



May Newsletter



Happy May, students!

Can you believe that we are nearing the end of the semester in just a few short weeks? We can't either! With finals just around the corner and the school year coming to a close, we have a few announcements we would like to share with you, and maybe even a few little tips to get you through the rest of the semester! Please enjoy this edition of the Honors Student Newsletter.

As always, GO POKES!



Honors Students Awarded

Truman, Udall, and Goldwater Scholarships

The Honors folks would like to congratulate the following students who have been awarded or nominated for the prestigious Goldwater, Truman, and Udall scholarships. You have all worked so hard and we are so very proud of each and every one of you! Keep up the hard work, you are representing Honors well!

2023 Goldwater Scholarship Institutional Nominees

Austin Rouser, Stillwater, OK: Mechanical and Aerospace Engineering
Garrett Thornton, Duncan, OK: Physics

2023 Goldwater Scholar

Charlie Vermeire, Miles City, MT: Microbiology, Chemistry

2023 Truman Scholarship Institutional Nominee

Lily Chavez, Weatherford, TX: Global Studies, Political Science
Makinley Kennedy, Lawton, OK: Strategic Communication
Nadia Valles, Hennessey, OK: Political Science

2023 Truman Scholarship Finalist

Meg Jackson, Edmond, OK: Political Science

2023 Udall Scholarship Institutional Nominees

Caleb Garcia, Wyandotte, OK: Business Management (Tribal Public Policy)
Desiree McGriff, Hugo, OK: Environmental Science (Environment)
Clayton Hedges, Cashion, OK: Environmental Geology (Environment)
Kaitlyn Pinkerton, Claremore, OK: Political Science (Tribal Public Policy)
Sammie Smith, Arcadia, OK: Health Education and Promotion, Public Health (Native Health Care)
David Steichen, Tulsa, OK: Microbiology (Environment)
Sarah Teeman, Stillwater, OK: Microbiology (Native Health Care)

**Two OSU Students Awarded
Goldwater Scholarship**

**OSU Student selected as
Truman Scholarship Finalist**

About the Udall Scholarship



Highlights from the Undergraduate Research Symposium

On April 18th, 2023, the annual Undergraduate Research Symposium was held at the OSU Conoco Phillips Alumni Center. Students from all disciplines presented their original research and creative projects. Several of the presenters are current students of the Honors College! Many of the Honors staff were present at the event and even provided feedback to student presenters. The Honors folks want to congratulate all of the student presenters who shared their work! Everyone who presented did an outstanding job and we are all so proud and excited for each and every one of you.

The Undergraduate Research Symposium provides a forum for students, faculty, and the community to share in the research, scholarship, and creative activity of our outstanding OSU students. It also offers the opportunity to examine the connections between research and learning in the academic classroom. The event is open to the public, and takes place every year in April.

[Read more here](#)



Honors students present at Freshman Research Symposium

Several Honors freshman had the opportunity to present at the Undergraduate Research Scholars symposium on April 13th, 2023. Students have the opportunity to engage with research early in their college careers by working with professors and mentors in their fields of study. Freshman are selected every academic year to work on research at the university level over the course of their first year at OSU, and are introduced to more research opportunities such as the Wentz and Niblack scholarships.



Student takes 3rd at JSHS Nationals

The Honors College is proud to sponsor the Kansas-Nebraska-Oklahoma Regional Junior Science and Humanities Symposium. Dr. John Andrews, Director of the KS-NE-OK Region, served as Master of Ceremonies at the National competition in Virginia Beach, VA and led the regional delegation

of 5 high school students and 3 teacher chaperones. Elaina McHargue, the first place winner from our region took home 3rd place at nationals in the category of Life and Behavioral Sciences.





Honors K-12 makes quilts for Greenwood Quilt Memorial

On April 15th, 2023, the Honors K-12 program had the opportunity to attend a workshop in Tulsa to be a part of a project to create a quilt memorial as a restorative and reparative act, as thousands of quilts were destroyed in the Tulsa Race Massacre in 1921. The quilts signify what was lost, as well as what still remains of the event in Tulsa today. Students from middle and high school took part in quilting workshops and created 20 quilt blocks which are being bound into a 4x5 quilt!

[Read about the OK Quilt Memorial](#)



Bonnie's Guide to Surviving Finals

We hate to remind you, but Finals Week and Dead Week are just around the corner. Many of you have been here before, others have not. Regardless of how many finals weeks you have seen, sometimes a few reminders are helpful as you prepare for those study sessions and final papers. Bonnie wanted to share some of these tips with all of you to help everyone be successful (woof)!

1. **Be kind to yourself!** It is so easy to beat yourself up over the smallest of things while you're studying. Remember that you are doing great and that you are prepared for this. You know more than you think you do.
 2. **Stay hydrated.** You know what they say, hydrate or die. Your body and brain need water to function, so fill up your water bottles!
 3. **Remember to eat.** It's the same deal as water, your body needs it. Take some snack breaks! Granola bars are the best (or anything with peanut butter, woof), or anything that has protein and not too much extra sugar.
 4. **Do not cram!** It may be tempting to pull an all nighter the night before your test to memorize a full 16 weeks worth of course materials, but that is actually not the best way to study. It is proven that if you break materials into smaller chunks (like units or chapters) over each day, you will retain information better. Give yourself time to rest the night before a test!
 5. **Do not panic.** We know how easy it is to be overwhelmed in a course or right before a test. Chances are, you know more than you think you do. Take some deep breaths before your exams, find time for walks during the week, and do what you can to decompress before your finals.
 6. **Rest!** This is super important! Without rest, all you can think about is how tired you are, and that is not ideal when in the middle of a test or paper. Your body needs sleep in order to perform. Make time to rest at night, getting at least 8 hours of sleep every night. Consistent sleep is the best medicine! Without sleep, your body's immune system actually gets weaker, making you more likely to get sick.
 7. **Do your best.** All that anybody will ask of you is to give it your best shot! You have prepared a whole semester for these exams, and you are ready for it! Give it your all and you will be rewarded.
 8. **Reach out to someone if you need to!** This is a stressful time of year for many people. If you need extra support, reach out to your friends, family, advisors, or even University Counseling if you need to!
 9. **Take advantage of your resources.** If you need study help, take advantage of on-campus resources! Look at the LASSO Center, Writing Center, or Math Learning Center for extra help and assistance.
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Honors College looking for Ambassadors for 2023-2024

Have you ever wanted to be an Ambassador for the Honors College? Is service something that interests you? Then you should think about applying for the 2023-2024 academic year! Honors College Ambassadors are tasked with assisting in all of our student events from Trivia Nights, Pizza with a Professor, Science Fairs, and so much more. This is also a great way to earn service hours and work closely with some of the Honors advisors!

If you are interested, please follow the link below to view and fill out the application. A syllabus was sent via email by Josh Reyes to all Honors students that you may review as well. For any questions about being an Ambassador or about the program, please reach out to Josh Reyes at jfreyes@okstate.edu for more information!

[Honors Ambassador Application](#)



Congratulations to all of our

Spring Graduates!

While a few weeks remain in the school year, we want to wish all of our spring graduates the best of luck in their futures! We are sad to see you go, all of us in the Honors College are so proud of every one of you and your accomplishments. As you go into the world, take your knowledge and skills with you in your back pocket to keep you going and striving higher in your futures.

Congratulations, good luck, and forever Go Pokes!



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 Josh Memes™, information, announcements, and cool events happening in and out of Stout and Old Central!



Thanks again for reading!

You are so close to the end of the school year, and then summer break will be here (sick rhymes, Sam H.) before you know it! We hope that this newsletter brings some joy to you and that you have a wonderful rest of the semester. Stay safe, and take of yourself and each other as we power through the rest of the school year!

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