
BISHOP BRAINS

The Honors Program Newsletter | Spring 2016

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For information on the Honors Program, the Honors Board, Graduation with Honors, and more, visit the webpage at <https://www.owu.edu/academics/honors-program/>

And to stay up to date on everything that's happening with the Honors Program on campus, follow the Honors Board Facebook page at <https://www.facebook.com/OWUHonors/>

Is there something you would like to see featured in the next Bishop Brains issue? Email your ideas to honorsboard@owu.edu!

We hope your semesters are going well! In this issue of Bishop Brains, we have the schedule of events for the rest of this semester, info on a Graduation with Honors thesis on combatting the flu, and an introduction to our newest Honors Board members!

Events: band walkover 3/20

Support your fellow students, get to know other Honors students, and enjoy some music.

s'mores in stuy 4/1

Hang out with fellow Honors students at an informal campfire night at Stuy. S'mores included!

student symposium 4/20

The Honors Board is helping to host OWU's annual Student Symposium. Be sure to submit your work, or stop by and check out what others are doing! More information at <https://www.owu.edu/about/offices-services/academic-affairs/programs/student-symposium/>.

canines and coloring 4/27

Take a break from studying for finals for a de-stress session by getting to know your professors— and their dogs.

Student Spotlight



For her Departmental Honors thesis, Jessica Harpel '16 looked at how behavioral modification can help prevent influenza. Below, she discusses her project.

“I am looking at the effects of a specific behavior modification strategy, called an implementation intention, to improve behavior volition or follow through—specifically in regards to influenza prevention behaviors. To explain the background, I'm basing my work off of the Health Action Process Approach, which is a theory of behavior that states there are basically two stages in behavior - the motivation phase and the volition phase. The only problem is that there seems to be a gap in between the two, known as the Intention-behavior gap. An example of this is when you really do intend to work on your final paper early, but you never follow through. The behavior modification strategy I am studying intends to bridge this gap by allowing an individual to solidify plans to follow through with a behavior while still in the motivational phase, which makes follow through of the intended behavior easier.

In summary, I am looking to see if an Implementation Intention strategy improves the follow through of intended health behaviors at a rate greater than or equal to a educational intervention alone.”

For information on Graduation with Departmental or University Honors, visit <https://www.owu.edu/academics/honors-program/>

Want to see your project featured in a future issue of Bishop Brains? Send an email with a brief description and a photo of yourself to honorsboard@owu.edu.

Meet our New Members

The Honors Board would like to thank everyone who applied to be a member of the Board this year. Say hello to our new members:

Serena George

Serena is a freshman Pre-Professional Zoology and Environmental Studies double major and Spanish minor from Palos Park, IL. She is a member of the varsity tennis team, Pre-Vet Club, Newman Community, and Outdoor Ministry Team. Some of her favorite pastimes include painting, writing, photography, hiking, watching Disney movies, and playing with puppies.



Anna Taylor

Anna is a freshman Business major and Psychology minor and has a Pre-Health focus with the goal of becoming a Pediatric Physician Assistant. She is from Pittsburgh, Pennsylvania. She also is on the varsity field hockey team, is a 5k co-director for The Healthy Bishop Initiative, a member of the Pre-Health Club, Neurds, Women In Science, Athletes in Action, and volunteers at the Early Childhood Center. To procrastinate, she normally runs, listens to music, and tries to watch every season of The Office, How I Met Your Mother, and Hart of Dixie on Netflix.



Anna Davies

Anna is a freshman English nonfiction writing major and accidental History minor from Saint Clairsville, Ohio. She is a member of Choral Art Society, co-director of the OWtsiders a cappella group, and helps run a women's Bible study on Thursday nights. She also volunteers twice a month at FEED, Delaware City Vineyard's food pantry. In her spare time she can be found debating politics, reading about anything from Antarctica to the stock market, and trying to add to her ever-expanding vinyl collection. Anna aspires to be a music journalist for Spin Magazine and suggests you come have a chat with her if you want to discuss emerging independent and alternative rock.



Caroline Hamilton

Caroline is a junior from Cleveland, Ohio pursuing a double major in Politics and Government and Economics. In addition to the Honors Board, she is a member of the women's golf team, the moot court team, Mock Convention, College Republicans, the Student Conduct Advisory Board, and part of the Ohio Wesleyan Athletic Committee (OWAC). She was awarded Academic All American for the 2014-2015 golf season. Hobbies include community service, relaxing with friends, attending concerts, and being a couch potato. She looks forward to studying abroad during her time at OWU and excitedly anticipates the arduous process of applying to law school.

