NON MEDIOCRIS ERIT MAGNUS

It's that time of the year…

The leaves that turn are getting their fall colors and the temperature, at least at night, is starting to cool. It’s that time of year when our thoughts turn to…pumpkin pie, holidays, skiing--- the end of the semester!! I recently met with an Honors student at 7 AM. I asked her, are you’re a morning person? “Not really,” she replied, “but I had a nap before meeting with you” I didn’t need to ask how late she had been up.

Studies of college students indicate that most college students in residence halls start going to sleep around 11:30 PM and most are up in the morning by 9 AM. There is enormous variation in sleep patterns among college students. It’s not unusual to find folks up at 2 AM or to find students sleeping til noon.

According to a recent study, In residence halls, about one quarter of students report staying up until 1 AM at least once during the school week and 15 percent report sleeping until noon one day a week.

Did you know that adults are categorized as sleep deprived if they average less than 7 hours of sleep a night? Most college students need 8.5 to 9.25 hours of sleep a night. College students are seen as the most sleep deprived group in the U.S. Only 11% of college students report that they had good quality sleep and 73% report occasionally having problems getting to sleep, getting a good night’s rest, or getting enough sleep. One in four college students report that lack of sleep impedes their academic performance. As Lynn Johnston remarked, “Not being able to sleep is terrible. You have the misery of having partied all night without the satisfaction.”

A few useful reminders:

• Avoid caffeine, nicotine and other stimulants in the evenings.
• Avoid heavy meals before bedtime.
• Exercise regularly, but not right before bed.
• Take power naps if you can.
• If you have trouble falling asleep, get up and read, or listen to music. Don’t toss and turn. Then try again when you are ready and relaxed.
• Listen to your body. Recognize when you are tired.
• Prioritize your activities to fit your energy and sleep cycles.

Thomas Dekker (1572- 1632) said that “Sleep is the golden chain that links health and our bodies together.” It’s true today even though we work a lot harder by multi-tasking and extending our work hours. Take care of yourselves and stay healthy.

-- Fred D. Smith, Coordinator of Honors Student Services
One of its first corporate

I couldn’t understand him nor confidently say he was
certainly not
different sanitation

I had a nice meal with the neighborhood auto-

Now, I have never been one to refuse a free meal, and the

I studied Hindi the summer before CLS, and I wanted to

My favorite Urdu word is “moor” because it has a

He referred to these ingredients as her “six golden nuggets.”

THE HONORS COLLEGE
MORGAN STANLEY LECTURE

On October 18, 2016, the Honors College sponsored one of its first corporate lecture series. Our

Ms. Maria Walden, an African-American female engineer at Lenovo, delivered a very interesting

Isaiah Weaver is an alumnus of the 2015 CLS Urdu

I wasn’t just interested in ideas I wouldn’t otherwise

He grew up in "Gorgeous Prince George’s“ County, Maryland, and is currently in his

He enjoys scuba diving and rock climbing.

THE HONORS COLLEGE LENOVO LECTURE

On October 27, 2016 the Honors College sponsored its second corporate lecture series featuring

I decided to do something to challenge my thinking

Stories like these have captivated me since CLS. Embrace

I started to care about gender equality and the experiences of racial minority women in the United

On October 18, 2016, the Honors College sponsored one of its first corporate lecture series. Our

I highly recommend this opportunity to sophomores and juniors who are interested in the

On October 27, 2016 the Honors College sponsored its second corporate lecture series featuring

We are also invited to sign-up for the Morgan Stanley Early Insights Program-Baltimore: This program

You are also invited to sign-up for the Morgan Stanley Early Insights Program-Baltimore: This program

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THE HONORS COLLEGE STUDENT FEATURE

Isaiah Weaver is an alumnus of the 2015 CLS Urdu program in Lucknow, India. He grew up in “Gorgeous Prince George’s“ County, Maryland, and is currently in his third year at Morgan State University, where he studies electrical engineering. When he isn’t tinkering with software, he enjoys scuba diving and rock climbing.

I studied Hindi the summer before CLS, and I wanted to learn the stereotypically “Muslim” language. When I graduate, I plan to utilize my Urdu skills for my entrepreneurial aspirations in South Asia; I want to create a platform to train disadvantaged groups in engineering sciences. My favorite Urdu word is “moor” because it has a multiple meanings depending on the region of the world in which you live. In Urdu, it means, “peacock,” but in Greek, it means “black,” and in English, it means “uncultivated land.” During one of my personal tutorials, I asked my professor for the translation of the expression “the blacker the berry, the sweeter the juice.” He was delighted to hear this because he had never heard of any Black American idioms before. So, naturally, we proceeded to have several translation lessons on them and he was constantly laughing at my antics. It was important to hear about minority Muslims’ experiences, concerns, and fears. But it wasn’t just their stories that were important - I also learned more about the diversity of thought amongst American citizens, which propelled me to take interest in ideas I wouldn’t otherwise have thought about. I started to care about gender equality and the experiences of racial minority women in the United States. Also, it was the first time I met Americans that have lived the majority of their lives outside of the United States. Stories like these have captivated me since CLS. Embrace your inner lunatic, within reason. Do what you would never do before in the United States. I bought street parrots, fed monkeys, and walked in traffic without anyone finding those activities odd. I had a nice meal with the neighborhood auto-wallah that loved charging a little bit extra for service, though I couldn’t understand him nor confidently say he was trustworthy. Several times, people ordered me to follow them, bought me a meal or drink, and then asked for a photo. Now, I have never been one to refuse a free meal, and the different sanitation requirements of Lucknow weren’t a good enough reason to start!
Party Politics Debate-Chloe’ Colbert-Staff Writer

On November 27, 2016, the Clara I. Adams Honors College and Party Politics hosted a political issues rally and discussion to bring light to the issues of this presidential election and highlight the policy issues that students at Morgan State University believe the next President of the United States should address during his/her term.

Atiba Madyun, the founder of Party Politics, discussed his reasoning for creating Party Politics. Madyun said that his focus for starting Party Politics was to find out “how do we find ways to keep [young voters] involved” and “how to bridge social to political.” He went on to say “our job [as a society] is to know the issues and to hold our elected officials’ feet to the fire.”

The panelists all got to voice what got them involved in politics. Harry Spike, the area district director for Congressman Elijah Cummings, said, “for me, being involved in the political process started here at Morgan.” Spike said that during his collegiate career at Morgan, the students were protesting for a new library and participating in this process is what got him involved in politics. “When you mobilize people, when you organize people, you can make change,” Spike said. In discussing why politics is important to the general world, Spike said, “When you cannot see the difference between [politicians talking] and real life you become disengaged.”

Panelist Blaire Freed, of the City of Baltimore Republican Party, specializes in mobilizing the African American community to join the city’s Republican Party. She said that they are doing their best to accommodate the black community.

“I feel like blacks need to tell the Republican Party what they want,” Freed said.

Madyun said that the black community segregates itself as a form of protection and instead of focusing on one party over citizens we should be focused on the issues at hand. Madyun said that his new mantra is “country before party.” Madyun went on to open the floor to the audience of students to discuss why the millennial participation in politics is so low. “[young voters] throw [their] vote away to a principle [they] don’t believe in,” sophomore Political Science major Niraje Medley-Bacon said.

Freshman Engineering major Jason Harvey said, “A lot of people see it as…the best act for them to take is to pick the lesser of two evils.” He went on to say, “it’s easier not to pick a candidate, so that you don’t feel responsible for the results.”

Panelist Brenda Alvarez, Freshman International History and Diplomacy major said, “the two most popular options are ‘I’m not sure’ or ‘I don’t want to.’” She said that many young voters see not voting as a form of protest. “If you vote your conscience then you aren’t throwing away your vote,” Ayize Sabater, CEO of Nsoroma Montessori, LLC said.

Senior Green Party member Jeremy Collins said “there is one word that I hate and it’s Millennials…we are not a monolithic group” and said that while some young voters aren’t very involved in politics others are very invested in their political parties.

The panelists went on to discuss a very popular topic many students scribed during our chalkboard conversations earlier in the day: “Police Brutality and Race Relations.” Sabater said “not only have we been talking about the same thing for 50 years, it has gotten worse.” “This is a power issue,” Freed said about police brutality, in conjunction with it being a race issue. Freed said “when a police officer misbehaves there seems to be a brotherhood of protection.” Freed went on to say that the system needs to weed out the corruption in order to repair itself.

On the topic of racism and the stereotypes that face the black community, Freed asked why pay attention to them if personal success can be achieved and Alvarez said, “My personal success does not change the rest of their community faces.

Bill Krehnbrink, lacrosse coach, said, “I’m a bible reader and on page 2 it says ‘God made man’ and that’s about where it ends for me.”

Darryl Peterkin, the Director of the Clara I. Adams Honors College said “whatever your political persuasion, vote, vote, vote” to encourage students to participate in this years election.

Message from Dr. Peterkin

Dear Honors Students,

It is rather hard to believe, but in just a few short weeks the Fall 2016 Semester shall come to an end. For those of you who were experiencing collegiate life for the first time, this has been a period of remarkable transition in which you have initiated new friendships, encountered new ideas, and begun to explore the undiscovered country of your developing lives. For those of you who are more seasoned, this Fall has been another step in the direction of your dreams.

We in the Honors College hope that wherever you are in your lifecycle at Morgan, you are enjoying the success that can only come from hard work and a devotion to achievement beyond the bare minimum for a particular grade - which you will not even remember a few years from now. We hope, rather, that you are cultivating the knowledge, skills, and relationships that will sustain you whatever the future may hold.

I urge you not to lose your focus in these final weeks of the semester. Show your instructors that, if you stumbled early, you not only recovered your footing, but also moved ahead further and faster than might have seemed possible at first. And if you showed early strength in your classes, make sure that your instructors know that they have not seen anything yet.

As for myself, I know that your greatest accomplishments are still ahead of you.

Best Regards,
Darryl L. Peterkin, Ph.D.
Dear Honors Students:

Please join us on Thursday, November 17th as Wells Fargo hosts a 60-minute webinar to provide students with tips and tools to develop and deliver your perfect elevator pitch that highlights your key skill sets, passions and career goals. As a job seeker, you instantly become a sales and marketing professional. You are in the business of marketing and distinguishing yourself from others. Your messaging needs to be consistent with your resume, cover letter and across all of your online profiles. This webinar is open to all students from any majors, concentration or disciplines. The webinar will be streamed and participants will receive the webinar link after they successfully register. To make the session interactive, participants will be able to submit questions during registration and throughout the webinar. To participate, please register by Wednesday, November 16th. Playback details and a brief survey will be shared after the event. Kindly join us: Event: Creating Your Brand Series: Sealing the Deal: Creating the Perfect Elevator Pitch – Thursday, November 17, 2016 from 4:00 pm – 5:00 pm

Registration URL: https://engage.vevent.com/rt/wellsfargobankna6~111716

Dear Honors Students:

Principal Scholar Diversity Mentoring Program

How would you like to try something new and exciting, come spring? Like really developing your career skills? Like working with a personal mentor? Like taking your talent for high performance to the next level? Maybe even landing a job. Diverse perspectives strengthen us and strengthen you. That’s why we created this special mentoring program to promote lifelong career opportunities for ethnically diverse scholars.

Do you qualify?

Our program is designed for talented, ethnically diverse college freshmen and sophomores who are majoring in fields aligned with our business. To be selected, you must:

• Be enrolled in a four-year degree program at a university in the United States
• Maintain a 3.0 GPA or higher
• Achieve freshman or sophomore credit level
• Intend to major in a field aligned with our business
• Participate in extracurricular activities and demonstrate leadership

How to apply:
Go to www.principal.com/careers and search for Principal Scholar Diversity Mentoring Program. Applications will be accepted through November 25th.

HBCU’s-China Network

Dear Honors Students:

Are you interested in exploring opportunities for academic research and professional study can apply for the China Study Abroad Scholarship through the HBCU’s-China Network. The Chinese Ministry of Education awarded the scholarships to assist students attending historically black colleges and universities (HBCUs) with the cost of studying in another country. The HBCUs-China Network responds to the regional and economic development needs of the United States and China. It promotes the cultural and educational exchange of students from HBCUs and Chinese universities. The scholarship covers tuition, room and board (depending on the Chinese university). Students will be responsible for international and in-country travel, travel insurance, visa costs, as well as other incidental costs. Eligible students may be able to utilize their financial aid for the cost of travel international travel, travel insurance, and visa costs. The program began the Fall of 2015 and concludes at the end of the Fall 2017 semester. Students will study at Heilongjiang University from March through mid-June for the Spring 2017 semester and late August through December for the fall 2017 semester. Students must be enrolled in at least 12 credit-bearing college courses at the Chinese universities during the fall or spring semesters. Credits taken in China will be counted as “resident credits.” Resident credits count towards students’ grade point average and towards matriculation for graduation. All participants must enroll in an intensive orientation program that will include global competency learning opportunities and language requirements.

For additional information contact: Mr. Kyle Edwards 301-860-3519 - KEDWARDS2@bowiestate.edu, Coordinator of the Bowie State University-China Scholarship Initiative - http://www.bowiestate.edu/academics-research/international-initiatives/china-study-abroad/ & https://www.youtube.com/watch?v=tUg0zPrsvEM

Morgan State University—College of Liberal Arts
Women’s and Gender Studies
November 2016 Events

9th, Wednesday-Women and Leadership Series with, Charisse Ford, Pandora Chief Marketing Officer Business Building, Room 104-4:30-5:30pm

10th, Thursday-“Gender & Sexuality in Cuba” Lecture, Henry Heredia, Cuban Institute of Research-Juan Marinello Communications Center, Room 107-4:00-6:00pm

15th, Tuesday-“A Seat at the Table: The Dialectics of Sexual Landscapes in the African-American Community in Baltimore and DC” Lecture, Johnny Bailey, History Doctoral Candidate, Morgan State University-Quarles Room (MSU Library), Room119-4:30-6:00pm

16th, Wednesday-Intersections Conference Planning Meeting-Holmes Hall, Room 313-3:00-4:00pm

For more information about the WGST Program or Minor, Contact Dr. Takkara Brunson at takkara.brunson@morgan.edu

THE HONORS COLLEGE LAW SCHOOL FORUM

On October 13, 2016 the Honors College hosted a Law Forum where students had the opportunity to learn about law school admissions, student life, and financing law school. The following law schools attended the event: University of Maryland Francis King
Sophomore ASCEND Biomedical Research Program student CiCi Felton is celebrating her third poetry publication this year. The nursing major business minor has been published in the Baltimore City Program, Beltway Quarterly Journal, and Theories of Her Anthology. Felton has also written two books. “I was finally getting my words out there,” Felton said about her first publication, “I felt like I was one step closer to my dream.” Even though poetry is not Felton’s educational path, she said she still has big dreams for her poetry career. “I want to be the first poet to win a Grammy,” Felton said. Felton also said “I want to touch lives with my story more than be famous.”

Felton started writing poetry as a result of being bullied in elementary and middle school. “Poetry was like my therapy and my only outlet and way to express myself,” Felton said.

“It’s therapeutic and I truly believe it saves lives,” Felton said about poetry. She also said “It’s a way of life. It’s an out when you have no one else to listen you spill your emotions on the page.”

Felton also said that she knows how to balance her poetry and her academics. “I know when to cut it off and when to go out and when to study,” Felton said, and said that her poetry keeps her grounded.

Felton also gave advice to those who want to become poets. There is only one you in this world, and you shouldn’t waste your time trying to compete with other poets.” She said. “People are going to be better than you, but no one can tell your truth or story like you.”

“It’s about the poetry not the points,” Felton said.
THE COLEMAN REPORT
A SYMPOSIUM TO REVISIT 50 YEARS LATER

THE LEGACY AND IMPACT OF THE COLEMAN REPORT ON AFRICAN-AMERICAN STUDENTS & REVISIT THE RONALD EDMONDS REBUTTLAL TO THE COLEMAN REPORT

A SYMPOSIUM SPONSORED BY MORGAN STATE UNIVERSITY
THE SCHOOL OF EDUCATION & URBAN STUDIES

THE CLARA I. ADAMS HONORS COLLEGE

AND THE

ACTS
Alliance for Community Teachers and Schools

WEDNESDAY-NOVEMBER 16, 2016
4:00 PM – 8:30 PM
MURPHY FINE ARTS CENTER
FOR MORE INFORMATION AND TO RSVP VISIT:
http://colemansymposium-msusoe.weebly.com/

In 1966, a federal paper was written to discuss the effectiveness of American education. The paper was funded by the U.S. Office of Education, titled *Equality of Educational Opportunity* and written by James Coleman, a prominent education researcher. Effective Schools Research emerged in response to this controversial paper. Concluding that public schools didn't make a significant difference, Coleman's report credited the student's family background as the main reason for student success in school. His findings proposed that children from poor families and homes, lacking the prime conditions or values to support education, could not learn, regardless of what the school did. Ronald Edmonds, then Director of the Center for Urban Studies at Harvard University, responded vigorously. Edmonds, and others refused to accept Coleman's report as conclusive. Edmonds, and other researchers through a nationwide study found schools where poor children were learning. These findings contradicted Coleman's conclusion.

INVITED SPEAKER & PANELISTS

SPEAKER
Dr. Ronald Daniels, President of JHU

PANELISTS
Dr. David J. Armor, GMU Professor and a former member of the 1966 Harvard University Faculty Seminar on the Coleman Report;
Dr. F. Chris Curran, UMBC Asst. Professor; Dr. Frederick M. Hess, AEI Resident Scholar and Director of Education Policy Studies;
Dr. M. Monique McMillian, MSU Assoc. Professor; Dr. Camika Royal, LUM Asst. Professor; Dr. David Steiner, JHU Professor and Exec. Director of the JHU Education Policy Institute; Dr. David Taft Terry, MSU Asst. Professor and Dr. Alvin Thornton, Maryland Commission on Education Finance Equity, Adequacy and Excellence-Chairman
CIAHC-UPCOMING EVENTS CALENDAR

NOVEMBER ACTIVITIES

THE CLARA I. ADAMS HONORS COLLEGE & the
LATINO STUDENTS ASSOCIATION IS SPONSORING AN
ELECTION WATCH PARTY
TUESDAY, NOVEMBER 8, 2016 6:30 PM-9:00 PM
JENKINS HALL LECTURE ROOM 104
Please attend if interested-refreshments will be served

THE COLEMAN REPORT
A SYMPOSIUM TO REVISIT 50 YEARS LATER E LEGACY AND IMPACT OF THE COLEMAN REPORT ON AFRICAN
AMERICAN STUDENTS & REVISIT THE RONALD EDMONDS REBUTTAL TO THE COLEMAN REPORT-A SYMPOSIUM
SPONSORED BY MORGAN STATE UNIVERSITY -THE SCHOOL OF EDUCATION & URBAN STUDIES-THE CLARA I.
ADAMS HONORS COLLEGE
NOVEMBER 16, 2016 – MURPHY FINE ARTS CENTER (4:00 PM – 8:30 PM) (Private Reception for Honors Students and
panel participants 3:00 pm -4:00 pm in Murphy Fine Arts Center)
All Honors College students must attend

THE CLARA I. ADAMS HONORS COLLEGE-UNITED NATIONS LECTURE SERIES
THURSDAY NOVEMBER 17, 2016 11:00 AM – 12:00 PM
JENKINS HALL LECTURE ROOM 104
ROBERT SKINNER
Director of the United Nations Information Centre, Washington, DC
All Honors College students must attend

Dear Honor Students:

You are required to attend designated Honors events or University seminars, colloquia, and convocations. To track your attendance of these events we will be implementing a new attendance system. We have developed a QR Code for all required Honors events and University related seminars, colloquia, and convocations. The QR Code for each event will be posted visibly somewhere in the location where the event is being held. We will notify you of where the QR code is located. However, It will be your responsibility to locate the QR Code and sign in. We will also always have a sign-in sheet available if your mobile
device or the QR code app is not properly working for you to scan in.