

SKIDMORE HONORS FORUM



COVER IMAGE: A shot from the Spring 2020 induction - doesn't it feel like years ago?!

NEWSLETTER ONE

2020

Welcome to the very first edition of the new and improved Honors Forum Newsletter! This issue will include a reminder of HF requirements, some info on the student Exec Co, and more!

NOVEMBER

A NOTE FROM EXEC CO

We are so happy to be launching the first issue of our new Honors Forum Newsletter! In the past, the HF Newsletter was a place to release announcements and information. With this new and improved format, we are hoping to use the Newsletter to strengthen the sense of community within the Honors Forum. From now on, in these Newsletters, you will find information about upcoming events, spotlights on your fellow Honors Forum members, submissions from you, the Honors Forum community, of creative writing, academic writing, opinion pieces, art, and fun helpful articles from the Exec Co. We would also love to include your stories, news, or anything else you are working on and are passionate about! Just email our VP Kaleigh (khoward1@skidmore.edu) or President Eliza (ekupers1@skidmore.edu) for more information. With that said, enjoy the first issue!

MEET THE STUDENT EXEC CO

You've seen our bios on the HF Instagram page but what does it really mean to be on the Honors Forum Executive Committee? Here is a closer look at what the positions entail.



INTRODUCTION TO OUR PRESIDENT

Eliza Kuperschmid '21

ABOUT ELIZA

Hi everyone! My name is Eliza Kuperschmid, I'm a senior English and Music double major from Scotch Plains, NJ, and I'm your Honors Forum President this year! I've been a member of the ExecCo since my first-year spring. I first served as a General Committee Member, then Vice President, and now President. You might be surprised to know that the reason I wanted to join ExecCo in the first place was to push myself – I'm actually a fairly reserved person and I don't usually put myself out there in terms of leadership roles. I thought that joining ExecCo would be a great way to try something new and branch out, I truly never expected to end up President! As President, my role entails planning and leading ExecCo meetings, which are mostly used as time to work on individual projects, work on projects for the betterment of the HF community, plan events and field trips (when it's not, you know, a global pandemic), and more!



Outside of meetings, I also serve on the Honors Forum Faculty Committee. This is a group of Skidmore faculty led by the current director of the HF, Professor Flagg Taylor and HF Administrative Assistant Lisa Bradshaw. The council meets periodically and discusses the behind-the-scenes operations of the HF like course requirements, project approvals, new member approvals, etc. In the spring, I will head the new member application process, along with my fellow ExecCo members, and we will conduct the interviews with the potential members. I'm also generally the main contact when it comes to anything Honors Forum like fielding questions and such, which is a great time to plug that I'm always here to help you and answer questions! Email me at ekupers1@skidmore.edu and let's chat. Good luck with finals and we'll see you [virtually] in just a few months!

EXEC CO MEMBERS

MAALIK DUNKLEY '21

Vice President

I work alongside the Honors Forum President behind the scenes. In this position, I help organize, give second opinions, sharpen proposals and meet with faculty. However, I am also free to work on my own projects for the Exec Co mdunkley@skidmore.edu.



HANNAH TUOHY '22

Co-Vice President

Hi, I am Hannah Tuohy and am a Junior Political Science and Spanish double major. This is my third year in the Honors Forum and I am so excited to be back working with the executive committee. I spent last year working on a special Honors Forum Linked In page that will be debuted this fall! This year I am one of the co-vice presidents. Please don't hesitate to reach out with any questions about Honors Forum, I'm here to help! htuohy@skidmore.edu

KALE HOWARD '22

Co-Vice President

Hi ya'll! My name is Kaleigh (Kale) Howard and am a junior Psychology major as well as a sociology and statistics minor. I am super excited to work with everyone in the Exec Co to try and make the Honors Forum a community! The main thing I have been working on this semester is the newsletter. Enjoy! khoward1@skidmore.edu



EMILY CHASE '22

Secretary

Hi everyone, my name is Emily Chase and I sit on the Honors Forum Executive Committee as the Secretary. At Skidmore, I am a junior Environmental Studies major and although I have been a member of Honors Forum since the spring semester of my freshman year, this is my first semester on the Executive Committee. In terms of my role, I am responsible for keeping our meeting notes organized and delegating the appropriate tasks to each Exec Co member. I'm also available to help any other Exec Co members on their elective semester projects if necessary. So far this semester, I have enjoyed my time on the Exec Co and I look forward to working with our HF members more as we approach the coming spring semester.

echase@skidmore.edu



CAITLIN NEUHAUS KILGORE '22

Marketing and Outreach

Hi HF members! My name is Caitlin Neuhaus Kilgore and I am this year's Chair of Marketing and Outreach. I am a junior at Skidmore majoring in political science and this is my first year serving on the HF Exec Co. My position includes managing the HF Instagram and Facebook and making sure that all our members are aware of upcoming events and announcements. This semester it's more important than ever to stay connected to the Skidmore community so make sure to give our Instagram (@skidmorehonorsforum) a follow to keep in touch with your fellow HF peers.

cneuhaus@skidmore.edu



JUEMOORE GORDON '23

Chair of Inclusion and Outreach

The Inclusion and Outreach position, or what I like to call the "intuitive melting pot role," deals with unifying the honors forum members under one banner. We all come from different parts of the world and have knowledge on some aspects of life. It is important for my role to include everyone's input and ideas to ensure a friendly and open environment. No member should feel left out, which is why I go behind the scenes to discuss with other members and take in their viewpoints. This leads to us becoming more innovative and creative with our projects and work. I hope to pave a path for the Honors Forum so that no one is shy to voice out their opinions.

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OVERVIEW OF HONORS FORUM REQUIREMENTS

Whether you are new to the Forum or just need a refresher, here is an overview of what you need to do to maintain your Honors Forum minor.



GENERAL OVERVIEW

Maintain a 3.50 GPA or higher each semester and a minimum 3.50 cum GPA at the end of senior year.

Take at least **3 Honors classes, add-ons, or independent studies or 7 Honors credits**. You will have until the end of your senior year to complete your course requirements.

Complete the **Student-Led Honors Project** by the end of your senior Fall semester.

Complete an **Honors Capstone project** and present it during your senior year.

Maintain social and academic integrity as outlined by the Student Handbook.

Participate actively in planning, coordinating, or even presenting at Honors Forum events. **Must attend two events minimum per semester normally at least, but this is waived Fall 2020 for COVID.**

STUDENT LED HONORS PROJECTS

There are two ways in which you can complete this HF requirement:

OPTION 1: MAKE A DIFFERENCE PATHWAY

Think of an idea. How can you help a community? This community can be within the HF, the Skidmore community, Saratoga Springs, your hometown, or an international community. Fill out a proposal form. These are due the third Friday of the semester you are proposing to complete the project. You should dedicate 10 hours to this project once you begin. For more information, check out our

[webpage](#)

EXAMPLES OF PAST PROJECTS: Raking leaves for seniors in the Saratoga Springs community, creating a campaign on Skidmore's campus to raise awareness about sexual assault, volunteering with a non-profit organization, etc.

OPTION 2: GREAT CONVERSATIONS PATHWAY

Think of a topic that you are interested in exploring. Do you like oceanography? The psychology of childhood development? Interested in why certain movies make the cut for the Oscars? Anything of interest to you is fair game! Create a proposal and explain how you will turn your topic into an organized syllabus. These proposals are due the third Friday of the semester you are proposing to complete the project. You will meet with a small group several times during a semester (10 total hours), complete readings/film viewings and discuss your findings. This is a great project for students interested in investigating a topic from class in further depth, or exploring something you haven't learned in class but are curious about. For more information, check out our

[webpage](#)

EXAMPLES OF PAST PROJECTS: Picking a book written by a Skidmore faculty member, reading the book, and having the faculty member join some discussion meetings as a guest. Watching every Oscar-Nominated movie in a season and discussing why those movies were nominated.

SENIOR CAPSTONE PROJECT

Another HF requirement is the senior capstone - keep this in mind sophomores and juniors as it comes up fast than you'd think!

CAPSTONE BASICS

Each graduating Honors Forum member must complete a culminating Capstone project in their senior year. Most of the time, HF members already must complete a Capstone project for their major, such as a thesis, research report, performance, 300-level class, exhibit, etc. This could double as your HF capstone, just make sure you still fill out the capstone application form located on our HF [webpage](#). If your major does NOT require a Capstone, you still must complete one to fulfill the HF Capstone requirement.

PROPOSAL

In order for a project to count toward the Honors Forum Capstone requirement, you must submit a proposal by the end of the second week of classes for the semester in which you are proposing the project. Once the faculty Director of the HF approves, you will be good to go.

EXAMPLES

Capstones in the past have involved writing a novella, conducting research in the fields of Psychology, Economics, English, Chemistry, and Business and more! Get creative with this, it's your chance to show off all that you have learned as a Skidmore student.

FOR MORE INFORMATION, CLICK [HERE](#)

MEMBER SPOTLIGHT

With each new Newsletter issue, we hope to highlight HF members and build a sense of community



MEMBER SPOTLIGHT

GEORGIA DITTEMORE '22

My name is Georgia Dittimore and I am a member of the class of 2022. I major in chemistry with a concentration in biochemistry. I am from Stow, MA. I do research here at Skidmore in microbial biochemistry and hope to earn my PhD in biochemistry or chemical biology and conduct research in cancer therapeutics. I am a chemistry PAC, a TA for CH 221 lab, and a member of the Eastern NY Younger Chemists Committee through the American Chemical Society.



LILY HAMMILL '22

My name is Lily Hammill and I am from Stow, MA. I am currently a junior here at Skidmore and am a Neuroscience major. I am very interested in pursuing a career in the medical field. I play soccer here at Skidmore and also participate in Best buddies.

CANCER RESEARCH IS CHANGING THE PRESENT

By Georgia Dittimore and Lily Hammill

This semester, we completed our service project by volunteering with Changing the Present. The mission of Changing the Present (CtP) is to increase donations to charitable causes by funneling money that goes toward gift-giving to nonprofits instead. Changing the Present works with other nonprofits from a variety of causes so that people can give charitable donations in place of physical objects as gifts. For example, for your friend's birthday, you could give them the gift of funding one hour of cancer research through the Breast Cancer Research Foundation for 133 dollars. Or, the gift could support lung cancer research at Memorial Sloan-Kettering Cancer Center for 50 dollars. By volunteering with CtP remotely, we hoped to include more cancer nonprofits and groups in the CtP mission and bring experts in the field on board. Furthermore, we reached out to many different organizations, such as cancer support groups, to connect them with CtP. We hope that this short recap of what we have learned teaches you something about how cancer works, not only biochemically, but also how it impacts patients' psychologically and their social interactions. Additionally, we hope to inform everyone about the positive impacts of charitable giving on the lives of cancer patients and to convince you to consider donating, if you have the means to.

In its most simple form, cancer is defined as uncontrolled cell growth. Cancer cells have different metabolic needs than normal cells in order to support their rapid growth and division. For example, cancer cells have altered glucose and amino acid

metabolism in order to increase their production of energy, causing issues with not only the surrounding, healthy cells, but also with different tissues and organs. Additionally, the tumor microenvironment, or the different cell types, blood vessels, and molecules in the extracellular space, influence the growth and trajectory of tumor cells

(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5744685/>).

Physically, patients can develop symptoms of anemia, hypothyroidism, fatigue, hormonal changes, appetite issues, and organ damage, to name a few (<https://www.ohsu.edu/knight-cancer-institute/physical-side-effects-cancer>).

In order to combat the effects of cancer, a variety of therapies have been implemented. Chemotherapy is one of the most common ways of fighting cancer, in which different anticancer drugs are used to selectively kill the cancer cells. In the example of enhanced glucose intake and metabolism, as mentioned previously, inhibitors of key enzymes in glucose metabolism, such as hexokinase and pyruvate kinase, have been implemented as ways of treating cancer

(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5744685/>).

However, there are limitations to chemotherapy, as these drugs can take a toll on the patient's physical health through negative side effects and destruction of healthy cells. Furthermore, it can be difficult to select which anticancer drugs will work best, since the therapeutic window of many drugs is still not well-understood and each patient's genome, environment, and circumstance is variable and unpredictable

(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5744685/>).

Recent advances in cancer treatments have included radiopharmaceuticals, blood tests as cancer diagnostics, and immunotherapies (<https://www.cancer.gov/about-cancer/treatment/research>).

More research into cancer treatments would improve the efficacy of these therapies and their success. Advances in personalized medicine, in which treatment can be customized based on a person's specific needs and characteristics, would be greatly beneficial in the betterment of cancer drugs and other treatments.

With the physical hardship comes the emotional and psychological toll that cancer takes on patients. Being diagnosed with cancer can create many negative psychological effects on both the patient and their family. Some of the most common effects include anxiety, distress, depression, and fear. By uprooting these individuals' lives and leaving them with many unknowns, cancer can inflict a major sense of loss and fear in a loss of identity, loved ones, and hope. Additionally, the role of recurrence may create a fear that cancer will return in patients, leading to a loss of faith and a sense of hopelessness (<https://www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects/emotional-mood-changes.html#:~:text=A%20cancer%20diagnosis%20can%20affect,and%20get%20help%20when%20needed>). With all of these negative effects, resources to help cope, such as sources of support and foundations to donate through, are vital in supporting these individuals. Some current sources of support include Cancer Survivors Network, the Springboard Beyond Cancer, and Beating Cancer Together. These networks provide individuals with communities of outreach as well as online programs to express concerns and conditions. Changing the Present creates another opportunity to help these individuals by allowing individuals to gift donations to support cancer nonprofits. Donating to these nonprofits can help fund further research to help develop alternative ways to help support these individuals and can provide the individuals with more support.

For example, instead of donating to cancer research, you can choose to "warm a bald head" for just nine dollars by donating to Chemo Comfort Inc. By donating to cancer nonprofits, you can increase funds for cancer research and sources that will help patients with a multitude of issues, including research into novel therapeutics and improved treatments, psychological support, and improving the quality of living for patients and their family.

If you are not yet convinced that donating to cancer nonprofits is impactful and important, consider the principle of care. This principle is a moral value that is internalized and urges one to help those in need. It has been found that charitable giving is positively associated with the principle of care. Essentially, donating to nonprofits can cause you to develop more morality and a sense of caring

(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5111750/>).

Additionally, there is evidence that people who are happy tend to give more to charities, which, in turn, makes them even happier, operating in a positive feedback loop

(https://www.hbs.edu/faculty/Publication%20Files/10-012_0350a55d-585b-419d-89e7-91833a612fb5.pdf).

Please check out <https://changingthepresent.org/> for ways that you can donate, again if you have the means, anything helps. ■

THANKS FOR READING!

We hope you enjoyed reading our Newsletter and we really look forward to your future contributions and making this a space to celebrate academia and you, our hard working members.



Have a happy, healthy, and safe break!