

Distinction

Fall 2017

A collaboration by the University of Nebraska at Omaha's Honors Program



National Collegiate Honors Council -First Runner Up in the Nation!

Nebrasity of the Nebrasia Omaha

Table of Contents

Graduates

1 December Graduates

Honors Student Association

- 2 HSA's Honorific Fall
 - An overview of HSA's fall activities
- 3 Tip of the Chalk
- HSA representative takes action with DACA event

Internships

- 4 Chugging Toward Success
 How Honors internship inspired career choice
- 4 Student examines his experience with INBRE
- 5 Peak Experience
 A bird's eye view of working at Philmont Scout Ranch
- 6 SURPlus of Experience Earned
 Student participates in SURP

Study Abroad

- 7 "Hola" from Spain
 Student tells of her travels throughout Europe
- 8 Korean Adventure
 Student details his studies in South Korea

Honors Stories

- Maverick Productions
 How a student gained real-world experience at UNO
- 10 Really Amazing RA
 A look into being Honors RA
- 11 No Fear of Failure
 Student wins national award for neuroscience poster

Honorable Mentions

- $12 \, \tfrac{Professor \, Profile}{\text{Jeff Knapp}}$
- 12 Student Spotlight
 Nora Jean Baker

Honors

13 Honors Fall of Fun



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Graduates

December Graduates

Tyler Friesen

"Study of the effect of osmotic stress in the production of anti-malarial drug in Artemesia

annua

Mentor: Kiran Bastola Major: Bioinformatics

College of Information Science and Technology

Sara Smith

"Analyzing Chimeric Strains of Coxsackievirus B3 Genomic RNA by Site Directed

Mutagenesis"

Mentor: William Tapprich Major: Biotechnology

College of Arts and Sciences

Amanda Greer

"ISIS: Reimagined" Mentor: Gina Ligon

Major: International Studies Criminology and Criminal Justice

College of Arts and Sciences and College of Public Affairs and Community Service

Abigail Wayman

"Hanging Out with Older Adults: How

Interaction Affects College Students' Attitudes

Toward Aging"

Mentor: Mary Ann Powell

Majors: Sociology and Gerontology

College of Arts and Sciences and College of Public Affairs and Community Service

Josiah Krutz

"Automated Test Generation" Major: Computer Science Mentor: Harvey Siy

College of Information Science and Technology

Jamie Wredt

"Research Based Interventions for Students Struggling with Oral Reading Fluency and Accuracy"

Mentor: Brian McKevitt Major: Psychology

College of Arts and Sciences

Kelsy Neil

"Using Multiple Intelligences Theory to Aid in Reading Comprehension" Mentor: Saundra Shillingstad Major: Elementary Education

College of Education



Honors Student Association

HSA's Honorific Fall

An overview of HSA's fall activities

By: Alex Wasinger

t is official. Fall has fallen upon us again. Honors students are back in full swing at UNO and there is enthusiasm in the air. Recognizable (as well as new faces) can be seen around campus - especially in the Honors facility. Lifelong friendships are being made and meaningful memories are waiting to be crafted, and with that, HSAis excited for what the new school year will bring.

The Honors Student Association (HSA) represents the entire Honors student body, facilitating the culture the Honors Program strives for. HSA has a strong commitment to creating an environment that provides students with opportunities to explore and to grow, both intellectually and personally. We help to create social and scholarly events, give back to the community through services and fundraisers, and engage Honors students to meet with other fellow Honors students. This August, HSA selected eight first-year representatives to join in bringing creative, new ideas and events to the Honors Program. They have unique and diverse backgrounds in many disciplines and have been an excellent voice for Honors freshmen.

HSA has hosted a variety of activities throughout the semester thus far. We began the semester with a Speed-Meet event where new

Honors students had the opportunity to introduce themselves to other students on campus. We later had a dunk tank fundraiser to help raise money for those affected by the recent hurricane disasters. In September, HSA hosted an open informational forum regarding DACA and its effect on students. With an amazing turnout, it created intellectual discussions and helped to promote HSA's and Honors' presence around campus.

Throughout the rest of this year and into the next semester, our focus will be to offer many opportunities for Honors students to engage with other outstanding students. Every student in the Honors Program has exceptional skills and experiences; the connections you form with these many "Honorific" students will have a profound effect on your life – and HSA wants to hear about it!

We will be regularly updating our Facebook, Instagram, Twitter, and Snapchat accounts to share information about events and what is going on in the world of Honors, so be sure to follow us! If you have any questions or ideas for HSA, feel free to contact me at awasinger@unomaha.edu. Have a great year!



Sitting in anticipation of being dunked, senior and President of HSA, Alex Wasinger, looks on at a crowd of students.



A group of Honors students laugh and enjoy the creative activity of painting at HSA's Halloween Extravaganza.

Tip of the Chalk

HSA representative takes action with DACA event

It is easy to think we are all so different.

It is impactful to come together to prove

that we are citizens with hearts first"

-Renata Valquier Chavez

By: Renata Valquier Chavez

n Tuesday, September 5, 2017, the Trump administration formally announced it will end the Deferred Action for Childhood Arrivals program — also called DACA — putting an expiration date on the legal protections granted to roughly 800,000 people known as "DREAMers," who entered the country illegally as children.

This was not the first time my heart sank when I read the news, but this time was different. It felt like America had finally reached its tipping point. But it does not mean we have to let it make us feel helpless. We have a right to bring people together as concerned citizens and help make our campus feel like a home to everyone.

Within a week, Caelyn Armshaw and I were able to plan out an open forum and recruit over 25 people to help out with the chalking demonstration.

It was quite the process to reserve the free speech zone, because we could only reserve one section of it per organization; so, thanks to HSA, Student Government, and College Democrats, it was made

possible to reserve the whole area! The point of the chalking was to acknowledge people's concerns and fears regarding DACA, and then to engage in conversation addressing said thoughts concerning the issue by chalking the area with slogans like:

Feel at Home. - American means something different to everyone, but we all call this place home, regardless of citizenship status.

These are People, Not Politics. - It is hard to imagine the 800,000 people affected. We need to humanize this number and make it personal.

We Stand Together as Concerned Citizens, Not a Party. - It is easy to think we are all so different. It is impactful to come together to prove that we are citizens with hearts first.

It was such an incredible experience to bring

people from different backgrounds, majors, political parties and experiences to get the point across for one common goal. Over fifteen people who were walking by stopped to ask about DACA, asked to write a message of their own, or thanked us for what we were doing. I did not imagine the demonstration having an immediate impact on people who were just passing during the process. What better time to have an informative conversation than while doodling? Two and a half hours flew by, and Caelyn and I were in awe with all of the different handwritings and messages on display. We all have such important voices that should never be hindered.

The next morning, I was pumped and checked the free speech zone after cross country practice and found it had been smeared away. It felt like I had just run twelve miles going straight uphill and tripped on a pinecone. Whatever may have happened, I

am thankful for it. The blurred marks brought a lot of positive attention we did not expect. Caelyn and I wrote over the leftover chalk dust with "our viewpoints cannot be erased" and the

erased" and the time/place for the open forum that night. The goal of the forum was to inform people and allow for a safe place for discussion. After asking around campus, I realized most people did not have an opinion on the issue because they do not know sometimes what DACA stands for. We had nearly every seat filled that night and the speakers answered every question with ease. There were even two little kids

An amazing support system from friends, teammates, and the Honors community really allowed our effort to move forward and thrive. With a passion and a goal, anything can be done [especially if you work relentlessly with a great friend like Caelyn Armshaw].

running around who really lightened up the mood.

Internships

Chugging Toward Success

How Honors internship inspired career choice

By: Joe Wilwerding

work as a year-round finance intern at Union Pacific, and I handle risk reductions for the Real Estate Track team. My main duty is to draft contract agreements that outline the maintenance responsibilities of industry track for Union Pacific and its customers. I research customer locations, explain the situation to track owners, and ultimately try to get their signatures.

They also have me working on a longterm lease project within the Property Management department. There are hundreds of longterm leases Union Pacific made with customers a couple decades ago, and they are going to expire soon. These leases seemed like a good idea at the time, with the intention to ask the customer to pay one lump sum at the beginning of the lease and not have to do the follow up work for annual payments. However, all these leases are expiring around the same time. Two other interns with Property Management have been calling these locations and proposing annual leases after their long-term leases expire. There are many long-term leases that are going to need renewal, so I am going to be helping with this in the future.

I have held this position at Union Pacific since last May. Over the summer, I undertook the internship for Honors credit. The Honors Program required me to reflect weekly on my progress and job performance. This helped me keep track of my professional development. Writing down my thoughts made it easier to decide where I wanted to take this internship and has ultimately led me to pursue a full-time job at Union Pacific when I graduate. Thank you, Honors Program, for inspiring me to become a future railroad tycoon.



Senior Sean Watson in the lab during his INBRE fellowship this past summer.

Summer with Biomed

Student examines his experience with INBRE

By: Sean Watson

he INBRE Fellowship is a two-year program designed to prepare undergraduate students for a career in biomedical research. During the first year, students spend the summer in a PhD laboratory at either UNMC, UNL, or Creighton. After this, students return to their home campuses and continue with biomedical research until their graduation.

I received the INBRE Fellowship in the spring of 2017, and my first summer was spent in the lab of Dr. Ken Bayles at UNMC. I was thrilled to be able to work with the bacterial pathogen Bacillus anthracis, the causative agent of anthrax. I spent forty hours working in the lab each week. It was amazing to see how productive a PhD level lab is. My individual mentor who was assigned to me, Marat, worked with me every day and taught me basic molecular biology skills.

With his guidance and the knowledge of others in the lab, I was able to obtain my first publication over the summer and presented my research at the annual INBRE conference. Not only did I learn valuable lab skills, I also became a better public speaker— another skill that will be useful in graduate school. Overall, applying for INBRE was one of the best decisions I ever made.

Internships

Peak Experience

A bird's-eye view of working at Philmont Scout Ranch

By: Summer Murray

routinely tell people, "I have the best job ever." Despite their initial suspicion of the opposite (because who likes work, really?), I argue this because I get to work at Philmont Scout Ranch, 214 square miles of mountains and rivers located in New Mexico and staffed by 1,100 employees during the summer. Boy Scout troops come from all over the world to spend two weeks backpacking up to 100 miles through the wilderness. Along their journey, they stop at staffed camps, which offer program opportunities such as shooting, rock climbing, horseback riding, or gold mining. This is where I come in: I have spent the last two summers teaching scouts about rock climbing.

The teaching part of rock climbing mostly involves safety talks. This includes explaining

to fourteen-year-old boys that yes, no matter how cool they think they are, they do indeed have to wear a helmet. The better half of my job, though, is belaying and encouraging kids as they conquer their fears of heights and climb up the side of a cliff. Standing for eight hours a day in the blazing sun is absolutely worth it when you watch a scout go from uncertainty to victory as he stands atop the ridgeline. I have had kids who cried halfway up the rock get to the top, smile, and tell me they want to do it again. That transformation is what makes this work so much more than just a summer job. It is about instilling confidence, changing lives, and being part of something bigger than myself. It is the reason I cannot seem to get Philmont off my mind and the reason I cannot wait to go back next summer.











Top left: Summer works with other employees to prepare the cliff for climbing.

Bottom left: Summer sits facing away from a forest below.

Middle: The Snapchat filter shows Summer at an altitude of 8,362.11 feet.

Top right: Overlooking a group of boy scouts, Summer instructs them on what to do next.

Bottom right: Sitting atop a sharp dropoff, Summer views everthing below her.

Internships

SURPlus of Experience Earned

Student participates in SURP

By: Sofia Rahmanzai

was hesitant at first to apply to the Summer Undergraduate Research Program (SURP) due to my lack of experience; however, I was excited to hear I could accept a position in clinical research through the Pediatric Infectious Disease Department. My end goal is to receive an MD, so I knew I could not let this rare opportunity go.

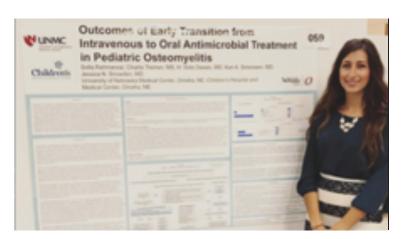
The first few weeks of this internship consisted of me reading several articles regarding our experiment: pediatric osteomyelitis. The goal for the project was to determine the most effective antibiotic treatment, whether that be oral, intravenous, or a combination of both. I was then trained and given access to use the electronic medical records system for Children's Hospital and Medical Center. Although the majority of my work consisted of inputting specific data from patient charts, I was able to learn a lot about the bone infection, along with numerous medical terms and procedures.

Because I worked alongside a medical student, I was fortunate enough to gain more insight

about medical school and how to get involved in clinical research. In addition to these experiences, SURP also provided students with weekly seminars about various topics/programs at UNMC, along with exclusive tours throughout campus.

The most memorable seminar for me was about Ebola and UNMC's role in the epidemic. It was remarkable to hear all the hard work the medical center and the involved staff put in, along with the many risks they took. After learning about this in the classroom, SURP managed to give us the full experience by allowing us to tour the biocontainment unit. In addition to this tour, we visited various simulation labs and the McGoogan Library.

Another memorable opportunity was attending a Q&A with the College of Medicine's Associate Dean of Admissions, Dr. Jeffrey Hill. I would have never imagined how much of an impact this ten week program had on my college years, and I hope students interested in medicine or research can take advantage of all the amazing opportunities our neighboring medical centers have to offer.



Sofia Rahmanzai proudly stands next to a presentation of her work on the "Outcomes of Early Transition from Intraveneous to Oral Antimicrobial Treatment in Pediatric Osteomyelitis."

"Hola" From Spain

Student tells of her travels throughout Europe

By: Brianna Eisert

ready to take on the world. Well, maybe not the entire world, but I was definitely ready for my study abroad program. For as long as I could remember, I had wanted to study abroad. Of course, the study abroad destination changed every year from China to Germany to South America. I finally decided to apply for a program to Spain after a lot of research and help from the study abroad office on campus. While in Spain, I focused on taking courses in Spanish, as well as a business course. Majoring in business administration and Spanish, it only made sense to go to a Spanish-speaking country. For my first month in Spain I was in Salamanca, a quiet town in the western part of the country. For this semester, I am now in Seville, a bustling and exciting city in the southern region known as Andalusia.

As you might have expected, language was one of the biggest culture shocks. Of course, I had expected not being able to understand what people were saying and knowing I would just need to use a lot of gestures and smiles to get my point across. When I first arrived in Spain, I quickly figured out that my vocabulary was not up to par. Sure, I knew how to say the basics - book, water, food, no, yes. In short, I probably sounded like a cave woman, "me want food" and "where water?" After three months, I can assure you my grammar and vocabulary have improved. However, that is not to say that there is not the occasional (or constant) slip-up. Every day is a new adventure, while also offering great opportunities to practice my Spanish speaking skills.

However, it is not just my experiences with Spanish that are making this an incredible experience. I am also having fantastic opportunities to travel to so many different places — Morocco, Portugal, Germany, Belgium, England, Ireland, France, and the Netherlands. By the end of my program, I will have danced at Oktoberfest, surfed in Spain, ridden a camel in Africa, eaten crepes in Paris, hiked cliffs in Ireland, and biked in Amsterdam.

Traveling in the city of Seville has also been incredible. When I am not in class, I am exploring the city by foot or bike. There are so many small, winding streets that I usually end up lost, but that is part of the fun. Getting lost has allowed me to find cute cafes, beautiful parks, hidden museums, and the best gelato places in Seville. I am still slowly discovering the city and love every minute of it.

For me, studying abroad is more than just living in a different country. It is about knowing what you can do and how you can push yourself to do more. Whether that is through learning a language, traveling to new places, experiencing a different culture, or simply understanding yourself more, studying abroad is a time to not have regrets and love every minute; and, as I drink coffee in the Plaza de España, I can say I am doing just that.













- 1. Bri huddles with her friends after the Color Run in Seville, Spain this past November.
- 2. Bri poses after surfing in El Palmar, Spain this past November.
- 3. Bri looks out at Chefchaouen, Morocco on her twenty-first birthday.
- 4. Bri stands in front of a building in a small town in western Spain.
- 5. Bri gazes out at Neuschwanstein Castle in Fussen, Germany this past September.
- 6. Smiling from a ledge, Bri enjoys Zurich, Switzerland the day before heading to Oktoberfest.

Study Abroad

Korean Adventure

Student details his experiences in South Korea

By: Andrew Pace

ravelling and living in South Korea has certainly been an adventure, and I hope it is just one of many. Now that I am a couple months into my semester abroad, I can reflect on some of the aspects of life I had to adjust to, including experiences I simply would have never experienced back home. They range from everyday peculiarities to moments which summon feelings of introspection, perspective, and appreciation.

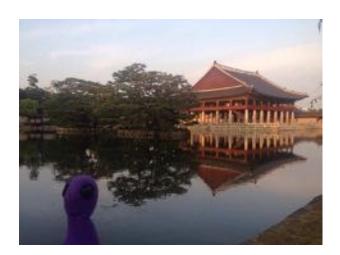
Immediately after arriving on campus, the first thing that caught my attention was, and this is going to sound ridiculous, the delivery drivers. In South Korea, the food delivery workers drive mopeds, and it appears to me traffic laws do not apply to them. They drive on sidewalks, through red lights, down the wrong lane; you name it. After living in Korea for a few short months though, I have grown used to it. On the other hand, you do get your food delivered incredibly quickly here.

Another thing I found interesting while studying here is learning not just a new language but learning to read and write with a new alphabet. When I arrived in Korea, all the writing looked completely alien to me. I can now read Korean aloud; whether or not I understand it is a different story. I find it interesting reflecting on the progress of learning the alphabet simply because I do not really remember learning the English alphabet. This experience, combined with the day to day difficulties of communicating with others who may not know English, makes me appreciate the ease of communicating with others in my life back home—something I never paid much mind to.

I think one of the most profound experiences I had during my semester abroad was finding myself as the only Caucasian in a room full of people. I was not alarmed or bothered by any means; I just find it interesting. This is something that probably never would have happened to me in Nebraska, and I feel that finding myself in a situation where I am the only person in the room who has a fair complexion, blue eyes, or speaks English natively, gives me a chance to reflect and gain perspective.

In conclusion, Korea is a place that I definitely see myself returning to at some point in the future. I would suggest to anyone who is looking

for an adventure to come here and experience it for themselves. I could write incessantly, and still, I could never properly describe what this experience has been like. If presented with the opportunity to travel and study abroad again, I will jump at the chance. I only wish everyone had this chance.





Top: Gyeongbokgung Palace in Seoul, South Korea. In the bottom left corner is the head of a stuffed dinosaur that one of Andrew's friends gave him from back home that Andrew takes whenever he travels abroad.

Bottom: Andrew's view from right outside his dorm in Gyeongsan, South Korea.

Honors Stories

Maverick Productions

Student gains real-world experience through firm

By: Sydney Edens

averickPR, UNO's nationally affiliated student-run public relations firm, is sponsored by the School of Communication and can be taken for class credit. Students have the opportunity to work with real clients in the Omaha metro area through the firm. I started out as an account associate in summer 2017, and I am now the assistant firm director. In that role, I help the firm director, Amy Nielsen, and our faculty adviser, Karen Weber, with the overall management of the firm and provide ongoing contacts with our account executives, associates, and clients. I am also the account executive for our client Nebraska Foster Parent Advocacy Network (NF-PAN). We created a brand campaign for NFPAN and have been building and implementing it over the past two semesters. As the account executive, I supervise team members, proof copy, review tactics, and maintain correspondence with the client. I also help out with other client work as needed.

Being a part of MaverickPR has given me a chance to take what I am learning in my class-

es and put it to work, while also giving me experience to put on my resume. MaverickPR can sometimes feel like a part-time job; being able to juggle it with my other classes and work can be a challenge. However, learning how to balance everything has been good practice. If I ever work for any sort of firm or agency in the future, I might be pulled into multiple different clients or projects, and being able to juggle everything will be necessary. In addition, I am learning other valuable skills in MaverickPR this semester, such as hands-on media outreach and account management in general.

My work with MaverickPR could potentially be the basis of my Honors senior thesis. An Honors thesis is supposed to be the culmination of one's academic career, and my time with MaverickPR has given me that feeling of culmination. So much of what I have learned in class can be applied to my work in MaverickPR, and so it seems fitting to showcase it in my thesis. I am grateful to MaverickPR for preparing me for life after graduation.



The entire Maverick Productions team.



Assistant Firm Director and Honors Student, Sydney Edens.

Honors Stories

Really Amazing RA

Student recaps the fall as Honors RA

By: David Mata

have enjoyed my experience as a Resident Assistant (RA) for the Honors building in Maverick Village. I feel blessed to be the RA for Building M. This position allows me to work with high-achieving students who have a desire to be involved and make an impact on campus. My residents are what makes this job so great. Being an RA has allowed me to build friendships with co-workers, residents, and Dr. Morrison. These opportunities would not be possible with any other job.

As RA, I have held several programs where residents can interact and get to know more people on campus. For example, we collected plastic bags across Dodge Campus and recycled them for my Dodge Campus Clean Up program. In another program, Dr. Morrison explained the fundamentals of being in the Honors Program and it was followed with a quiz bowl. I plan to have more events this year where my residents and I can get to know each other better while creating memorable experiences. My overall goal as an RA is to create a positive experience and living environment for the residents of Building M, and I feel I have accomplished this thus far.



Two Honors students compete in the quiz bowl David organized for the Honors Residence Hall.







Top: Two Honors Residence Hall students enjoy David's quiz bowl as they discuss which answer to write down.

Middle: Honors residents sit together in their residence hall lounge.

Bottom: Listening to David read off the next quiz bowl question, two Honors students contemplate the correct answer.

Honors Stories

No Fear of Failure

Student wins national award for neuroscience poster

By: Sushmita Adhikari

completed an eight-week research program at Creighton University over the summer and won second place at their competition at the end of the program. Because of that, they sent me to the conference in Phoenix, Arizona, which was amazing!

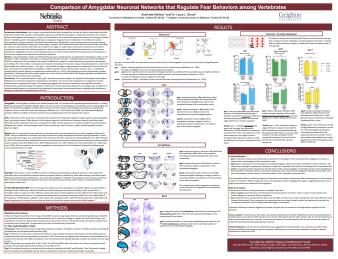
There were thousands of people attending from undergrads to post-baccalaureate and graduate students. Besides the research, many well-known faculty members spoke on diverse topics from microorganisms in the space shuttle to race and natural disasters. Many colleges were also present to give out information on graduate programs or medical school programs. I also reconnected with a few friends who had also completed the program at Creighton but live out of state, went to a Jay-Z concert, and explored downtown Phoenix. However, one of the best parts of the trip was winning.

This was certainly unexpected. The program director I was with told us no one he ever took had won before, so my expectations were low. When I did win, I was ecstatic! I knew the research I had done was wonderful, but there were over a thousand undergraduate students presenting so it was a nice surprise to be honored with this. Overall, the conference was amazing and a highlight of the program.

My abstract for my research is as follows: fear is a basic, conserved emotion essential for survival, yet little is known about how fear responses evolved. This research combined gene expression and behavioral analyses to study the evolution of the neuronal network that regulates fear behaviors. Using in situ hybridization, we examined the expression patterns of three genes, protein kinase C δ (prkcd), gastrin-releasing peptide (grp), and glypican 3 (gpc3), which are implicated in fear behaviors in Danio rerio (zebrafish), Xenopus tropicalis, and Gallus gallus domesticus. Additionally, anxiety behaviors were examined in young zebrafish that lacked genes for grp, grp receptor (grpr), and gpc3.

We measured how often the fish were located on the edge versus center of a well (a small circular container), and how often they were located in the upper versus lower halves of the well in the presence of a still or moving ball, respectively. Our working hypothesis is that homologs of genes which mediate fear behaviors in mammals are expressed in amygdalar-like areas in all vertebrate animals and can be used to identify the functional roles of these genes in the neuronal network that underlies conserved fear behaviors.

The comparable patterns of grp, gpc3, and prkcd expression support our hypothesis that despite embryological differences in forebrain development among diverse vertebrates, the neurons that regulate fear are organized in similar networks within amgydalar-like regions. This patterning suggests that the neural network for fear regulation has been evolutionarily conserved amongst vertebrates. Furthermore, the fear and anxiety behaviors in young grp, grpr, and gpc3 (-/-) mutant zebrafish support our hypothesis that homologs of these genes have conserved roles in regulating fear behaviors in divergent vertebrates including mammals and fish.



Sushmita's award-winning neurscience poster summarizing her research.

Honorable Mentions

Professor Profile

Jeff Knapp

By: Jeff Knapp

was presented with the opportunity to teach Introduction to Social Work as an Honors course for the fall of 2017. This sounded like a fun opportunity to teach this course in a different way with different perspectives. It was immediately clear the Honors students I would be teaching were diverse in thought, age, class standing, ethnicity, and gender. This immediately created an atmosphere in the classroom where we could share different perspectives on the material presented. The students have truly been amazing, as they are engaged in class and in the material presented.

I learned on the first day of class that not a single student was interested in social work as a major or career. I was a bit concerned this would stifle their interaction, but it was just the opposite. Through engaging discussions and class activities, they have challenged each other and me academically. This has truly been a fun and challenging experience for me, as I find that teaching Honors classes allows for even more creativity in the classroom. It also allows me as an instructor to think outside of the box and to be challenged by students with perspectives different from my own.



Honors social work teacher, Jeff Knapp.

Student Spotlight

Nora Jean Baker

By: Kayley Scott

he Honors Student Association's Student of the Month for November is Nora Jean Baker. She is a first year in the Honors Program and is majoring in music education. She plans on being a band teacher but dreams of being on Broadway. Within the Honors Program, Nora is also in the Honors Learning Community where she shares two linked classes with other Honors students. Her favorite aspect of Honors is having a group of people supporting her in college and in her classes.

Nora was selected as the HSA Student of the Month because of her continued commitment towards the Honors program. She attends as many HSA events as she can and consistently provides feedback and suggestions to make the events even better in the future. She puts others before herself and demonstrates continuous academic excellence. For these reasons, Nora exemplifies what it means to be HSA's Student of the Month.



HSA November Student of the Month, Nora Jean Baker.

Honors' Fall of Fun





















"When you feel like stopping, think about why you started."

-Unknown



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