

# The Honorable Mention

## Capital University Honors Program

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### The Trip of a Lifetime

By Danielle Hinckley

Traveling to Ireland was always just a dream of mine. Actually living there for four months was not even the beginning of a thought. During my sophomore year, my friends and I talked about studying abroad. I never thought it would be possible so I brushed it aside. The more I thought about it though, the more I wanted to make it happen. I went to the study abroad fair at Capital and learned about all of the programs and what

they had to offer. I spent the rest of sophomore year and the summer before junior year, deciding on a destination and a program to use. I finally decided to study in Ireland during the Spring semester of my junior year.

I had always loved to travel but never thought I would have the opportunity to travel across the world. When I finally arrived in Ireland, it was literally a dream come true. The next four months were filled with wonderful



Danielle Hinckley (left) with Megan Cantwell and fellow Capital student Caitlin Curry (right) in Adare, Ireland.

memories. No matter what struggles were presented, I always remembered that I was in Ireland! I was having the time of my life.

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### Choosing a Major: Tips from Dr. Baker

By Dr. Baker

At this time of year many students choose a major. If you have not decided on your major yet, how do you select one? There are many questions to consider and no simple answers. Most students begin by asking: What do I enjoy? This makes sense. You do not want to get stuck doing something that you do not like. But consider carefully whether your enjoyment will continue. Often students are impressed by a professor's knowledge or personality and choose to

take more courses with that professor. This is inevitable. However, try to remember that your major will be there when the professor isn't. It's your major. Talk with more than one professor. Talk with your family and friends. Go online and research what happens to people with majors in areas that interest you. Look at all the opportunities, including further study.

We all enjoy doing well, but it is probably not a good idea to choose a major on that

basis alone. If it's easy for you, is it easy for others? Will your choices be respected by people who look at your qualifications? Does choosing the easy option stimulate your development and add to your knowledge? Although it might take more work, taking challenging courses and risking a slightly lower GPA may well be more sensible than looking for the easiest way through.

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# Requirements for the Honors Program

**To join the Honors Program, you must:**

- Be a full-time undergraduate student
- Have an ACT score of at least 26 (or SAT of at least 1170 from critical reading and math)
- Have a GPA of 3.5 or higher while at Capital

**To Graduate with Honors, you must:**

- Maintain a GPA of 3.2
- Take at least four Honors experiences (Honors seminars, Honors sections of a UC course, or departmental courses designated as Honors)
- Take HONS 310, a junior-level seminar
- Take HONS 410, a senior-level capstone experience in which you conduct scholarship on a topic of your choice

**To Graduate with Honors using Study Abroad option, you must:**

- Maintain GPA of 3.2
- Take at least five Honors experiences (Honors seminars, Honors sections of a UC course, or departmental courses designated as Honors)
- Write a reflective essay about your experiences
- Present a poster at Honors Symposium

For more information, visit the Honors Program page on Capital's website at <http://www.capital.edu/280/>

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Consider how you might distinguish yourself. For example, can you pursue study abroad? Is a double major possible? Again, don't jump at the easy option. If you can combine two very different areas, such as mathematics and art, you will demonstrate much greater flexibility than someone who has two majors with very similar content and methodology. Students often "pick up" a second major in a similar area by double counting courses. What is the point? Does adding a second major in virtually the same area really show additional knowledge?

If you have already decided on a career that requires a particular undergraduate degree, your choice of major is

given, but that does not mean that all the choices have been made. You can still differentiate yourself. You may be able to add courses in another area (such as a foreign language), even if you can't double major. Perhaps you can add a minor. Do what you can do, not just what you have to do. And if a possible major requires so many hours that it stops you pursuing other options, think carefully about whether the major is really what you want or need.

If you have not decided what you would like to do, keep your options open. While considering different majors, try to make sure that you have the foundation courses needed so that you don't inadvertently remove an option. Find out if

a graduate degree is required to succeed with the major you have chosen; look at grad school requirements online.

Finally, don't panic. You may have to do some more work, but educational opportunities do not end with the declaration of a major. You can change your mind. When you graduate, no matter what your major, if you are a good student you will find plenty of graduate programs from which to choose. You will also have plenty of employment choices because most positions involve some training, and most people will change their careers. Your major is important, but it is only part of what determines your future.

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Studying abroad is probably one of the hardest decisions I made but also the most enriching. The experiences and opportunities I had while in Ireland are like no other. My confidence and independence grew so much while I was abroad. The relationships I formed will last a lifetime. I had the opportunity to travel with one of my best friends, and we were able to enjoy this amazing experience together. I also met an amazing bunch of students from across America that helped enrich my experience in Ireland. I still talk to one of them every day.

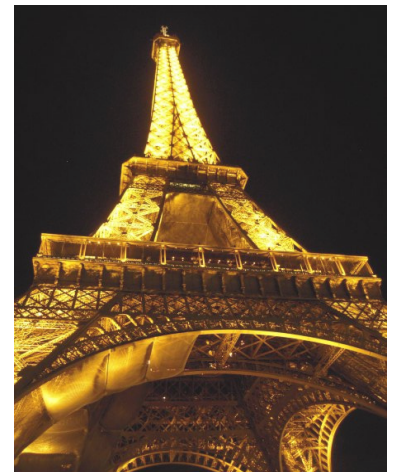
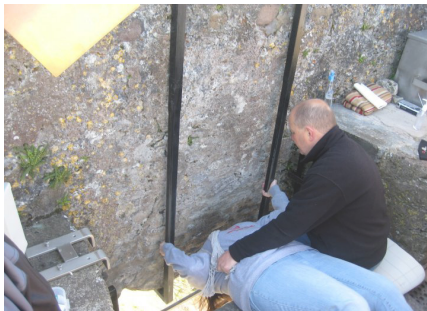
Learning the culture of Ireland was awesome. I lived with four other Irish students during my stay and they were some of the friendliest people I have ever met. I don't think I

would have ever had the same view of Ireland had I not lived there for so long. I now consider it another home. It will always be a part of my life. Experiencing a new culture is a great way to look at how we live in America. It is interesting to look back on my initial experiences. I would always list all of the different things I missed from home; now that I am home I think about all of the things I miss from Ireland. I never thought I would form such a connection to the culture and lifestyle in Ireland.

Aside from the benefits of growing as a person, I was also able to spend a lot of time traveling throughout Europe. The program I used took us to London for a weekend. Additionally, I traveled to Paris, several cities in Italy, Wales, and, of course,

throughout Ireland. Seeing different parts of the world and experiencing many cultures is a gift that I am truly grateful for. I look back on my travels and cannot wait until the next time I get to explore some more.

If you are thinking about studying abroad, keep researching. If you haven't really thought about it, consider it. It is truly an experience like no other. If you have any questions, feel free to get in touch with me. I would love to share even more about my experience and answer any questions you may have about studying abroad. You can also stop by the International Education Office in Renner to get more information.



Clockwise from left:

Marissa Lee (left) and Danielle enjoying a Guinness in Adare

Danielle kissing the Blarney Stone

Danielle at the Cliffs of Moher

The Eiffel Tower

Danielle standing near the river in Galway



# What Are You Reading?

By Marissa Lee

*Lamb, or the Gospel According to Biff, Christ's Childhood Pal*, Christopher Moore

*Lamb, or the Gospel According to Biff, Christ's Childhood Pal* is Christopher Moore's cheeky, brilliant, funny and touching story of the missing years of Joshua of Nazareth's life—the parts the *Bible* doesn't tell us. The novel follows Levi, who is called Biff, and Joshua in the years preceding his ministry. They travel, seeking the three wise men present at Joshua's birth so that Joshua can learn how and what it means to be the Christ. Their journey takes them from Jerusalem to China with stops at a Buddhist Temple, India, and the palace of a demon-keeping sorcerer along the way. They meet the last yeti, learn kung fu, invent sarcasm and coffee and learn valuable lessons that Joshua

will pass on when he begins to preach.

Moore spins a story that is generally absurd and highly funny yet captures the poignancy and power of Joshua's life and death and the depth of his wisdom. Whether you're a Christian or not—Moore himself is a self-described agnostic with “Christian tendencies” due only to his upbringing—the story will touch you. Moore uses his prodigious gift for humor to shape Biff's character to contrast with the humble, pure, *good* nature of his Joshua. He respects the Christian tradition and while Biff may offend with his behavior, Joshua never does. Moore has stated that the only people he found who were offended by the

book, were those who hadn't read it. In fact, he has found that the book strengthens the faith of many who read it.

In my opinion, *Lamb* is Moore's masterpiece: well-researched, brilliantly characterized and the right amount of balance between respectful and irreverent mischievousness, sarcasm and hope. He manages to create something fresh out of the most-told story and, while the events are highly unlikely, he captures the spirit of what it means to be the best friend of the most influential human to walk the Earth. He gets you to think—what did happen in those years not found in the Gospels?

Do you want to contribute to the  
Honorable Mention?

We are looking for people to share their stories, thoughts, and opinions on any of the following topics:

- EVENTS
- REVIEWS (book, movie, etc.)
- UNUSUAL EXPERIENCES
- STUDY ABROAD EXPERIENCES

If you want to contribute or have other article ideas, please contact  
Danielle Hinckley at [dhinckle@capital.edu](mailto:dhinckle@capital.edu)