

November

2024

VENERATIO

newsletter

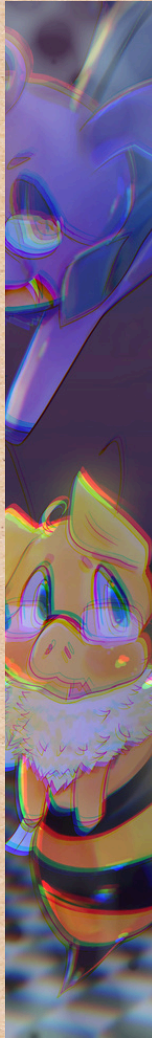
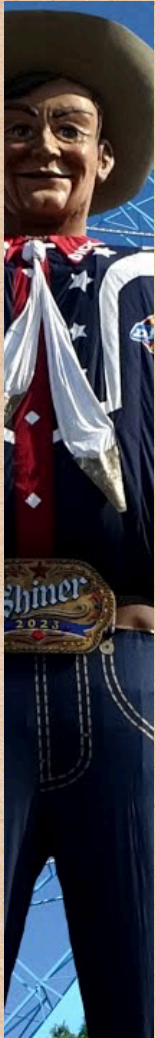
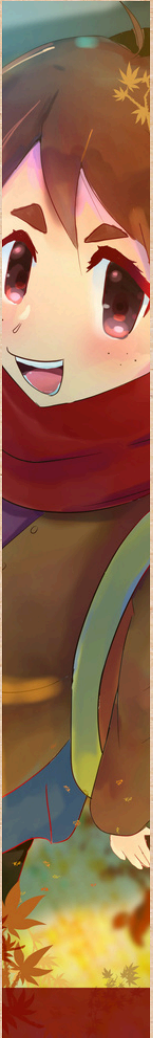
Hello FALL!



Autumn
Edition

THE HONORS COLLEGE

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HARVESTING MEMORIES

A Look Into Autumn Traditions

As the humid air gives way to a crispness and amber and crimson hues begin to adorn the tree branches, autumn arrives with a cozy embrace. Whether it's trying a Hot Cheetos corn dog at the State Fair of Texas, lighting cinnamon scented candles, or rewatching autumn movies, fall brings forth a series of traditions rooted in celebrating community and connection.

The State Fair of Texas is a lively celebration, known as one of the largest and longest-running state fairs in the U.S. This year, it ran from September 27 to October 24, offering 24 days of excitement. Visitors can explore quirky foods, such as Lay's Potato Chip Drink, cotton candy bacon, and the famous hot Cheeto corn dog, with enticing aromas wafting from every stall. Thrill-seekers enjoy rides that elicit both screams and laughter, especially on the towering Ferris wheel, which provides stunning views of the fairgrounds. Art shows showcase local talents, adding a splash of color to the vibrant atmosphere.

And, of course, no visit is complete without a photo with Big Tex, the iconic giant statue greeting everyone with a friendly "Howdy, folks!" (A little jarring, if you ask me.) Regardless of the 90-degree weather, the State Fair of Texas is a cherished fall staple, where memories are made with friends and family, and the spirit of Texas truly shines.

While attending the fair is a great way to have fun, staying indoors can be just as enjoyable. Decorating with pumpkins and cornucopias adds a festive touch, with vibrant orange hues and abundant centerpieces brightening porches and kitchen tables as we celebrate harvest time. This October, the Honors College hosted an event where students could paint pumpkins to honor the fall season.



Big Tex at the State Fair Photo: State Fair of Texas



From simple patterns to cutesy ghost designs and playful doodles, the event was a delightful way for many to embrace autumn and express their creativity.

In addition to painted pumpkins, hay bales and apple cider candles contribute to the cozy atmosphere of fall. Hanging twinkling string lights and colorful leaves can further enhance the ambiance, creating a perfect setting for gatherings with friends and family.

With each decorative element, the spirit of the season comes alive, reminding us that decorating is not just fun, it's a wonderful way to connect with the beauty of autumn!



When Harry Met Sally, Photo: SCREENRANT

Whether it's a romantic comedy or a coming-of-age story, there's a fall movie for everyone. Take the romance *When Harry Met Sally*, for instance, which beautifully captures the nuances of love and friendship over the years. Set against a stunning autumn backdrop, the film's witty dialogue and memorable moments ensure that it has stayed a beloved classic, despite being produced over 30 years ago.

For those who enjoy a more tragic movie experience, *Dead Poets Society* explores themes of growth and self-discovery. Set in an all-boys preparatory school during the autumn months, the film's vibrant foliage signifies the ongoing transformations of the characters within the film. Starring the inspiring Robin Williams, it radiates a powerful coming-of-age energy as the young characters learn to embrace their passions and seize the day, challenging societal expectations along the way. These films invite viewers to cozy up on the couch with a warm cup of apple cider, making them ideal choices for fall viewing that have truly stood the test of time.

While there is no guarantee of cool autumn weather this fall, the season invites us to embrace both the excitement of outdoor festivities and the warmth of indoor gatherings, regardless of the heat. Whether you're indulging in fair treats, decorating your home or cozing up with a classic film, the season offers countless opportunities to create lasting memories with friends and family. So, let the crisp air and vibrant colors inspire you to celebrate the beauty of fall in all its forms, reminding us that this time of year is about connection, gratitude, and the simple joys that enrich our lives.



HOT CHEETO KOREAN CORN DOG
Photos: State Fair of Texas

HAPPY
FALL!





CULTURAL SHOCKS FOR INTERNATIONAL STUDENTS

Did you know that international students make up nearly half of the Honors College student body? It's even more surprising that their participation in the Honors College ranks among the highest, demonstrating their strong commitment to academic and community engagement. There is no doubt that the diverse community at the UTA Honors College brings forth many new experiences to try and opportunities to learn from one another. Additionally, international students also gain a lot from American culture, mannerisms, and so on. As an international student myself, there are numerous cultural shocks that I face, and I'm sure many students can relate to this. So, let us dive a little deeper into some of these experiences and explore how the Honors College has been instrumental in helping us navigate these challenges.

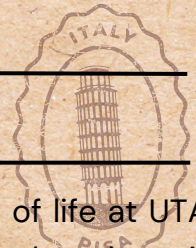
COLLABORATION

Academics are an important part of the Honors College, but so is having fun. Although the program may seem rigorous, one cultural shock for international students is seeing how everyone prioritizes collaborative work, which is also encouraged by professors. While it may take us some time to adapt to the academic schedule at UTA, there is help everywhere, whether it's completing assignments or working on our Capstone projects. Some students never imagined the supportive academic environment here, as well as the strong community within Honors. We were able to experience this supportive culture during **HONORS Trivia Night**, where students challenged each other with their general knowledge skills.



FOOD

Food is such a fun part of life at UTA, especially for us international students in the Honors College! When we first arrived, many of us experienced a bit of a "food surprise" because we saw so much fast food and heavy meat dishes. Coming from different countries, it was wild to taste flavors that were totally different from what we're used to. However, we've had the opportunity to explore unique dishes, like nachos and burgers, which have added flavor to our experiences. Through events like "Bingo Night," we've not only broadened our palates but also created lasting memories with our classmates by sharing laughs and discovering new favorites together.



TEXAS WEATHER

International students at the UTA Honors College have experienced a range of weather, a unique approach to studying, and different types of food. Through fun events, such as "Picnic in the Park" and "Bingo Night," we've made strong friendships and unforgettable memories that make our college experience special. As we keep embracing both the good and challenging parts of our new life, we are not just growing as students but also as a friendly community, bringing together our different backgrounds and experiences.



The variety of Texas weather is one thing we can all agree upon. International students may be surprised by the way it rains in Texas, as many are still adjusting to the rapidly changing weather patterns. As such, the weather is very unpredictable. Similarly, the hot and humid summers, with temperatures often exceeding 100°F, can be a stark contrast to the more temperate weather we are used to. But I'm sure we were able to enjoy some quality time at "Picnic in the Park" with the Honors community, where we enjoyed delicious ice cream and fun interactions during the hot days.



DISCOVER THE WONDERS
OF THE TEXAS





MEET THE HONORS COLLEGE MUSICIANS



Author: Patricio Pandal

Editor: Acadia Clements

What is music? Some people may say that music is just another form of entertainment for our ears, but in reality, music is much more than that. Music serves as a language that everyone around us can use to communicate and bond over, no matter what path of life you come from. Whether it's jazz, pop, rap, or rock, music is a universal language that serves as a way to bond with one another. So, what *does* music mean to those here at UTA? Better yet, what does music mean within the Honors College? Find out from the very words of your Honors College students!



Trevor McCullough: UTA Freshman
Photography by: Nashib Budhathoki

Trevor is well-versed in a variety of instruments, including music software, the bass guitar, and the MIDI Fighter! He has two years of experience with these instruments and his favorite tunes to play include *Brain Stew* by Green Day on his bass, and his own song, *Tay & Shauna's House*!

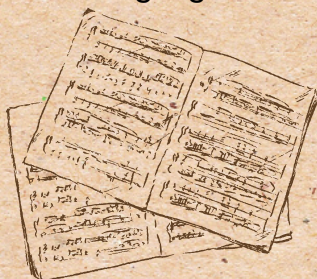
In his words, "music is the great equalizer and the one language we all speak."



Eric Paul: UTA Sophomore
Photography by: Nashib Budhathoki

Eric has some fast hand/finger coordination! He plays three instruments, which include the piano, saxophone, and percussion. He has an outstanding 14 years of musical experience, and his favorite tune to play is *The Entertainer* by Scott Joplin.

A wise man once said, "music is a unique path to the soul. Able to instill emotions and deep, sincere feelings not possible by other means."





From upper left to lower right: Ana-Sofia Gonzalez Becca, Aranza Repreza, Margaret Kouassi, Mercedes Clement, Amy Franco, Stephanie Villatora, Chania Hooper
Margaret Kouassi: UTA Junior

Is singing considered an instrument? Of course, it is! Our vocal cords are as capable as any instrument of producing notes and pitches, in this case, Margaret's voice can do exactly what a saxophone or piano can do! She has been singing for a grand 13 years, and her favorite piece to sing aloud is *Writing on the Wall* by Sam Smith!

In Margaret's words, this song "was first introduced to me by one of my best friends at my high school Senior Vocal Recital. Though the song was written for a James Bond movie, parts of the lyrics remind me of something or someone that I like to hold onto when I'm having a tough time. And the range of the song makes me feel empowered as a singer."



Axel Hoge: UTA Senior
Photography by: Nashib Budhathoki

Shoutout to our percussion player Axel! Percussion is just as important as any other instrument within a band and is much more than background noise. Their ability to support the band with instruments such as the timpani, cymbals, or drums, percussion truly helps raise the band's power to the next level. Axel has been a percussion player for two years and his favorite song to practice is *Don't Let Me Down*. Showcasing his passion, Axel said: "I like music a lot."

Brass players unite! William is an 8-year-talented trumpet player here at UTA. When he's not studying, he's playing his lips out to *Jupiter* by Gustav Holst, a very good piece indeed!



William Anoka: UTA Junior
Photography by: Nashib Budhathoki

In the words of William, "Music is the universal language of life. Expressed by wind symphonies, hummingbird calls, or the simple tone of voice, the melodies and rhythms tell stories that are waiting to be uncovered and shared with others. We can share our emotions and thoughts through the world of music."





JD Upshaw: UTA Junior
Photography by: Nashib Budhathoki

Brass invasion! JD is an outstanding 10-year-long trumpet player here at UTA! JD's favorite piece to play his heart out on is a tie between *Baby Blue Roses* by Greg Bartholomew and *I Don't Want to Set the World on Fire* by The Inkspots.

JD's perspective on music is "Music means a lot to me. It is a universal language that knows no bounds or limits. It is for all to feel and connect with in all different ways. Music for musicians is the dedication to our craft, it is the passion we feel as we perform, and it is the emotion in the eyes of the audience as we play one last note."



Emily Forsythe: UTA Freshman
Photo provided by Emily Forsythe

Some love for our string players! Emily is a well-versed string player here at the Honors College. She has played violin for nine years and just recently picked up guitar. Go, Emily! Emily enjoys playing anything by Noah Kahan, but has played a wide selection of movie scores on her violin from films like *La La Land*, *How to Train Your Dragon*, *Lord of the Rings*, and *Pirates of the Caribbean*.

To Emily, "music is a sort of escape... Listening to music helps calm me down and bring peace to my chaotic life, and playing it gives me a new sense of joy. Creating the music I listen to brings me so much joy, and through violin, I was able to inspire new generations to start playing. Music is a universal language, it brings people together and unifies us in a way spoken language cannot, and being a part of that unifying force brings me so much joy."

Whether you see music in the same light as our musicians here in the Honors College, one thing for certain is that music is much more than just compiled noise. Music is a language we can all understand and bond over no matter the background, as in the end, music was brought to the world to connect us. Here within the Honors College, music leads us away from being distraught and pulls us closer to one another, further strengthening the sense of community we have within the Honors College. It is without a doubt that the hidden power of music lies between the lyrics and rhythms' ability to bring hearts closer together.



Illustration by Ariel Huang

INTO THE ARCHIVES

Author: Arianna Carroll

Editor: Acadia Clements



UTA offers a wide variety of resources to its students—many of which can prove useful to Honors students. However, because they are not as well publicized as other resources, many go unnoticed. The library's Special Collections, established in 1974, is one of these specialized resources. Photographs, newspapers, maps, yearbooks, and artifacts are among the archival materials in this collection, which can be viewed in-person on the sixth floor of the Central Library. If you are unsure that they would have what you're looking for, you can use the browsing and searching tools located on the website's database at

 <https://archives.library.uta.edu> 



Photography by: Macy Scott

The Special Collections is open Tuesday through Saturday from 9 a.m. to 5 p.m. Although no appointment is necessary to visit, it is advised to make advance contact if you are looking for a specific item, as some materials are kept off-site and may take at least two days to retrieve. The Special Collections also has a digitized photography collection, with over 76,000 images available for public and university viewing. This number is expected to rise significantly as they continue to digitize additional resources for their website.

This UTA resource can prove helpful to Honors students working on their Capstone projects, especially if a historical element is involved in the project. The wide range of historical archival resources offered in Special Collections are great, cost-free aids for these projects, and the faculty in charge of this department are eager to provide assistance and guidance.



Photography by: Macy Scott

Location: Central Library, 6th floor

- Special Collections also features a Current Exhibit, which is routinely changed throughout the semester. These exhibits feature a wide variety of topics suited for various student, staff, and faculty interests. Past exhibits include Murder in the Archives: "Infamous Texas Killers" Mini-Exhibit, 'Change is Upon Us': UTA's Integration in 1962 Mini-Exhibit, Hispanic Heritage Month Mini-Exhibit, Cosmic Cartography Exhibit, and A Tribute to Nurses: UTA and Beyond. Stop by Special Collections today to find out what the ongoing exhibit is!

It's critical to acknowledge the free resources UTA provides to its students. In your spare time, you can visit the Special Collections Archives to view the Current Exhibit, get free research materials and assistance from the faculty, and get ideas or support for your Capstone project. Regardless of how you use it, Special Collections will always be available to students, faculty, and staff for free. Take advantage of this opportunity and visit Special Collections on the sixth floor of the Central Library today!

THE NEW HONORS STAFF MEMBER: MAKENZIE WHITENER

Author: Acadia Clements

Editor: Arianna Carroll

Makenzie Whitener is the new Program Manager for Undergraduate Research in the Honors College at the University of Texas at Arlington. She works with students on their graduation, capstone projects, contracts, and research projects. She graduated from the University of Georgia with a doctorate in genetics, but is passionate about education and is excited to be the Research Manager for the Honors College. I sat down with her recently and asked her a few questions about herself, her job and all of the responsibilities that come with it, as well as how she can help students and any advice she has for our Honors community.

What is a program manager?

Whitener: "My role is to oversee undergraduate research in the Honors College, as well as capstone projects. I am in charge of helping students get through finding a mentor, beginning their research process, presenting their research, and it all culminates into a significant research symposium at the end of the semester."

Is it similar to an advisor?

Whitener: "It is! A big part of my role is doing capstone advising. I advise on how to finish the end part, and then also as students go through the process, how to handle it, how to deal with conflicts, how to deal with trouble, how to celebrate their wins and successes."

I know you have already touched upon it, but can you expand on what you do for your job?

Whitener: "My job involves a bunch of different things from answering emails from students who are in their last semester and doing their capstone project. Things like mentor troubles, how to write their capstone questions,



Photography by: V Lake

about formatting. I help teach the Honors 4000 class which is a zero credit class all students who are doing their capstone have to take. This course essentially walks through the formatting of the capstone, the things that need to be in it, how to do a presentation, how to do a poster, and provides students with the necessary support so they will be able to finish their capstone project as they wrap up their Honors career. I am also in charge of contracting; I help look through all the contracts, and manage student contracts for every semester the contracts are done, and keep track of them and report based on students' outcomes from these contracts."

Do you find your job to be rewarding?

Whitener: "I love this role. It is one of the most rewarding things that I think I've done. My passion has always been in helping students succeed, from undergrad all the way to graduate school. It was one of the things that brought me the most job satisfaction, even in my own research, so having this role,

where I get to help students succeed and push through difficult times, and work through their problems and end up with this fantastic end project they can be proud of, is incredibly rewarding on a day-to-day basis, but also longterm."

How can you help Honors students?

Whitener: "With capstone, contracting, general questions, and general advice. I can talk about grad school, why I picked what I did, science in general, life problems. I have an open-door policy for everyone."

How would students reach out to you?

Whitener: "I prefer emails. Phone is fine, but not preferred. A *Teams* message will also work."

What is the Honors Research Symposium?

Whitener: "The Honor Research Symposium is a symposium where students who have done their capstone come and present their research. It consists of all Honors students who complete their capstone that semester, whether they are graduating or not. It is an opportunity for students to showcase what they've done and have face-to-face interaction from interested parties across UTA's campus. It is the crown jewel of the semester for the capstone students."

What is the Summer Undergraduate Research Fellowship Program?

Whitener: "The Summer Undergraduate Research Fellowship Program is an opportunity for Honors students to participate in summer research. It gives a funded summer for students to work with a mentor and gain research experience. I manage the applications and part of the decision-making with the committee."

How would someone apply to that, if they are interested?

Whitener: "You would go onto the Honors College website, under scholarships and fellowships, where there is a page with a link to the application and the application guidelines. Fill it out and have a faculty member email a reference directly to me. Your application would go to honors@uta.edu."



Photography by: V Lake

Do you have any advice you can give to Honors students who may be struggling with the workload, with their capstone, or with their Honors classes?

Whitener: "Talk to someone. Students oftentimes box themselves in to tough situations when they don't ask for help when they need it. Come ask for help. Let us know where you are at. Try and start getting your contracting done early, because in order to do your capstone you have to have reached a certain point in your contracting and experience points. Try to contract as early as possible and stay on top of it, so that you're not having to contract multiple classes on top of a capstone project. The capstone is set up to be doable, but it's difficult. It is challenging—as it should be. This is the last big push that showcases all that you've done in Honors. You can't procrastinate. Talk to the Honors College staff. Let us know when situations changed; if you've changed your major, if your graduation date has changed, if something in your life has changed, keep us informed so that we can provide you with the best support to help you succeed."

Where can you find her?

You can email her at makenzie.whitener@uta.edu, and you can go see her in College Hall, suite 100.

HALLOWEEN

with Honors

PUMPKIN PAINTING

On the College Hall Deck, a pumpkin painting event was held, providing Honors students with choices about painting their own pumpkins (real, fake, or paper). Delicious festive cookies were displayed, as well as refreshing pink lemonade, leading to the perfect atmosphere for the creative minds of the Honors College to flourish, and flourish they did. Dozens of Honors students participated in the event, creating various forms of pumpkins: silly, intricately decorated, or even spooky. The event was a perfect hub of creativity!



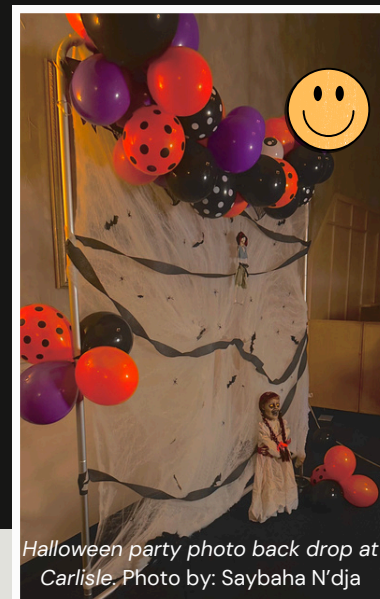
ALL HALLOWS' EVE

Halloween at the Honors College proved to be an entertaining season, embodying the festive and innovative spirit of UTA. These events helped create a space for students to relax, interact, and just simply celebrate with enjoyment.

In following years, the Honors College can be expected to create even more amusing events. Join us next time to celebrate Hallows' Eve!

INVENTIVE & AMUSING

UTA has served as a fantastic campus for holidays, with a variety of activities to make sure no one has to celebrate alone. Specifically, the Honors College offers a range of holiday-themed events to bring its community together. For Halloween, the Honors College presented a range of activities catering to all tastes; from lively parties to engaging games and pumpkin painting.



Halloween party photo back drop at Carlisle. Photo by: Saybaha N'dja



Truck or treat! Photo by: Nashib Budhathoki



Face paint table with beautiful decorations!



Honors scholars Gwyneth Holdsworth and Mia Siler dressed up for the Halloween party.
Photo by: Saybaha N'dja



Shruthi Ranjithkumar and Tanner Nunn at the Halloween Party

🎉PARTY AT CARLISLE🎉

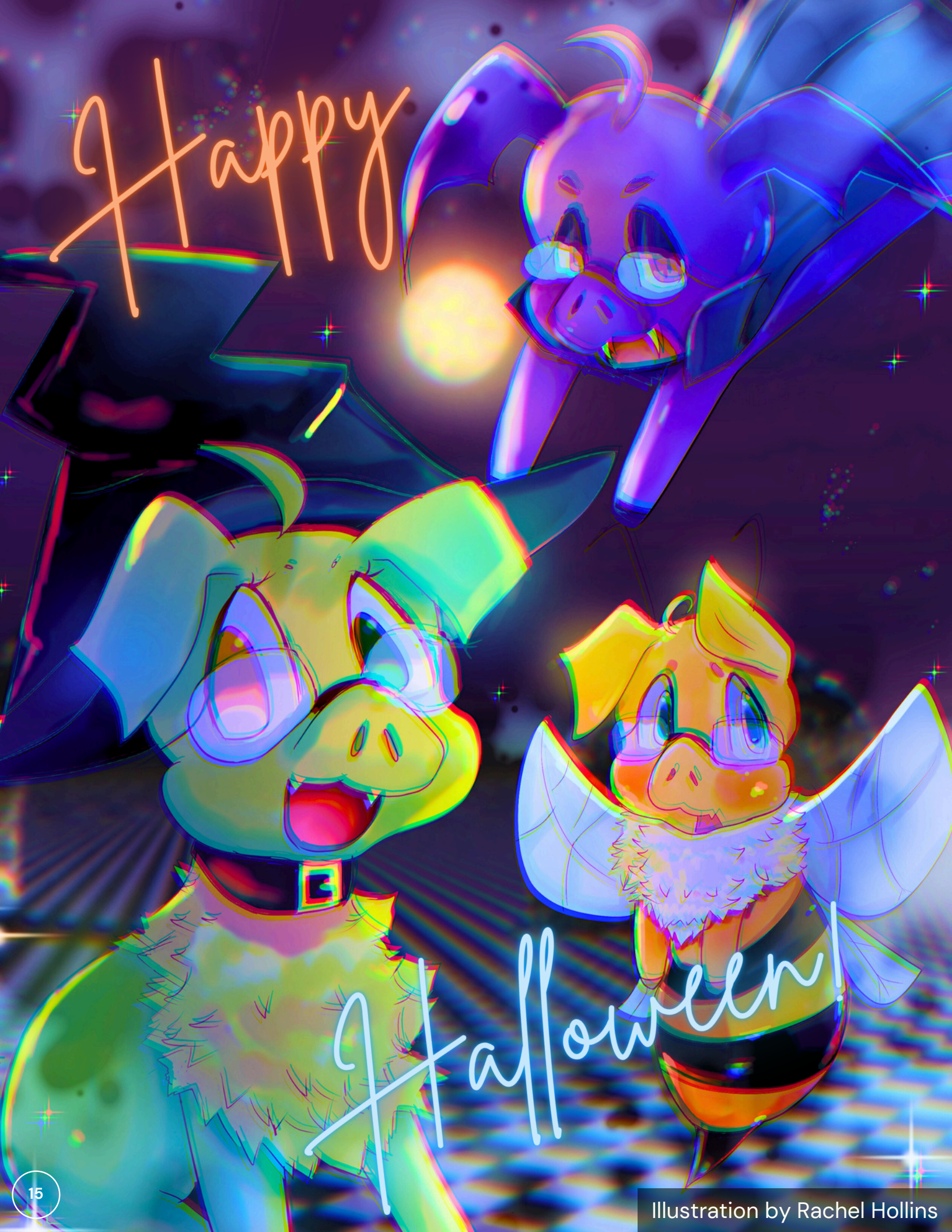
In the Carlisle Suite, located in the University Center, the Honors College hosted a Halloween party packed full of events to keep guests entertained. A variety of board games could be played, which instilled collaboration and competition; there was a cooking decoration station to allow students to let their minds wander, and a face painting station that let guests get into the spirit of Halloween.

As the party progressed, a fun trivia game was hosted, testing the students' knowledge of Halloween-related topics. In addition to celebrating the holiday, the party provided a wonderful chance to make new friends and/or acquaintances.



One of the most beautiful costumes!
Photo by: Saybaha N'dja





HIDING FROM HOMEWORK

In All the Right Places

There are few things more synonymous with college life than studying. To study well, most students have a specific place, especially on campus, where they prefer to study. Having spoken to a few Honors students about their study habits, the most common study spots mentioned were their home or dorm room, the common areas there, Brazos Park, and the UTA Central Library— which has certainly become known as the go-to study spot on campus for many students over the years. UTA recently made efforts to change the hours of operation for the Central Library on campus. It is safe to say that there were some mixed reviews. A subgroup of students signed petitions and held a small protest to contest the change in hours. For many, the library is not just a study space

or a place to sit; it also houses valuable resources students may not be able to access elsewhere. The library is still open most of the day, from 7 a.m. to 2 a.m. on weekdays and from 9 a.m. to midnight on weekends, as reported by The Shorthorn.

For more questions about the changes that took place, please check out the FAQ page provided by UTA's Library. Of the students I spoke to, several said that the change in the library's hours does affect their study habits. Students also emphasized how helpful the library space is during finals and shared that the decision can certainly be frustrating for those who prefer or need to study late at night and no longer have a reliable space with internet to do so. The changes being made on campus are certainly being felt by students in the Honors College.



Photography by: V Lake

The breezeway of Trimble Hall was opened in response to student feedback. While this may have appeased some, other students voiced valid concerns about the space not having the same services the library does and that it was not designed for this purpose. Although, one benefit of being an Honors student is that we have our very own study space, the CAB! The CAB, the nickname for the Carolyn A. Barros Reading Room, has become study central for the students of the Honors College. The Honors College has built a community that allows students to come into this space, study in peace, or work with other students. Now, while our CAB may not have all of the services the library does, it still has printing capabilities, and you can always find a seat— you can't say the same for the library. The CAB itself is not open as late as the library, but I find it a much more peaceful space to use between classes. Of course, nothing is stopping students from using the deck of College Hall after the CAB is closed.



Location: UTA Library

Photography by: V Lake



Location: UTA Library. UTA Study Spaces

The space directly in front of the library can be a great spot to study as it has green spaces, outlets, and often good Wi-Fi. Many of the buildings on campus have student lounges or spaces you can use. I often find the best place to study is at home, away from distractions, but campus is the only option for some. So, find the spaces you like and get comfortable in them. This campus is home to all of us, and in the words of a great man: "Life moves pretty fast. If you don't stop and look around once in a while, you could miss it."

As we begin to approach finals season, take note of the places where you study. One tip is to explore campus and discover new spaces—there are plenty of interesting spots around us.

I like to take some time every now and then to check out a part of campus I have never

“

Life moves pretty fast. If you don't stop and look around once in a while, you could miss it.

— Ferris Bueller ”

ACADEMIC STRATEGIES

As goal-driven students, a common trait that unites us is our eagerness to learn and our relentless drive to explore and excel to the best of our abilities, but in the process, we often forget to take care of our health. On top of the desire to excel academically, Honors students are also required to contract classes, which causes additional stress. Balancing both a heavy workload and maintaining good academic standing can sometimes lead to sacrificing valuable sleep to finish assignments with impending deadlines.



Experts suggest that humans should get an average of eight hours of sleep daily to replenish lost energy and prepare for upcoming demands. Without proper rest and energy, our work becomes less appealing, and we risk burnout that can derail our plans and productivity. The heavy responsibilities that come with our natural leadership abilities can sometimes sidetrack us. We may unintentionally skip

meals or be too exhausted to recognize our body's needs. Below, we delve into common stress-relief methods employed by our fellow Honors students, examine external factors that contribute to our anxiousness, and share personal suggestions on how to combat stress and prepare ourselves for the upcoming exam season.

Stress can arise from various external and internal influences related to our body's usual state and the environment around us. A commonly observed scenario among Honors students is their high level of involvement and activity on campus. Fulfilling duties within different positions and tasks requires considerable time and dedication. Interestingly, in interview sessions and casual conversations with other Honors students, many revealed that extracurricular activities do not necessarily add to their stress. In fact, these events often help alleviate stress. Participating in what we truly enjoy and engaging with like-minded peers, as well as individuals who



Photo: UTA Events Calendar.
Event: Global Ground Every Thursday

broaden our interests and understanding, can be a source of relief. Having a good social circle is also a helpful stress-relieving strategy. Positive human interaction pushes our body to release certain hormones, such as serotonin, to regulate our mood and improve our mental health. Past studies further indicate that humans are social creatures, and meaningful interactions combined with positive connections with peers trigger the release of hormones that reduce stress levels, promoting feelings of comfort and a sense of belonging, especially in a overwhelming, bustling campus environment like the one at UTA. Good time management skills, combined with a self-regulated sense of discipline, are crucial for academic success and overall well-being. Being organized and effectively utilizing time for different activities creates a structured outline for our academic journey and prepares us for upcoming responsibilities.



Time management is also essential for maintaining a healthy and productive schedule. Photo: Canva

Time management is also essential for maintaining a healthy and productive schedule. A common problem among students is procrastination, where assignments are not done until the last minute.

While this approach might seem effective at forcing discipline under pressure, it often leads to fluctuating stress levels. Our bodies release hormones that make us biologically active in response to stress, but this is beneficial only in the short term.



Developing a sense of judgment about whether a task is worth pursuing and completing it within a set timeframe can help reduce academic stress. Photo: Canva

Prolonged exposure to high stress can hinder our performance and negatively impact our health. Developing a sense of judgment about whether a task is worth pursuing and completing it within a set timeframe can help reduce academic stress. This way, we can avoid the harmful effects of chronic stress and instead find opportunities to engage in enjoyable activities. Pursuing hobbies or comfort activities and dedicating time to ourselves can significantly lower stress levels. Although it may be challenging to take breaks during intense academic periods, these moments are vital for our mental health. Simple practices like using breathing techniques to calm down or taking a short walk to release endorphins can be incredibly beneficial.

In conversations with fellow Honors students, one stress-relief method that stood out was crying. This technique is employed by setting a specific timeframe for a crying session. When the timer ends, students stop crying and immediately return to their tasks. Crying, as research shows, activates the parasympathetic system, which has a calming effect on the body. Like exercising, crying triggers the release of endorphins, which elevate mood and boost our of well-being. Sometimes, letting emotions out helps us refresh our minds and make room for new, positive ideas. During one of these conversations, the author asked an interviewee what they usually do after a crying session. The interviewee responded, "I have to lock in basically. Sometimes I don't really have a choice. I try to do work that I truly love on top of the work that I don't, which is sometimes really hard to do." A common observation among Honors students is that they hold their work, achievements, and academics as sources of pride.

So, despite hardships, they consistently push themselves to master even the tasks they dislike and successfully fulfill their responsibilities. Utilizing campus resources and having a general awareness of what is available and helpful for our specific circumstances is crucial to managing stress effectively. Various exercise activities, both individual and group-based, are offered at the Maverick Activity Center, commonly known as the MAC, either for no cost or at a very reasonable rate for students. Exercising is not only beneficial for our overall health and helps us maintain a healthy physique, but it is also highly effective in managing stress levels and reducing stress hormones. Another valuable resource offered to students is the Counseling and Psychological Services (CAPS), which provides support for navigating and overcoming stress as well as other mental health-related concerns. Both the MAC and CAPS are dedicated to serving and equipping UTA students with the best possible services to ensure their well-being and future success.



MAVERICK ACTIVITIES CENTER

WHAT!? LIKE IT'S HARD?

A Guide to Study Methods with the Honors College

As we come to the end of an eventful semester, we lie in wait as the anticipation approaches: finals week. Deadlines rapidly approach as we fumble to add the finishing touches to our projects or start studying for cumulative exams. which begs the question: how do some of our students appear so nonchalant while the rest of us are one practice problem away from ripping our hair out? Moreover, how do they set aside that crushing feeling and begin their work in the first place?

Many students say using active recall techniques has been extremely beneficial. Making Quizlets or writing out flashcards has indeed been a lifesaver for many. Flashcards are also highly resourceful for spaced repetition, which involves reinforcing learning materials and recalling them at different intervals, ensuring long-term preservation. While making the flashcards themselves sounds tedious, typing away on the CAB deck, rejoining with nature while blessing yourself with the sound of birds chirping outside can indeed be elevating. Although the Honors Deck is remarkably serene, motivating yourself to start has proven itself a challenge to many students.

Procrastination is indeed the bane of every student's existence. Rooted in perfectionism, procrastination often makes us not attempt our tasks at all for fear of failure. It could range from simple tasks like doing the dishes to a crucial assignment.



Procrastination is indeed the bane of every student's existence. Photo: Canva

The Pomodoro technique has been a personal favorite of some of our Honors students to get started on their final projects. A myriad of timers with ambient sounds in the background indeed make writing an essay sound more appealing. Some of our honors students also prefer "study with me" YouTube videos, which hold them accountable for their work. Being organized is also a big study technique that requires constant practice and discipline for students to perfectly grasp and refine,



Photo: Ali, a doctor turned entrepreneur, and the world's most followed productivity expert.

With frequent self-regulation and a burning passion to ace this finale of each semester, setting small goals to study for each class, as well as chunking down challenging knowledge and foreign concepts, ensures that we can meet and complete our set deadlines. Furthermore, a well-regulated sleep schedule and proper health maintenance are also very important and beneficial for students in both the long and short run.

Make sure to nourish yourself enough and often, as well as to appreciate your efforts along the way. Moreover, making a game out of their classes has students tackling the course material, watching lectures, and writing essays. Taking the first step with multiple projects indeed takes weight off your shoulders. After all, Jodi Picoult did say, "You can always edit a bad page. You cannot edit a blank page."



THANK YOU!

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See you
next semester!



Illustration by Ariel Huang