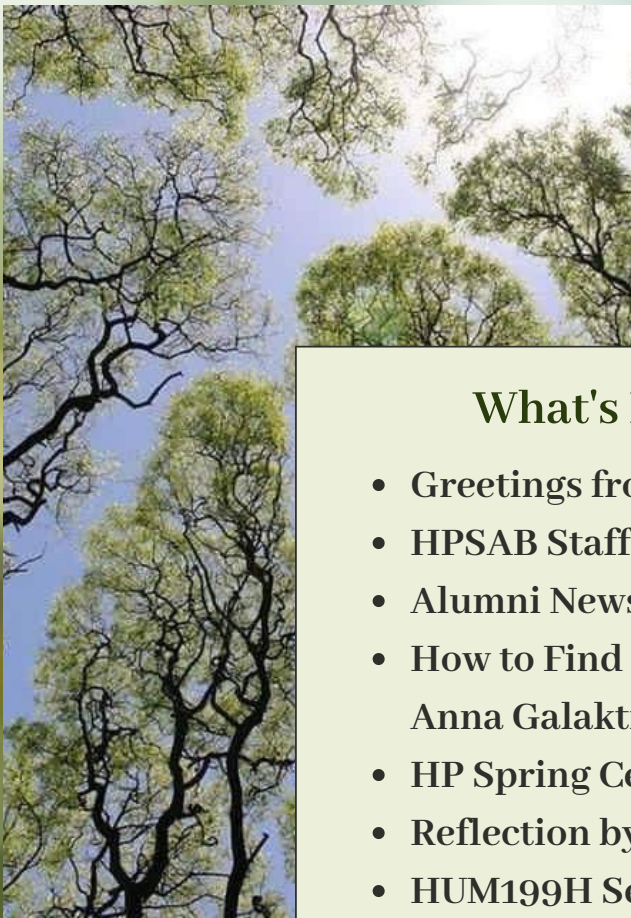


CREATING YOUR OWN

GROWTH

BARRY UNIVERSITY HONORS PROGRAM



What's In This Month's Issue:

- Greetings from Editors
- HPSAB Staff
- Alumni News with Tiffani Knowles
- How to Find an Outstanding Thesis Topic by Anna Galaktionov
- HP Spring Celebration & Appreciation
- Reflection by Ann-Stacey Dumornay
- HUM199H Service Learning Projects
- Beads of Growth: The Words to Perfection by Suzannah Young
- Upcoming Events
- Celebrating our HP '22 Graduates
- HP Buddy List & HPC-HP Mentoring List

GREETINGS FROM CO-EDITORS



ALYSSA DIAZ

Major - Communication & Media Studies

Hope everyone enjoyed their final moments of summer break and are having a great fall semester so far! Reflecting back, I've loved working on the newsletter team and growing as a individual. Can't wait to see what this upcoming fall season brings. Stay safe and keep pushing to the end! We only grow stronger together!

REBECA MIRANDA

Major- Music Education

I hope everyone had a great summer break, and was able to come back to campus rested and ready for what this Fall semester has in store for each of us. Last semester, many of us learned and grew through the challenges that presented themselves. As resilient Honors Program students, I know that we will continue to strive for greatness and success, no matter what life decides to throw our way. I encourage everyone to continue growing and learning throughout the course of this semester, never allowing stagnancy or fear to deter us from moving forward.





ALUMNI NEWS

INSIGHT ON TIFFANI KNOWLES

By Alyssa Diaz

Tiffani Knowles got accepted into the Honors Program in 2000 and been there until she decided to do her last semester at American University as an exchange student in 2003. She graduated with a Bachelor of Arts in Broadcast Communication and a minor in Journalism. She began her journalism career in 2000 with the Miami Herald. Knowles' advice to upcoming honors students is to participate in discussions. "When you have a diversity of thought within the classroom, especially when you like the brightest and the best minds like honors students, you want to hear their ideas and thoughts," Knowles says. This is actually why Knowles loved being a part of such a great program. Everyone comes from different backgrounds, cultures, and ways of life. "As a journalist, I thrive in very strong dialogue and conversations because I'm always asking questions. If you want to get the most out of the program, be involved. We learn from each other in the room," she explains.

Knowles loved being the program. She was able to complete a thesis at an undergraduate level that connected to her graduate work. Her thesis was called "Toward Justice in Education: The Application of The Multiple Intelligences Theory." This thesis was all about exploring how, depending on your intellectual strength, you would be able to become a well-rounded thinker. Therefore, she went to NYU to pursue her master's degree in Arts and Humanities Education. This allowed her to delve into the aspect of education and allow her to be a better learner.

After that, Knowles did some internships in New York at a production company, then started working in radio, doing VoiceOver jobs and more! Soon enough, she started her teaching career doing Communication Studies at The City University of New York. This then moved on to starting an online publication along with freelance writing.



After moving back to Miami in 2016, Knowles still had ambitions and goals for herself. She started her own business and began working on the public relations side, still freelancing. She then returned to her "Alma Mater," Barry U, to continue teaching in the Communication Department, and became the advisor to the award-winning school newspaper, The Buccaneer. In 2016, she also published a book with her father Livingstone Knowles called, "¡Hola America!" This book features a collection of journalist perspectives and stories on immigrants lives in the United States.

We can all see how Knowles is one to show what it takes to follow your dreams. Showcasing her many talents, we are all excited to see what else Knowles will bring to the table as she continues her career. She still has a lot of long terms goals, such as writing a follow-up book. So, whenever you walk through the Communication hallways at Barry, make sure to give Tiffani a hello!



HOW TO FIND AN OUTSTANDING THESIS TOPIC

By Anna Galaktionov

I bet all Honors students at Barry University at some point in their studies get stumped at that enormous roadblock: yes, the Senior Honors Thesis. One of the most difficult aspects of writing the thesis is primarily choosing a topic. As a graduating senior, I wish to give all Honors students these following tips on choosing an outstanding thesis topic and hope they help!

Choose a relatable topic:

I would highly suggest writing about something that relates to your major and studies. Since you are daily immersed in information that circulates around your major, why not use it to your advantage? You already have a grip on the whereabouts, the how-to's, and the nooks and crannies of your major, so don't venture off into some field you know little about. A hobby might seem attractive but isn't wise to write about.

Choose a unique topic:

Despite writing about something that relates to your major, find something unique within your major. Don't try to cover something that was already discussed extensively. You don't want your thesis to be a summary. Think of something that is rarely discussed within your field. Ask yourself...

1. Why is this particular topic rarely mentioned?
2. Is this topic important to my field or may it become important?
3. Do I have the capabilities and resources to explore this topic?
4. What communal benefits will this topic bring to my field if I research it?



Choose an interesting topic:

Don't pick something that will bore you. Keep in mind that you will need to commit to this topic for a few years, possibly even longer if you decide to continue to postgraduate education. Find something that sparks your interest, something you wonder about voluntarily, something that keeps your mind busy, something you think would be fun to explore.

Choose an attainable topic:

While trying to find a unique and interesting topic, refrain from choosing something that will overwhelm you. If the topic is too unique, you may have trouble finding resources for your literature review. You might also have disconnected with your thesis advisor if they are unaware of your topic. In addition, if your topic will require a great extent of legal passes, travel, or money, I wouldn't recommend diving into that. Keep it simple and achievable. You should feel successful when finished with your thesis, not stressed, or discouraged.

Choose a testable topic:

Make sure you can test and collect data on your topic. See if you can run a survey, conduct an experiment, or retrieve some statistics relating to your topic. Also, design your test in a way that proves some hypothesis you hold about your topic. Pointless numbers are a no-no. Your test should also be attainable as discussed earlier. If it will require extensive resources, cross it out and think of a simpler test.

These guidelines have helped me much with my thesis, and I hope they will be useful for you too!



HP SPRING 2022 *Celebration & Appreciation*



HP has a great team of
HP student volunteers!



HP Students with
faculty and staff



HP Students enjoying the
seniors' thesis
presentation



Dr. S highlighted the HP
students'
accomplishments



From L to R: Walter,
Brianna, and Dr. Foreman



From L to R: Drs.
Sirimangkala, Banaji,
and Romano



REFLECTION

By Ann-Stacey Dumornay

Class has been really interesting. I like that the topics have been more about real life issues and correlates with the book. One of the topics we've touched base on was how we create our own destinies. Author and Theosophist Gottfried de Purucker said "*You are the creator of yourself. What you make yourself to be now; you will be in the future. What you are now, is precisely what you have made yourself to be in the past. What you sow, you shall reap.*" This quote actually represents what Dr. S touched on when she said that we are always in control. It is our life and we need to do what's best for us.


We have the free will to choose and the decision we make in life will determine what is next for us. The way you act will influence the actions of those around you, as well as who you are as an individual and what you want from life. Equally important, the choices you make will have both positive and bad consequences for you. Your attitude to the decision will determine your fate, depending on the total outcome. Your destiny is your life, and as we all know, the process is incredibly repetitious.

Our fate is entirely in our own hands. Everything I've personally learned has come from my previous experiences. My values, and morality, for example, I wouldn't have learned these things if I didn't want to. Our future is ours to control, and we have the right to do so. We need to feel good about ourselves. Instead of being critical, we need to be constructive and learn from our mistakes. Leave our troubles behind and take control of what we believe is ours in life. Succeeding has a lot to do with our mindset. With the right mindset, and the correct knowledge, values, it can be achieved.

We also talked about how important nature is and how it is its own piece of artistry in its own way. In the book on page 84 we see one line that says "Tree saved your life." This is from Douglas's story and where his plane got hit by a missile. He yells and then smashes into a three-hundred-year-old banyan tree, which has "grown up just in time to break his fall." Branches slash him and tangle his parachute, leaving him 20 feet in the air. This scenario reminded me of a movie that I watched of a family that went on vacation and ended up on a tree to have their lives saved. They went to Thailand and a big tsunami hit and a big tree saved their lives due to the water being so high. This is a great example of "Tree saved your life."

We also talked about living with less and used Buddhism as an example of being free in a sense. Monks shave their heads and they do so to symbolize confusion, hostility, and attachment the "three deadly attitudes" as described by the Buddha. These three mental pollutants wreak havoc on our health and relationships. We become oblivious to the causes of happiness and suffering as a result of our confusion. Anger and hostility wreak havoc on our relationships, especially with those we care about the most.

Attachment attaches to people, things, places, and ideas in the erroneous belief that they will bring us happiness. By removing these three, we are able to eradicate the sources of our misery. It also allows us to focus our energy on building in our hearts equanimity, love, compassion, joy, and knowledge. (Chodron, 2017). I love this idea because society is too focused on the things that don't matter like materialistic things as opposed to focusing on the inner self.



SPRING HUM199H's BEST SERVICE LEARNING PROJECT MIAMI DIAPER BANK



Last spring, HUM 199H students initiated four different service-learning projects. The Miami Diaper Bank was chosen as the best Service-Learning project. The group members were: Isabella Tusa, Ann-Stacey Dumornay, Rebecca Mellor, and Alyssa Diaz.

The HP students teamed together with Miami Diaper Bank to not only raise awareness of infants and families in need, but also to collect contributions of diapers, wipes, and other supplies that could be of assistance. Around the Barry University campus, they put a few donation boxes. Along with packing diapers, they visited one of the Bank's South Florida warehouses to learn more about the everyday operations of the organization.

For more information or if you would like to donate, visit: www.miamidiaperbank.com

ANOTHER SERVICE LEARNING PROJECT

BARRY URBAN GARDEN (BUG)



Another group of students (Jennie Iudice, Nicole Lentz, Sky Benton, and Rebeca Miranda) chose the Barry Urban Garden (BUG) as their service-learning project. They chose this project because of factors such as accessibility and desire to care for the environment.

Students involved in this project participated in tasks including harvesting fruits and vegetables, watering plants, and pulling out weeds.

BEADS OF GROWTH: THE WORDS TO PERFECTION

By Suzannah Young



There are some things that we hear in our day-to-day lives that blow away like sand in the wind. People speak casually, everyday greetings and niceties – these words escape our mouths and pass through our ears as smoothly as air and with about just as much of an impact. These words are necessary for the present, but they are relatively meaningless to anything beyond the here and now.

But then there are words that leave us shaking in our stance. There are words that hold weight - they contain a lifetime of dread, a fleet of happiness, a wave of exhilaration, a spirit of hope, and a cloud of sadness. These words - strung together like beads on a necklace - rest around our necks and lie close to our hearts.

These are the words that we carry. They are defined by us, and us by them.

As single entities, these words are meaningless pieces of glass or plastic. They are beads characterized by various shapes and colors that define them either breathtakingly beautiful, unnotably plain, devastatingly hideous, or classically elegant. But whether they are unique or common, the aesthetic characteristics of these beads is made bereft of importance because of their forgotten place in the universe. They have been left to sit in drawers, suffocate in pockets, or reside covered with dust under twin sized beds. Like a single bead's immobilization in a hidden environment makes it unthought of and insignificant, a word holds no meaning without its subsequent environmental counterparts.

Thus, a bead is just bead when in its unforsaken surrounding that is absent of a chain able to bless it with significance.

In this same essence, a word is just a word when it is whispered, uttered, spoken, or shouted yet ultimately unheard in an empty air. But with other words, a single word can become a notable sentence and a lifechanging story.

Both words and beads hold little significance in their individuality. When strung together however, they form a carefully crafted necklace.

The beads of a necklace do not reside in the forgotten corner of the universe but have a home of dignity around your neck. Some of these necklaces are never ending strands of beads– they wrap around and around your neck and simultaneously choke and drown you at the same time. You wear this necklace like a chain locked to your body that is both inescapable and unforgettable.

Other times, these necklaces are short and subtle. They are characterized not by their lightness but by their presence. You carry this short strand of beads and are reminded of its existence in times of private reflection and public loneliness. The beads of this necklace lie on your chest, and you do not think of them consciously, but are reminded of them at moments on random. When you look in the mirror, when you scratch your neck – you are briefly forced to reminisce on their beauty, their weight, and their attachment to you.

If words are beads in a drawer, then stories are the necklaces that we carry with us.

And so, this is my necklace. It is not the overweight, mile long, wrap around necklace, nor is it the feather weight, simply elegant one. My necklace is long, and it is weighty. It has black beads and white beads and pink beads and shiny beads, and rusted beads and expensive beads and dulled beads worn with age. It has double-faced flashy beads that appear priceless despite having no value. It has large, ugly beads that stick out from every angle and are impossible to miss. It has small, gorgeously glistening beads that can only be seen by those who take the time to find them. My necklace is not heavy, nor is it light because it lacks the weight needed to pull me down, yet the airlessness that results in forget. My necklace is not short nor long because it is both too stalky and too lengthy.





BEADS OF GROWTH: THE WORDS TO PERFECTION CONTINUED

My necklace is imperfect. Its imperfection is the result of clashing forces that take the form of unmatched individual characteristics. This necklace shows a war between good and evil, ugly truths and beautiful falsities, external love and internal loathe.

I wear my necklace every day, and every day – ever, single, day - I feel it wrap the skin around my neck. Choking me, holding me, defining me.

But perhaps the most beautiful part about the necklace is that it is always the same yet somehow everchanging. As a person's adds new experiences to their lifetime portfolio – learns new information, listens to new ideas, meets new people, creates new memories – their necklace subsequently expands. Whether the memory be good or bad, it becomes another part of our necklace – thus, the necklace grows.

But the growing necklace does not just grow by chance. It grows because you grow. You have the potential to change yourself for the better or worse, and your necklace is a direct reflection of that growth.

This being said, despite its positive connotation, I believe that growth can be either positive or negative. Regarding the latter, new ideas can add ugly beads to a person's necklace that make it a cacophony to the eye and a pain to the neck. I have seen this happen to people whose career and financial success has added dazzling green beads of emerald and turquoise to their necklace. This string of success marked by vibrant greens is beautiful until it becomes interwoven with subtle yet eye-catching beads of brown that mark the growth of materialism and shallow pursuits. At first a benefactor, the (positive) benefits that come with the emerald addition can easily turn the rich and leafy forest into a desolate and barren wasteland where only isolation, selfishness, greed, and loneliness can grow.

So yes – 'negative growth' may be a somewhat harsh juxtaposition, but I believe it is one to be acknowledged fully so that it can be avoided deliberately. It is only through deliberate avoidance of negative growth that can lead to its direct opposite.

Because positive growth is what we all aspire to have, dream to achieve, relentlessly hunt, and endlessly seek. Positive growth is adding beads from the emerald city to the necklace whilst also adding pink beads of love, orange beads of charity, and yellow beads of open-mindedness. Positive growth is what adds beauty to a necklace without the burden of a hidden weight.

Like I said before, my necklace is imperfect in a perfect sort of way – as it will always be.

I know that the existence of this trait is permanent and unchangeable, but I also know that the way it appears is forever changing. I know my imperfections will always exist, but they will never grow. I know that complete perfection is non-existent and unattainable, but my intense attraction to the unattainable bucolic world has taken me on a lifelong journey of positive growth.

And so that is my growth. My growth is fueled by an inexplicable attraction to a mysterious, unreachable land that becomes more visible with every step I take. And every day, I collect beads for my necklace as I step closer and closer to that land. These beads are small and not easily found, and they are sometimes buried by their ugly counterparts. But I know that the road towards perfection becomes more beautiful by every step, and every step in the right direction is made possible by finding the beads of growth that mark the way.

So everyday I choose to grow by adding only the beads of beauty to my necklace. Despite tempting easiness that makes ugly beads so oddly attractive, the difficulty that often comes with attaining the beautiful bead is a choice that I will always take and an addition to my necklace that I will never regret.

Because my necklace will never stop growing because I have the power to make it grow. The beads I need lie on the path to perfection. They lie there waiting for me to find them – to give them a unified significance in a new home that is my body. They are waiting for me, but only I have the power to give their beauty a purpose.

All I have to do is choose growth.



UPCOMING EVENTS

2022



SEPT
29

Honors Program Student Orientation
Lavoie 113 - 4:00PM-5:00PM

Colorism in Hispanic and Latinx Communities
Lunch & Learn
Landon Events Room - 11:00 AM - 12:20 PM

OCT
4

OCT
19

Honors Program Pumpkin Carving
Time and Location : TBA

Founder's Day of Service
Landon Events Room - 8:30 AM - 1:30 PM

NOV
5

NOV
9

Honors Program Guest Lecture Series
Time and Location : TBA

Honors Program Field Trip
Time and Location : TBA

NOV
16

DEC
1

Honors Program Holiday Party
Time and Location : TBA

CELEBRATING OUR HP'22 GRADUATES



Congratulations to Brianna Lopez (English), Walter MacWaters (Philosophy and Political Science), Anaya Ruiz (Pre-Professional Biology), and Ignaci Forcano (Finance)! Remember to keep in touch!

BUDDY LIST & HPC-HP MENTORING LIST

HPSAB BUDDY: SHANIEYA HARRIS

- Kean Alado (NUR) - Mentor: Dr. Sirimangkala
- Sean Chin Loy (CS) - Mentor: Dr. Sirimangkala
- Emilyanne Eckardt (PSY) - Mentor: Dr. Sirimangkala
- Brooke Moeller (CHEM)- Mentor: Dr. Sirimangkala
- Virigina Rivas (BIO).- Mentor: Dr. Pottratz
- Rebecca Stevens (CLBI) Mentor: Dr. Sirimangkala

HPSAB BUDDY: MIA TUBBS

- Anthony Bennetti (FIN) – Mentor: Dr. Morrell
- Domenico Denaro (MGNT) – Mentor: Dr. Morrell
- Matthew Huembes (FIN) –Mentor: Dr. Morrell
- Andres Jaramillo (FIN) – Mentor: Dr. Morrell
- Cassandra Lee (ACC) – Mentor: Dr. Morrell
- Gavin Pomper (MGNT) – Mentor: Dr. Morrell
- Peekay Stoffle (MGNT) – Mentor: Dr. Morrell

HPSAB BUDDY: JENNIE IUDICE

- Jessica Bosch (BIOP) – Mentor: Dr. Alicea
- Ann-Stacey Dumornay (PSY) – Mentor: Dr. Alicea
- Sophia Jauquet (BIOT) – Mentor: Dr. Sirimangkala
- Dylan Rodriguez (PSY) – Mentor: Dr. Pottratz
- Denise Rosado (CRM) Mentor: Dr. Alicea
- Grace Steffan (CRM & BIOM) – Mentor: Dr. Sirimangkala
- Julene Urkidi (MATH) – Mentor: Dr. Alicea

HPSAB BUDDY: REBECA MIRANDA

- Tahlia Bankston (PHO) – Mentor: Dr. Sirimangkala
- William (Billy) Eich – Mentor: Dr. Sirimangkala
- Anna Galaktionov (MUS) – Mentor: Dr. Gonzalez
- Nicole Lentz (PHO) – Mentor: Dr. Pottratz
- Rebecka Mellor (EDU) – Mentor: Dr. Gonzalez
- Wilyn St-Armand (CIS) – Mentor: Dr. Pottratz

HPSAB BUDDY: ALYSSA DIAZ

- Sky Benton (CRM) – Mentor: Dr. Romano
- Daria Didenko (INT. BUS) – Mentor: Dr. Alicea
- Heaven Laster-Torres (BIOP) – Mentor: Dr. Sirimangkala
- Brendalis Puig (CMST) – Mentor: Dr. Pottratz
- Isabella Tusa (TDM) – Mentor: Dr. Byrne
- Suzannah Young (CMST) – Mentor: Dr. Pottratz



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Shanieya Harris
Chair

Major: Spanish
Specialization in Language &
Literature



Mia Tubbs
Secretary

Major: Spanish
Specialization in
Translation &
Interpretation



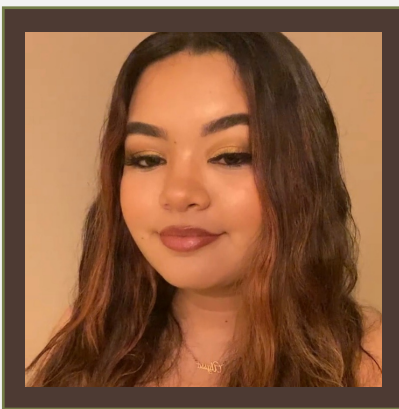
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Major: Music Education



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Major: Communication &
Media Studies



Grace Steffan
First-Year Liaison

Double Major: Biology and
Criminology
