BRUNCH AND CONVERSATION

No Meredith student can ever know for sure what lies beyond graduation or how their degree (or degrees) will serve them. Luckily, Meredith’s strong alumnae network is here to support us. On Saturday January 13th, the Honors program held a brunch at Irregardless Cafe in Raleigh and paired current Honors students with Honors alumnae for a morning of good food and great advice. Honors students Jamie Gaynor, Haley Ivey, Mary Kolinsichenko, Mimi Mays, Sophia Mazzola, Emily Mitchum, and Fareena Qamar teamed up with alums Krishna Chagarlamudi, Callie Davis, Cody Jeffery, Nicole Lawson, Taryn Oesch, Hope Robertson, and Christy Sadler. Each student got the opportunity to select an alumna who had a similar major and whose career paths matched their career aspirations. For example, Emily Mitchum, a Dance and Psychology double major, broke bread with alumna Nicole Lawson, a Dance Studies and Spanish double major now working in Greensboro, North Carolina as a dancer, teacher, and choreographer with a fiscal sponsorship from Fractured Atlas. Emily is grateful not only for the opportunity to receive guidance from an expert in her future field, but also for the chance to spend time with her Honors sisters—‘just-for-fun’ events are just as fruitful as elemental academic ones. Hopefully we can have another event like this soon!

SENIOR CORNER

Anna Mangum is majoring in Biology and minoring in Chemistry. She is currently finishing her thesis on the regeneration of Tylosema spp., a wild South African legume. Her dream job is to work in Florida with the team of microbiologists fighting the orange tree plight. Anna is also the mom of two pups: Beans the dachshund and Luna the Brittany Spaniel.
FEBRUARY FUNCTIONS

Mon 2/5: Honors contract/thesis forms due, 5pm
Fri 2/9: Honors committee meeting, 10am
Fri 2/15: Honors study abroad scholarship applications due, 5pm
Sun 2/18—Mon 2/19: SCHOLARS’ WEEKEND
Fri 2/23: Honors committee meeting, 10am
Sat 2/24: Greensboro Science Center FOE

GET A HELPING HAND WHEN STUDYING ABROAD

As Honors students studying abroad this summer or fall may know, applications for the Honors study abroad scholarship are due on February 15 at 5pm. Hopefully potential applicants’ essays are well underway, but for students needing convincing, a motivation to write those last paragraphs, or a teaser of what may be to come, enjoy the story of one of last year’s scholarship recipients:

Jordan Stellar knew she wanted to study abroad in fall 2017, and started her application a full two months before the due date, just to be well-prepared. She found out she had been awarded the scholarship over spring break (though committee members have promised an announcement before the end of February) and she says it really took a weight off her back and helped win over her parents about supporting her as well. The best part, she says, was that she could focus on using her own money on things and places that meant a lot to her, with some of the basic fees out of the way. As a thank-you, Jordan published a narrative on the Honors blog part-way through the semester, detailing her adventures in Italy. Visit goo.gl/ZJUcv1 to read more.

SPOTLIGHT ON RESEARCH

This past summer, Honors student Jessica Lane and her research partner Anna Huff were awarded the Shepard K. Halsch Academic Enrichment Fund for Undergraduate Research. They used the award to research the effects of branched-chain amino acids, protein, and carbohydrate supplements on running time to exhaustion and oxygen consumption in females, under with their advisor Professor Roelofs in the ESS department. After a full summer of participant recruitment and data collection (photo below), their research came to an end and they submitted their individual abstracts for the South East Chapter of the American College of Sports Medicine annual conference. Though they collaborated on this project together, they will be presenting individually at the conference, each covering a different variable of their research. Jessica’s presentation will discuss the reports of physical exertion and pain (as reported by the participants) between supplements, post-exhaustive exercise. The conference will be held in Chattanooga, TN from February 15 to 17, with her poster presentation on the 16th. There is also a possibility of winning a scholarship, but Jessica is simply excited for such a great opportunity! Good luck to them both in their exciting endeavors.