

WILLIAM PATERSON UNIVERSITY

HONORS COLLEGE NEWS

October 2016



IN THIS ISSUE

Priority Registration	2
Spring 2017 Honors Courses	2
Tips for Success	2
Alumni News	3

Now through 11/7!

Honors College collecting donations

The Honors College and Club are sponsoring the annual Honors Coat Drive now through November 7th. Items will be donated to the Passaic County Head Start in Passaic, NJ, an agency that serves 180 working families in need of assistance.

Donations of gently worn coats, hats, gloves, and mittens are being accepted at the Honors College Office in Raubinger 154, and in various collection boxes in the Student Center and residence halls. In addition, arrangements can be made for Honors students to pick up items from your campus location.

Honors is also collecting non-perishable food items to assist Head Start with providing Thanksgiving meals.

For more information, please call 973-720-3657 or send an email message to honors@wpunj.edu. Thank you for your support!



*Pictured from left:
2016 National Collegiate
Honors Council
Conference participants
Stephanie Spies,
Danielle Landayan,
Dr. Barbara Andrew,
and Xanilyn Red.*

WP Honors research presented at conference

Dr. Barbara Andrew, Interim Director of the Honors College at William Paterson University, and honors students Danielle Landayan, Xanilyn Red, and Stephanie Spies, were selected as presenters during the 51st annual conference held by the National Collegiate Honors Council (NCHC) in Seattle, Washington, October 12-16, -2016.

The conference highlighted student and faculty research presentations from across the nation, and provided training and development for honors program administrators. Sherman Alexie, poet, filmmaker, and best-selling author, spoke at the plenary session on Friday.

On Friday, October 14, Dr. Andrew presented “Increasing the Impact of Civic Engagement,” and Stephanie Spies presented “Financial Literacy Examined Through Debt Management of Two-Year and Four-Year College Students.” On Saturday, October 15, Xanilyn Red presented “Bright and Burnt: Level of Burnout and Personal Values in the Nursing Profession” and Danielle Landayan presented “Antibiotic Knowledge of William Paterson Students.” The national submission process for the NCHC annual conference is highly selective, with hundreds of students and faculty submitting proposals each year.

While in Seattle, Andrew, Landayan, Red and Spies networked with other honors students and faculty from across the country and around the world, and celebrated the unique community created by honors education. NCHC anticipated that nearly 2,000 students and faculty hailing from all 50 states would be in attendance at the Seattle event, as well as visitors from Mexico, Greece, the Netherlands, Japan, Qatar, Great Britain, and China.

The National Collegiate Honors Council is a non-profit organization whose mission is to support and enhance the community of educational institutions, professionals and students who participate in collegiate honors education around the world. NCHC members total nearly 900 institutions from the United States and around the world.

*“We were so pleased to
provide an opportunity
for honors students
and NCHC members
to experience the city
of Seattle, all while
celebrating the successes
and presentations that are
unique to honors
education”*

*— Dr. Hallie Savage,
NCHC Executive Director*

Priority Registration set for November 3

Priority registration for the Spring 2017 semester will take place on Thursday, November 3 from 9:00 a.m.—9:00 p.m. Several sections of Honors UCC courses are available (see column to the right). You must request a permit for the courses on this list. **To request a permit, please send your name, 855 number, the name of the class and CRN number to honors@wpunj.edu.** Please visit the Honors website (www.wpunj.edu/honors) for course descriptions and more information.



Tips for Student Success

by Jan Pinkston

Honors students are introduced to time management early in their college career, usually during Honors Pioneer Success Seminar class (formerly called First Year Seminar). A time management plan is a work in progress that needs to be readjusted each semester. Regardless of your year in college, it's always helpful to go back and review the basics of time management:

Think of college as a full-time job. The biggest chunk of your time each week should be devoted to attending class and studying. Students who are enrolled in 5 classes spend about 15 hours in class each week. For each hour spent in class, you should spend a *minimum* of 2 hours outside of class studying (15 x 2 = 30 hours per week studying). Add your study time to the 15 hours spent in class and that equals 45 hours per week (about the same amount of time that is required by a full-time job).

Prioritize. Make a list of all the activities that are important in your daily schedule. Figure out how long it takes you to complete each item on your list, and schedule those activities at the times that make the most sense for you and your personal situation.

Do not procrastinate. Once you have identified what's most important and decided when you will complete specific tasks, practice self-discipline and stay on track. Refer to your schedule and focus only on the task that you have designated for that time (yes, this means you must avoid all distractions like calls, texts, hanging out with friends, etc). To make things easier, consider building a few incentives into your time management plan. For example, schedule a 15 minute break right after your study time concludes. This way, you can "reward" yourself by catching up on social media and/or grabbing a snack or some coffee before your next commitment. Keeping on track with your plan will be challenging, but if you stick to it, you will find that it will become a habit.

Schedule on purpose. Arrange your class schedule and study schedule during the time of day when you are most alert. Not a morning person? Don't schedule your classes or study time in the morning. Find that you're wasting time on parking? Why not arrive on campus earlier when it's easy to find a spot and then use that time studying? Do you want to play video games with your friends in the evening or visit your grandmother every Sunday? By having a plan and sticking with it, you will be able to work in those activities and still accomplish everything on your list.

Do not ignore the basics. As an adult, you are aware that it's important to eat healthy food and get adequate amounts of sleep and exercise. Schedule time for meals so you are not tempted to grab fast food. Get at least 8 – 9 hours of sleep per night (even though you might feel okay getting 5 or 6 hours, that is not sustainable in the long run). Find ways to work in exercise every day (yes, walking around the WP campus counts as exercise!).

Plan for the unexpected. What if you get sick? What if your car breaks down? Leave a little room for flexibility in your schedule so that your entire plan does not fall apart just because one thing goes wrong.

Use a system that works for you. Some students use their phone or computer to keep on track, while others use a paper planner or index cards. Whether you prefer electronic gadgets or highlighters and colored post-it notes, the most important thing is to employ a strategy that works for you (and be open to changing your system if it's not working for you).

Have fun. Don't forget to leave time in your schedule for socializing, spending time with family, joining clubs, attending cultural events, pursuing hobbies, etc. A well organized time management plan will allow you to accomplish all of your educational goals AND get the most out of life.

Spring 2017 Honors UCC course listing

AREA TWO - EXPRESSION

ARTH 1010-01 *Understanding Art*
H. Zhang, MW, 9:30 – 10:45
CRN: 10024
2A *Arts and Communication*

ENG 1500-11 – *Exp. in Literature*
P. Cioffari, MW, 2:00 – 3:15
CRN# 10189
2C *Literature (WI)*

ENG 1500-36 – *Exp. in Literature*
P. Cioffari, MW, 3:30—4:45
CRN# 11095
2C *Literature (WI)*

AREA THREE – WAYS OF KNOWING

PHIL 1100-01 – *Intro to Philosophy*
B. Andrew, TR, 9:30-10:45
CRN 10294
3A *Philosophical perspectives*

PSY 1100-05 – *General Psychology*
J. Ahn, TR, 3:30 – 4:45
CRN# 13140
3C *Social and Behavioral Sciences*

PHYS 1700-90 – *General Astronomy*
"Retracing Galileo's Steps"
J. Kendall, Sat., 2:00 – 4:45 p.m.
(Observation, 5:00 – 7:45 p.m.)
CRN# 11039
3D *Scientific Perspectives*
(Not designated as Honors in WP Connect, but will fulfill the Honors UCC course requirement for Honors students)

AREA FOUR – DIVERSITY AND JUSTICE

ANTH 2020-09 *Diversity and Equity in Schools*
R. Verdicchio, R, 2:00 – 4:40
CRN# 13167

For more information and full course descriptions, please visit the Honors Website
<http://www.wpunj.edu/honors-program>

SAVE THE DATE

Honors Lunch in the Lounge

Thursday, 11/17/16

University Hall 126

Interesting speakers
and Free Pizza!

Please watch for more details

Honors professor recognized



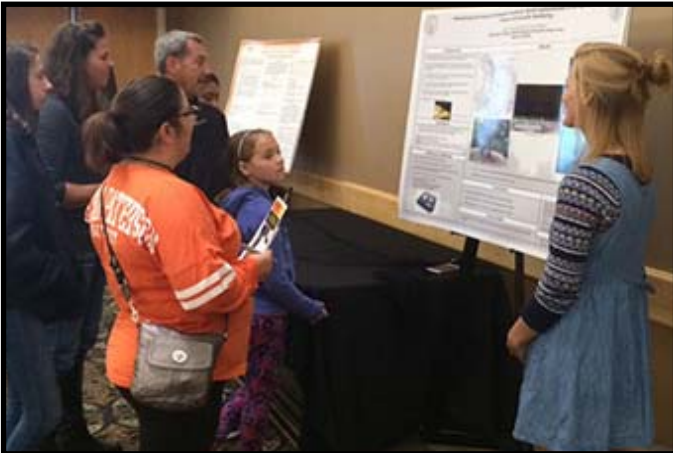
Dr. John Peterman, Director of the Humanities Honors Track was recently honored at an alumni event hosted by the college of Humanities and Social Sciences. Dr. Peterman is pictured with several alums from the Humanities Honors track (from left) Mike Marino, Ariana Den Bleyker, John Peterman, Yvonne Raley, Crystal Lawson, Frank DuCoat, (current student) Colleen Lugli, and Assunta Trishka.

Honors research presented

Two former Honors students and one current Honors student discussed their thesis research with guests attending Family Day at William Paterson on Saturday, October 15. Honors would like to thank all three students for volunteering at this successful event!



Tonee Burley (right), is a 2016 Honors graduate of the Social Sciences Honors Track and is currently pursuing a Master of Science degree in Communication Disorders and Sciences at William Paterson University.



Julia MacDonald (right), is a senior in the Honors Biology Track.

Former Honors College students

Making a difference in the world

by Christina Sakelakos

Meet Jessica Couper, a recent graduate of the Honors Nursing Track. I had the pleasure of interviewing her to discuss her experience at William Paterson University.



Jessica Couper

Why did you choose Nursing?

I chose Nursing because I want to be a nurse-midwife. In order to earn a graduate degree as a nurse-midwife, it is necessary to first complete a BSN program. I want to give mothers a bigger scope of practice when it comes to their birth experience, and I can do that with certification in a medical position.

What is a Nurse-Midwife?

A nurse-midwife can do everything an OB-GYN can do except surgery. Therefore, I'll be treating women during both pre-natal care and postpartum care, as well as in gynecological practice throughout their lifespans.

What made you choose to become a Nurse-Midwife?

I started out at a different college as a sociology major where I researched birth in America for a capstone project. To my surprise, the research made me aware of the deficits in the system. I learned that US infant mortality rates are the worst when compared to all other developed countries! I could not believe this is an issue in America, so I felt the need to make a change to be part of the solution. I wish to serve childbearing women in the biggest scope. Professions rarely change protocols unless there is research to support an evidence-based practice. I believe that research and evidence-based practice, combined with common sense, can yield a higher level of satisfaction! Because I want to be a researcher, health care provider, and a support system for child-bearing women, I chose to prepare myself for midwifery.

What kept you motivated throughout your time as a Nursing major?

It is a difficult program, but luckily, I have a lot of supportive family members who have been through nursing programs. My husband and friends were very helpful through the whole process as well. In addition, Dr. Jill Nocella, the Director of the Honors Nursing Track, was absolutely amazing! Her guidance has been my saving grace. She is incredibly helpful, and I am so lucky to have been able to work with her.

(Continued on next page)



Michelle Ginart (right), is a 2016 Honors graduate of the Cognitive Science Honors Track. She is currently employed as a math teacher at Lakeside Middle School in Pompton Lakes.

Making a difference... (continued from page 2)

What was your Honors thesis about?

My thesis is titled, *Transforming Birth Culture in America: The relationship between interpersonal processes of care as exhibited by the primary care provider and the level of maternal satisfaction with the birthing experience*. A bit of a long title; but, to sum it up, it discusses the inter-personal manner of care, and how a provider interacts with a mother during childbirth and postpartum days, and how satisfied she is with the experience. It addresses the communication involved and the trust between the patient and her health care provider.

Why did you choose this topic?

During my research, I found that birthing care is usually overlooked in terms of maternal satisfaction. Mothers who are unhappy with their birthing experience are more likely to develop postpartum depression or PTSD, and they can experience more difficulty with breastfeeding or bonding with their infant. I researched this topic because research involving interpersonal communications and maternal satisfaction during child bearing is scarce to non-existent. While there are articles about interpersonal communication relative to general surgeries and pre-natal care, I found no research regarding the birth experience.

You participated in a poster session at the Northeast Regional Honors Council (NRHC) conference. What was that like? Did you experience different questions or varying levels of interest in your topic?

Participating in the poster session was amazing. It was the first conference I had ever had the pleasure of attending, and as such, I was nervous. The first group of people were pre-med students, and they seemed very interested in my topic and the results of my research. We talked for a little while about the correlation between the provider's interaction and patient satisfaction, and how outcomes are affected no matter the medical specialty.

What was your favorite part about the conference?

The first highlight of the conference was hearing Michael MacDonald, author of *All Souls: A Family Story from Southie* present the keynote speech. Many years ago, I had a professor and mentor who guided students through a study of the sociological implications of MacDonald's book. Hearing him speak felt like my journey was coming full circle.

The second highlight was having the opportunity to talk to some of the best and brightest students in the Northeast about their research. It is easy to fall into complacency in one's own discipline, especially in a discipline that has such a rigorous curriculum, like nursing. To be able to take a few days to branch out and explore other topics was delightful.

Did you feel you conveyed your message sufficiently?

I hope so! After seeing the difference between poster presentations and podium presentations, I drew a conclusion.

Poster presentations allow more people exposure to the topic, while a podium presentation provides a better opportunity to understand and internalize the information being presented. Thus, podium presentations may ultimately make a more notable difference in the profession. Both have their merits, and I am so thankful to have had the opportunity to present!

Did you have the opportunity to share your research at other conferences?

Following the Northeast Regional Honors Council conference in early April, I had the opportunity to present at the Eastern Nursing Research Society's annual conference, and I also presented at the National Nurse Practitioner Symposium in Keystone, Colorado in July. In October, I will present at the Midwives Alliance of North America conference in Atlanta, GA. In addition, over the summer I took some time to formulate multiple manuscripts for publication on different aspects of my research.

What advice would you give students in the Nursing program and/or in Honors?

For the nurses, set your priorities. Focus on the program. Be involved in nursing classes, collect all of the resources you can, especially the NCLEX books, and just focus. Think of it this way: failure is not an option! With all the hard work you will have put in during the four years, you will be so glad you stuck with it.

Being part of the Honors College was one of the best decisions I made during my time at WPUNJ. I always tell people who are thinking of William Paterson University to join the program. You get to develop a thesis based on your own ideas, and that is one of the coolest opportunities! I loved being in Honors, and I am definitely going to miss it after I graduate.

UNIVERSITY HONORS COLLEGE

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