

HONORS DIGEST

YOUR BI-MONTHLY ROUND-UP OF HONORS EVENTS & INFO



TOPICS AT A GLANCE

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Have news to share?

Fill out the form to share your accomplishments and news to be featured on the Honors website!

[News Form](#)

UPCOMING DEADLINES

**Honors Study Abroad Award
Spring Application Cycle for Summer & Fall 24
Due: March 1, 2024 | 11:59pm**



Honors offers awards ranging from \$500-\$1500 for study abroad programs with preference going to Honors-designated programs. To review available programs and learn more, visit the [honors study abroad webpage](#). Keep an eye on your email for when the application portal is open.

**Honors Summer Research Awards
Due: March 20, 2024 | 11:59pm**



Honors will award summer research fellowships to Honors students in the amount of \$3500 for research or creative projects to be carried out June-August 2024. Keep an eye on your email for application details.

Two information sessions will be held to discuss the research awards in the Honors Suite, February 27 at 2pm and February 28 at 12pm. Interested students are welcome to reach out to Dr. Zurcher anytime to discuss a project, but attending an info session is strongly encouraged.

UPCOMING EVENTS

Whole Person Wellness Program

A Research Study of A Student Wellness Program

Do you want to learn ways to find greater balance in your life?

To feel less stressed, be kinder to yourself, and experience more gratitude?

Join us on a 6-week wellness journey!

- **Who?** Marquette University Students
- **What?** Wellness Program (Relaxation, Yoga, Self-Compassion/Gratitude, and more!)
- **When?** Fridays 2:00-3:00 p.m.
- **Where?** Alumni Memorial Union, Room 407
- **How?** Email wholepersonwellness@marquette.edu with the subject line "interested in student wellness" and include your name and preferred contact number in the body of the email. A brief phone screener is needed before we can enroll you.



Honors in Psychology Information Session

February 22, 2024 | 4:30 – 5:30 pm | Cramer Hall 038

Interested in joining the [disciplinary honors program in Psychology](#)? Join for an information session to learn more about the program and how to apply! If you have questions - email the program's director, Astrida Kaugars - astrida.kaugars@marquette.edu

Honors Research Awards Information Sessions

February 27, 2024 | 2:00 - 3:00 PM | Honors Suite

February 28, 2024 | 12:00 - 1:00 PM | Honors Suite

Join Dr. Zurcher to learn more about the Honors Research Awards and what is expected in the application. If you're interested in applying, but need help with defining your research project, definitely attend one of these info sessions!

HONORS TIP

"Take a nap in between classes - sleep is helpful!"

"It gets better. It just takes time."



Want to share a tip?
The Honors Tip Jar is located in the honors office, stop by anytime to leave a note in the jar!

ACADEMIC CALENDAR REMINDERS

VISIT THE MU ACADEMIC CALENDAR WEBPAGE FOR FULL DETAILS

Add/Swap/Drop Date

- January 24, 2023

Spring Break

- October 19-20, 2023

Easter Break

Withdrawal Deadline

- November 17, 2023

Final Exams

- December 11-16, 2023

Summer Break

- December 17, 2023 - January 15, 2024



HONORS STUDENT SPOTLIGHT

REBECCA ODEH
GOOD VIBES CLUB

“The good vibes club is a mental health apparel company and a "club" of mental health advocates. I have experienced almost losing people close to me because of their silent mental health battle. I started Good Vibes Club to provide an affordable way to show those struggling in silence that there are people that care. Wearing Good Vibes Club apparel provides a non-spoken allyship for those struggling internally.”

Hoodies & crewnecks are available in blue and white for \$38/each. To purchase, visit the [student-made website](#) or send a message on Instagram. Join in spreading good vibes and awareness!



@goodvibesclubco

PRESTIGIOUS FELLOWSHIPS - UPCOMING DEADLINES

Fulbright Summer UK Institutes

Due: February 1, 2024

Summer study abroad opportunity for first and second-year students. Open to all majors. 8 different program options at various UK institutions. Preference for students with limited or no travel experience outside U.S.

Douglass-O'Connell Global Internship Program

Due: February 1, 2024

If you are a current undergrad first-year, sophomore, or junior with a minimum 3.0 GPA and are looking for a fantastic international internship experience, check out the Douglass-O'Connell Global Internship.

America Indian Foundation Banyan Impact Fellowship

Due: February 20, 2024

Fully funded 10-month service-leadership program in India. For post-graduate students committed to social impact, leadership, and global development.

Udall Scholarship

Due: March 6

Students who are studying Environmental Science or Native American Tribal Policy, Health, and Public Service.

Gilman Scholarship

Due: March 7, 2024

Study abroad funding for pell-eligible students.

Samvid Scholars

Due: April 7, 2024

A merit-based graduate scholarship program whose purpose is to empower mission-driven graduate students, with exceptional track records of impact, to drive transformative change for society through leadership development, community, and financial support. The Samvid Scholars program supports up to \$50,000 per year for two years of graduate study.

For more information about a fellowship opportunity, visit the [Prestigious Fellowships webpage](#)
or
contact Karalee Surface at karalee.surface@marquette.edu or mu-fellowships@marquette.edu