

CSU STANISLAUS  
HONORS CAPSTONE CONFERENCE



*John Rogers Faculty Development Center*

*Friday May 6, 2016*

*11:30-5:00pm*

*University Honors Program*

*California State University Stanislaus*

*One University Circle, Turlock CA 95382*

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## *Acknowledgements*

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**The following faculty taught in the Honors Program this year:** *Therese Lunt (Theatre Arts), Arnold Webb (English), Ellen Bell (Anthropology), Sari Miller-Antonio (Anthropology), Fela Uhuru (Ethnic Studies), Joseph Carranza (Communications), Bao Lo (Ethnic Studies), Jeffrey Frost (Anthropology), Kanwaljit Dulai (Biological Sciences), Ian Albright (Philosophy), Andy Dorsey (English), Katrina Weber (English), Tyffani Upton-Benton (Communication Studies), Shea Mester (English), Tim Held (Library), Daniel Horvath (Communication Studies), Chris Nagel (Philosophy), Tom Carter (Computer Science), Jennifer Ringberg (Anthropology), Richard Randall (Political Science), Jim Tuedio (Philosophy), and Michael Tumolo (Communication Studies).*

***Seniors in the Honors Program** are encouraged to tackle complex problems using methods and knowledge drawn from relevant disciplines.*

*Honors Program faculty and research mentors offer critical feedback and guidance along the way. The main objective is for students to explore, gather and analyze information effectively, and to reflect on the implications of what they have discovered. Group discussions help to promote thoughtful questioning. The goal is to communicate knowledge, judgments, and original perspectives on the basis of careful inquiry, exploration and analysis.*

## *Featured Presentations* *in FDC 118*

- 11:30-12:00 Refreshments, poster review, conference welcome
- 1:00-1:30 **Capstone Research Poster Displays (Honors Juniors)**  
**Service Learning Poster Displays (Honors Sophomores)**
- 1:30-1:50 **Adalberto Sanchez** (Psychology): “Social Media and Intimate Relationships”  
**Faculty Mentor:** Dr. Rosanne Roy (Psychology)
- 1:50-2:10 **Josephine Hazelton** (Political Science): An Analysis of Factors Influencing Children’s Transportation to School  
**Faculty Mentor:** Dr. Gerard Wellman (Political Science)
- 2:10-2:30 **Jorge Meza Paggi** (Anthropology): The Plasticity of Bone: Understanding the Processes Behind Head Binding  
**Faculty mentor:** Dr. Sari Miller Antonio (Anthropology)
- 2:30-3:30 **Keynote Address: Alexis Boutin** ( Associate Professor of Anthropology and Coordinator of the Cultural Resources Management M.A. Program, Sonoma State University). *Stories from the Skeleton: Masculinity, Old Age, & Impairment in Ancient Bahrain*. Dr. Boutin’s lecture is co-sponsored by the Anthropology Club.
- 3:30-3:50 **Katie Giles** (Anthropology): The Corollary of Dichotomy: Exploring *Violencia Intrafamiliar*
- 3:50-4:10 **Joshua Boyd** (Cognitive Studies): Changes in Design Thinking
- 4:10-4:30 **Vikki Blansit** (Biology): Misconceptions About Stem Cell Research: The Need for Clarity through Education
- 5:15-5:30 Closing Remarks

## *Featured Presentations* *in FDC 103*

- 12:00-12:20 **Shelby Keefer** (Criminal Justice): Childhood Sexual Abuse: Are There Consequences for the Victim in Adulthood?  
**Faculty Mentor:** Dr. Ellen Bell (Anthropology)

- 12:20-12:40 **Kyle Segura** (Criminal Justice): Market Value and Unemployment: What's Up With the Rising Rates of Copper Theft in Stanislaus County?  
**Faculty Mentors:** Dr. Gregory Morris (Criminal Justice) and Dr. Ellen Bell (Anthropology)
- 12:40-1:00 **Hannah Green** (Spanish) Disparity in Discrimination: The Experience of Minority Women in the Workplace
- 1:30-1:50 **Paola Nieto Parra** (Business Administration): YouTube: The Business Model  
**Faculty Mentor:** Dr. Ellen Bell (Anthropology)
- 4:30-4:50 **Chuck Bradshaw** (Agricultural Studies): The Sustainability of Urban Agriculture  
**Faculty Mentors:** Dr. Oluwarotimi Odeh (Agricultural Studies)
- 4:50-5:10 **Amelia Do** (Psychology): Understanding the Impact of Psychological Distress and Job Satisfaction on the Academic Performance of College Students  
**Faculty Mentor:** Dr. Ross Avilla (Psychology)

## *Featured Presentations*

### *in FDC 114*

- 12:00-12:20 **Natalie Faria** (Psychology): Positive Psychology and Student Success: How Flow, Mindfulness and Hope are Related to Happiness, Relationships and GPA
- 12:20-12:40 **Eliza Matley** (Biological Sciences): Presenting the key to Learning: Comfort Corners  
**Mentor/Advisor:** Nancy Daley
- 12:40-1:00 **Jacquelyn Reece** (Social Sciences – Anthropology, Geography, Psychology): The Medium is the Message: Destination Image Formation  
**Faculty Mentor:** Dr. Ahmed Afzal (Anthropology)
- 4:30-4:50 **Natalie Dykzeul** ((Biological Sciences): Alzheimer's Disease and Hormone Replacement Therapy: Is there a Link in Women?  
**Faculty Mentor:** Dr. Dawn Strongin (Psychology)
- 4:50-5:10 **Malia Salas** (Psychology): "Understanding Anxiety"

*ABSTRACTS OF SENIOR CAPSTONE  
PRESENTATIONS*

**Positive Psychology and Student Success:  
How Flow, Mindfulness and Hope Relate to  
Happiness, Relationships and GPA**

Natalie Faria

The relatively new field of positive psychology has captured the interest of researchers and the public because of the potential benefits from its interventions. Continuously generating evidence that supports the advantages of positive psychology concepts is vital to the longstanding establishment of the field. Flow, hope, and mindfulness have been studied individually and have been found to be advantageous; however, these three concepts have yet to be comparatively researched in academic settings. Flow, hope, and mindfulness were measured to determine relationships to student success, which was defined for this study's purpose as happiness, GPA, and social relationships. The sample consisted of California State University, Stanislaus students. Data was obtained via self-reported responses to pre-established surveys developed to measure the key variables. Correlation, multiple regression, and mediation were tested between all variables. It was found that flow, mindfulness, and hope were positively correlated to happiness; however, hope mediated the relationships between both flow and mindfulness to happiness and accounted for over one-third of the variance in happiness. Additionally, it was found that flow and hope were positively correlated with social relationships; however, hope mediated the relationship between flow and social relationships. Lastly, it was found that GPA was not related to any variable. These results suggest that experiencing more hope may greatly benefit people. Future research could further investigate the role hope (and other similar concepts such as optimism and expectations) plays in people's lives. As compared to mindfulness and flow, researching and employing positive psychological interventions to increase hope would likely be the most advantageous. Potentially, these findings could be used for personal benefit as well as positively influencing others.

## **Childhood Sexual Abuse: Are There Consequences for the Victim in Adulthood?**

Shelby Keefer

In a contemporary society, individuals care very deeply about our future. This concern includes our children, whom we raise to become people who will eventually take care of us after they no longer need our care. Childhood sexual abuse continues to affect the lives of many children. According to the Centers for Disease Control, approximately 1 in 6 boys and 1 in 4 girls are sexually abused before the age of 18 ("National Sex Offender Facts and Statistics", n.d.). There has not been any study that I could find, conducted on links between incarceration and sexual abuse of children. By conducting a study that focuses on prison inmates, this study looks at the relationship between reasons a person was incarcerated and whether that person was sexually abused in childhood. The participants would consist of 100 prison inmates who are incarcerated for sex-related crimes, and 100 inmates who are incarcerated for drug-related crimes. Followed by individual face to face interviews to gather more information. This study can help to determine what the most likely outcome for child sexual abuse victims will be. The anticipated results of this study are those sexually abused children victims will attempt avoid the vulnerability of being a sexual abuse victim. As a result the child victim resorts to making someone else a victim, or subduing themselves to the involvement of drugs. We know that in our society, we cannot always be there to protect our children from the dangers of the real world, such as crime; yet there is hope that with proactive measures, childhood sexual abuse will decrease significantly over time.

### **Presenting the Key to Learning: Comfort Corners**

Eliza Matley

A child's environment can stabilize or destabilize their life. This in turn can significantly impact decisions in life and alter potential career paths. Children encounter affective stressors on a daily basis from a variety of different sources. These stressors vary in severity and potency of impact on a child's unfolding life. Whether experienced within the household or outside the child's home life, these negative factors can considerably impair the child's learning and developmental growth. Impacts involving sudden or frequent stress caused by household violence, general neglect or family financial insecurities can all be carried into the classroom environment, regardless of the child's intentions. This makes it physically difficult or impossible for the child to concentrate and learn during the school day. This disablement, which often leads to outbursts and bad behavior in school, can have a major negative consequence on affected children. Since they

are not reaching their full academic potential, future career paths, life choices and social interactions can be severely impacted. It can be very difficult to develop a feasible proposal for changing individual home lives in order to improve their learning capacity at school. However, actions can be taken within the school environment to help relieve these affective stressors. One promising approach to reducing these negative impacts on future development is the comfort corner. The availability of a comfort corner offers a potential preventative measure to reduce the need for discipline in a classroom setting. This approach would greatly differentiate from disciplinary corners of the past, such as the “dunce’s corner,” by providing an outlet for the child to regain a sense of control of their emotions and to refocus their attention on the present learning environment. My principle objective is to investigate whether the availability of a comfort corner for elementary students identified with troubled homes or pressing matters holds promise for lowering the rate of misconduct and violent outbursts, thereby enhancing the learning capabilities of students in the classroom setting.

## **Market Value and Unemployment: What’s Up with the Rising Rates of Copper Theft in Stanislaus County?**

Kyle Segura

In recent years, increases in copper theft and theft of other metals have been reported by local, state, and federal agencies around the world. According to the Stanislaus County Sheriff Department, copper theft is a growing problem for county businesses and residents. Utility companies and farmers are especially impacted by copper thefts due to their high reliance on the metal in infrastructure. For many years parties in the public and private sectors have theorized that the increase in copper thefts directly correlates with the rise in copper value. So far no actual investigations have been conducted on the matter for Stanislaus County or surrounding counties in the Central Valley. This study examines the extent to which a relationship exists between the rate of copper thefts and the value of copper in Stanislaus County. This study also examines the extent to which the rise in copper thefts is impacted by rising unemployment in the county. To obtain the information required to examine these potential connections, this study relates the average value per pound of copper for each year included in the study to the total number of copper thefts reported to the Stanislaus County Sheriff Department during the corresponding years. Yearly unemployment rates for Stanislaus County will be factored in and compared to the theft rates of copper for the corresponding years. This study is intended to motivate the hypothesis that a relationship exists between copper theft and copper value in Stanislaus County. As a result of this research, the question arises whether there is a knowledge deficit concerning copper theft when compared to the research of other commonly

stolen items. In particular, does current research concerning other stolen property adequately explain why copper thefts are increasing in Stanislaus County?

## **The Medium is the Message: Destination Image Formation**

Jacquelyne Reece

Due to the ever-increasing impact of globalization, it is imperative to understand the way humans perceive particular locations and how these perceptions are affected by various sources of information. The research conducted is a case study of California comprised of an in-depth analysis of three types of media and the impact of their content, including John Muir's writings on California, a Visit California television advertisement, and travel forums on Trip Advisor. This study has identified a distinct shift in the way humans seek out and understand various sources of information, including literature, video content on television and the internet, and written content on the internet. Travel motivation sheds light on driving forces behind human mobilization; the mediums through which information is shared can act as one of these driving forces. Travel and the spread of information impact decision-making and the understanding of cultures, people and humanity; an awareness of this allows a gateway for citizens to become more active, inquisitive and conscientious.

## **Disparity in Discrimination:**

### **The Experience of Minority Women in the Workplace**

Hannah Green

Cultural relations between majority and minority groups have always been a source of tension, and minority group treatment is often compared to majority group treatment in academic studies. Research comparing two minority groups is often left undone because many think that "who has it worse" battles tend be pointless. Therefore, research examining two different minority groups must be done in a way that does not try to argue that one minority is treated worse; rather, it must bring to light that each minority faces different aspects of discrimination, and that all problems that minorities experience cannot be treated with a "blanket cure" that has been successful for a single minority. By synthesizing previous studies and available data, this research was able to better highlight the experiences of the discrimination that Black and Latina women have in the workplace in the United States. Specifically, this research focused on sexual harassment of these women of color and community reaction to the harassment. While the study found that both groups of women are hyper-sexualized as minority members, the way that their respective communities react to such harassment is different and has implications on what needs to be addressed to mend the problem in each separate case.



## **Social Media and Intimate Relationships**

Adalberto Sanchez

The rapid development of technology has brought us new ways of communicating. One form that has become popular in the last decade has been social networking sites (SNS). Technology and SNS use among young adults has increased dramatically during recent years. A majority of studies that look at how young adults use SNS have found that individuals' primary use of SNS has been to maintain relationships. Some studies have also found that young adults are spending more time on SNSs. If young adults are spending more time on SNS, then we predict that face-to-face interactions in relationships decline. This research aims to examine the relationship between time spent on SNS and the quality of romantic intimate interactions. My results suggest that time spent on social networking sites does not affect intimacy in relationships. An unexpected finding was an inverse correlation. People who spent more time on SNS reported higher intimacy scores. Further research is needed to explore why this occurred in this sample. This research can help counselors understand the effect that SNS may bring to intimate relationships.

## **An Analysis of Factors Influencing Children's Transportation to School**

Josephine Hazelton

While private automobiles remain the primary mode of transportation in the United States, low-income and minority communities continue to depend on active modes of transportation at a much greater rate. Despite often being the most dependent on bicycling and walking, marginalized communities historically have been disadvantaged in the active transportation investments and enhancements they receive. As a result, people who bike and walk often have limited access to shared spaces across cities. Fewer mobility options are also an important concern for young children. This research examines socioeconomic factors that influence the parental perceptions regarding children using active transportation in the suburban city of Turlock, California. This study uses a quantitative approach to identify stark differences that low-income and minority communities—often most dependent on bicycling and walking—have when compared to the perceptions of communities that are more affluent, white, and predominately automobile dependent. The findings also highlight the geographic inequalities of Turlock's transportation planning, as the results indicate schools in the city with the greatest number of active transportation users have disproportionately less active transportation infrastructure. This research yields policy recommendations to better meet the needs of active transportation users, which cities can incorporate to allow for equitable mobility options.

## **YouTube: The Business Model**

Paola Nieto Parra

YouTube is a growing as a company and as a community. It has become a widely popular platform for individuals known as YouTubers and for companies to promote themselves and their products. However, YouTube is a fairly young company. It was started in 2005 and was not a big player in the emerging media game until recent years. For this reason, there has not been any research on how exactly individuals and companies are able to use emerging media to become profitable. A former personal assistant of a YouTube star will be interviewed to find out what are the current business models that YouTubers are using to increase profitability. It will be an open interview to allow for conversation that may lead to unanticipated information. It is expected that the most profitable avenue for YouTubers will be advertisement followed by endorsements. For companies, it is expected that their most profitable avenue will be an increase on their sales. The information that comes out of this study can be used to guide individuals interested in being YouTubers and to help businesses use YouTube as a tool to further their brand and be profitable.

## **The Plasticity of Bone: Understanding the Processes behind Head Binding**

Jorge Meza Paggi

Intentional cranial modification, alike other forms of body modification, has been practiced by many cultures around the globe. Anthropologist have studied the reasons that support such tradition, the methods used for it, and the changes it produces on the cranium among different groups. However, the biological mechanisms that allow for the intentional modification of the skull to take place have not been extensively considered. Using a functional perspective and considering signaling pathways between tissues, four fronto-occipitally modified skulls are analyzed. The change in shape of the cranial vault and the bulging of the sagittal suture caused by the modification are correlated with the spatial redirection of brain growth. The lack of frontal sinuses seen in all individuals is associated with the technique used for the modification. Finally, the potential of a functional approach in the study of human populations and evolution is emphasized.

## **The Corollary of Dichotomy: Exploring *Violencia Intrafamiliar***

Katie Giles

In this study I examine intra-familiar violence in Santa Clara La Laguna, Sololá, a K'iche' community in Guatemala's Western Highlands. The information presented here is informed by interviews conducted in summer 2015 in the Santa Clara La Laguna region. I investigate how different forms of violence are legitimized and naturalized within a modern Maya society, exploring the ways in which violence is embedded in interconnections of gender, class, and indigeneity. Lived experiences reflect a reality in which violence is a constitutive process reproducing gendered, racialized hierarchies. Foregrounding violence may aid women in delegitimizing and denaturalizing the violence in their lives.

## **Changes in Design Thinking**

Joshua Boyd

Research on design has undergone many changes. This study aims to address evolving approaches to thinking about design. It starts from the 60's era, science-like treatment of the subject, and moves toward a more contemporary view. Previous outlooks for the study of design methods and design science have consistently treated design as a reducible concept either rigidly defined or categorically excluded from other fields. When trying to abstract the ideas of universal properties that research has shown to comprise design, numerous case studies serve as warnings to those intent on creating arbitrary boundaries with which to limit design research. These case study approaches treat inquiries into design as multifaceted, using diverse methods. By examining some examples that have resulted from contemporary research, we can see how objectives have changed to widen the scope of the examined phenomena. This can be seen through the addition of scientific investigation on the user side of the design relationship, as well as through the inclusion of new bodies of knowledge within engineering, artificial intelligence, social psychology, ergonomics, economics and management science.

## **Misconceptions in Stem Cell Research: The Need for Clarity through Education**

Vikki Blansit

Stem cell research is one of the many controversial sciences in biological research. The use of embryos for research purposes is not a topic that can be taken lightly. However, if the findings from this research lead to treatments or even cures for debilitating diseases and contribute to our knowledge of how cancer develops and spreads, is it worth pursuing this kind of research? Many people are unsure about whether the benefits outweigh the ethical dilemmas. Will having enough

education regarding the topic decrease its controversy? Or does the controversy stem from opinions that are already supported by accurate knowledge of the research? Through a survey of two groups at CSU Stanislaus, I plan to interpret whether students have been provided enough information to make educated decisions or provide educated opinions regarding stem cell research. The first group will consist of 100 students majoring in biological sciences. The second group will consist of 100 students majoring in a field other than biological sciences. The subjects will be asked to provide personal information, such as sex, age, religious views, ethnicity, and education. They will be asked about where they get their information regarding stem cell research and how often they learn about the topic. Then they will be asked to agree or disagree with opinions about stem cell research and will have to answer whether certain statements are true or false. The data collected will give insight to the possible correlation between variables from their personal information and their understanding of stem cell research. The expected results include correlations involving the following variables: religious views and one's opinions regarding the research, educational background and one's understanding of the research, and attitudes towards the research and one's understanding of the research. These findings reveal that a lack of stem cell research education results in uneducated opinions regarding the research. Where the data reflects these correlations, it would seem there is a lack of stem cell research education. Future research may reveal that teaching about stem cell research in high school through a required course, or expanding GE requirements to include this subject will improve opinions toward the research.

## **Onset of Alzheimer's Disease and Hormone Replacement Therapy: Is there a Significant Link in Women?**

Natalie Dykzeul

Over time, there has been conversation about whether or not the consumption of prescription hormones by women during menopause increases or decreases their chances of developing Alzheimer's disease. In a world where knowledge is a valued commodity, there is much pride taken in a person's cognitive abilities from the age at which the child says his or her first word to the age at which the adult forgets his or her name. Cognitive decline is inevitable, but there are means by which it can be prevented or its onset can be prolonged. Scholarly articles offer contrasting views of the medical impact that hormone replacement therapy has on cognition, and the data is further questioned by the media. This study has looked specifically at the implications of hormone replacement therapy on the general health aging and characteristics associated with the onset of Alzheimer's disease in elderly women. This review suggests that using hormone replacement therapy through the hormonal transition of menopause aids in preventing the

onset of cognitive decline that is typically associated with Alzheimer's disease. The results determined by this study aim to address the disparate findings and can be further applied to pursue expanded research in the fields of psychology, applied medicine, and pharmacy. By expanding on the findings, there is potential that women can make more informed health decisions by taking into consideration the risks and advantages of utilizing hormone replacement therapy when used to alleviate the symptoms of hormonal imbalance.

## **Sustainability of Urban Agriculture**

Chuck Bradshaw

Conservation issues are on the rise across this country and around the world. Sustainability is the leading factor to insure the quality of life for future generations. According to the 2010 census, California's population reached 37.2 million. According to the California Department of Finance's Demographic Research Unit, this population is projected to climb to 49.7 million by 2050. When this is coupled with the impact of urban expansion consuming farmland, wildlife habitat and biodiversity, the question of future sustainability comes to the forefront. In its broadest sense, sustainability has been defined as the ability to provide for core societal needs in a manner that can be readily continued into the indefinite future without unwanted negative effects. Most definitions of sustainability are framed in terms of three broad social goals: environmental, economic, and social health (or well being). This project explores a possible way to mitigate or counter the negative impact of urban expansion, which involves the development of Urban Agriculture. By examining extensive research on Urban Agriculture, this study aims to establish what these benefits might entail. One key finding is that areas with a fully developed agriculture system within their city limits benefit from government support in the early stages. The study focuses on places where Urban Agriculture projects currently exist, with the goal of determining what accounts for their success, and whether the ongoing success of these projects is actually sustainable.

## **Understanding Anxiety**

Malia Salas

Anxiety can be defined as "an unpleasant emotion triggered by anticipation of future events, memories of past events, or ruminations about the self (Gale Encyclopedia, 2012, p. 42). Cognitive behavioral therapy is a well-known therapy considered by many professional therapists to provide the most successful type of treatment for anxiety disorders. This study explores other methods of treatment for anxiety in comparison to cognitive behavioral therapy in an effort to provide those who suffer from anxiety with the most successful interventions and treatments available, beyond what is mainstreamed. Treatment methods such as

meditation, yoga, prayer, and applied relaxation will be explored using a comparative analysis drawing on prior research. These methods have been selected primarily because they include natural anxiety coping mechanisms that can be tailored to meet the needs of those with anxiety. All participants being measured in these studies are adults (18-65 years old) with anxiety disorders. The alternative treatment methods under consideration in this study have been analyzed through examining and comparing relevant research studies, with an emphasis on statistics and data. The point of this research is not to discourage individuals from participating in traditional talk-therapy, but to allow more people to find the best method available for them. The first rule of therapy is to do no harm, and providing individuals with unbeneficial treatment may be harmful.

## **Understanding the Impact of Psychological Distress and Job Satisfaction on the Academic Performance of College Students**

Amelia Do

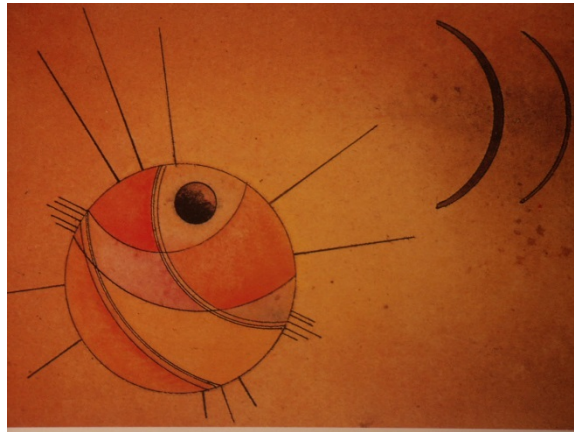
As the emphasis on higher education continues to be an increasing focus, the number of college students who work to get through school also continues to increase. While most college students choose to take on jobs in order to cover basic expenses, alleviate the financial burdens from their families, and gain experience, the balance between working and maintaining academic performance remains a challenge as noted by Tessema, Ready, and Astani (2014). The pressure felt by many to succeed academically while maintaining a certain quality of life is another source of distress for a population with an already continuous level of mounting pressures. The aim of the current study is to investigate levels of job satisfaction, assess academic performance, and evaluate distress levels in order to understand their effects on college students and their work environments, in order to gain insight into its relation to performance and achievement in a university setting. Information regarding demographics and academic performance was collected from Central Valley college students followed by a survey using the Generic Job Satisfaction Questionnaire and General Health Questionnaire, to determine levels of job satisfaction and distress. It was hypothesized that students with higher levels of job satisfaction would have higher levels of academic performance, measured using current grade point average (GPA), than students with lower levels of satisfaction, and that students with lower levels of distress would have higher GPAs than students with higher levels of distress. Additionally, it was predicted that students who had higher levels of job satisfaction would have lower levels of psychological distress compared to students who had lower levels of job satisfaction. By exploring these factors, much can be understood and utilized in order to improve workplace environments and academic programs for working college students.



# *HONORS PROGRAM*

## *COMMUNITY STATEMENT*

The Honors Program at CSU Stanislaus is a community of scholars bound together by vital principles of academic openness, integrity, and respect. Through focused study and practice involving exploration and discovery across a variety of disciplines, the Honors Program upholds these principles of scholarly engagement and provides students with the necessary foundations for further research and inquiry.



Our interdisciplinary curriculum is integral to this work and is intended to facilitate creative understanding of the irreducible complexities of contemporary life and knowledge. Personal and intellectual honesty and curiosity are essential to this process. So, too, is critical openness to difficult topics and respect for different perspectives, values and disciplines. The Honors Program aims to uphold these virtues in practice, in principle, and in community with one another.