

SKIDMORE HONORS FORUM



HF



NEWSLETTER FIVE

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 fifth 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!

WANT TO JOIN EXEC CO?

OPEN POSITIONS

General Executive Committee Member

The Honors Forum Executive Committee is responsible for attending weekly meetings, developing, organizing and executing Honors Forum events, as well as mentoring and interviewing Honors Forum applicants. Executive Committee Members should exemplify the tenets of the Honors Forum as explained in our mission statement: taking ownership of one's education, seeking challenge, striving for excellence, engaging the life of the mind, and exemplifying leadership. As this is a student-run organization, Executive Committee members have the power to exact change within the HF. Executive Committee members have the ability to influence Honors Forum admissions, suggest changes and additions to preexisting Honors Forum systems and procedures, propose new events and initiatives, and shape the culture and community of the Forum. If you have ever had any ideas to develop the Forum, you are perfect for the General Member position! Additionally, if you have aspirations to be President of the Honors Forum in the future, you must have served on the Executive Committee and for at least one year. However, any Honors Forum member is eligible to be an Executive Committee member.

Social Media Coordinator

The Social Media Coordinator is responsible for managing The Honors Forum's Facebook and Instagram pages, as well as the bulletin board outside of the Honors Forum Lounge (in a non-COVID year). The Social Media Coordinator is responsible for curating content for these pages and designing social media initiatives for the purpose of fostering a close community within the forum. The Social Media Coordinator must be well-versed in social media and should be comfortable reaching out to new members and posting frequently on the social media sites. This position is important in the execution of Honors Forum events. The Social Media Coordinator is also a member of the Executive Committee and as such, fulfills all the roles and responsibilities of an Executive Committee Member. Any Honors Forum member can apply for this position.

OPEN POSITIONS CONTINUED

Chair of Equity and Inclusion

The Chair of Equity and Inclusion is responsible for creating events and programming and/or collaborating with other clubs on campus to promote diversity, equity, and inclusion within the Honors Forum and across the greater Skidmore community. Previous projects that have emerged from this position have included regular presentations and outreach with Skidmore's Opportunity Program and outreach to and with various on-campus clubs. With the rampant rise in racist incidents on campus and beyond, we are seeking an individual who is passionate about promoting anti-racism within the Honors Forum community. We are also looking for someone to work with all of the Executive Committee to collectively hold space for dialogue within the Forum in the hopes of making it even more of a safe, accessible, and accepting community. The Chair of Equity and Inclusion is also a member of the Executive Committee and as such, fulfills all the roles and responsibilities of an Executive Committee Member. Any Honors Forum member can apply for this position.

Secretary

The Honors Forum Secretary is responsible for attending weekly meetings, taking detailed notes during meetings, and organizing Honors Forum materials like newsletters or forms. While we are looking for someone detail-oriented and organized, we are also looking for an active Secretary — one that is more than just the “scribe” for the Exec Co and who will be an active participant in meetings, event planning, and their own personal initiatives. The Secretary is also a member of the Executive Committee and as such, fulfills all the roles and responsibilities of an Executive Committee Member. Any Honors Forum member can apply for this position.

TO APPLY...

Please submit a personal statement (200-500 words) and a recommendation from a peer (100-200 words) to President Eliza Kuperschmid [ekupers1@skidmore.edu] by Sunday, April 25th at 11:59pm

:)

UPCOMING EVENTS

For the Spring Semester

APRIL 23

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

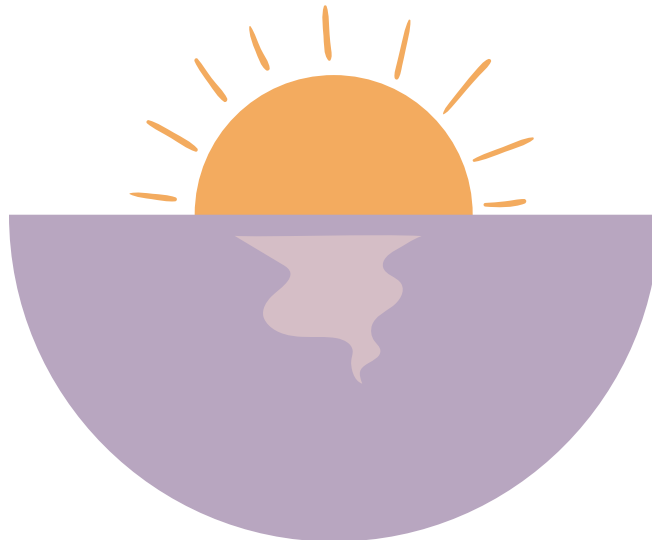


**COME JOIN US
FOR OUR LAST
BIG EVENT
BEFORE
FINALS!**



THE SEMESTER IS COMING TO A CLOSE SO QUICK!

Where has this semester gone? As the semester begins to wind down, the HF wants to make sure you have plenty of fun things to do. Read below for some fun and de-stressing activities!



DOCUMENTARIES TO WATCH

Not a huge reader but want to learn something new? Try some of these documentaries

CRIP CAMP

Watch a movement ignite at a summer camp for teenagers with disabilities, and how disability legislation was changed as a result.

(Netflix)

CODED BIAS

MIT Media Lab researcher Joy Buolamwini discovers the biases coded into facial recognition software. She pushes for the first-ever U.S. legislation against bias in algorithms .

(Netflix)

AMERICAN FACTORY

Watch the first film from Higher Ground, Barack and Michelle Obama's production company, as a Chinese company called Fuyao Glass reopens and runs the GM factory in Dayton, Ohio

(Netflix)

KISS THE GROUND

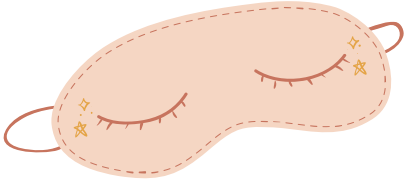
Narrated by Woody Harrelson, Kiss the Ground, explores regenerative agriculture and the potential it has to "balance our climate, replenish our vast water supplies, and feed the world."

(Netflix)



IDEAS TO DE-STRESS

Things you can do to help you de-stress as the semester starts coming to a close



GET ENOUGH SLEEP



BUY YOURSELF SOME FLOWERS



JOURNAL



DRINK SOME TEA



LISTEN TO SOME MUSIC



**LIGHT A CANDLE
(MAYBE NOT IF YOU'RE ON CAMPUS)**



DO SOME ART

MINI CROSSWORD

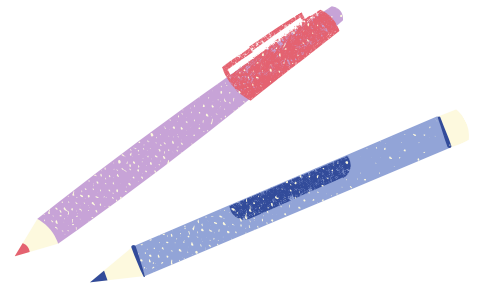
From the New York Times

ACROSS

- 1 A-mile-a-minute speed
- 6 In the loop
- 7 Computer screen dot
- 8 Surprising thing that frigatebirds can do while flying
- 9 Acid, by another name

DOWN

- 1 Drains of energy
- 2 "___ Survive" (disco hit)
- 3 Horizontal lines on graphs
- 4 Covered in forest
- 5 Site with crowdsourced reviews



ACROSS
 1 Sixty
 5 Aware
 6 Pixel
 7 Sleep
 8 LSD
DOWN
 1 Saps
 2 I'll
 3 Xaxes
 4 Tread
 5 Yelp

1	2	3	4	5
6				
7				
8				
	9			

MINI SUDOKU

		2		4		6		
	5			8			2	
4			5		9			3
		3				5		
7	2			9			6	8
		1				4		
3			2		7			5
	6			5			8	
		7		1		2		



ANSWERS

6	3	2	8	1	4	7	9	5
7	8	1	3	5	6	4	6	2
5	4	9	7	6	2	8	1	3
2	7	4	5	3	6	1	8	9
8	6	3	4	9	1	5	2	7
1	9	5	2	7	8	3	4	6
3	1	9	8	2	9	6	7	4
4	1	3	8	9	5	2	6	7
9	5	7	6	1	4	7	3	8

A [HIGHLY IMPROBABLE] WEEKLY HF HOROSCOPE

April 9-16



Aries: March 21- April 20
You may need to put in some extra hard work this week to get the results you want.



Libra: Sept 23 - Oct 23
Yay! You are supposed to do really well in school this week!
How lucky!



Taurus: April 21- May 21
This week you are going to have to devote more time to the things that matter to feel accomplished.



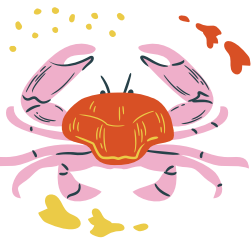
Scorpio: Oct 24 - Nov 22
Oh hunny, I'm jealous you are supposed to meet someone this week that will make you happy.



Gemini: May 22 - June 21
You are going to have a good opportunity come your way this week.



Sagittarius: Nov 23 - Dec 21
This week is a busy one for you!
Try to find balance between school and other activities!



Cancer: June 22 - July 22
This week is looking good for you, just make sure to spend some time with friends.



Capricorn: Dec 22 - Jan 20
It may be a little difficult for you to concentrate this week, so try and find some quiet space away from people.



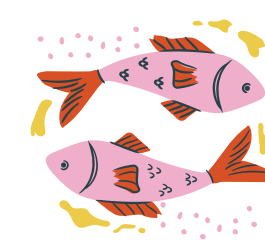
Leo : July 23 - Aug 23
Try to have as little distractions this week as you can.



Aquarius: Jan 21 - Feb 18
You have had a tough few weeks.
Go take some time for yourself.



Virgo: Aug 24 - Sept 22
Try to spend sometime this week doing something for you, as you may have been stressed lately.



Pisces: Feb 19 - March 20
You may hear some good news this week. Be on the lookout for it.

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!

