
HSA HAPPENINGS

May 2019

Leadership. Service. Academia.



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HSA Happenings is...

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.

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Aid to South Africa Re-Cap

Carrie Smith
Sophomore

This year, the fourteenth annual Aid to South Africa (A2SA) carnival event occurred on April 7th! Due to the construction on campus, A2SA faced a few changes this year. For the first time in many years, A2SA moved out of Hollinger Field House. Instead, Ehinger Gym and its front lawn became the new location for the set up of the carnival games, vendors, food, awareness displays, stage and more. In addition, during the event the directors proudly showed off the new logo, done by the incredible Anna Landis, which perfectly represents A2SA.

The wonderful weather allowed for a great turn out and for the opportunity to put many brave individuals into a dunk tank, which stood as a big source of donations for the Aid to South Africa carnival. In addition to the dunk tank, we also raffled off over 25 diverse baskets ranging from Longwood Gardens tickets to West Chester swag and hosted over 10 vendors who brought in wonderful crafts and merchandise for attendees to peruse. Moreover, we had multiple groups come to perform during the event, which all intrigued and impressed the audience. To name just a few who consistently come to support A2SA, we had Under A Rest, HSA Dance Team, HSA Choir, Irish Dance Team, and Swing Dance Team.

The A2SA team was excited to welcome very important guests to the event, Karen Baken, Carien Campher, Pretty and Nozuko. These four wonderful women all hold important and unique roles within Mosaic, one of the beneficiaries of A2SA. We were thrilled they had the opportunity to travel to West Chester and take part in and experience the carnival.

Although we do not yet have final counts concerning the total raised for this year's A2SA,

I am very excited to say we have reached over **\$7,500** while still waiting for final monies to come in from outside fundraisers and donations. We are excited for the opportunity to send more funds to our three wonderful beneficiaries so they can continue to do good for the people of South Africa. Lastly, I would like to extend another thank you to all who played a role in A2SA. From the amazing director team to the generous donors, we could not have had success without each of you.



Photo credit: Kaitlyn Grezenda and Jennifer Knerr

Crossroads Reflections

Among the Classes

Rebekah Sipe

Sophomore

While the Honors College has gone through many changes throughout the years, we all have at least one thing in common by the end of our second year at West Chester University: Crossroads. Every spring, the sophomore class takes a trip to Ocean Grove, NJ for a weekend full of bonding and adventure. After wrapping up my own experience, I followed up with members of each class that had already gone on Crossroads to compare their experiences.

Senior Kimmie Konz reflects on her Crossroads experience with fond memories. Kimmie not only attended a haiku poetry writing seminar with friends in her spare time, but she also had the opportunity to strengthen her ties to the Honors College community. Crossroads allowed Kimmie to bond with the friends she already had as well as create new relationships with peers she did not know as well before the retreat. Overall, Kimmie remembers her time at Crossroads two years ago as a really fun time making memories with her Honors family.

Junior John-Vincent Saddic recalls his time on the Crossroads retreat as a truly fulfilling experience that was a nice getaway from the normal hustle and bustle of the school year. He had the opportunity to talk to a lot of peers he had not been close to prior to the retreat. JV also expressed a special admiration and appreciation for the food he ate throughout the weekend, claiming it was the highlight of his experience.

Straight out of Crossroads, sophomore Jared Strode says he had an amazing time at the

retreat. He felt Crossroads gave him the time and encouragement to reflect upon his time in college and to identify and understand his future goals. Jared was also able to strengthen his relationships with the Honors community and recognize how lucky he is to have such a great support system. Jared left Crossroads knowing that if he needed anything, his Honors friends would undoubtedly have his back.

Finally, junior Ollie DeSarno had the unique opportunity to participate in Crossroads this past year for a second time as a Discussion Leader. This is what she had to say regarding her special and exciting opportunity to attend Crossroads 2019:

“Crossroads Round 2, can you believe? I swear I’m not crazy for wanting to go a second time and actually being excited about it. Truly, returning to Crossroads as a Discussion Leader for HON 310 was an extremely rewarding experience. My first time at Crossroads during Spring 2018 was so important for me and allowed me to reflect on where I was, who I was, and who I wanted to become. This time around allowed me to see how far I’ve come since then and the growth I have went through in just a year. I felt privileged to be able to assist as a peer leader and friend to the members of the sophomore class while they came to their own epiphanies and had their moments of self-reflection like I had just a year before. The friendships and relationships made through honors are invaluable and the people surrounding us now help us shape and navigate our futures during this vital time in our lives. Checking back into that community and how it shapes us is what Crossroads is all about.

You are Formally Invited...

Becca Shoemaker

Junior



Photo Credit: Becca Shoemaker

Formal season blossoms at every university during the latter part of the spring semester. Every weekend it feels like more and more pictures of beautifully dressed people are appearing on your newsfeed. Well, if you're a member of HSA, you no longer have to wistfully look on as your girlfriends flaunt their new formal dress—it's your time to shine HSA! The Honors Student Association proudly presents its annual formal, happening this year on May 4th, from 6-10pm at the Radley Run Country Club in West Chester. The night will begin with Hors D'oeuvres of fruit and cheese when we arrive, followed by a buffet of tossed and caesar salad, carved roast turkey, sautéed chicken breast with fontina & prosciutto, grilled salmon, penne with sautéed spinach, garlic and parmesan, fresh vegetables, roasted red bliss potatoes, with cakes and tarts for dessert! If you are over 21 you can opt to pay to take part in the two-hour open bar of Radley

Run's finest selections. Once dinner has settled down, various scholarships and honors will be awarded, including the Mynn D. White Scholarship, Charles Ernst Scholarship, certificates to the highest achieving students in every class, and more! Not to mention, we will be revealing the winners of the Honors Superlatives that you all have been voting for! If you haven't yet made your picks here's the link--<https://forms.gle/yn9EAhinMq4WUdFo7>. After awards and pictures, the rest of our time is spent dancing the night away!! Speaking of which- if you have any requests or playlists you think would be great to play, send them to Becca Shoemaker (BS862783@wcupa.edu).

Formal is truly a chance to celebrate and relax with your friends in HSA, and if you bring a guest who is not in HSA it serves as a great way to introduce them to our community! Below are some key Formal Details:

This is the link to the official RSVP: please indicate if you are a 'yes' or 'no' by April 22nd—after this date if you are a 'maybe' you will be expected to pay!

https://docs.google.com/spreadsheets/d/1YhgXNVuC318yXeGkd4vw_cEBYV23lyXpN8cVvfoEcmg/edit?usp=sharing

On the day of, plan to arrive to Swope Parking lot by 5:30pm, as we will board the buses by 5:45pm to get to Radley Run by 6:00pm! There will be separate buses for those over and under 21. **YOU MUST TAKE THE BUSES TO AND FROM FORMAL: NO EXCEPTIONS.**

Outstanding Faculty Reception

Beth Brunnquell

Junior

On Tuesday, April 16th, the Honors College and Honors Student Association hosted the Outstanding Faculty Reception to recognize nominated faculty members at West Chester University for their outstanding teaching, role as an educator, and care for students during the 2018-2019 academic year. Each semester, students within the Honors Student Association submit unsolicited nominations for professors on campus who they deem as an outstanding faculty member. Each semester, each recognized professor receives a recognition letter notifying him or her that a student nominated them and is invited to attend the reception.

Most of a caring professor's efforts and diligent work goes unnoticed. Outstanding Faculty Nominations allow for great professors to be recognized for all that they do. Our recognitions are the only form of direct, quoted student comments that professors receive and can be included for in their evaluation purposes.

During this academic year, ninety-three professors were recognized as outstanding faculty members. From the College of Sciences and Mathematics, thirty professors were recognized. From the College of Business and Public Management, fourteen professors were recognized. From the College of Education and Social Work, seven professors were recognized. From the College of Health Sciences, eleven professors were recognized. Finally, from the College of Arts and Humanities, twenty-four professors were recognized. Three professors were recognized

from the Wells School of Music, and three professors were in the School of Interdisciplinary Studies.

The reception celebrated the awards and recognitions in the Phillips Autograph Library. After a warm welcome and congratulations from Dr. Kevin Dean, the director and chairperson of the Honors College, as well as a few sentiments from President Christopher Fiorentino and from Beth Brunnquell, the Outstanding Faculty Chairperson, professors mingled and enjoyed light refreshments. Attendees enjoyed a performance from the HSA Choir and light music on the piano from first-year student, Ben Pessognelli. Each professor received a certificate for their efforts and recognition.

The list of all nominations is available on the Honors College website.



Photo Credit: Beth Brunnquell



Photo Credit: Beth Brunquell

Civic and Professional Leadership Minor!

The minor provides a vehicle for students to engage in leadership study. The program offers intellectual learning communities where students from multiple disciplinary areas can identify and acquire an understanding of leadership theory and leadership skills.

REQUIREMENTS:

- Any student may apply for the minor if they complete HON 110 or CPL 120 - Leadership Theories for Today's Societies with a C+ or better.

Beyond HON 110 and/or CPL 120, to receive the minor, students must complete:

1. Minimum of 3 HON Seminars
2. A 300-level CPL Seminar allowing students to directly focus leadership lessons within their academic majors.

Civic and Professional

**leadership
minor**

**APPLY
TODAY**

[wcupa.edu/leadershipminor](https://www.wcupa.edu/leadershipminor)

Find more information at
<https://www.wcupa.edu/viceProvost/honorsCollege/>

Warm Welcome to our New Honors 100 Faculty!



Dr. Matt Saboe - Associate Professor in the Economics and Finance Department at West Chester University



Professor Maria Urrutia - Professor at West Chester University's Department of Theatre and Dance.



Dr. Meghan Ramick - Professor in the Department of Kinesiology at West Chester University.

Community Growth Project

Julia Edwards

Sophomore

Typically, sophomore Honors College students in their fourth semester of study must take HON 310: Community and Change. The class, designed to instill community lessons from several core perspectives (diversity, ethics, strengths, etc.), builds upon Honors' continued commitment to leadership and service within the West Chester campus community. The Honors College Community Growth Project serves as the culmination of the course material; throughout the semester, students work (in groups of three or four) with a department or office on campus to address an unmet opportunity within the community. I had the privilege, alongside Mark Gutierrez, Abigail Keebler, and Olivia Spring, of working with the Office of Sustainability to improve recycling conditions on campus.

The project began with several meetings and important introductions; Dr. Bradley Flamm, the director of the Office of Sustainability, and Lori Winters, the office's graduate assistant, provided us with some critical background regarding recycling on campus. More specifically, the pair addressed the need for signage indicating proper recycling habits in the eight residence halls on north campus. From here, we formulated a plan to create and implement signage, in the hopes that further clarity would encourage more frequent, more correct recycling habits on campus. Shifting our plans slightly upon realization that the signage design process was already underway, we learned that Lori and Dr. Flamm needed updated information regarding the recycling bins in residence halls: Where are they located? What color are they? Does signage exist? If so,

where? Etc. With the help of first-year students Jade Kowalski and Dunya Markovic, we collected nine items of data, as well as pictures, to enhance our understanding of recycling on campus.

Among other findings, we discovered that recycling cues are widely inconsistent across the north campus residence halls. With varying bin colors, bag colors, and locations, it is no wonder that Lori's trash audit in the fall uncovered some disturbing recycling transgressions. We hope that our recycling inventory will aid the Office of Sustainability in its implementation of signage and further progressive actions. With further clarity of recycling in the residence halls, we hope to address the many challenges associated with environmental sustainability by "starting small." On that same note, we created a brief informational video highlighting the prospects of sustainable living on a college campus. Ideally, West Chester University officials and organizations will present the video at new student orientations, club meetings, classes, movie showings, and post the video on social media platforms.

As a team, we have learned about the interconnectedness of the WCU community as well as the tough nature of addressing a problem for which no one person or group is at fault. We are so grateful to have worked closely with Lori Winters and Dr. Flamm, as well as Graduate Assistant Lydia Pehlert and our two first-year students, Jade and Dunya, in the completion of this project. We owe our gratitude to the facility coordinators (for both traditional and USH housing) for allowing us into the residence halls. Looking to the future, we excitedly anticipate greater consistency with regards to recycling on campus, and we are hopeful that our inventory and informational video will act as catalysts for further sustainable action.

Thoughts on Traveling to South Africa

Alex Kuhn

Sophomore

This year the Honors College is happy to send two different cohorts of students on back-to-back trips on their typically bi-annual service learning trip to Cape Town, South Africa. With the semester winding-down and the trips approaching quickly, I spoke with rising-senior, Juah Toe, about her experience with the trip in 2018, and what she looks forward to in returning in under a month! Her thoughts are highlighted in the Q&A below:

What was your most valuable experience in your previous trip to South Africa?

My most valuable experience in my previous trip is going into the classrooms we were delivering soup to. The teachers spoke to us about the problems they faced and had very valuable lessons about education and how educators should treat their students. It really opened my eyes to how different education systems are from country to country.

What inspired you to return to South Africa and what do you hope to experience on your second trip?

I wanted to go back to South Africa because I felt like I had unfinished business. I had more lives to connect to and more work to do. My time in South Africa was too short and I can't wait to experience it all again.

What tips do you have for someone before their first trip there?

My tip is to go in open minded and be willing to do and try everything! It's also important to

keep a positive attitude so it's enjoyable for yourself and everyone else too.

What would you say to a student unsure of whether or not to attend the trip?

Do it! Just take the chance and do it! You'll never know unless you try and there's no better place to travel than South Africa. Getting out of the country will open your eyes to new experiences and new perspectives. It's a trip you won't forget!

Alumni Spotlight

Congratulations to Jack Hontz for receiving the Pennsylvania Music Educators Association's (PMEA) 2019 Outstanding Young Music Educator! The award is given to an outstanding young music educator within their first 3-5 years of teaching for their contributions to music education and PMEA. Currently, Jack Hontz oversees Henderson's marching band, concert bands, and jazz bands.



Photo Credits: Fran Maye from the Daily Local News
https://www.dailylocal.com/news/local/henderson-high-band-director-earns-top-award/article_42711b80-6691-11e9-9729-37843b990430.html

Crossroads

Erin Mecchi

Sophomore



Photo Credit: Molly Parkes

You first hear about it in passing from an enthusiastic Dr. Dean at some point, and it's forgotten about. Then, after getting lost in question sets, countless service hours, and all else you chose to fill up your cup with in the first 2 years of college, it's here... and you're probably scrambling to get homework done around it, but all's well.

In order to keep the secrecy alive for first year students, as it was kept for me, I can't share much. What I can give is a skeleton of what your weekend will look like, and that you'll have to come up with a conference theme somehow better than dinosaurs, and for that, i wish you all the best of luck. Once the planning-- which gives a uniquely creative outlet that, for once in our college careers, isn't under the scrutiny of a grade-- is finished, you'll board charter buses bound for a quaint ghost town that you can't help but notice looks and feels a lot like 'Pleasantville'. the rest is team building, reflection, plenty of time spent on the beach, and reflecting on your experiences, both from

crossroads and thus far in honors. What I took away from the weekend was a mind refreshed by reflection and newly forged friendships that's ready to take on the next two years at WCU.

My advice to you is: don't forget to take pictures, bring a pen and paper everywhere (save for in the ocean), keep a hoodie on hand, stay vigilant about ways to be kinder to yourself and others, be ever-present, and never shy away from opportunity or conversation. In the end, you'll hear mixed reviews about crossroads, but it really is what you make of it. Embrace it for all it is and try to take advantage of the opportunity to unplug and connect-- especially with people that you wouldn't otherwise spend time with.



Photo Credit: Sophia Promutico

Service Coordinator Recap

Alyssa Harvey

Sophomore

As my time as Community Service Coordinator comes to a close, I want to thank everyone for all the hardwork and dedication you have put into this semester. From volunteering at the SPARC 5K to working with Safe Harbor for their Annual Spring Charity Event, I have enjoyed serving with each and every single one of you. I encourage all of you to continue to serve the campus and community. Serving others is a great way to learn more about others and push yourself beyond your comfort zone. This year HSA has completed over 1,000 hours and members have served at both campus and community events. With service at the core of our organization, I am so proud of the great work everyone in this organization has done. Without the amazing service we have completed together, our award of Organization of the Year would not be possible. Congratulations to all of the amazing individuals that make this organization what it is today. I can't wait to see what next year has in store.



Photo Credit: Alyssa Harvey

Congratulations to HSA for winning the *Organization of the Year* award! A huge thank you to all the members of the Executive Board for all their hard work that helped us to receive this award. Congratulations to all other HSA members who also won leadership awards this year.



A Letter from the President

Michael Nangle

Sophomore



Photo Credit: Courtney Rothman

Hello HSA!

As this year comes to a close, it can be difficult to slow down and look at the world around you. With each passing due date and exam, the semester seems to pick up its pace just a slight bit more until it gets to the point of no return. Suddenly, your dorm room is gone, your peers have gone home, and you're sitting on the couch in your parent's living room not really sure how you got there.

So I'd like to take a second to stop. Yes, a second to look back at the past year. But, more importantly, a second to look forward at what our next year could become.

This year has been historic for the Honors Student Association, both on campus and around the community. Together, we helped complete hundreds of hours of service, we've furthered our connection with the Nobel Peace Institute by sending our first delegation of students to Norway in years, we DOUBLED our amount of meetings in the second semester, and (most importantly) definitively decided that Lorenzo's Pizza is the best in all of West

Chester. Of course, there's much more—among the several hundred of us we have each impacted our community in some way or the other over the course of the year. HSA has had a remarkable year, and we should each be proud of what we have done.

Looking towards the future, HSA has so much to look forward to. Going into the next year brings us the dawn of our Time Capsule Project, the 15TH YEAR of Aid to South Africa (which is going to be the biggest event of the year), and a new incoming class of students. HSA has continued to grow year after year, and I'm sure that together we'll make HSA go roaring into the 20's. With a new decade comes a new chapter of the Honors story, and I can't wait to go on it with all of you.

Thank you all—not only for the trust and confidence you've given me as I move into this new position, but for your continued passion and dedication to such a meaningful community. Honors means more than the world to me, and I can't express how much your participation and support means to me. A new chapter of Honors is on the horizon—let's start writing.

Michael Nangle

President, Honors Student Association

HSA Member in the Research Spotlight

Olivia Cunningham

Sophomore

Sophomore Public Health Major, Alyssa Harvey, presented at poster day on Friday, April 26th. This research project is from the Hill Health Psychology Lab and focuses on appropriate antibiotic use self-efficacy (AAUSE). A scale to measure AAUSE was developed and assessed, measuring minimization of antibiotics and trust in physician recommendations, avoidance of antibiotics for viral infections, and avoidance of taking old/others' antibiotics. The study aims to determine if this method can be improved through a psycho-educational intervention. The researchers hypothesize that participants who receive the intervention will demonstrate an improvement in appropriate antibiotic use, more concern about antibiotic resistance, and appropriate responses to situational vignettes about when antibiotic use is appropriate. This research has clinical implications due to the potential ability to slow the progression of antibiotic resistance so that antibiotics may remain effective for their desired purposes.

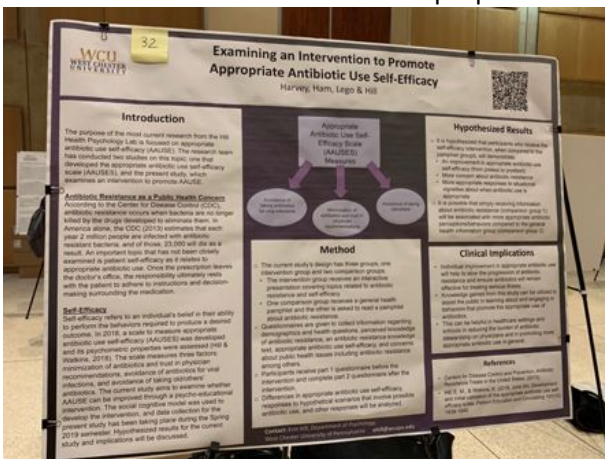


Photo Credit: Olivia Cunningham

CONGRATULATIONS TO THE NEW HSA EXECUTIVE BOARD:

President - Michael Nangle

First Vice President - Mark Gutierrez

Second Vice President - Alyssa Harvey

Treasurer - Alex Laboski

Secretary - Dunya Markovic



Be sure to follow HSA on
Social Media!

Instagram: hsaawcu

Twitter: @HSAWCU

Facebook: West Chester
University Honors Student
Association



As your HSA Happenings Directors, we would like to **thank everyone** that made each edition possible either by submitting articles, participating in an interview, or making any other contribution. Without the **dedication of students**, we would not have been able to publish such amazing editions of HSA Happenings! We cannot wait for next year!
Have a great summer!

- Alex Kuhn, Molly Parkes, and
Courtney Purdy

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