ditch any alarm clocks and pull covers over

your head with the hope of remaining in your cocoon for the rest of the season.

WANT TO WRITE FOR HSA  
HAPPENINGS? HERE'S  
WHAT TO DO...

CONTACT  
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HSA HAPPENINGS IS  
PUBLISHED THE FIRST FRIDAY  
OF EVERY MONTH (WITH THE  
EXCEPTION OF SEPTEMBER),  
AND SUBMISSIONS ARE DUE AT  
LEAST ONE WEEK PRIOR TO  
PUBLICATION!

NOW ACCEPTING ART  
SUBMISSIONS!

Fortunately, history has proven to me that these moments in time are simply momentary. The fog will lift, assignments will achieve completion, and next life chapters become clear. I observe two critical factors that help expedite times of imposter syndrome: community and self-care. The thrilling reality with both of these antidotes rests in your ability to embrace both starting at this very moment. Cherish your relationships; time spent with a parent,

sibling, or friend is never wasted time. One of my personal all-time favorite songs is Rhythm & Blues artist Bill Withers' Lean on Me ---Google it, you will feel better for doing so!\*

<https://www.youtube.com/watch?reload=9&v=fOZ-MySzAac> Through honors class group projects, discussion group breakout sessions, H.S.A. on Thursday nights and a smorgasbord of up-coming H.S.A. committee sponsored activities and events know you have a community and people to lean on.....and your presence matters for the day will come when you become the rock for your peers to lean on.

Second, take a lesson from Stewart Smiley and recognize the following truths: You are good enough, you are smart enough and people like you! While room exists for all of us to learn and grow----that is the ultimate reason we are here! The need for self-care is real. Throughout the semester in honors classes, H.S.A. and particularly events hosted by the Wellness Committee, you will gain healthy strategies for promoting your physical, mental, social and spiritual self; such activities should become life habits and there is no better time like this moment to begin.



As a closing thought, remember, none of you got to where you are today without having the confidence and courage to apply and interview. None of you got to where you are today without an invitation to join this community and none of you got to

where you are today without saying “yes.” For that response, I remain most grateful. You belong!

\*Yeah, yeah, there are more modern remakes and covers but originals have their place.

## NOTES FROM THE FACULTY

DR. MARTIN not pictured



Welcome Back!  
I'm so happy to see  
our amazing  
Honors students  
are continuing  
with their service  
hours, projects,

and capstones throughout the oddities of 2020. You are the epitome of the change I want to see in the world, and I am excited to see how you take the lemons you are given and make them into lemonade. I have been hearing of and seeing your endeavors, from writing cards to senior centers to delivering food to first-responders, and I am in awe of your innovations.

To our current students, thank you for reaching out for service opportunities and continuing to help the West Chester community, as well as your local communities. To our alumni, thank you for your leadership and continued service. If possible, I would suggest connecting with current students through our new Alumni LinkedIn account ([Honors College Students, Faculty, and Alumni at West Chester University](#)), the [Honors website](#) or the Honors Facebook page to see what our students are doing and how they could use your support. If you have service ideas or would like to share an experience or innovation you have seen in your community, please connect with us!

## PROFESSOR WOOTEN



Greetings, H.S.A.! Welcome to the Fall 2020 semester! As you continue navigating the highs and lows of 2020 and student life, I want to offer you 5 tips for a better

semester. That's right; it's time for some #WootenWisdom.

1. If you're feeling like you're having a hard time dealing with increased screen time, purposefully schedule 2 hours a day during which you're not on any screens. Go outside! Create some art. Take some deep breaths. Whenever possible, "hide self-view" on Zoom to help you be more present in your Zoom calls.
2. Reach out to the professors/staff. Part of your college experience is expanding your professional network by finding mentors to help guide you. Don't be afraid to schedule a virtual office hours appointment and ask if there's a
- way to plug into any projects they're working on!
3. **TIME MANAGEMENT.** Find a planner or online calendaring/task-management system that works for you. If you need some ideas, ask around to your peers in the Honors Community. It's hard to stay on top of everything, but a good planner can help you navigate the next 15 weeks!
4. Check in with your friends. Send someone an affirming message or just say hi! We could all use some encouragement, and you never know how much good you can do by simply reaching out to someone.
5. Enhance your digital leadership skills by attending or creating opportunities for H.S.A. members to connect, engage, and serve. There are so many needs all around us. Find a way to use your gifts to address just one of those needs. Be part of the solution!

# NOBEL LEADERSHIP SERIES

BY JOHN MCSWEENEY second from left



Over the last four years, students and faculty have been participating in a symbiotic relationship

with the Nobel Peace Committee in Oslo, Norway. Here at West Chester University, we are the only college in the world who has the opportunity to work with such an elite prize, that touches all corners of the world for the betterment of society. With the distinguishable opportunity, we have the unbelievable honor of nominating a Laureate for the prize each year. Since the beginning, students have been researching former Nobel Peace Laureates and dissecting their peace efforts and leadership styles. There have been over 50 full workshop

presentations with activities compiled over the years. Right now is a very exciting time to be involved with this program as we are branching out in many directions to increase our influence and participation with the Nobel Peace Prize and its history. With the piloting of Honors 320 in the spring

of last year we took another step in our knowledge and exploration of Norwegian culture and Nobel legacy. We are currently working on a pamphlet which includes all the Nobel Laureates who have been studied at West Chester University. And we are currently in the talks with the Vice Chair of the Nobel Committee, Dr. Henrik Syse, to have our leadership addendums and activities displayed in some way with the Nobel Institute or somewhere on their website.



# MEET YOUR GRADUATE ASSISTANT

BY ZACHARY ZAJKOWSKI

INTERVIEW WITH **BECCA SHOEMAKER**



Hello, hello students! My name is Becca Shoemaker, and I am a 2019 graduate of the Honors College program. I was a Communication Sciences and Disorders

major with minors in Spanish and Communication Studies. During my years with Honors, I served as the Housing Director, Social Coordinator, Involvement Coordinator/Immediate Past President. I also served as a Discussion Leader for HON 110 and HON 310. Currently, I work as the Graduate Assistant for the Honors College!

## **How has honors at West Chester University prepared you for your career?**

The more time passes, the more tools I realize Honors has given me!

Undoubtedly, thanks to Honors, I am a better speaker, writer, organizer, and leader. I utilize my Honors-learned skills whenever I deliver a presentation, formulate a clinical report, assemble a treatment team, or function as the head

of a project. Because of Honors, I understand myself and how I learn best, and I've been able to use that knowledge especially throughout my graduate career.

## **How did honors at West Chester University shape you as an individual?**

Through Honors, I developed a greater confidence in myself. I cannot count the number of times in Honors-related work and projects where I was given a responsibility that I had no clue how to tackle. My initial reaction was one of fear and anxiety, but as I continued to receive these challenges paired with encouragement from the community around me, I rose to occasion. Now, when I am faced with unfamiliar territory in my job as a GA, in my schoolwork, or in my clinical work, I have greater faith in myself and my ability to work with those around me to complete the task.

## **What was the greatest transitional issue that you faced when entering college; do you have any advice/tips for new students?**

The first few weeks of college were incredibly difficult. I remember feeling lonely even amidst a room of people

because I didn't feel known. It's a strange feeling starting college and realizing that no one here knows your high school legacy. I had to figure out how to rebuild my identity and how to become comfortable with putting myself out there. That's easier said than done, because you must parse out who you are apart from your past! My advice: journal and self-reflect – become comfortable being with your own thoughts and emotions. As you meet new people, remember that they are going through the same emotional processing you are, though it may not look the same from the outside. Also, find groups on campus (even virtually!) that align with your values and interests. I very much benefitted from having communities in Honors, a faith-based organization, and a field-related organization. The more meaningful connections you make, the more you will develop a sense of belonging.

**What steps are you/your institution taking to adapt to COVID-19? Do you have any tips for how to navigate the online world that have helped you personally succeed?**

Over the spring, summer, and now fall semesters, I have been conducting speech therapy and evaluations entirely

over Zoom. My department is allowing some face-to-face evaluations for a select number of clients with extraordinary measures of sanitation and personal protective gear. One must-have for virtual life is blue light glasses – they're on Amazon, they reduce strain on your eyes, and they're cute! I've also attended a free Webinar or two from speech therapists who have been doing telepractice for years pre-COVID, and I got some amazing activities and tips from those speakers. Search the web and see if your field offers webinars on how professionals are adapting to an online space! Also, Zoom's website has a bunch of helpful videos and tricks to make your Zoom meetings flow smoother.

**What is One of Your Favorite Memories of the Honors College?**

This is incredibly tough; I have a million stories I could share. One moment I loved was the night of the superbowl party I planned as Housing Director (an old position that doesn't exist anymore!). My roommates were kind enough to help me wrangle together some dips, chips, and desserts that we warmed up in my small dorm microwave. I made a giant glittery Eagles banner and hung up a bunch of green dollar store décor. Our whole floor came

to the 7<sup>th</sup> floor lounge, and we watched the Eagles beat the Patriots in an incredible game. The night was made even better when I auctioned off an

## **INTERVIEW WITH KATHLEEN SCHULTZ** not pictured



Hi, H.S.A!  
My name is Kathleen Shultz, and I was a part of the Class of 2019. I was a

Biology Education major with a Civic and Professional Leadership minor while at WCU. I am currently a biology teacher at New Hope-Solebury High School.

Within H.S.A., I was a part of the choir for three years and dance team for all four years. I began choreographing and captained the dance team during my last two years.

Within the Honors curriculum and to satisfy one of my education program requirements, I took HON 322: Developing Leadership with ELLs. While taking the course, I developed a strong interest in how teachers teach

autographed picture and football signed by Dr. Dean in an intense bidding war. Ask Dr. Dean about it today, and he'll flash a huge smile!

content to learners who do not have English as their first language or use a language other than English at home. Taking this course led me to undertake a research project through the Summer Undergraduate Research Institute with Professor Meg Niiler as my faculty advisor. We explored how teacher beliefs about ELLs differ between teacher candidates still in college and recent teacher graduates. For my capstone project, I chose to create a booklet of strategies that classroom teachers of any discipline could use in their classrooms to help their ELL students.

## **How has honors at West Chester University prepared you for your career?**

A key factor in being a good teacher is communication. Almost every single day, I communicate with students, parents, teachers in my department, special education teachers, teachers of other content areas, and many other staff members. Having clear communication with these people ensures I reach my goal of instructing

my students in the best way possible. The Honors College helped me in improving my communication skills. I worked with my fellow peers in every class to put together projects and presentations, help others in the community, share ideas and opinions, and learn new information. Through consistent opportunities to collaborate, I learned how to speak up about my own thoughts, give others a space to talk, define commonalities, and make mutual decisions. These factors now come into play in my job. As a regular classroom teacher, I must talk to special education teachers about the progress of students in special education, and I make sure I am supplying accommodations in the best way possible. With my students, I think about how I can explain ideas to them to fit the way they learn and think. When I talk to a parent about a student's misbehavior, I ensure I have data to back up what I am saying and work with the parent to create a plan to improve the student's behavior.

Many of the core Honors classes you take early on focus on examining different models of leadership and applying these different models to yourself and others you admire. As a

teacher, I feel I am better prepared to see different leadership qualities within my students and give them opportunities to build those qualities. I want all of my students to see that they have the potential to be strong leaders for others. While I have not had the opportunity to truly delve into the active building of leadership with my students yet, I hope to build leadership development into my lessons as I become a stronger educator.

BE SURE TO FOLLOW HSA  
ON SOCIAL MEDIA TO SEE A  
SPECIALTY SHOUTOUT FOR  
EACH TIME YOU'RE  
PUBLISHED IN HSA  
HAPPENINGS!

INSTAGRAM: @hsawcu  
TWITTER: @HSAECU  
FACEBOOK: West Chester  
University Honors Student Association



**How did honors at West Chester University shape you as an individual?**

I entered college as a very shy person. I remember that I did not speak up very often as a high school student. The Honors College gave me the opportunity to grow and truly discover myself. My peers were incredibly inclusive and supportive of each other's achievements. Through the different group projects and activities, I became more outspoken about my ideas. I relied on others and wanted to show that they can rely on me. I also learned more about myself through the Honors courses and decided how I wanted to grow. Throughout my whole life, I want to continue growing to become my ideal self. In order to make personal growth, I needed to take risks. I needed to push past the boundaries I had set and make myself comfortable with feeling uncomfortable. I may not have pursued many of the activities I pursued at West Chester without the support I felt I had from my Honors College peers and the encouragement to take risks that were built into the Honors curriculum. The risks I took helped me to pursue my interests on a deeper level, interact with and meet more people, and share what I feel passionate about. Thanks to the risks I took, I had irreplaceable

experiences and discovered a lot about myself.

**What was the greatest transitional issue that you faced when entering college; do you have any advice/tips for new students?**

My greatest weakness when entering college was meeting and interacting with a brand-new group of people. This weakness stems from the shyness I mentioned earlier that I carried all throughout my K-12 experience. I overcame this weakness by getting involved and always making new connections where the opportunity arose. If you also struggle with meeting new people, I would recommend getting involved with clubs and organizations that interest you and treasure the connections you make and have. Join clubs that interest you, so you can meet people who share those interests. It is never too late to join a club or activity. When you do meet new people, listen to them and show that you care about their presence.

**What steps are you/your institution taking to adapt to COVID-19? Do you have any tips for how to**



## **navigate the online world that have helped you personally succeed?**

I work in a school district that is educating students virtually for at least the first few months of the school year. To prepare for this enormous change, I have spent time researching and trying out different online tools that I can use with my students to make sure they succeed in an environment where I cannot be there for them physically. I have planned to make time to get to know them as learners and find out what interests them, so we have a stronger relationship. Teaching from home in the spring presented several difficulties for myself and my previous students, so I am always staying aware of changes I can make and new tools I can use to make obstacles easier to overcome for my students. Online learning is challenging for many. If you are finding something challenging, such as staying focused

during class, turning in assignments on time, or

learning the content of the course, most likely, someone else is facing that same challenge. From my point of view as a teacher, some of the best steps you can take are to ask for help and advocate for yourself. If you are not sure about a topic that was taught during class or how to complete an assignment, reach out to your professor or your classmates. Do not struggle on your own. Also, make sure you take breaks! Take your eyes off your screen, stretch, and get some fresh air outside.

## **What is One of Your Favorite Memories of the Honors College?**

One of my favorite Honors memories is when the H.S.A. Dance Team won second place in the Homecoming Parade my senior year.

This school year is certainly a unique one. My heart goes out to you all, especially those of you who are just entering college. Good luck! Do your best!



**Honors Student  
Association**

Leadership. Service.  
Academia.

# Announcement

## **HON 382: LEADERSHIP AND THE GOOD LIFE**

BY KAILEY HECKLER

Are you interested in learning more about various religious traditions and how they apply to leadership? Are you curious about how these traditions make up “the good life”? If so, then you should attend the online speaker series hosted by HON 382: Leadership and the Good Life. Throughout the semester this class studies various religious traditions and synthetic topics that combine to help students discover their vision of the good life. HON 382 also hosts a guest speaker for every religious tradition that the class discusses. These speakers include experts in Judaism, Hinduism, Islam, and Christianity, some who simply practice and some who are professionals within the tradition. These sessions are also open to anyone, even if you are not in

the class.  
All you  
have to do

is fill out the

Google Form below and you will receive an email with the link! These speakers provide an incredible opportunity to gain perspective and learn more about the world around you. Hope to see some of you there! The dates of the

series are as follows:

Rabbi Elyse Seidner-Joseph (Judaism) –  
Thursday, September 24th at 12:30pm

Mr. Abdul Mughees (Islam) – Thursday,  
October 8th at 12:30pm

Reverend Yedea Walker and Mr. Daniel  
Pin (Christianity) – Thursday, October  
22nd at 12:30pm

Miss Shreya Sukur (Hinduism) -  
Thursday, November 12th at 12:30pm

Fill out this Google Form to  
Sign Up!

[https://docs.google.com/forms/d/e/1FAIpQLSe-q8jmbNjOkVGrFFs\\_N4P2jPIcroWLu1VBcgqQdNXBfXecQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSe-q8jmbNjOkVGrFFs_N4P2jPIcroWLu1VBcgqQdNXBfXecQ/viewform?usp=sf_link)