

THE HONOR CODE

California State University, Long Beach
University Honors Program



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A Greeting from the Interim Director of the University Honors Program, Dr. Nele Hempel-Lamer...

By Dr. Nele Hempel-Lamer, Interim Director, University Honors Program

On behalf of the entire CSULB community, I would like to thank Dr. Tim Caron for his two years of dedicated service to the University Honors Program. We wish him all the best for his new position as Associate University Dean of Academic Affairs at the City University of New York's Macaulay Honors College. Filling Dr. Caron's shoes during the next three semesters as Interim Director of the Honors Program will be a challenge, but I am looking forward to the many different tasks involved in growing the University Honors Program and moving it forward. I am eager to meet all the current Honors students and I encourage each one of you to stop by the UHP office sometime soon so I can get the chance to learn more about your goals, your hopes, and aspirations. Feedback about your experience in the Program is especially appreciated and I am eager to listen to your suggestions about how we can best serve your needs during your undergraduate years on the CSULB campus. We are getting ready to welcome a group of new students to the Honors Program this spring semester and we are currently planning a variety of Program events that will help with orienting new members of the UHP community to the requirements and the culture of the Program while, at the same time, helping returning students maximize their Honors experience.

I am particularly excited to work with those of you registered for UHP 496 and 498 because that will allow me to learn more about all the impressive research and creative projects that you are embarking on or currently finishing. I will make sure to create ample opportunities for you to share your progress in a supportive peer group environment as well as showcase your completed projects in research competitions or poster sessions on campus and in the larger academic community. To facilitate the thesis writing process and to get you ready for graduation and beyond, I will arrange a series of UHP workshops with research librarians, thesis specialists, career development counselors, and UHP alumni. Please make sure you always read your e-mails from the UHP office so you do not miss out on the unique educational and networking opportunities we are creating just for you.

Since my home discipline is German Studies, do not be surprised if I will ask you whether or not you have given study abroad some consideration. I frequently work with

students who are applying for and receiving study-abroad scholarships and I would like to discuss your options with you in that regard. All UHP students are high-achieving students and I am looking forward to featuring your successes on the UHP office bulletin board and in this newsletter. So, please come by the office and say hello, share your news, get involved with the Honors Program Student Association and make the Honors Program your home base on the CSULB campus.

I am looking forward to working with and for you and I hope you will have a successful and fun-filled spring semester!

Dr. Nele Hempel-Lamer is the undergraduate advisor for the German department and a German professor as well as the Interim Director of the University Honors Program. Her interests include twentieth-century German Literature and Culture, Contemporary Austrian Studies, Feminism, Service Learning, and Community Engagement.



Dr. Tim Caron, Center, at his Goodbye Party in the UHP Office

Dr. Tim Caron served as the Honors Program Director from 2008 to 2010. He reinstated the University Honors Program Student Association, taught Honors classes in his field, English, and supervised the UHP thesis projects. Dr. Tim also spearheaded the successful Alternative Spring Break Class, which centers around hands-on service learning in assistance of Hurricane Katrina victims. Beginning in Spring 2011, Dr. Tim will be the Associate Dean of Academic Affairs at the City University of New York's Macaulay Honors College. We will miss him, but we wish him all the best in his new endeavors!



A Message from Terri...

By Terri Iler,
Advising Coordinator,
University Honors Program

Looking back . . .

As winter break comes to a close and we usher in another spring term, I want to thank you all for a truly fabulous first semester as your Honors Advising Coordinator. It has been such a joy getting to know you all and becoming a part of this vibrant learning community. Though the Program has undergone a myriad of changes this past year, it has remained strong and continued to grow through its period of transition, which is a testament to the commitment of our students and dedicated faculty.

This December, we sent Dr. Tim off with well-wishes for his exciting new ventures in New York. I think many of you would agree it was a bittersweet parting, knowing his impact on the Program and its students over these past years. It is, however, with much excitement and gratitude that we welcome our new Interim Director, Dr. Nele Hempel-Lamer, into the UHP family. I cannot wait to begin working with her in brainstorming and implementing new developments for the Program, so that we can strive to make it ever more dynamic.

Looking forward . . .

Among our visions for the Program is to put into action a new application process and timeline that ensures that we continue to recruit exceptional, high-achieving students that are committed to not only completing the Program but enhancing it with their participation and community outreach. We are also working on developing a new curriculum, which will encompass more Program-specific courses (like the Harry Potter and Graphic Novels classes) that are unique to the UHP and that cover a broad spectrum of topics and fields of study while also working to meet General Education requirements.

I also hope to see the University Honors Program Student Association (UHPSA) continue its commitment to providing out-of-class opportunities for socializing and campus involvement, and I encourage those of you who have not yet taken part in this association to become engaged in their efforts to create a presence of scholarship on and off campus. It is truly the people and experiences that will make the greatest impact on your undergraduate career here at the Beach.

I also look forward to working with Dr. Nele in exploring our options for creating a study abroad experience through the Program, so that we may expand our curriculum to encompass multicultural studies on the international level. I can attest from personal experience to the importance of exposing oneself to new people, places, and ways of being, and I feel that this would add stimulating dimension to our Program.

A look at advising . . .

My hope with advising through the UHP is to provide a one-on-one forum for answering questions and tracking degree completion each semester; also, regular advising offers me an opportunity to get to know each of you and helps ensure your good standing in the Program, so do take advantage of individual advising sessions every semester.

Now that Spring is upon us, I want to briefly discuss the advising schema for this semester. Seniors, we will be holding our thesis meeting for those enrolled in UHP 496, 498, or completing their senior projects through the major within the second or third week of the semester; emails with further details will follow. Also, I strongly encourage those of you nearing graduation to meet with me one-on-one for a final graduation check. Juniors and sophomores, I ask that you come in for appointments early in the semester to facilitate Honors course permitting and schedule planning before priority registration. Freshmen, keep your eyes peeled for emails regarding Spring Freshmen Advising. Like last Fall semester, you will have registration holds that require mandatory advising.

So until we meet again, take care UHPers and feel free to contact me anytime with questions, concerns, and updates.

Go Geek!

Terri Iler is the Advising Coordinator of the University Honors Program. She graduated from CSULB with degrees in English Education and Italian Studies and was a member of the President's Scholars program.

INFORMATION

The University Honors Program at California State University, Long Beach, challenges and enriches the educational experience of motivated students. Distinguished professors facilitate and encourage students to explore ideas and concepts thoroughly in intimate, discussion-oriented classes.

Honors students strive for excellence, dedicate themselves to enriching their educational experience, and actively participate in classes and lectures. Honors students benefit from interaction with prestigious faculty and other goal-oriented and committed students who have diverse backgrounds and unique personal experiences. Graduating with honors is an outstanding accomplishment that has benefited many alumni who have become doctors, lawyers and Pulitzer Prize winning journalists.

For more information on the University Honors Program, please visit www.csulb.edu/uhp or visit the University Honors Program Office, located in room 214 of the University Library.

University Honors Program, LIB 214
1250 Bellflower Boulevard
Long Beach, California 90840-1901
(562) 985-2426



- Geek -

Slang. Origin: 1915-20; probably a variant of geck, which means "fool" (Dictionary.com)

- 1.) A computer expert or enthusiast (a term of pride as self-reference).
- 2.) An overly intellectual person.
- 3.) A carnival performer who performs sensationally morbid or disgusting acts, as biting off the head of a live chicken.
- 4.) A member of the University Honors Program--Go Geek!



How Honors Saved Me

By Alexandra "AP" Lohman,
Student Advisor,
University Honors Program

Honors students have a sickness of sorts, and not just by the mere fact that we are self-proclaimed nerds who proudly associate with our Program slogan "Go Geek!" Honors students think that by being deemed "academically accelerated," we can do absolutely anything and everything. Not only can we do it all, but we can complete our insanely long to-do lists perfectly. (I know that sounds a little extreme, but we are the Honors Program—I have spent four years around you guys; I know how you think.) So, in that sense, that is how over-achieving was the demise of me. At the beginning of the fall semester of my senior year, I was studying for the LSAT, applying to law school, taking a Political Science graduate class and, cumulatively, 15 units, beginning research on my thesis project, working two jobs, participating on the school's moot court team, and attempting to sleep and have a social life. I shudder when I think about this past semester.

About mid-September, I had a breakdown. AP, University Honors Program go-to-girl and Political Science perfectionist, came to work in the Honors office and lost it.

I took off my coat and started filing away some things as normal. Then it hit me and all of the sudden I found myself crying over a pile of thesis projects. I do not know why it happened in that particular moment, but I needed it; without the Honors Program there to witness it, no one would have saved me.

Terri, our fabulous new academic advisor, called me into her office and asked me what was going on. The water works began, snot and girlish sobs included in the package deal. Chest heaving, words fragmented, I attempted to tell her I had not slept in a really long time, was stressed about school, and could not remember the last time I studied for the LSAT for more than an hour or so. My fortress of academic fierceness could not sustain the pressure that was placed upon me.

So, this is how Honors saved me: Dr. Caron looked me in the eyes, and told me I was human. He sent me home from work for two weeks to get my act together with the message that at the end of the day, you are human. You have to remember that outside of getting perfect grades and building an awesome resume, you have needs. You need to be with your friends and laugh, you need to be with your family and love, and you need to sleep at night and dream; dream the dreams that sustain you, keep you working hard, and remind you of your path in life.

I have absolutely no doubt that each and every one of you are fantastic students. I interact with you on a daily basis and enjoy every moment of it. However, I see the tired faces, the stressed out expressions that plague you so. I see it and I want to tell you the things that Terri and Dr. Caron told me—the things that saved me.

You are Honors, but you are human, after all.

Alexandra "AP" Lohman is a fixture of the University Honors Program. She was President of the UHPSA for two years before becoming the Student Advisor and working at the UHP office. She plans to study international law and human rights at Northwestern University School of Law after graduating from CSULB.



Novels: No Plot? No Problem!

By Allan Tolkoff,
Public Relations & Community Outreach, UHPSA

Think of your favorite author. How much time do you imagine your personal Bradbury or Orwell spends writing a single book? Now imagine that all of that effort, all of those characters and settings and plot twists, were crushed together into the space of a single month. Thirty days to write a novel. Sound impossible? Possibly - but that does not stop thousands of people around the world from giving it a try.

National Novel Writing Month, or NaNoWriMo for short, is an endeavor to do exactly that: write a complete novel, meaning fifty thousand words or more, all in the space of thirty days. That works out to sixteen hundred words a day, or in college terms, just over three double-spaced pages. With nothing to distract a writer, it might be done without much hassle, but the time of year could not be more of a challenge for students. NaNo (for shorter) takes place in November, a month crammed with studying, lectures, wet weather, and when Thanksgiving finally rolls around, family. Between aunts, uncles, cousins, and professors, writing that novel is quite a task.

Sounds perfect for a diligent Honors student! At midnight on November the first, at least six of us got out our writing pens (or laptops, more likely) and put to paper or screen the first of 50,000 words that would comprise our novels. The first few days seemed easy enough - write a couple thousand words, put the computer away and do not give it a second thought. But we soon discovered how easy it was to fall into complacency. Once an author falls behind in NaNo, it becomes that much harder to catch up. Only a week into November, I ran a word count and discovered that I was three days behind. That is an eight-page term paper! My fellow authors and I spent the whole afternoon getting up to writing speed. It was anything but easy, but writing with friends made all the difference. We encouraged and motivated one another to keep at it right up to the end.

Fortunately, writing a NaNo novel is nothing like writing an essay. Throw out what you have learned about paragraph structure, topic sentences, and thesis statements. Your novel does not have to impart a timeless message. In fact, it does not have to have any redeeming value! The point of NaNo is not to write with quality, but with quantity - to ignore your inner editor and just get the words out. As novelists like to say, "No plot? No problem!" Anything goes. Annette Scanlon, an Honors student and, appropriately, a Creative Writing major, says "I know plenty of writers who haven't ever finished a story - we can be finicky sorts of people, and we jump from idea to inspiration to spark all the time. Sticking with one idea was the best possible thing I could do for my writing career - and my self-confidence." And she certainly illustrated the point by reaching her word goal just in time for the end of the month. She was one of two Honors students to win NaNo this year. (Hey, nobody said it was easy!)

National Novel Writing Month can be stressful, but ultimately very rewarding. Carissa Long, another thirty-day novelist, remarked "I didn't finish my novel, but I really enjoyed writing. NaNoWriMo is the only time I ever actually felt motivated to write." She says making the word goal or writing a "good" novel are secondary concerns to what you gain from the experience. The point is not to become the next J.K. Rowling, but to become the next you - to grow and mature as a writer, and to apply what you learn to your future works.

As Honors students, we are all writers on some days. Why not be a writer for a month? I and the other 2010 NaNo authors have learned firsthand that it is a worthwhile experience, from the first word all the way to midnight on December the first.

Allan Tolkoff is a Film and Electronic Arts major who has enjoyed five semesters so far in the University Honors Program. He serves on the UHPSA as Public Relations Manager. After graduating, he plans to work in digital entertainment.



Tips on How to Be a "Green" Student

from



As University Honors Program students, we know you are book smart, but are you eco smart as well? Here are some tips from the CSULB Green Campus Program interns on how to be more energy efficient, helping you become a more environmentally aware student while saving you some cash!

- 1- Use ovens, washing machines, dryers and dishwashers in the early morning or late evening when it is cooler outside. This requires less energy for the machine to operate.
- 2- Keep blinds and curtains closed during the day when it is hot outside.
- 3- Switch incandescent light bulbs for energy efficient CFL light bulbs! They use 75% less energy and last up to 10 times longer compared to incandescent bulbs.
- 4- Unplug all appliances when they are not in use. Even when they are turned off, they can still be sucking up energy. This is called a phantom load, and can contribute to 25% of your home's electricity consumption.
- 5- Wash only full loads of laundry, and do so on the cold setting. 90% of the energy used in a washing machine goes to heating the water.
- 6- Air dry dishes instead of using your dishwasher's drying cycle.
- 7- Turn off the water when you brush your teeth. This can save 3-5 gallons of water.
- 8- Hang clothes to dry them instead of using a dryer. Not only does it save energy, but it also helps your clothes last longer.
- 9- Use rechargeable batteries, which can be more cost effective than throw away batteries.
- 10- Turn off your computer if you are away from it for 20 minutes or longer.

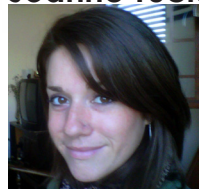
Currently on 16 universities throughout the state of California, the Green Campus Program empowers college students to be tomorrow's energy efficiency leaders. The CSULB Green Campus team began in March 2010. The interns strive to promote energy efficiency careers, generate actual energy savings for CSULB, increase awareness of the importance of energy efficiency, and encourage academic infusion of sustainability concepts. The Green Campus Program is funded by the Alliance to Save Energy, Pacific Gas and Electric, Southern California Edison and San Diego Gas and Electric. For more information about the CSULB Green Campus Program, visit www.csulbgreencampus.com

Marith Parton: English Education



For my thesis, I am focusing on improving English Education at the high school level. Specifically, I am examining the uses of orality and literacy in the classroom. I am arguing the use of hip-hop, personal narratives, and literary theory in the classroom. It may seem ironic to use literary theory, but it hands students the tools to really think critically about books, writing, and the world around them. I find that if educators juxtapose the use of things that interest students with the use of practical methods to approach English, students will be much more willing to learn.

Joanne Tucker: Anthropology, Journalism



Autoimmune diseases have largely flown under the radar in modern medicine from education in medical schools to peer-reviewed research. Any research that has been done is sporadic at best and disconnected. In this literature review of research on autoimmune diseases over the last 50 years, some revealing facts come to light about autoimmune diseases. More than 100

of these diseases have been found, and 80 percent of those affected are women. The average diagnosis takes around two years, where along the way women tend to be labeled as hypochondriacs or clinically depressed because the symptoms are often elusive and untestable. Modern medicine's lack of interest in autoimmune diseases and their underlying cause for other diseases, such as cancer and diabetes, has created a vicious cycle where these diseases continue to fail to grab the attention of modern medicine.

Spotlight on You: Theses

As the culmination of the Honors Program, Honors students are offered the opportunity to write a twenty-five page undergraduate thesis. The thesis is a great introduction to the type of study required in graduate school. Here, the spotlight shines on just a few of the topics UHPers have decided to study.

Annette Scanlon: English Creative Writing, Certificate in Technical and Professional Writing



My goal in completing the Honors thesis is twofold: first, to prove to myself that I am capable of challenging my own pre-existing boundaries; second, to force myself to write as much creative fiction as possible, and become a better writer as I do so. To this end, I have already read upwards of twelve books pertaining to the craft of fiction, and will incorporate what I gained from those readings in the reflection portion of my thesis. My

"field research" consisted of participating in (and winning!) National Novel Writing Month in November of 2010, leaving me with 50,347 words of a novel--my first completed novel manuscript--*Mechanical Butterflies*. The creative component of my thesis will consist of a different novel, titled *From the Ashes*, which is still in progress. My hope is that the creative component and reflection piece will work together to show my dedication to the craft of writing fiction, and the absolute persistence with which I will pursue my writing career for the rest of my life. The opportunity of working on the Honors thesis gives me the perfect excuse and the best environment in which to put my abilities to the test and create something tangible to show for the years I devoted to my undergraduate degree at CSULB.

Photo: Cover art for *Mechanical Butterflies*, by artist Matthew Fuller.

Stephanie Bryson: International Studies (emphasis Western Europe), German Studies



The collective memory of a nation is represented, in part, by the memorials it chooses to establish. The physical form of these memorials is an indicator of collective memory. The development of the concept of a German collective guilt after WWII and the Holocaust took greatly different forms in East and West Germany. While West Germany focused increasingly on the persecution and destruction of European Jewry, East German practices guided by Soviet influence focused their minimal policies on political prisoners and forced labor. Thus the Jewish aspect of the Holocaust became a major characteristic of West German collective identity and guilt, but did not in East Germany. In my Honors International Studies thesis, I will examine the evolution of these divergent policies and practices and explore how West German forms of memory and memorialization have been employed to facilitate the integration of East Germany since the fall of the Berlin Wall.

Photo: Memorial to the Murdered Jews of Europe in Berlin.

Stephanie D'costa: Human Development, Minor in Cross-Cultural Language and Academic Development



For years, a variety of research has shown us that there is an overrepresentation of English Language Learners (ELLs) that end up in the special education system (De Valenzuela, Copeland, Qi, 2006). The main question put forth by many educators is whether or not ELLs that have been found eligible for special education actually have a learning disability or whether they have been mis-assessed due to their lack of English proficiency. My research examines problems associated with the assessment process as well as

alternatives to the current assessment process implemented in schools. The study further examines the views that various school psychologists currently in the field have toward the assessment process. Lastly, it synthesizes the research that has been done in order to create new forms of assessments for ELL students when referred to special education. The goal of my research is to assist educators and administrators to fully understand the importance of using effective assessment practices for ELLs when determining their eligibility for special education services.

The Social Side

As Honors students, we all know about burying ourselves in schoolwork and forgetting that the outside world exists. These events, among others, helped UHP students get to know both each other and their faculty in social settings.

Weird Science



By Sierra Patheal, Secretary, UHPSA

Although you will not often hear me admitting it, there is more to life than school. As a reminder of that fact, Dr. Tim Caron and Terri Iler put on a fun event at the beginning of the fall semester that allowed for socialization and relaxation but did not in any way ignore the "geeky" side of the University Honors Program.

The movie *Weird Science* was produced in 1985 and had gross box office earnings of \$28.3 million before being adapted into an 88-episode film series in 1994. In the Psychology lecture hall at California State University, Long Beach, the film attracted thirty Honors students ready for a few laughs and an escape from the burgeoning semester—and they were not disappointed. The wacky film appealed to geeks everywhere by presenting a scientifically-created supermodel with magic powers, complete with Frankenstein allusions and slightly freaky mad-scientist costumes (come on, you know there is one in your closet, too). With an ending designed to please the most romantic UHPer, the movie was a win all around. (The pizza did not hurt either.) Also, the Q&A session hosted by Dr. Ilan Mitchell-Smith, co-star of *Weird Science* and current English professor at CSULB, was stimulating.

As an English major, I for one loved meeting Dr. Ilan Mitchell-Smith in the setting of his Hollywood career. I do not know if it will fit in my schedule, but if it does, I will definitely be signing up for one of his Chaucer seminars during my time here at CSULB (and reminding him that I have seen him kissing Kelly LeBrock). And finally, the "hanging out" aspect of the event was great. Thank you, Dr. Tim, Terri, and Dr. Mitchell-Smith, for putting together this entertaining reminder of the importance of relaxing, Geek-style.

Sierra Patheal is a second-year English major with minors in German and Mathematics. She is the secretary of the UHPSA. She hopes to study abroad in Germany during the 2011-2012 academic year.

The UHPSA Halloween Party



By Sydney Featherstone, President, UHPSA, and Jazmine Contreras, Social Chair, UHPSA

This year's Halloween Party was by far one of our favorite events hosted by the UHPSA. For those of you who attended, hopefully you feel the same way; for those who did not, put it on your calendar for next year! With food, games, and good people, the night went by wonderfully and it was a blast spending time outside the classroom with students with whom we already have so much in common.

We were able to enjoy great decorations (even though we struggled a bit putting up the spider web). We also had really good food, such as root beer floats, pumpkin pie and Oreo gummy worm pie. We were really happy with how many people wore a costume for the party. Allan and Sydney stuck to the more traditional "nerd" look (we are, after all, the Honors Program). There were also a pirate, a pregnant nun, and a very convincing Joker as well as a Gift from God for the Ladies (the amazing Jason Pillon). Our favorite aspect of the night, however, was the games. Some of us had never played Apples to Apples before and were instantly hooked to the game. We all enjoyed a few rounds of Mafia, and the ongoing Wii tournament was a way to spend some time bowling and blowing up giant pieces of tofu. Finally, the pumpkin-decorating contest was not to be forgotten.

An important thing to remember, as Honors students, is that the people you meet in this organization are more than just classmates. They can be excellent resources as well as close friends. While we are in this program, we have the opportunity to meet some great people: those we share majors with serve as mentors and those with whom we do not share majors allow us to look at this University through completely different eyes. We hope everyone who attended the Halloween Party this year had a fantastic time, and we look forward to hanging out with all of you in the future! GO GEEK!!!

Sydney Featherstone is the UHPSA President, a pre-med junior Biology major with an option in Physiology and a minor in Chemistry. She is considering a minor in Comparative World Literature.

Jazmine Contreras is Social Chair for the UHPSA. She is a junior History major and plans to go to graduate school on the east coast after graduating from CSULB. She loves to read.



Professor LeeAnne Langton's UHP 100 class, left, hid behind the Professor's desk on the day of the final during the Spring 2010 semester. "Piled on top of each other, all fifteen of us were barely able to fit," UHP 100 student and UHPSA Vice President Hannah Starksen remembers. "After about five minutes, Professor Langton walked in and started laughing hysterically, 'I see you guys!' By far, hiding from the Professor on the day of the final is my most memorable moment in the Honors Program." UHPSA Freshman Outreach Officer Anna Samuelian also has good things to say about Professor Langton's English class. "I saw great improvement in my writing," Anna says. "We constantly wrote essays, made revisions... learned many new words, and read a lot." She counts her Honors English class as "one of [her] finest memories of the Honors Program." All in all, Professor Langton's classes deserve praise: great courses and stress relievers all combined.