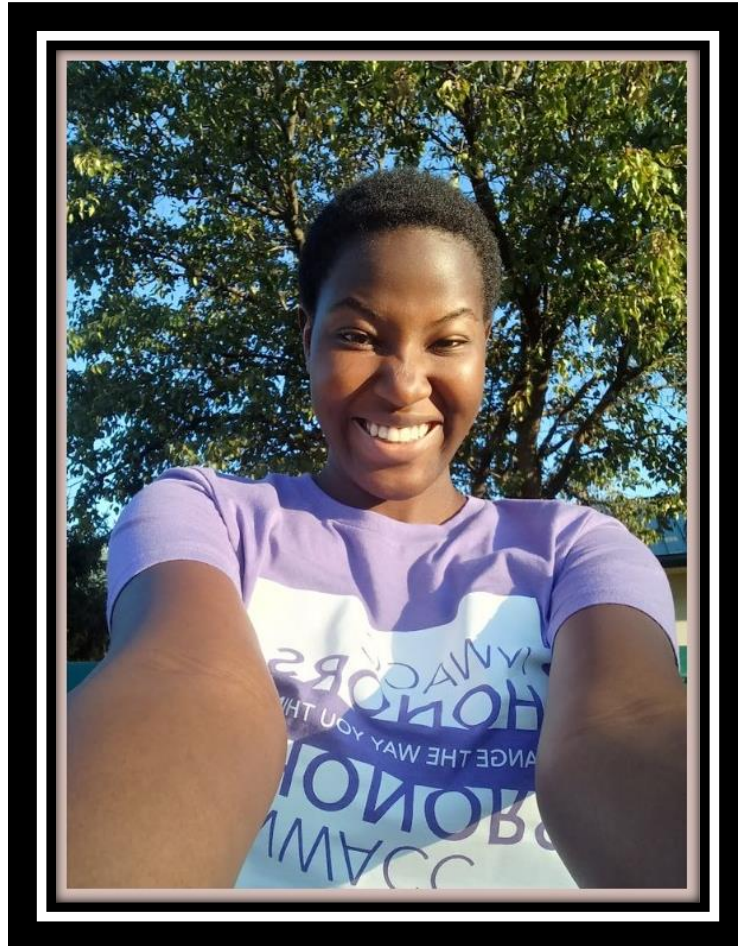


**ADEOLA ABE**  
**HONORS REFLECTION**



**HONORS COURSES**

Composition II

Art Appreciation

Privacy (Honors Intersession Class with Arkansas Honors)

Graduation Date: May 2024

**Section 1: In what ways did the Program help you “demonstrate engagement,” “cultivate curiosity,” and “explore perspectives” (community, curiosity, and diversity)?**

Starting out in honors Spring 2023 helped me in ways I didn't expect. I was engaged in outreach, game nights, campus events, Spring Arts and Culture Festivals, and even got to discuss with other students from various campuses across Arkansas during an intersession class! Being in honors gave me a curiosity for the unknown. I got to discuss topics with people from different backgrounds in my honors composition classes and met a community of like-minded people who were as driven as I was. The experience was amazing, hanging out in the honors hub, taking classes together, talking about future goals and aspirations. It's nothing short of awe inspiring, to study, ask questions and discuss with other honors students, because everybody has something to offer, no matter how little.

In my Honors Composition II class I learnt about different things relating to conservation and the environment like the nuclear testing and the Marshallese community (for which Professor Brown has a non-profit on); people donating their bodies to make compost after they die (Recompose); big corporations and unhealthy working conditions (lead poisoning and the company doctor that kept it secret); and so many other social issues that I had heard of but never had peer reviewed fact checked articles on. Honors composition opened my eyes to understand how to get research done (which is especially helpful in my Research class) and gave me the tools to write a detailed comprehensive bibliographies (I used Noodle tools to compile my Undergraduate Research Proposal Reference List).



Tabling for honors  
at Fall Fest



Hanging out for Halloween Movie Night  
Post-Fall Fest



Honors Game Night  
(Last Week of Classes)

**Section 2: How did this program prepare you for a university (or for a workplace, if you aren't transferring at this point)? What hard or soft skills will you take with you?**

Being in honors gave me the opportunity to learn about the University of Arkansas honors system. Being interested in honors at a university, I learnt about different programs like the UCA honors direct transfer (any NWACC honors student that transfers into UCA automatically gets into their honors program, no application needed)! Having this opportunity and many others like the Great Plains Honors Council Conference at Oklahoma State University (which my friends attended) really opened my eyes to the opportunity of honors in different tertiary institutions.

As for soft skills, honors engagement taught me how to network and communicate, as events like the Tour of UARK Fayetteville Honors Program opened my eyes to various opportunities at the honors college.



Visit to University of Arkansas,  
Fayetteville Honors Program

Without being an honors student and having access to take the Privacy class with Honors Arkansas, I would have never fully understood what interdisciplinary research means. Attending that two-week class gave me an understanding of who these people were and an ability to match a name to a face. Transferring to the University of Arkansas this Fall, I plan to join the Honors College, of which one of the speakers (Lynda Coon) is the Dean.

Attending that class made me evaluate the type of material I was interested in learning (because it was interdisciplinary). It made me think of “what kind of professors are they, “what kind of field am I interested in”

and based off the impressions and the sessions I had an idea if I was interested in that area or not.

### **Section 3: What is one experience you had with a member that you'd like to share?**

While being in the honors program, I've had to work alongside many people like Yullyana Laguna (Vice-President 2022-2023), Thanaisawan Hill (President 2022-2023) and Kelly Smothers (Treasurer 2022-2023). Of these people one of the most impactful is my interaction with Kelly. Kelly is a first Gen, non-traditional student, and mother; I first met her in an honors meeting for raising funds for the food pantry (the honors topic was ‘hunger’ that year) and we've become best friends in and out of honors. Kelly volunteered to help me get to school, as I took two busses (in span of two hours) to get to classes at NWACC. I also wanted to join Student Government and I needed a way to get to meetings on Fridays, and she volunteered to help me too, as we are both in Student Government.

In our meetings, and at the start of my Transportation initiative to help make the transit system easier for students, she offered support and reviewed my documents and survey along with the other members. She inspires me to give back and help others when I am equipped to do so. Kelly is my constant reminder for meetings, events and outreaches that honors holds, as due to my transit issue and school course load, it can be sometimes overwhelming, and I might forget many scheduled events.

Meeting Kelly has literally changed my life, as she was not only a friend, mentor, my biggest inspiration, supporter and basically my parent away from home, she made growing up in a foreign country feel less difficult. Starting college at seventeen and graduating with an associate's at nineteen can be overwhelming, but having people like Kelly in the program who help, support and motivate me, literally kept me going when I wanted to give up multiple times.

I even got into research, AT A COMMUNITY COLLEGE!!! (but that's a story for later)



See my initials on the broth and plate culture of Ecoli cells in the Bates's lab.

Anyways, none of these fun stories would have been possible without the help and support of people like Kelly, Ally Davidson, Yullyana, Maximus Gibbon, Austin Parker, and so on. It was really hard to narrow it down to one interaction with the most impactful effect on me. I love what I do, and I love doing it with honors.

To better understand how honors directly affected me, I invite you to reflect with me on my honors classes.

**Composition II** : I was referred to take honors by my Comp I professor (Prof Laughton) who encouraged me to do it, he even wrote me a recommendation before I applied! In Composition II, I studied English in a completely new way. There was freedom to write whatever I wanted, as long as it was not harming others. I wrote about Japanese food, and culture, all three times! It was fun working along other classmates like Emily (also an honors student) who wrote about the Godzilla movies. I loved coming to class and hearing crazy stories from my classmates. We also read and analyzed cool literature from the most current Best American Science and Nature writing (as they publish new collections every year!) Although it was really

hard to make it to class at times due to the bus transit, my professor (Prof Chesne) was very understanding, and made things like deadlines flexible for me.

**Art Appreciation:** This was a summer 5-week course with Eric Smith; It was full of class discussions about weird art (all art is weird somehow), a midterm essay and final. As short and sweet as it was, I sometimes miss reading through discussion posts to find out what crazy things people found on the internet again.

**Privacy Honors Intersession:** Also short and sweet, this class lasted for two weeks in the same summer of Art Appreciation (It was completely free too!) I learnt about the concept of privacy from head professors like Marlon Blackwell (Architecture), Lydia Coon (History), and many others. I was able to make connections and discuss with other students in honors across Arkansas. It was a great experience and as a final exam I wrote a blog about privacy in cash transfer apps like Venmo.

**Undergraduate Research:** while this is not honors, I'd like to include the story of how I got into research here. While hanging out in the honors hub, my friend, Ally, mentioned she was doing research, and I was surprised. Research at a community college? How? She talked about working in the Bates lab. The Bates are a married couple (and fantastic mentors) who run a research lab at NWACC aimed to help undergraduate minorities get into research. She walked me through the process of registering for the class, and after I got in, she helped guide me and was the first friendly face when I knew nobody in there.

Without honors, I wouldn't know about research, without research I wouldn't know about multiple opportunities in science, without knowing those opportunities I would have never considered changing my major, and I would have never discovered this side of myself.

I'm glad to be in honors and I can't wait to matriculate in my college as an honors student at the University of Arkansas.

#### **Section 4: My Advice To New Honors Members**

If you're just starting out in honors, I would advise you to take every opportunity. Not because of FOMO (fear of missing out), but to discover something new about yourself. Take time out to reflect on yourself at different stages of the process: when you're writing the honors scholarship essay, redrafting your resume, working together with your peers on academic and social service events, and finally, the honors reflection. It'll shine a light on a new side of you, remind you of what you've achieved so far and how you're not alone in this journey.

If you're looking for the support and community you need while going through college, I hope you consider honors. I met some of the most impactful people in my life there.