

SKIDMORE HONORS FORUM

HF



NEWSLETTER FOUR

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

We are so happy to be sending out the fourth issue of our new and improved Honors Forum Newsletter! We are continuing with our mission to use this Newsletter to strengthen the sense of community within the Honors Forum. So, in these Newsletters, you will find information about upcoming events, spotlights on your fellow Honors Forum members, submissions from you, the Honors Forum community, 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 this issue!

UPCOMING EVENTS

For the Spring Semester

APRIL 14

ALL MEMBERS Virtual Movie Night:

Bring snacks and join us on Zoom for a movie screening!(movie TBA)



APRIL 23

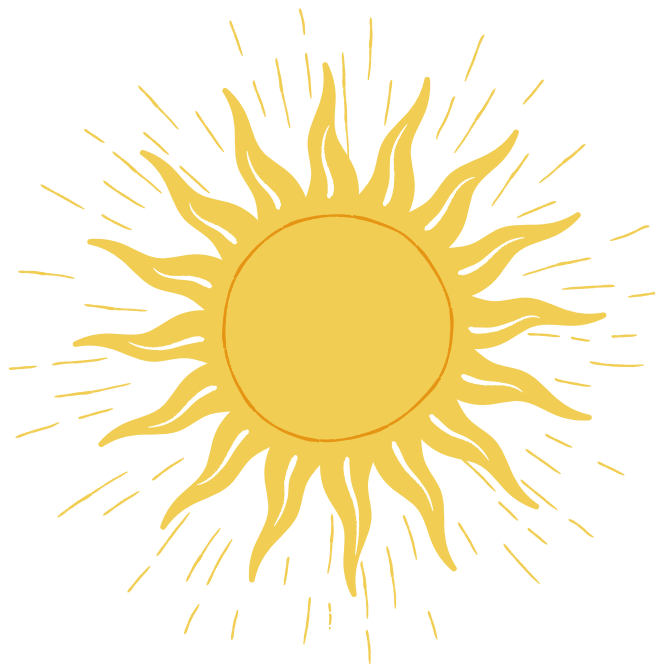
ALL MEMBERS Game Night: Kahoot!

Jackbox! Board games and more! Join us for a virtual game night.



THE SUN IS SHINING!!

The sun is finally starting to peek out! That means the end of the semester is coming! With that comes excitement but also some finals stress. Read on for some helpful self-care tips, activities, and more.



SELF-CARE TIPS

Right now is a stressful time, especially as the semester comes to a close. Try some of these tips for self-care!

PRIORITIZE YOUR SLEEP

Not getting enough sleep can be detrimental to your mood, routine, and even lower your immune system's strength. A good's night sleep can make a world of difference,



PRACTICE GRATITUDE AND KINDNESS

Practicing gratitude and kindness have been shown to increase optimism and well-being!

FOCUS ON YOUR BREATHING

Focusing in on your breathing can be extremely calming. Try out different types like square breathing or alternative- nostril breathing

PRACTICE POSITIVE SELF TALK

The way you talk to yourself can have a huge impact on how you see yourself and your self-confidence. Try and find little things throughout the day that you are proud of or acknowledge that.



MINI CROSSWORD

From the New York Times

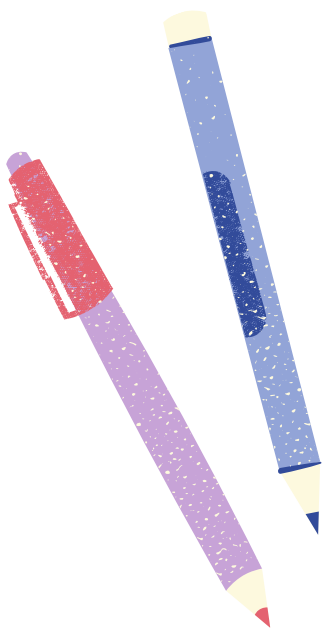
ACROSS

- 1 It has rows of tiny teeth
- 5 Lukewarm
- 6 Menzel who sings "Let It Go" in "Frozen"
- 7 Chuck's counterpart in the House
- 8 Sequoia or sycamore



DOWN

- 1 Wood used for outdoor furniture
- 2 Give one's take
- 3 Chop into tiny pieces
- 4 Annual celebration, for short
- 5 Slight color variation



ACROSS
 1 Comb
 5 Tepid
 6 Idina
 7 Nancy
 8 Tree

DOWN
 1 Cedar
 2 Opine
 3 Mince
 4 Bday
 5 Tint

	1	2	3	4
5				
6				
7				
8				

BOOKS TO CELEBRATE AAPI AUTHORS

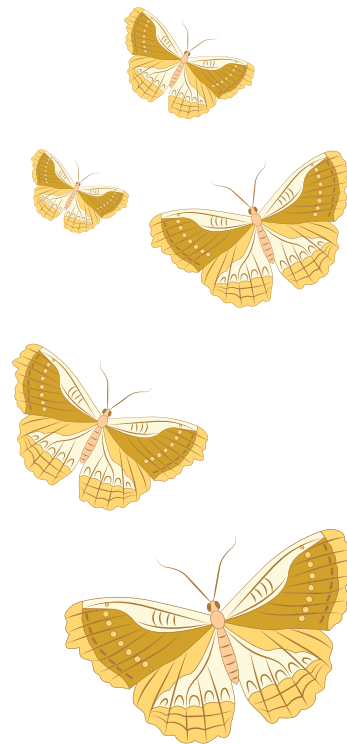
CATHY PARK HONG'S
MINOR FEELINGS

LISA KO'S *THE LEAVERS*

KIM JIYOUNG'S
BORN 1982

CELESTE NG'S
*EVERYTHING I NEVER
TOLD YOU*

TAN TWAN ENG'S *THE
GARDEN OF EVENING
MISTS*



ADRIAN TOMINE'S *SHORTCOMINGS*

An important note: This list is an abridged version of one curated by the NYT (<https://time.com/5949026/asian-authors-reading-list/>). During times like these, we want to be clear that a reading list WILL NOT alleviate racism and the devastation it causes. This list in particular was made by Asian community members at the Times to share the books they personal felt brought them comfort and joy. This list is not intended to educate white readers.

A [HIGHLY IMPROBABLE] WEEKLY HF HOROSCOPE

April 9-16



Aries: March 21- April 20
Try and avoid having negative thinking while having discussions this week. Try to be open to new ideas.



Libra: Sept 23 - Oct 23
Oooooo Libra hunny your "hearts wishes" are supposed to be fulfilled this week! How majestic!



Taurus: April 21- May 21
This is supposed to be another busy week for you. Try and *take a break* (maybe watch Hamilton)



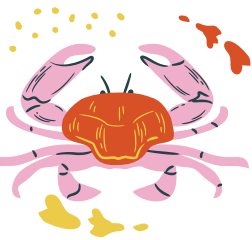
Scorpio: Oct 24 - Nov 22
Your social life is supposed to be poppin this week! Have fun and be safe!



Gemini: May 22 - June 21
This week may be a little challenging, have patience and determination.



Sagittarius: Nov 23 - Dec 21
You may have been going through a lot these last few weeks. This week may be a relief for you.



Cancer: June 22 - July 22
New things are coming your way. Your motivation in work may be waning though, so beware of that.



Capricorn: Dec 22 - Jan 20
Your sense of humor may draw people to you this week.



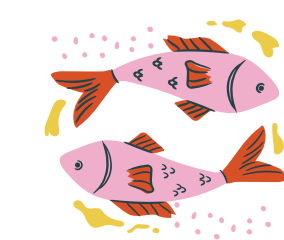
Leo : July 23 - Aug 23
Your mood and temperament may be a little erratic this week. Try and find some relaxing downtime.



Aquarius: Jan 21 - Feb 18
You may spend some quality time with your family this week (I don't know how that will work? Maybe over zoom!)



Virgo: Aug 24 - Sept 22
You may spend a lot of this week thinking about your future. Don't put too much pressure on yourself.



Pisces: Feb 19 - March 20
This week may be pretty busy for you this week! Try not to let anxiety take over your week.

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.



Enjoy the sunshine everyone!

