Scholars receive warm fall welcome

Zachary Lowie
Cohort 13

In the style of an annual tradition, new and returning Provost’s Scholars alike attended the “Welcome Back Breakfast” before classes began on August 22. Newly appointed Dean Charles Adams of the Honors College kicked off the event by introducing the members of the Honors College staff that are closely involved with the Provost’s Scholars. He shared that he is excited to see what kind of unique opportunities not only the incoming class is able to take advantage of, but those of which second and third year scholars are utilizing as well.

Next, Provost Ralph Wilcox continued with his welcome, which led to the cohorts getting the chance to individually introduce themselves to all in attendance. A second year, Noelle Helder from the 2013 Cohort, shared that Provost Wilcox was able to help get her involved with university research and be a part of a Marine Biology wildlife “tagging” team, a group of personnel that gets up close and personal with the ocean’s life to learn more about the environment. “This [experience] connects to my future career goals because I want to conduct research on the marine ecosystem so this was a good place to start,” says Noelle. Dr. Fogel and Ms. Wray next reminded scholars to make appointments with them as they are there to help and assist each and every student in becoming all we can be. They also noted that these

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Announcing the charter graduates of the Provost’s Scholar Program!

Jennifer Stenback and Shelby Povtak
Cohort 12 and Cohort 13

Beginning in the Fall of 2011, the Provost’s Scholars Program welcomed its first cohort of students into an academic initiative designed to mold competitive students and put them on a fast track to graduation. Last fall, the first Provost’s Scholar, Katherine Hall, finished her three year journey and crossed the stage at graduation. She paved the way for the rest of her cohort, and as the

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Looking for leadership?

Jennifer Stenback
Cohort 12

Considering everyone in PSP is required to get some leadership under their belt, the following upcoming events and concerns may be of interest to many!

First, all USF students and clubs need to make BullSync accounts. BullSync is the new campus involvement system, basically Facebook for clubs. The deadline for student clubs to be active on BullSync is Sept 26th. There is a five-week promo going on now for clubs with weekly action items and incentives. To make an account, go to usf.edu/bullsync. Students will be able to search potential orgs to join, request to join, and see the USF calendar items.

Also, new students who need help finding where they can get involved on campus are encouraged to stop by the Center for Student Involvement in MSC 3302. Leaders of the Herd are available for Involvement Consultations where we will sit down and help students one-on-one find their areas of interest on campus and navigate the new system. I actually have office hours Mondays 11AM-2PM, if anyone wants a PSP to provide assistance.

Looking to get more involved in PSP? Hint: the answer is yes!

Below are a few exciting events to consider attending. As always, remember to stay on the lookout for notifications from Dr. Fogel as well as our social chair committee for upcoming and important dates! And most importantly… RSVP every time!

• Wednesday, September 17: attend a graduate school information session in ALN 252 from 5PM-7PM!

• Thursday, September 18: meet with fellow PSPs at the ALN building at 7PM and walk over to the USF Soccer Game together!

Remember to be on the lookout soon for a fall dinner invitation with the Provost!
Caitlin Dumke
Cohort 12

My name is Caitlin Dumke and I will be taking over Cristina's advice column and turning it into Consult Caitlin! I am a third-year Provost's scholar preparing for graduation this coming May. I take a full class load every semester and work around 20 hours a week at Jonathan's Deli and Coffee, a small cafe in the basement of Moffitt Cancer Center here on campus. My major is Communication with a minor in Women and Gender Studies and I am in the process of applying to graduate schools to pursue my passion for issues in the Women and Gender Studies field.

I want to continue in Cristina's footsteps with this column and encourage you to ask any questions you may have concerning the Provost's Scholars Program or life in general. You may contact me with these questions at cdumke@mail.usf.edu. If you prefer to remain nameless in the newsletter, please let me know and I will address your question anonymously.

One question that I know was a big concern for me during my first two years was, "How do I balance work and fun?!" I felt as though I didn't have any time for myself. Life revolved around classes and research and work and preparing for grad school; I would simply tell people that I had no time to relax or have fun. That's when I realized it started to take a huge toll on my academic life. The biggest lesson I learned was that in order to continue to do well in school, you have to be happy with yourself. Taking a little bit of time to read that book that you wanted to read, or watching a movie with a friend, or going and grabbing sushi ... these little things will keep you sane. The drive of each student within the Provost's Scholar Program has always been astonishing to me and many of us are on our way to accomplish big things, but we can't forget about ourselves along the way.
2014 spring semester drew to a close, many more Provost’s Scholars excitedly prepared for graduation.

Kris Dumke is one of the Provost’s Scholars who graduated in the Spring of 2014 with a degree in Marketing. The highlight of his program experience was studying abroad in the Dominican Republic. He recalls that while in the program he served as a creative consultant for the AMA (American Marketing Association). He also completed a research project involving investments in Florida crops. He is grateful for the network of people he met through the PSP who have the same drive for success. To Kris, Honors College advising and early registrations were the most helpful part of the program.

For Kris and all of the program’s students, graduation is the culmination of a rigorous three-year journey. They have completed their major coursework with a limited amount of time, conducted research, held leadership positions, participated in an abroad experience, and involved themselves in the community. Through their input, the structure of the Provost’s Scholars Program has evolved into one which connects each cohort together and fosters student leadership through program planning and peer mentoring.

We are proud of all the Provost Scholars, who will soon be alumni; they have shown that graduating in three years while earning the full college experience is beyond possible. For the younger cohorts, this group of graduates serves as a tangible example of the goals we are all working towards, and their post-graduation plans are evidence of bright futures, which can be seen below.

<table>
<thead>
<tr>
<th>Name</th>
<th>Plan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cristina Andersen</td>
<td>Pursuing a Master’s in Applied Behavior Analysis at USF in Fall of 2014</td>
</tr>
<tr>
<td>Anson Angail</td>
<td>Offer of employment with the Deloitte Firm</td>
</tr>
<tr>
<td>Stephanie Baker</td>
<td>Pursuing a Master’s in Applied Behavioral Analysis at USF or Ball State University. Will continue working for ABA Solutions, INC. as a behavior assistant and accept cases independently after BCaBA certified.</td>
</tr>
<tr>
<td>Jessica Benette</td>
<td>Seeking employment in a hospital as a Registered Nurse.</td>
</tr>
<tr>
<td>Savannah Dalrymple</td>
<td>Attending USF’s Cognition, Neuroscience, and Social Psychology program to ultimately earn her Ph.D.</td>
</tr>
<tr>
<td>Kristopher Dumke</td>
<td>Seeking employment and continuing to work with family on the Blues Berry Farm.</td>
</tr>
<tr>
<td>Katherine Hall</td>
<td>Attending Columbia University’s School of Social Work for a Master’s Degree.</td>
</tr>
<tr>
<td>Allison Izzo</td>
<td>Attending the University of Florida’s Screenwriting program for a Master’s of Fine Arts.</td>
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</tbody>
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Announcing the charter graduates of the Provost’s Scholar Program! (continued from page 4)

<table>
<thead>
<tr>
<th>Name</th>
<th>Future Plans</th>
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</thead>
<tbody>
<tr>
<td>Stormy Knight</td>
<td>Continuing at USF in the College of Education to pursue a Master’s in Student Affairs</td>
</tr>
<tr>
<td>Sean McNulty</td>
<td>Working at ByDesign Technologies and later returning to USF to pursue a Master’s of Accountancy degree.</td>
</tr>
<tr>
<td>Melanie Midkiff</td>
<td>Obtaining the BLS certification and become a Mental Health Technician, eventually applying to Clinical Psychology Ph.D programs.</td>
</tr>
<tr>
<td>Brianna Paulus</td>
<td>Accepted a fall audit internship and will return Spring of 2015 to the USF Master’s of Accountancy Program.</td>
</tr>
<tr>
<td>Karen Reddick</td>
<td>Attending the USF Master’s Program for Speech-Language Pathology.</td>
</tr>
<tr>
<td>Rachel Taylor</td>
<td>Preparing to take the LSAT in hopes of attending law school in the near future.</td>
</tr>
<tr>
<td>Marissa Voors</td>
<td>Attending the USF Master’s Program for Speech-Language Pathology.</td>
</tr>
<tr>
<td>Jordin Vorisek</td>
<td>Considering many options.</td>
</tr>
</tbody>
</table>

Global experiences in perspective

Genna Elko

Cohort 12

Last spring, I was faced with a dilemma. I had plans to graduate in December, but I had not studied abroad yet. My plans for the summer were dashed when all the programs I had been counting on either cancelled the year’s trip or ended registration by the time I got to it. It was looking as though I would have to participate in a program that was not in my field and would not interest me just to get my global experience. It would have been too outside of my field, rather than a once in the lifetime opportunity that I had imagined.

Fortunately, before I made any commitments, Dr. Fogel made contact

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Keep appointments w/ Kari

Kari Ann Piatt
Cohort 12

Staying on track is the single most important responsibility we all bear as students in the Provost’s Scholar Program. Deviating from such an opportunity that manifests success and progress is a harmful action, yet it can be so easy for students to do.

Many of the world’s problems can be solved with or alleviated by measures of prevention. Fortunately for us, taking preventative measures in college can keep us on track!

When a PSP student is asked about a benefit of the PSP that they favor, a frequent response is the availability of staff members in the Honors College who genuinely are involved with us to promote nothing but our success. Not every student has access to such an avenue to success, which means we must take absolute advantage of these resources.

Meeting with the appropriate advisors ahead of time can be the best thing a student can do for their educational career. Especially at this time of year, it is important for us to touch base with Dr. Fogel or Ms. Wray at the beginning of the semester. Holding these meetings is critical to success as a PSP student because they keep us focused on our academic and personal goals.

Being prepared for these meetings is even more important! Consider keeping a checklist.

First, create a timeline of when goals need to be reached by and prioritize them by assigning deadlines. This creates accountability. Next, begin that checklist—what is next for your educational career? Do you need to conduct research? Have you left our beautiful campus for a foreign country and studied abroad yet? If you are in the Honors College, have you completed your thesis? Are you about to graduate this coming May, but you are still searching for a leadership opportunity?

All of these questions are integral to our success as PSP students. Remaining mindful of each challenge that we have accepted is the safest way to ensure a smooth road ahead for all.

Keeping these responsibilities on our minds is a great way to consider methods of accomplishing them as well. So help yourself, and help those who are helping you. Start that checklist!
As we all know, the Provost’s Scholars Program encourages us to make the most of our time at USF by getting involved with student organizations, making connections with students and professors, and taking advantage of the many study abroad opportunities that are offered. While I was excited to engage with my school and become an integral member of the various clubs I joined, I was most excited to take classes in a foreign country and become culturally immersed in something totally different than what we are accustomed to in the United States.

That is why, this fall semester, I chose to take classes at the International Studies Abroad Study Center in Meknes, Morocco. Studying abroad can seem like an impossible thing to do, perhaps especially for PSPs since we are on a fast track schedule, but I found the process to be much more accomplishable than anticipated. To make that process even easier for any of you PSPs who are thinking about studying abroad, I have highlighted some main points to consider.

First, you have to decide on the duration of your stay. You may want to spend a couple of weeks abroad in the summer, or you may want to spend a fall or spring semester outside of the USA. It all depends on what you personally wish to do.

Many PSP students study abroad in the summer so as not to interfere with valuable class time they need on campus in the fall and spring semesters in order to stay on track and graduate within three years.

After doing some research on my own and with the guidance of both my study abroad and major advisors, however, I found that it would be possible to spend an entire semester abroad and still progress as necessary with my fellow PSPs. You simply have to look at the dozens of posts on USF’s Education Abroad site to look at different programs and the classes they offer.

It is fairly simple to find a program, either USF sponsored or not, that fits your needs. For more help on looking in depth at programs, schedule an appointment with the school’s Education Abroad office and your advisor within your department. The Education Abroad advisors may even be able to work with you in creating your own study abroad program that is specific to your needs.

Throughout this process keep in touch with Mrs. Wray as well so she knows what you are planning.

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Once you have selected a program that suits you, it will be necessary to apply for the program both with whatever study abroad organization you wish to travel with (either USF or a third party) and with the Education Abroad office. It may or may not be necessary for you to get a course approval sheet filled out for your program. If it is necessary, you simply need to meet with advisors from whatever departments your classes abroad might be equivalent to. It is easy to send an email along with the course description to an advisor to see if you can in fact get credit. If the answer is yes, just schedule an appointment to meet with the advisor to get the signature and department stamp needed on the form. It will also be necessary to let financial aid services know you are studying abroad so that scholarship money and any student loans can be disbursed as needed. Make yourself aware of any deadlines that are accompanied with both the applications and with financial aid. Missing these deadlines can either hinder or completely prevent you from going on these trips, so make note of them and submit any documents or materials as soon as possible.

When all the paperwork is completed and you are getting ready for your trip, the first thing that should be done is to apply for a passport. If you already have one, make sure it is valid for six months after your departure from your trip. Depending on your length of stay you may also need to apply for a student visa. When it finally becomes time to pack for your trip, do some research on the weather in the area as well as any dress restrictions. For example, because I chose to study in a predominantly Muslim country, I was required to pack a lot of long pants and skirts, loose fitting shirts, and scarves so as to blend in with the people of Morocco.

Remember, when you study abroad, you are a guest in another country. It is easier for you to change your clothes than to expect the mindset and outlooks of an entire people to shift. So try to accommodate as best as you can to really immerse yourself in the culture where you have decided to stay. After all, as PSPs we want to have a global experience. What better way than to really try and adapt to another culture and see how they live?

Studying abroad is one of the many great opportunities given to us as both PSPs and students of USF. For more information, set up the necessary appointments early and discuss matters with advisors in order to continue on in the application process. I’ve heard that studying abroad alters your outlook on the world and changes you as a person. It forces you to grow in ways you wouldn’t have thought, and only having been abroad a couple of weeks I can attest to that. Anyone interested in this can contact me either through Facebook or my USF email.
Global experiences in perspective
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with me to tell me about a trip to Italy that would take place over the spring break. Thanks to her efforts, and the PSP program for giving me this opportunity in the first place, I was able to have a wonderful experience abroad in a field relevant to my work and interests.

The program, offered by the College of Community and Behavioral Sciences, focused on perspectives of the treatment of mental illness. A few students and I, led by our professor, Dr. Thompson, travelled to Florence to learn about the history and development of mental health facilities and treatments in Italy in comparison to that of the United States. The rooms were not the best, the language barrier was a bit weird, and the traffic was difficult to get used to, but overall, this is a trip I would recommend to anyone interested in mental health.

Our Italian guide was a hilarious man named Luca, whom I am still in touch with. He helped us get our bearings in Florence, showed us around, and lead us on some incredible trips. The one that stuck with me the most was our visit to an old asylum, which had been partially converted into an art gallery and a rehabilitation center. There, we learned about two worlds: the treatment of mental health in the past, and what it had evolved into in the present. It was breathtaking to look around and see how things used to be, and also a bit terrifying, as it wasn’t hard to imagine people behind the heavy duty doors and lying in the beds with restraints. It was even more incredible to see people who would have once been prisoners working happily in the rehabilitation center and proudly displaying their artwork where all could see and some would buy.

We also visited a small, nonprofit community home run by a few hard workers who loved their jobs and loved working with the people they were helping. Impoverished people looking for help to get back on the right track and overcome difficulties both mentally and financially would come to this home for a meal and a nap, just to have somewhere sheltered to stay for a few hours. If they wanted it, they could go to the workers for help and guidance. The man we spoke to did not speak much English, but even so, the passion for his work and helping others rang loud and clear as he described the purpose of the home.

I won’t speak of our adventures around Florence and our trips to the countryside, nor our winery tour or my escapade around the outskirts of a small village (I totally wasn’t lost and definitely meant to wander around cluelessly for half an hour while everyone else bought cheese and took pictures). You’d have to experience these things yourself to truly understand just how amazing it all is. If you’re looking for a global experience to take on in the future, I would definitely recommend either the spring break or summer trips with USF in Italy.
appointments can be in relation to class schedules, study abroad questions, or even just to check in so they know how each student is doing. To set an appointment, please contact the Honors College at (813) 974-3087. As the event came to a close, the school year was just beginning. Listening to the places, people, and things that everyone has come in contact with served as a great example of just how diverse not only the program is with its students, but the university as a whole. Noelle’s unique experience serves as one of many products of the Provost’s Scholars Program and its success, even as a young program. All scholars look forward to taking advantage of opportunities and thriving in the face of challenges that may come their way.

Scholars receive warm fall welcome (continued from page 1)

A young entrepreneur’s words of wisdom for Provost’s Scholars

Zachary Lowie
Cohort 12

In the words of Provost Wilcox, guest speaker Dez Williams from our last PSP dinner can best be described as a “fresh, new face” to the business world in the Tampa Bay Area.

Born in St. Louis in the 1980s where segregation was still prevalent, Williams “was lucky enough” to win a lottery that placed him into the most prestigious schools in his area.

He attended a military high school, where he was taught the discipline and skills he needed to join the Coast Guard.

After eight years of service, Williams realized his lifetime dream of becoming an environmental scientist. He took the first step to achieving his dream by working with Philip Morris USA. His work there was not environmentally focused, however it assisted him in shaping his business skills as a manager for the South Florida region of sales. Although this position started him down a promising career path, Williams could not stop thinking about environmental science and soon found a position with Arcadis US, where he consulted major companies like Lockheed Martin and Marathon Pipeline as an environmental remediation consultant.

Even though his passion followed him to this stage in his life, working with Arcadis US served as a catalyst for an important discovery.

“There are brilliant environmental scientists that come up with amazing ideas to help improve the Earth, but were not getting any credit due to their

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A young entrepreneur’s words of wisdom for Provost’s Scholars (continued from page 10)

employment with bigger companies,” he said.
Williams explained at the dinner that he realized his passion of living off of innovative ideas, and he soon enrolled in the entrepreneurship program at USF, which he graduated from this past spring with his Master’s Degree.
His first product, Aquamelon Water, launched in 2013 and is now featured in several national chains and even more local Tampa Bay businesses.
Dez Williams serves as an example that hard work and a strong work ethic can overcome life’s adversity and help us in accomplishing our dreams. Williams’ innovation with Aquamelon Water indicates his career’s bright future and shows that success can come from unexpected places, which he encouraged attendees to consider as they explore their own promising paths.