PSP says goodbye to Mrs. Geiger

Jennifer Stenback
Cohort 12

As an incoming Provost’s Scholar, one of the most daunting tasks of the program seems to be mapping out a three year schedule as a USF freshman. Thankfully, the current Provost’s Scholars have been assigned to an academic advisor with the skills necessary to make this process feel easy and painless.

Mrs. Sharon Geiger, a USF alumnus, has worked at the University of South Florida for nearly thirty years. For twenty-two of those years, Mrs. Geiger worked at the USF Honors College as an academic advisor. As Dean Silverman can attest to, Mrs. Geiger was much more than an academic advisor for those first several years. She was instrumental in creating (continued on page 2)

A day with the Dean at USF St. Pete

Amanda Muench
Cohort 13

On January 22, 2014, Provost Scholars were invited to lunch with USF’s Dean of the Marine Science Department in St. Petersburg, Florida. This small group of students included Noelle, Kelly, and myself. Throughout the day we were introduced to numerous faculty and advisors who offered help and support for our growing interests in marine animal behavior and conservation. During (continued on page 3)
PSP says goodbye to Mrs. Geiger (continued)

the current structure of the Honors College and even invented the Honors graduation ceremony. With such a fundamental role at the Honors College, it seemed only natural for her to take the lead in bringing the Provost’s Scholars Program from vision to reality.

Mrs. Geiger organized the notification and eligibility process, the first to final semester course planning, and the advising of all three current cohorts. According to Dean Silverman, “There is nothing about that program administratively that she didn’t invent.”

For us Provost’s Scholars, Mrs. Geiger has always been immediately available and attentive to even the smallest “hiccups” in our three year plans. She always reassured us that “a spot in the class will open up,” “we can sort this out,” and “you will still graduate on time.” Naturally, a lot of behind the scenes work goes into fulfilling these promises, but Mrs. Geiger’s knowledge of the university system and her love for students always drove her work.

At the annual Provost’s Scholars Fall Dinner, Mrs. Geiger officially announced her retirement from the University of South Florida. For those of us who were lucky enough to have her as an advisor, we want her to know she will be missed.

In thinking back to his start with the Honors College, Dean Silverman remarked, “There’s no way I could’ve done what I did without her bailing me out and inventing so many fundamental pieces of the Honors College.”

Welcome to PSP Mrs. Sara Wray

Shelby Povtak
Cohort 13

The Provost’s Scholars Program gained a valuable asset this year in hiring Mrs. Sara Wray, a new academic advisor.

Mrs. Wray’s most valuable trait is her passion for helping students. She loves working with students from diverse backgrounds and interests and will certainly find that within the PSP. She sees her advisees as her children and she hopes that we will rely on her for support and help.

As an academic advisor in the Honors College, she serves the PSP’s advising needs as well as traditional Honors students in humanities and social sciences.

Behind the scenes, she is busy writing graduation checks, diagnosing problems with degree works, and certifying Honors graduation.

Before the Honors College, Mrs. Wray was an advisor in the English Department. She attended USF as an Honors student and received her B.A. in English literature, while shortly after starting work in a USF English Literature graduate program. Currently, she is working on her second Master’s degree in Library and Information Science. She

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the trip we were able to ask questions and find possible internships and research opportunities in the near future. One such opportunity was a tour of the Florida Fish and Wildlife Conservation Center and also the USGS. We cannot wait to learn more about this emerging field and to help future students acquire partnerships with our sister campus!

Welcome to PSP Mrs. Sara Wray (continued from page 2)

aspires to work towards her Doctorate eventually.

Mrs. Wray has an array of experience in the academic world. She has taught college level English all over the Southeast and has worked with medical students and graduate students from the University of South Carolina School of Medicine.

Not only does she bring years of experience to our team, she boasts a positive and helpful attitude that we can all benefit from.

She loves reading, visiting museums and historic sites, shopping for tacky antiques, cooking, and going to music concerts. Her most recent concert was the Avett Brothers.

One great way to get involved on campus

Michelle Hey
Cohort 13

For those of you interested Microbiology, Cell Biology, Molecular Biology, or the health sciences field, there is a club on campus perfect for you! The USF CMMB Club focuses on creating a network of students interested in these areas and works at getting involved in the local community as well as the scientific community. It gets better though, when you get involved with the CMMB club you also gain access to endless research internship opportunities, opportunities to meet with professors and experts in field, and volunteer opportunities.

We work hand in hand with the Cell and Molecular Biology Department on campus where we are able to attend seminars every Friday with guest speakers who are researching different areas in the field of science. Our speakers

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One great way to get involved on campus (continued from page 3) range from Ph.D. students as well as core CMMB faculty. Previously we have heard from Dr. Haun-Zing from the Department of Physics and Institute of Molecular Biophysics at FSU who spoke about “Protein Association in Dilute and Crowded Solutions” and “Alzheimer’s and disease-associate mitochondrial dysfunction.”

Coming up soon is the departmental picnic! On Saturday, March 22nd join us for great food and a chance to get to know CMMB students and faculty even better! Find us on Facebook and register with the club on Canvas (USF’s CMMB Club). Canvas and Facebook are the best ways to keep updated on all of our announcements, surveys, and events. As a Provost’s Scholar, I am taking the initiative to get involved on campus in a field I enjoy the most, and I intend on continuing with the club as part of my leadership. The first step is getting involved in a club that matches your interests and going from there. Good luck and I hope to see you at one of our next CMMB meetings on Wednesdays at 6:30 in room BSF 102!

Forget cramming! Study tips for midterms and finals

Zachary Lowie
Cohort 13

Being PSPs, we often find ourselves consumed with outside activities that take us away from studying for the most important exams of the term. In preparation for these I’ve come up with some full-proof tips that can be used next time you start to feel the pressure and stress that comes with exams.

First of all, it would help to enjoy the silence of a quiet place to study. Something that is often taken for granted is how effective it truly is to just sit alone somewhere and review for an upcoming test. This will help you stay uninterrupted and allow you to focus in on difficult subject matter in your classes.

Along with a quiet place, it is important to disconnect from social media. Cutting yourself off from meaningless distractions like Facebook, Pinterest, Twitter, and email will help you keep a clear mind and focus on the subject at hand. I know how easy it is to start scrolling through and looking at the “interesting” things friends are doing, but this really just takes away from what might be some much-needed study time.

Another huge part of studying some people tend to overlook is staying healthy. While studying, I often find myself snacking on junk food and making the ever-so-satisfying Starbucks runs. Both of these unhealthy methods do nothing but bring on poor habits for the future.

Additionally, it is important to make sure that you take breaks so you don’t overload yourself and lose track of the things you’ve studied. The important thing to remem- (continued on page 5)
Forget cramming! Study tips for midterms and finals (continued from page 4)

ber is that trying to study for twelve straight hours the night before the exam will do you no good. Make sure to study for an hour or two at a time and then take a break from what you’re doing to give yourself some time to process what you’ve been studying.

It’s the night before the exam and you still don’t think you’re prepared for the tidal wave of destruction that is sure to hit you in the morning. A helpful tip for this type of situation is to simply skim the material at your exposure. Make sure that you look over the headings, footnotes, syllabus, etc. to review rather than try and read the entire 300-page textbook in one night. All this does is waste time when you could be going back and focusing on more important subjects that are brought up across different reviews from your professor. Even though this is important, my key tip for everyone to remember is simply: don’t cram! This one seems kind of obvious, but don’t wait until the night before a midterm to start reviewing. If you study small sections of the material each day during the week before the exam you’ll take a lot of stress off of yourself, as well as ensuring that you actually process the information rather than just cram it in for the test. Each time exam week rolls around we all have our own styles to studying. The most important thing to remember is to just do as much as you can to review and your grade will reflect the effort you put in. Good luck to everybody on their exams!

Inside perspectives on interning as a first year at USF

Frank Cirillo

Cohort 13

Sometimes an opportunity presents itself at the oddest time but if you can recognize it, you never know what might get out of it. For me, when I got to USF I was very sure I wanted to do an internship during college but I didn’t know what route to take. Then I heard about the Tallahassee Internship Program (TIP) which is a twelve credit hour program where students spend part of spring semester at USF taking an accelerated class before going to Tallahassee for the legislative session from March to May to intern for a legislator or lobbying group. It seemed like a perfect fit considering the fact that I’m a Political Science major and I really wanted to see how the government worked in action first hand.

The only problem I had was that I was a PSP and I didn’t know if I could fit the program in with my accelerated schedule while still graduating on time. I also had a lot of specific questions about the program so in December I decided to drop

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by the office of Dr. Pynes who is the program director and just see if she could answer some of my questions.

To my surprise, after talking to Dr. Pynes who was more than willing to answer my questions, I found out that even though the deadline for this year's application had passed, the program still had an opening. Dr. Pynes encouraged me to apply that day and turn in the application so I could possibly come in for a formal interview a few days later if everything checked out on my application. In the shortest time I have ever completed any application, I had sent in my TIP forms and two days later received an email for an interview the following day.

Even though I was the youngest applicant, I proved I had what it took and was accepted into the TIP program for this spring. I have just begun on the first of the month interning for Senator Tom Lee and I couldn’t be more excited and humbled to have received such a great opportunity.

Some people might ask me why I am sacrificing my first of only three spring breaks, or why I am willing to work well over a 40-hour work week for an internship. The answer to me is simple. I probably will learn more about how government works from the two months I intern in Tallahassee, then any textbook or news outlet could ever tell me.

I don’t know what to expect from this internship but I think it’s fair to say that by the time it’s over I will definitely know if I want to make politics my career or not. I’m sure I will have good and bad experiences, but I’m still getting over the fact that I have a chance to make those experiences possible and I never would have thought stopping by someone’s office randomly would have been the thing to make it all happen. One last thing I forgot to mention, when I stopped by Dr. Pyne’s office it wasn’t even her scheduled office hours. You never know even if it seems like nothing could come of it, what just stopping by that random office could turn out to be.

Leslie Gibson
Cohort 13

As Provost’s Scholars, we want to fit everything possible into the three short years we are here at USF. We must seize the opportunities to be involved, progress our academic pursuits, and boost our resumes. As a Political Science major, I need to make myself competitive to the countless others hoping to work in Washington D.C. or with the government.

I heard about an internship with the Congressional Representative in Tampa last year and decided to apply, not expecting to be accepted without any prior political experience. After an interview in October, I was surprised to receive a

Leslie Gibson
Co-Managing Editor
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phone call informing me that I would be a Congressional intern in the Spring 2014 semester. Initially, I was anxious about falling short of intern expectations but I soon learned that the Congressional staff was more than willing to help me understand the casework and dynamics of the office. Now, every Monday and Friday, I wake up at 6:30am excited to put on that oh-so-fashionable pantsuit and go to the office. My internship has given me new insight into political careers that I could not have learned sitting in a classroom.

We encourage all of the PSPs, regardless of what year, to apply. Apply for scholarships, internships, jobs, and positions in organizations. Rejection is better than the ‘what if’. We were chosen to the Provost’s Scholars Program for a reason and our responsibility is to take initiative and be proactive by putting ourselves out there.

Keeping an eye on the prize

Kari Ann Piatt
Cohort 12

Most of us have been learning about the importance of setting goals for as long as we can remember. Since the days of elementary school, goal setting has been ingrained in our brains as a key to success.

My long term goal has always been graduate school. As graduation nears, I now realize that this is not so much of a long term goal, but about a half a dozen short term ones. How does one get into graduate school? How does one reach a goal? How does one get anywhere? They look at the direction they are headed, or think about all of the stops along the way. For me, some of my stops are very clear. The first is to raise my GPA and drop my psychology major to a minor, because it is not something I am passionate about and it does not help me to reach my goal. Having a higher GPA with my sociology major will ultimately better aid me to get into the Master of Social Work program that I desire. From this small goal, I will continue to move forward to my true goal.

Direction is a necessity that sometimes we all overlook. It only takes a moment to examine the steps along the way. So in the meantime, remember to know where you are going and enjoy the ride.
Consult Cristina

Cristina Andersen
Cohort 11

Cristina is a senior Provost’s Scholar. She is a Psychology major with two minors in Criminology and Applied Behavior Analysis. She enjoys giving advice to her friends and helping people who need it. She has been successful in taking full class loads every semester as well as working 10 or more hours per week and participating in events on or around campus. Feel free to ask her any questions you may have about the Provost’s Scholars Program or life in general. You may ask her questions by email: candersen@mail.usf.edu if you prefer for your name not to appear in the newsletter please let her know and your question will be asked and answered anonymously.

I decided to take this column in a different direction than usual. For this issue, I wanted to reach out to the senior PSPs and get their opinions on what were the biggest challenges and surprises that they faced coming into their final year. Second year PSP’s especially, listen up because here is some solid advice from your senior class.

There seems to be a major consensus that getting things done early is the key to surviving senior year.

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Consult Cristina (continued from page 8)

Overall, senior year CAN be stressful, however, if you begin to prepare now and stay on top of everything you have to do, you can eliminate some of that stress. Remember that there are plenty of resources available to help you out as well. There are GRE prep courses, the writing center to help with your resume or personal statements for graduate school applications, and the USF faculty who is eager to help students with research so do not be afraid to reach out. Take a breath, get organized, and get excited because it will be here before you know it!

USF gets cultured with the help of PSPs

Angela Banks
Cohort 13

Dr. Philip Bishop’s class, Honors Geo-Perspectives, is putting on their Fifth Annual Chinese Culture Festival. As with previous festivals, it is student-run in conjunction with The Confucius Institute. This year is situated to be the biggest festival yet and will be led by student Victoria Royal.

Ambassadors Destin Fleming, a Provost Scholar, and Sierra Cooper, a student of Dr. Bishop, worked extremely hard this year to make the festival part of USF Week, which is the equivalent of Homecoming Week in the spring semester. They presented to a committee of students and were able to reserve spots in the three ballrooms on Tuesday, April 8, marking the first time that the festival will be a part of USF Week.

Like previous years, the entertainment will be exclusively derived from Chinese culture. Previous entertainment has included acrobats, singers, musicians, and a dragon dance. Booths describing the Chinese Zodiac have also graced the festival, as well as demonstrations on the correct usage of Chopsticks.

Other booths have provided information on (continued on page 10)
USF gets cultured with the help of PSPs (continued from page 9)

the history of China or debunking common misconceptions of Chinese culture. As the budget and status each grow for the festival, so will the amount of partners. Fleming and Cooper are working tirelessly to ensure a partnership with Pan-Hellenic as well as the Chinese Culture and Language Club, a partner from previous years, and other organizations around campus including Student Government. Fleming and Cooper are working tirelessly to ensure a partnership with Pan-Hellenic as well as the Chinese Culture and Language Club, a partner from previous years, and other organizations around campus including Student Government. Fleming and Cooper are working tirelessly to ensure a partnership with Pan-Hellenic as well as the Chinese Culture and Language Club, a partner from previous years, and other organizations around campus including Student Government. Fleming and Cooper are working tirelessly to ensure a partnership with Pan-Hellenic as well as the Chinese Culture and Language Club, a partner from previous years, and other organizations around campus including Student Government. Fleming and Cooper are working tirelessly to ensure a partnership with Pan-Hellenic as well as the Chinese Culture and Language Club, a partner from previous years, and other organizations around campus including Student Government.

The advertising team is also working on a new logo that will stay with the festival from year to year, unlike the previous logos that have changed based on the Chinese Zodiac. They are looking to brand the festival to ensure its continued success and make it more recognizable. The fundraising team is raising funds through fundraisers held at Bull Market as well as in front of the library. They are making bracelets and key chains made of paracord to sell. They are also selling chips, drinks, and candy. The team hopes to raise enough money through these avenues to continue to improve all aspects of the festival.

The partnership with Fushia Chinese Bistro will continue this year as the festival will receive catering from them. The festival will also be getting Kalisia Tea for guests to taste. There are preparations being made for a tea party as well.

USF’s Fifth Annual Chinese Festival is slated to be the best festival to date and the students preparing it are excited to bridge the gap between Chinese and American society.