



November Newsletter

Welcome back, students!

We hope everyone had a restful Fall Break, and are ready to take on the rest of the semester. December is just around the corner and so are final exams. In this newsletter, we will highlight some events from the previous month and share some helpful tips as we come up on finals!

As always, enjoy reading and Go Pokes!



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Honors student selected as Orange Gown Graduate

The Honors folks are excited to announce that Liesl Melnick will be the CAS Orange Gown Graduate for the December Commencement Ceremony!

Liesl is currently completing a B.S. in Communication Sciences and Disorders with a minor in Psychology. She is also completing an Honors College Degree. As an undergraduate, she has also participated in the Freshman Research Scholars program and earned a Wentz Research Scholarship.

Please help us in congratulating Liesl for this great honor, we are all so proud of you and your hard work!

[Read the full article](#)



Honors students and staff help paint diversity mural at NCHC in Dallas

At the start of November, the OSU Honors College was well represented at the annual NCHC conference, held in Dallas, Texas this year. NCHC is the National Collegiate Honors Council, which holds annual conferences across the country with various other Honors programs at other universities. Some of our own honors students attended this year with some of our staff and advisors.

This year, the NCHC selected Kirkpatrick Middle School to paint a new mural on diversity. With Kirkpatrick being home to students from 15-20 different countries, the goal was to represent the students and come together as a community.

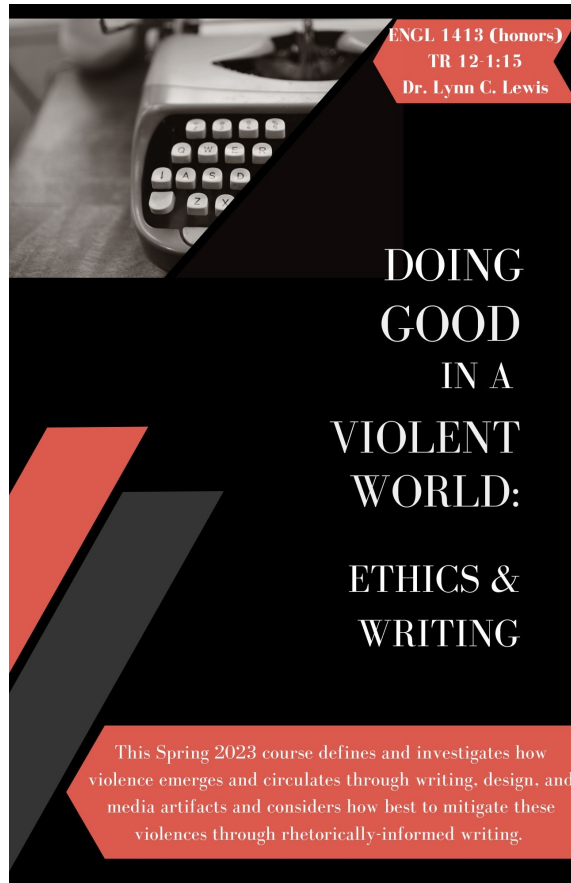
[Read the full article](#)

Winter Experiential Learning Proposals now open!

We are now accepting experiential learning proposals for the **winter intercession**. These proposals will be due on Friday, December 2nd, at 5pm.

Some common activities that students participate in include internships, study abroad, research, and so much more! Experiential Learning points can be used for students seeking an Honors Degree or General Honors Award.

As always, if you want to know if Experiential Learning is beneficial to you, please contact your honors advisor. For questions about the xL process, please email Dr. Stephanie Miller (stephanie.j.miller@okstate.edu).



New section of ENGL 1413 now available for Spring 2023

Students, if you are in need of a Comp 2 credit, a new honors section of ENGL 1413 is now available for spring with 15 seats available. This class meets Tuesday and Thursday from 10:00-1:15pm. If you want to know how this fits in your degree plan, please contact your honors advisor!



Feeling the stress of final exams?

You are not alone. This can be a stressful time of year for many students. We have provided a list of tips and resources for you as we get closer to finals that will hopefully be of help!

- **When are finals?** Finals will be from December 11-16th. Your professors will tell you what time and place you meet for your final exams prior to the start of finals week. You may not necessarily be meeting in the same place you do for regular classes!
- **Where can I go for help?** Several places! But, for academic help, the best resources are the LASSO Center, the Library, the Writing Center, and the Math Learning Center. Also, be sure to take advantage of your professor's office hours for extra help! For dealing with stress or other personal matters, University Counseling is another fantastic resource.
- **Start early.** You've heard it many times before, and likely ignored it. We mean it, start early to avoid those all nighters! You will remember information better when it is spread out.
- **Organize.** Make yourself a schedule each day or week to better space out when to study and for how long. This would also be a good time to make some flash cards, or maybe even use Quizlet.com for some pre-made cards. Having a plan of attack will make studying a breeze!
- **Sleep.** Probably the most important step. Your body needs at least 7 hours of sleep to properly function. Without sleep, you will not only be mentally and physically tired, your immune system actually weakens! All the more reason to avoid those cram sessions.
- **Finally, don't panic.** Take some breaks when you start to feel overwhelmed. Grab a drink of water or your favorite coffee, take a walk, or just lay down for a minute. When its test time, also take your time to read the questions and what they are asking. Underline and highlight! When you finish, look back on everything again before you submit your exam to make sure you did not forget an answer!

Thank you for reading!

We hope that this newsletter was informative and entertaining. As the semester draws to a close, remember to take time for yourself between your study sessions. Darwin and Bonnie are cheering for you, too! You got this, and you are more prepared than you probably think you are. We hope to see you soon, and as always...

Go Pokes!

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