



Vol. 16

With Honors

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THE IOWA STATE HONORS ALUMNI NEWSLETTER

University Honors Program: Fall 2023 Semester in Review

The Fall 2023 Semester began with some intense heat... Literally! A prolonged heat wave with index temperatures peaking around 105 degrees or more made for a sticky first week of classes. Luckily, we had a great team of undergraduate assistants (UAs), honors ambassadors, former leaders, and Honors Student Board (HSB) members to help shift most of the First-Year Honors Program (FHP) Kickoff activities out of the heat as much as possible. Honors students continued to avoid the high temperatures by touring the library, enjoying the HSB ice cream social, and coming to Jischke Honors Building for ice-cold water and cookies.

To make the hot days even more excessive, on Aug. 24, a piece of equipment at the university's power plant malfunctioned, causing a fire in the basement that knocked out all four of the plant's chillers. Air conditioning shut down across campus, causing classes to move online for the rest of the week for the safety of the students, faculty, and staff. Thankfully, all power plant employees and contractors evacuated with no injuries reported, and they restored power the following day.

The rest of the semester went off without any other fires to put out. Honors students participated in multiple exciting HSB events, like ice skating, pumpkin carving, making friendship bracelets, Bob Ross painting tutorials, and many other fun activities that occurred almost every week! The FHP Retreat saw great success with another thrilling night at Camp Hantesa on Sept. 15 (see more on page 3).

Along with learning from seminars and workshops, this semester's service-learning component for FHP had Honors 121 sections engaging with

organizations on and off campus that seek to alleviate food insecurity in Story County and beyond. Sections bonded together and developed real-world skills by volunteering with Meals from the Heartland, Food at First, and local grocery store food drives by packing or serving hot meals. Other sections participated in the component by "trick or treating" through neighborhoods in Ames to collect items to donate to our on-campus food pantry, The S.H.O.P.

Much like the Fireside Chats at Osborn Cottage, we offered four Honors Salons this semester with trending topics to pique the interests of our students. A longtime friend of the University Honors Program, Dr. Joan Cunnick, hosted the first salon at the beginning of September with her topic of "Diseases & Vaccines: What are the Risks and Benefits?" The second salon, "Water, Water Everywhere, nor Any Drop to Drink: Not Just a Sailor's Tale," was hosted by associate professor Dr. Kaoru Ikuma. Her salon focused on potable water treatment, water crises, growing mistrust in tap water, and the possibilities to solve it.

During the beginning of October, Dr. Jeffrey Wheatley told the story of Charles Guiteau during his Honors Salon of "Religious Insanity in Law: The Life and Execution of Charles Guiteau." Our fourth and final salon, hosted by ISU alumna Dr. Sarah Fischer, had the hot topic of "Stress Management and Self Care as Career Skills." She highlighted eight types of self-care, allowed attendees to engage in stress management practices, and showed students how to use these skills in their future careers.

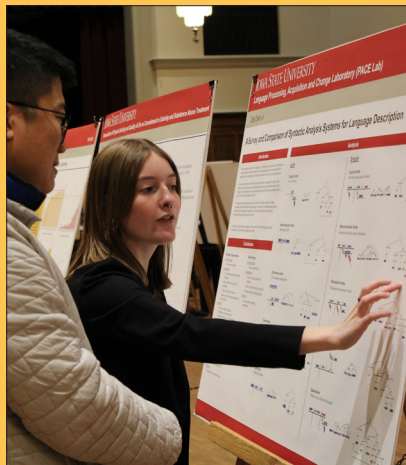
Finally, the Fall 2023 semester concluded with our bi-annual poster session and convocation event. This semester, 62 upper-division students presented at the poster session, including 28 graduating seniors who recently joined your ranks as alumni. An additional 7 Outstanding First-Year Honors Mentor Program Award recipients shared their research as well. We are so incredibly proud of those who presented their research and all the other dedicated students working toward their goal of graduating with honors.



Honors 121, Section D3, volunteering with Meals from the Heartland to pack meals on-campus.

Thank you to our Alumni and Friends

Because of your participation, financial support, and other wonderful contributions, we can provide our students with the best experience possible at Iowa State University. We hope you have a great start to your year and wish you the warmest season's greetings as we start the Spring 2024 semester!



All student grants and awards are made possible through the generous contributions of Honors alumni and friends like you. When you make a gift to Honors, you create opportunities, inspire innovation, and foster growth, and our students - and our world - are better for it! Consider making a gift today.



For information on how to support the Honors student experience, go to honors.iastate.edu/giving.

Alumni Spotlight: Nate Dobbels

Nothing warms our hearts more than to see alumni return to campus for events like homecoming. However, we love it even more when they work at Iowa State, so we can see them all the time!

Nate Dobbels (2012 Agricultural and Life Sciences Education-Teacher Certification and International Agriculture) is an academic advisor for Agricultural Education and Studies, and the president of the College of Agriculture and Life Sciences staff council and chair of the CALS honors committee.

“My role is all about the students,” Dobbels said. “I put students first in everything I do. I advise students, serve on committees, and am a place where students can go for help. I see my role as a front-line person helping students put out fires.”

This year, Dobbels received the Professional and Scientific Learning Community Coordinator Award from the College of Agriculture and Life Sciences for being instrumental in improving the student experience, especially during COVID-19. Dobbels also received the 2023 W. Robert Parks Honors Commendation. This esteemed, student-nominated award recognized Dobbels’ outstanding contributions to the University Honors Program.

When Dobbels was a student, he was just as involved in the honors program as he is now. He participated in Honors 121, assisted with five honors retreats, became a leader, and then an undergraduate assistant.

“My year in service as a UA will always be a memorable year,” Dobbels said. “I was very close with my fellow UAs, enjoyed leading Honors 302, and felt I was able to help coordinate a successful retreat with new ideas. Helping to lead others was a wonderful experience and really started my interest in working in higher education.”

When it came time for him to decide whether or not to join the University Honors Program, he almost didn’t.

“I was unsure about joining the [University] Honors Program my first semester at ISU,” Dobbels said. “I was



advised to give it a try and see what happens. One of the best decisions I ever made. I’m so thankful for my experiences at ISU and in the honors program. It is a true joy to give back to the program and help students find success in life.”

Before he graduated, Dobbels was rightfully dubbed a jack-of-all-trades by *Iowa State Daily* when they wrote about him receiving his 2010 win as homecoming king. In addition, Dobbels involved himself in the Government of the Student Body as Speaker and Vice President, as well as other various clubs around campus.

Iowa State led Dobbels to have mentors who encouraged him to consider a career in higher education. With that career, he advises about 165 students who appreciate his energy and caring nature while also being a key component of the Agriculture Education and Studies Learning Community. Now, Dobbels is giving back.

“Being able to help students succeed at ISU and move on to successful careers is so rewarding,” Dobbels said. “I enjoy connecting with students and helping make their lives easier. I get a chance to give back to a place that changed my life forever. The office I advise in is the same office I was advised in as a student. That’s pretty special.”

Fall 2023 First-Year Honors Program Retreat



Going back over 40 years, the First-Year Honors Program Retreat is a tradition generations of FHP students have enjoyed together and will continue to for years to come. This year at Camp Hantesa, honors students had a packed evening of Olympic-style games, section skits, dodgeball, karaoke, a bonfire to roast s'mores, and eating walking tacos.

With Honors

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Your Gift at Work

In Fall 2023, 427 students enrolled in the First-Year Honors Program.



160 Honors students lived in Honors Housing.



Seminars hosted this past semester. Such as, "Think like a Doctor" and "Psychology in the Movies"



302 Students participated in mentored research in Fall 2023 and Spring 2024.



146 Students graduated with honors in 2022-23.

