

SKIDMORE HONORS FORUM

HF



NEWSLETTER THREE

2021

Welcome to the Honors Forum Newsletter, Spring 2021 semester!
This issue will include a line up of upcoming HF events, give some
fun recommendations, and more!

APRIL

A NOTE FROM EXEC CO

Wow, we made it to April AND the third issue of our Honors Forum Newsletter!

In the next few weeks, the ExecCo will be sending out information on how you can be a member of the Student Executive Committee yourself. Be on the look out for more information but, until then, consider joining our wonderful team, we would love to have you!

We would also love to include your stories, news, or anything else you are working on and are passionate about in our Newsletter!

Just email our VP Kaleigh (khoward1@skidmore.edu) or President Eliza (ekupers1@skidmore.edu) for more information.

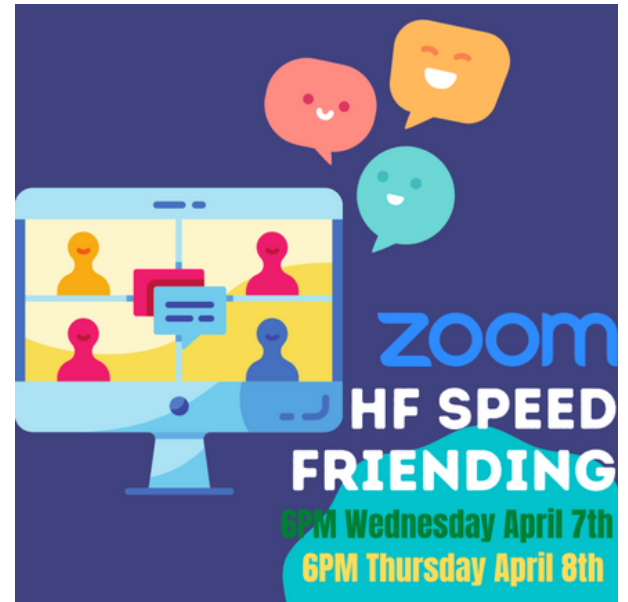
With that said, enjoy this issue!

UPCOMING EVENTS

For the Spring Semester

**APRIL 7+8 @
6:00PM**

ALL MEMBERS "Speed Friending":
Looking to meet your fellow HF members and make new connections? Join us for this virtual crash-course in connection!



**APRIL 23 @
7:00PM**

ALL MEMBERS Game Night: Kahoot!
Jackbox! Board games and more! Join us for a virtual game night.



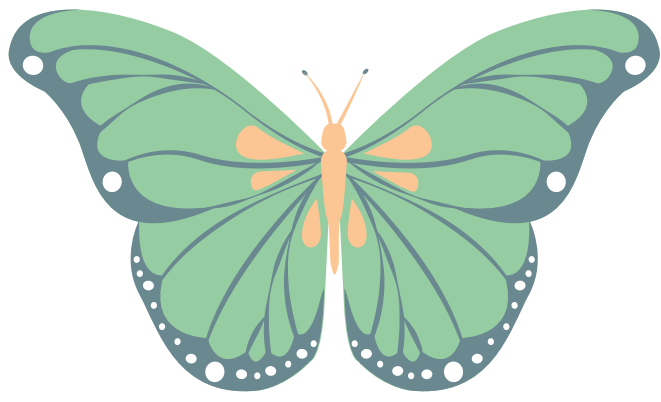
**APRIL 14 @
7:00PM**

ALL MEMBERS Virtual Movie Night:
Bring snacks and join us on Zoom for a movie screening! (movie TBA)



SPRING HAS ARRIVED!!

What are you going to do with your time, now that the sun is starting to shine? Read on for some ideas from the Exec Co!



THINGS TO DO

For the Spring Semester

GO ON A WALK

Walk into town, explore Northwoods, or even just talk a jaunt around the pond!

READ A BOOK OUTSIDE

Try and get off technology for a bit and pick up a good book. Go look at our last Newsletter for some recommendations.

TAKE CARE OF A PLANT

Go buy a plant from a local plant shop, or pick some wildflowers from outside!

DO SOMETHING NICE FOR A FRIEND

Nothing brings on happiness like doing something nice for someone else. Try: writing a friend a letter, Zooming a friend in quarantine, or leaving a stranger a nice note.

HAVE A PICNIC

Have a socially distanced picnic outside with some friends and catch up!



PODCASTS TO TRY

Click the Spotify logos below to listen to some awesome educational podcasts!

ENCYCLOPEDIA WOMANNICA



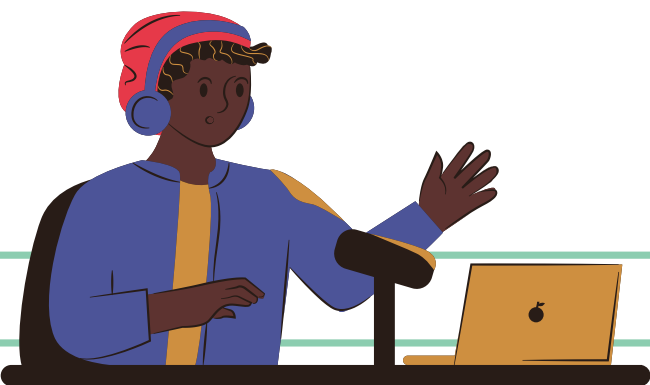
EAR HUSTLE



OLOGIES



PASS THE MIC



FEELING ZOOM FATIGUE?

Try some of these things to keep motivated

SCHEDULE TECHNOLOGY-FREE TIME

Make sure to have some time where you are not actively looking at a screen. Add to your daily calendar at least 20 minutes of designated screen-free time. Try listening to music or one of our recommended podcasts instead of TV or social media.



TRY CLASS OUTSIDE

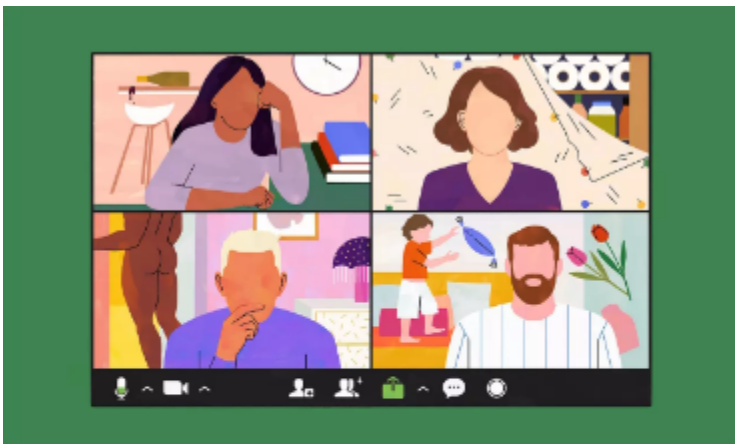
Who says you can't take your Zoom classes from Case Green?? Try Zooming from a different room in your house or apartment, a different area on campus, or go outside in the sun!

DON'T BE AFRAID TO SAY NO

Try not to overcommit to events or meetings that are optional. As good as it is to be involved in things, it is just as important to take time for yourself.

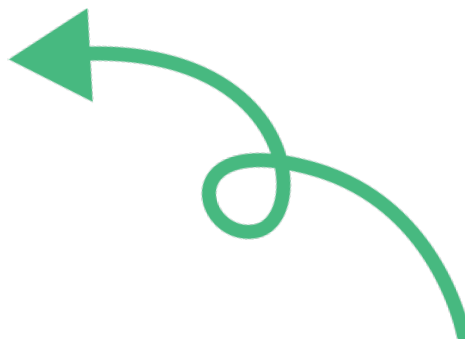
TRY NOT TO MULTI-TASK

As tempting as it is, try to not multitask while on Zoom. You are already using a lot of energy cognitively (even if it does not seem like it), so try not to overwhelm your brain.



Zoom fatigue is real — here's why video calls are so draining

No, it's not just you — video meetings are more draining than in-person ones. There are real, neurological reasons behind the phenomenon.



CLICK TO LEARN MORE!!

A [HIGHLY IMPROBABLE] WEEKLY HF HOROSCOPE

April 2 - 9



Aries: March 21- April 20
Some miscommunication may happen this week so try to be very clear!



Libra: Sept 23 - Oct 23
You are going to find creative inspiration this week, so be on the lookout!



Taurus: April 21- May 21
This is going to be a very busy week for you! Try to plan ahead love to help future you!



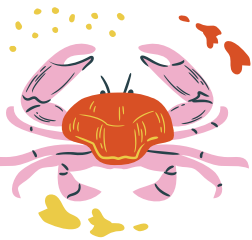
Scorpio: Oct 24 - Nov 22
You are going to be very decisive this week, which could be both bad and good depending on the decisions.



Gemini: May 22 - June 21
Welp, hun, you're a lucky duck. You are supposed to do well in almost every domain of life this week! Enjoy it!



Sagittarius: Nov 23 - Dec 21
You are gonna have a LOT to do this week. Try and take some time for yourself please!!



Cancer: June 22 - July 22
You are supposed to do well in the domain of work and career this week, but your workload may increase



Capricorn: Dec 22 - Jan 20
You are likely to find out some good news this week in regard to work and school! Maybe you aced an axam? Who knows!



Leo : July 23 - Aug 23
Apparently, you are supposed to learn the importance of organizing your work this week, whatever that means.



Aquarius: Jan 21 - Feb 18
You may get in contact with someone important this week that you have not heard from in a long time.



Virgo: Aug 24 - Sept 22
You are supposed to see the rewards of your hard work this week! Yayyy!



Pisces: Feb 19 - March 20
You may feel some anxiety this weeks, so try and limit exposure to anxiety inducing stimuli.

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](#)

WANT TO BE FEATURED IN OUR NEXT NEWSLETTER?

We want YOU to submit your work to be featured in our future newsletter editions!

Have a piece of creative writing like a poem or short story that you've always wanted to share? Wrote a scholarly paper in a class last month that you think others should read? Have an opinion piece that you think the academically-minded students of the HF would love to read and discuss? Working on a HF project that you want to share? Have a joke you want to tell or a random thought you want others to see?

Submit anything and everything and we might just publish it in our next issue! Email our VP Kaleigh (khoward1@skidmore.edu) or President Eliza (ekupers1@skidmore.edu) for more information.

THANKS FOR READING!

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



Happy Spring Everyone!

