



December Newsletter



Happy pre-finals week, honors students! The end of the semester is here, and for some of you, that means graduation is just around the corner. For many others, finals are just next week, which may be a bit stressful! We hope you find this edition of the monthly newsletter to be entertaining, and maybe even helpful, as you navigate the end of the semester and head into the winter break.

As always, GO POKES!

New Honors Ambassadors Selected

After a long interview process, the newest Honors Ambassadors for the Spring 2024 term have been selected. Thank you to all who applied, you were all amazing and if we could take all of you, we just might have done so! This year, we had over 48 applicants and selected 12. Please congratulate the following students.

Elisabeth Adams
Rebekah Bowman
Cooper Ellis
Charley Johnson
Grace Keltner
Erin MacDonald
Samantha Manning
Dylan Robertson
Taylor Short
Lindsey Stepp
Lily Stuckey

Meet the HCSA Leaders

We also have had a very productive semester with the Honors College Student Association! Several students have joined the team and we have just selected our newest leaders. Please congratulate the following students.

President - Delayne France

Secretary - Gwendolyn Childs

Treasurer - Brad Harris

Social Media Director - Hannah Dixon

Club Photographer - Hannah Hicks

Events Committee, Co-Chairs - Hannah Hicks & Gracie Maschmeier

Service Committee, Co-Chairs - Gracie Maschmeier & Sukesh Kamesh

Outreach Committee, Co-Chairs - Michelle Park & Jillian Jones



Honors Students in Singapore

Study Abroad Scholarship Opportunities

Students who are planning to enroll in an Honors College Study Abroad course for Spring or Summer 2024 have the opportunity to apply for the ***Honors College Monarch Butterfly Travel Award***.

The deadline for the award application is **February 1st, 2024**. The award is for \$750 total.

Students also have the opportunity to apply for a ***Provost Travel Scholarship***. This award is also accepting applications until **February 1st, 2024**. The award value is from \$350-\$700.

Students enrolled in the Grenada or Morocco courses may apply for an ***Arts and Sciences Travel Scholarship*** for an estimated amount of \$250-\$500. To be considered, please apply before **January 31st**.



Come Study Abroad with Honors!

Speaking of study abroad... We are pleased to announce two study abroad courses through Honors that will go to Grenada and Morocco! These courses will be accepting applications until January 5th, or until the courses are filled.

For more information, check out the links below!

[**Study Abroad in Morocco**](#)

[**Study Abroad in Grenada**](#)



Finals Survival Guide

We know that finals can be a source of stress for many students, and we wanted to provide some simple tips and tricks to help you get the most out of your study sessions and prepare for finals next week. Remember, you are near the end of the semester, and the break is just within reach. You got this!

1. **Make a plan.** Avoid the desire to procrastinate your projects and study sessions for the night before the exam time and make a plan. Spreading out your study plan and having a routine will help prevent those dreaded all-nighters.
2. **Get plenty of sleep.** While the temptation exists to stay up all night studying your materials, your brain and body cannot function with little or no sleep! Did you know your immune system weakens when you don't get enough sleep?
3. **Create a study playlist.** Having background music while you study can help you keep your focus on your tasks. Plenty of playlists can be found on Spotify or Youtube. Honors advisor Sam Holguin suggests "Lofi Girl" on Youtube!
4. **Find a calm study space.** Your space is just as important as your sleep! Find a place that is quiet and free of distractions to increase productivity. Plenty of spaces exist in the library, in various buildings on campus, or in your dorm's lounge spaces.
5. **Start a study group.** Especially if you have friends in the same class, you might find that helping one another out is very helpful! You might just have a question that another classmate can answer!
6. **Take breaks.** Much like getting rest, taking breaks every 30 minutes or so is actually helpful in clearing your mind and avoiding burnout during a study session. Take a walk, grab some water, or find a snack.
7. **Finally, be sure to eat and drink.** This should seem obvious, but drinking plenty of water and eating full, healthy meals are all important. Ever tried to study on an empty stomach? It's not fun!

Check out our social media!

Not already following us on our socials? You're missing out! Find us on Facebook and Instagram for all of the latest and greatest information, announcements, and cool events happening in and out of Stout and Old Central!

You can also now find us on LinkedIn!



Thanks again for reading!

We hope that each of you have enjoyed this edition of the monthly newsletter. Whether it be learning about what is happening in and around Honors or even learning something new, we are pleased you took the time to read this.

Enjoy the rest of the month, and we hope to see you around campus soon!

Oklahoma State University Honors College

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