

The Ampersand

UIC Honors College

March 2003 - The Freshman Issue!

Important Upcoming Dates

HCAB General Board Meeting
March 31 (8 a.m.)

Advance Registration:
Seniors: April 14-16
Juniors: April 17-21
Sophomores: April 22-25
Freshmen: April 28-May 2

Phi Kappa Phi Induction Ceremony
April 8

Phi Eta Sigma Induction Ceremony
April 15

Open Registration
May 5-9

The Big Adjustment

by Katie Niebur

I spent the majority of my high school years looking forward to college. Although I thoroughly enjoyed my time in high school, getting into college was always in the back of my mind. During those high school years, I took all of the required classes and then some, I was involved in swimming and water polo, volunteered at a hospital, taught swim lessons, and had a stable group of friends with whom I spent time. By the time graduation came, I thought I was fully prepared for college; little did I know nothing could have prepared me for what was to come.

Everyone said college would be a big adjustment, and they were right. I was thrown into many new situations. In addition, I didn't have time to deal with them one at a time, they were thrown at me all at once. I had to live with a total stranger, I had to learn how to make friends all over again (and as many of you know, that's not easy), and I had to adjust to classes that were unlike any class I had taken in high school.

My first hurdle in my college adjustment was the fact that I was having troubles making friends. None of my high school friends decided to go to UIC, so I didn't know anyone here before classes began. It seemed impossible to make friends in class. When I would get to class the teacher would start lecturing, and when the teacher

was done, everyone would leave. There seemed to be no time to talk to new people. I also didn't think I fit in well with the people on my floor. I was optimistic in thinking that my roommate could possibly become my friend, but my relationship with my roommate turned out to be the farthest thing from a stable friendship. This didn't help my situation out much. Luckily, I soon surpassed the barriers of meeting people in my classes and discovered many nice people living right around me on my floor. Soon, I had found a handful of friends.

Things started to look up once I had these friends, but my classes were still giving me trouble. I had problems with the way my professors taught and classes were structured. College classes were definitely different from high school classes, and tests were worth a much larger portion of the final grade. I had to adjust to this new type of class structure.

The adjustments I was required to make didn't end there. Not only was everything here at school new to me, but I also was learning how to deal with being away from my family. I felt very homesick much of the time, and I often went home on the weekends (another reason why I probably did not make many friends).

My adjustment slowly began to manifest as I became more involved in school activities toward the end of the first semester. One of the main activities that I became involved in was HCAB (Honors College Advisory Board). I had been going to the meetings all semester as a volunteer, and I discovered that I really liked the board members and the things that HCAB did. At the end of the semester, I became a freshmen representative to the organization.

Now that it is second semester, I can honestly say that I am well adjusted to college. I have made lots of friends, I am getting used to classes, I am involved with HCAB, among other things, and my living situation has greatly improved. I have finally embraced college, and am really beginning to enjoy it. I hope that my memories bring hope to some of you still struggling with the adjustment of college, and laughter for those of you who remember what an adjustment life in college can be.

Dr. Mary Ann Cooper: Doctor, Fellow...Lightning Expert!

by Marika Wrzosek



Dr. Mary Ann Cooper has created an interesting pathway for herself in her study of medicine: she has merged clinical medicine with lightning research. Dr. Cooper's training began at Michigan State University, where she completed her bachelor's degree and attended medical school. She then completed her residency at the University of Cincinnati. Her interest in lightning did not manifest itself until she had begun training in emergency medicine. She found an interest in a unique field: electrical injuries. One look at her office, decorated with stunning

photographs of storms, shows her love of a fascinating and until recently, vague science. Pursuing this interest for many years, Dr. Cooper is now a leading expert in the field.

As director of the Lightning Injury Research Program, Dr. Cooper is in a position to educate people on lightning and to influence both professionals and the general public. In addition to research at the cellular level, the program seeks to increase public awareness, especially the prevention, of lightning injuries. The program is a valuable resource for lightning victims and serves to link them with other physicians and individuals in the field. Dr. Cooper's interest in such a unique field exemplifies the positive results of interdisciplinary cooperation; by working in collaboration with other lightning researchers, such as meteorologists and engineers, Dr. Cooper is expanding the amount of knowledge on lightning. The research she conducts has a direct impact

on victims and their families, as well as an influence on the general public's awareness.

With her extensive research accomplishments, it would seem easy to forget that Dr. Cooper remains an emergency physician. Nationally recognized for work in lightning research, Dr. Cooper finds time to hold senior faculty positions at UIC (in Emergency Medicine, Neurology, as well as Bioengineering) and teach medical students and residents. The patients she treats in the emergency department are fortunate to be in the hands of such an accomplished physician.

UIC, in turn, is fortunate to have Dr. Cooper, and the Honors College is lucky to have her donate her time by serving as a Fellow. She has managed to pursue emergency medicine and lightning research while leaving time for family and academia. An incredible person, her numerous achievements mark a lifetime of dedication to interdisciplinary interests.

Upcoming Scholarship Deadline Information

Announcing a scholarship for students committed to public service!

The McKelvie Scholarship

The McKelvie mission is to promote and strengthen public service leadership in both the public and private sector. In this case, public service is defined broadly as public and private sector professions that serve the human community. Applicants will be judged based on: superior scholarship and academic standing, evidence of commitment to a public service career, and an illustration of past, current and future participation in a public service. Three UIC students won a McKelvie scholarship last year.

Approximately twenty awards with dollar amounts of up to \$2,000 will be awarded to both undergraduate and graduate students. The deadline is April 4, 2003

Applications for this award is available in the Office of Special Scholarship Programs

Office of Special Scholarship Programs
University of Illinois at Chicago
MC 115, 851 South Morgan Street, 120A SEO
Chicago, IL 60607-7043
phone:(312) 355-2477
fax: (312)355-1233
<http://www.uic.edu/depts/oaa/ssp>

See page 6 for more scholarship information!

ASB Excursion to Minnesota: Habitat for Humanity

by Yolanda Chang

The trip - \$200

Postcards - \$0.75

Daily cappuccino - \$ 7.50

Film developing - \$18

Building a house from ground up - *Priceless*

Last spring break, the spring break of my freshman year, I was fortunate enough to go to Brainerd, Minnesota with nine other UIC students on a volunteering trip with ASB (Alternative Spring Break). The issue of our trip was low income and quality affordable housing, so we volunteered with Lakes Area Habitat for Humanity.

We were accommodated in Brainerd through the help of a couple of organizations. We were provided with showering facilities at the local YMCA, and were housed at Trinity Lutheran Church. The youth director of the church was kind enough to donate use of the youth room for the week, as well as access to the rest of the church. Various other churches offered us with meals throughout our stay.

That week, nine girls (myself included) and one lone guy faced the frigid weather to pound nails along with Larry, our supervisor. Our mission was to build a house for a family, Marie Rosa and her four-year-old son Timmy. We were all surprised at how a bunch of wood, nails, and hard work was enough to build a house. In the time that we were there, we put up all four exterior walls, the roof, and most of the interior walls.

Habitat for Humanity is an international non-profit, non-denominational Christian housing organization. They provide housing for people with low incomes by selling the houses at no profit without any interest charged on the mortgage. The catch is that the homeowners must also put in their own sweat into either building the house or doing office work. Homeowners are chosen based on their need, ability to repay the mortgage, and willingness to work in partnership with Habitat.

I am very glad that I was able to go on this trip my first year here at UIC. There were plenty of other freshmen who worked with Habitat, so I did not feel out of place. Also, by finding out how fun ASB was so early on in my college career, I can still take advantage of the many opportunities to go on other trips. I went on my second trip this past winter and plan on going on more before I graduate. I would very much recommend getting involved in this wonderful experience early. Check out ASB's website at http://www2.uic.edu/stud_orgs/service/asb/. If you want more information on Habitat for Humanity or to find out how you can help, please visit <http://www.habitat.org>.

Finding my Niche at UIC

by Rose Adamczyk

Okay, I want everyone to be honest, and by a show of hands I want to know how many of you considered transferring during your first semester at UIC. Well, you can bet that my arm is raised high; I am not shy about the fact that UIC seemed to be the wrong college for me at first. Actually, it didn't seem to fit almost until the end of my first semester. I knew that I was not alone in my feelings; many members of my Honors 101 course preferred to talk about how to transfer to another school instead of what we were supposed to discuss: the benefits of the Honors College and the diversity

at UIC. When I discovered that many others felt the same way I did, my first reaction was that of amazement. I thought that I was weird for feeling the way I did. I also thought maybe I hadn't been as ready for college as I once thought I was. It gave me some comfort to find out that I was not abnormal for feeling this way.

I soon began looking at the websites of schools that I had considered before choosing UIC. I wondered if I would be able to get any scholarships as a transfer student. Soon, my worries about transferring mutated into another fear: Would it be worth it to start anew at another

college? What if I didn't like the other schools just as I didn't like UIC? These questions ran through my mind constantly, and I began to analyze what exactly made UIC a poor fit. I soon began to feel that maybe I was being too hasty in my decision.

Perhaps I was just not used to the way things work around here, and that was the source of my doubt about having chosen UIC. My friends and family from back home thought that maybe I was just not used to being around so many people at once. I am from a town of 5,000 and from a high school of less than 500. UIC and the

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My Freshmen Fifteen

by Stephen Watson

As seniors in high school, many people warned us that our toned bodies would change after a year away from home. They told us to watch out for the “Freshmen Fifteen,” the term commonly used to describe the weight gain experienced by freshman as a result of irregular food consumption and lack of exercise while at college. I have found myself gaining the freshmen fifteen slowly but surely. A 135-pound senior in high school, I now find myself weighing in at a whopping 143 pounds. However, my problem did not stem from the normal college excuses, such as eating too much or not eating healthily. Rather, it all stemmed from a budding addiction to Mario Kart 64. Mario Kart 64, a video game for Nintendo 64, had entered and taken over my life as I knew it.

It all began when Mario Kart 64 was brought up in a conversation. Only a couple of my friends had played the game before, but they gave it rave reviews. Those who had not played the game became interested, and wanted to see for themselves what was so great about this game. One person had the game at home and brought it to school the next day.

Fairly soon the amateurs posed a threat to the experienced players, and were actually winning some races. This is how the addiction began. The amateurs were compelled to keep playing until they beat the skilled players. This would sometimes take hours. After a couple of weeks of this behavior, the amateurs paralleled the skilled players. Now the matches developed into outright competitions. No one stopped playing because each player had to win. We played Mario Kart 64 everyday for at least two hours, and we sometimes played until two o'clock in the morning.

Exercise that used to be so important began to play second fiddle to Mario Kart. My daily exercise consisted of lifting up the controller to play the game. My weight began to increase in an uncontrollable manner. I resolved to put an end to it. It was time to set some rules: No one was allowed to play more than two hours a day and no one was allowed to play past midnight.

The rules worked. Our playing time has become much more regulated. Now, the sounds of Mario Kart that can be heard past midnight are coming from someone else's room. One can only hope that for the sake of their physical condition, they are playing the last race of the night.

When.....

By Kunjali Padhya

- ❑ When you're a freshman, going to Inner Circle with your friends is a great way to have dinner every night. When you're not a freshman anymore, you would rather eat a Pop-Tart for dinner than have to trudge over for another slice of cheese pizza.
- ❑ When you're a freshman, you still try to get ready every day like you did in high school. When you're no longer a freshman, all you need is to brush, find your shoes and coat, and stumble out the door.
- ❑ When you're a freshman, staying up all night is cool. When you're not, you wish you remembered what it's like to be asleep for more than 3 hours at a time.
- ❑ When you're a freshman, going out all the time is great! No curfew or anyone to answer to! When you're not, who can muster up the energy? It's much easier to just stay inside in sweatpants.
- ❑ When you're a freshman, dorm showers are unbearable. When you're not, you've figured out how to brush your teeth, wash your hair, gossip about your dormmates and memorize physics formulas, all at the same time.
- ❑ When you're a freshman, you're convinced that Housing has conspired against you to give you the smallest room possible. When you're not, you *know* that Housing is conspiring against you to give you the worst lottery number possible.
- ❑ When you're a freshman, you can never figure out the shuttle bus route. When you're not, you realize you could have walked to the lake and back in the time it takes to wait for the thing.
- ❑ When you're a freshman, you can never get into the classes you want. When you're not, you can never get into the classes you want.
- ❑ When you're a freshman, you think it'll be forever until you graduate. When you're not, you wish you had just a little more time to enjoy being in college.
- ❑ When you're a freshman, you think you're figuring it all out. When you're not, you know you'll never figure it all out.
- ❑ When you're a freshman, you miss everything about home. When you're not, you realize you are home.



How to Write a Love Poem on a Time Crunch

by Sonya Kenkare

Fill in the blanks below with several words for each category.

Beautiful Nouns

Graceful Nouns

Action Verbs

Lovey Dovey / Strong Adjectives or Adverbs

*Choose words under each category and combine them to make phrases that flow; then put the phrases one line after the next.

*THE LAST LINE SHOULD BE:

- (a) This is how I feel when I think of you.
- (b) The essence of you
- (c) Something along those lines or the lines of love

*Feel to free to address the poem to My Dearest _____

*As You Get Better—start trying to rhyme & add personalization.

Good LUCK!

Niche cont. from page 3...

city itself was definitely a new experience for me. However, the amount of people here didn't seem to be my main problem. True, it was a bit of a shock at first, but I soon realized that it was simply something new to adjust to.

What I did find at the root of the problem was not the immensity of the city and the university, but that I had not yet found my place in the university community. I did not feel completely comfortable here yet. As I walked through the campus to class, I sometimes felt as if I was a visitor. I knew that things had to change soon or I would go through my college career without being able to enjoy it.

So, instead of dwelling on how bad things had been that semester, I began to look forward to the next semester. I would be in new classes and would be starting a job - both great opportunities to meet new people. When the new semester began, as corny as it may sound, it was just as I had hoped it would be and more. I know it was all due to my new mindset. I think that I met more people in the first two weeks of the second semester than I had met the whole first semester. My situation had taken a complete turnaround. I could not be happier. Now, instead of my standard visit home every other weekend, I stayed at school for 5 weeks straight, a new record of which I am extremely proud. I have now found my niche at UIC and I plan on having a great time. Find yours and take advantage of UIC!

More Scholarship Info!

Fulbright Scholarship

Provides funding for one year of research/study in any one of over 140 countries around the world. Applicants go through a campus evaluation process in the fall a few weeks before the final deadline. Angie and Beth can offer advice on selecting countries. It is advisable to seek a contact in the chosen country in advance of submitting the application. A viable program that contributes to the candidate's professional development is essential. A student must have a bachelor's degree before leaving to do Fulbright funded study in the fall of 2004. UIC deadline: early-October 2003 Final Fulbright deadline: October 21, 2003 www.iie.org/fulbright

Gates Cambridge Scholarship

Provides funding for study at Cambridge for 1-4 years depending on degree program applied for. No university nomination is necessary; however, planning early and seeking advice on the application from mentors in the field and the Office of Special Scholarship programs is advisable. A strong candidate will have a well developed rationale for studying at Cambridge in combination with the desire to contribute to goals considered important by the Gates Foundation. Strong candidates generally have a 4.7/5.0 GPA or higher. A student should have a bachelor's degree before the fall of 2004 and must be under the age of 30.

Deadline: November 1, 2003 (most likely) www.gates.scholarships.cam.ac.uk/

Marshall

Scholarship

Provides funding for two years of study at any British university. The Marshall seeks students who hope to be leaders in their field in the future. Strong candidates generally have a 4.7/5.0 GPA or higher. Students should research appropriate graduate programs in the UK to put together the strongest application. UIC must nominate the student and a student should have a bachelor's degree before the fall of 2004. Students who already have a bachelor's degree must apply within two years of undergraduate graduation. UIC deadline: April 11, 2003 UIC interview: April 17, 2003 Final Marshall deadline: October 7, 2003 www.marshallscholarship.org

Mitchell

Scholarship

Provides funding for two years of study at any Irish university. The Mitchell seeks students who hope to be leaders in their field in the future. Strong candidates generally have a 4.7/5.0 GPA or higher. Students should research appropriate graduate programs in Ireland to put together the strongest application. UIC must nominate the student and a student should have a bachelor's degree before the fall of 2004. Students who already have a bachelor's degree must be under 30 on Oct. 1, 2003. UIC deadline: April 11, 2003 UIC interview: April 17, 2003 Mitchell deadline: early October 2003 www.us-irelandalliance.org/scholarships.html

Rhodes

Scholarship

Provides funding for two years of study at the University of Oxford. The Rhodes seeks students who hope to be leaders in their field in the future. Strong candidates generally have a 4.7/5.0 GPA or higher. Students should research appropriate academic programs at Oxford to put together the strongest application. UIC must nominate the student. Students must have obtained an undergraduate degree before the fall of 2004 and be under the age of 24 on Oct. 1, 2003. UIC deadline: April 11, 2003 UIC interview: April 17, 2003 Final Rhodes deadline: early October 2003 www.rhodesscholar.org

If you have questions about these and other scholarships, please contact Angie Markley if you are in the Graduate College. Please contact Beth Powers if you are an undergraduate or in a graduate program not included in the Graduate College.

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The End of Marriage as We Know It?

Anonymous editorial

We are currently witnessing the biggest explosion known to mankind of TV shows that are making a mockery of the institution of marriage. It began with *Who Wants To Marry A Millionaire* and has continued to bring us season after season of "wholesome" television programming, such as *The Bachelor*, *The Bachelorette* and now *Married By America*.

Lots of people are indignant—they are outraged by these shows' portrayal of marriage, and humiliated that all humans come from a common ancestor. They refuse to watch these programs, or deny that they watch these programs, and they like to make those who do watch these programs feel like real morons.

But no, I am not ashamed. I watched *The Bachelorette* and I enjoyed it thoroughly. I like to laugh at stupid people. Just as a bully picks on a wimp to make himself feel bigger, I too watch the people on these shows to make myself feel more intelligent and more confident of the decisions I have to make every day. When I'm down, and when things don't go my way, I know I can always count on Trista to assure me that no matter what happens, no matter what I do, at least I'm not a disillusioned fool and making myself the butt of jokes on national TV.

Exposing oneself to the public in such a way as these people have—it's almost something to be respected. Like the teenage boy who aspires to be the next champion skateboarder—we stand watching in awe of his perseverance and determination, but everyone still laughs when he racks himself.