



ARCADIA UNIVERSITY'S HONORS PROGRAM

HONORS PROJECTIONS

Fall 2020

Featuring projects of all disciplines created by our
accomplished students

December 1st, 2020 | 3:00PM to 6:15 PM

December 2nd, 2020 | 3:30PM to 6:15 PM

Zoom Links on the next page

HONORS PROJECTIONS

Fall 2020



Honors Students, in lieu of a traditional thesis, are required to do a semester long project outside their majors. Here at Arcadia, the Honors Students are encouraged to explore their passions. We know, with the right support, students can accomplish anything they choose to pursue. So we provide the tools and support to help them realize their potential. And they take their tremendous talents, dedication, passion and vision to accomplish formidable projects. Thank you to all the mentors who helped our students achieve these amazing projects this year and for all years. We invite the community to engage in the larger conversation around these projects on December 1st and 2nd.

Congratulations to this semester's Honors Project Students!

Zoom link for December 1st

<https://arcadia.zoom.us/j/91408832258>

Meeting ID: 914 0883 2258

Zoom link for December 2nd

<https://arcadia.zoom.us/j/93556682669>

Meeting ID: 935 5668 2669

DAY 1

Tuesday, December 1st, 3:00 pm – 6:15 pm



KYLEE SHEA & PATRICK ENSMINGER

3:00 PM

The Athletes Cookbook

Mentor: Lisa Kavjian, Director of Nutrition/Assistant Athletic Trainer

Biology Major, 2023 & Biology Major, 2023

This project was all about finding nutritional recipes that were not time-consuming and were easy to make for student-athletes. The final cookbook is comprised of 16 amazing recipes that range from breakfast to dessert. Each recipe has a nutritional breakdown of why it is healthy and when an athlete should be eating that meal. The recipes fit perfectly into a college athletes schedule, with the longest recipe taking 45 minutes and the shortest taking 5 minutes. Along with time constraints we took into account budgeting and provided a price per recipes so that people can watch what they are eating and how much they are spending. With our presentation, we hope to provide college students, even if they are not athletes, with healthy recipes they can look forward to.



MARGARET RILEY

3:30 PM

Revisiting the Word of Your Body: A Director's Exploration of Physical Theatre in Spring Awakening

Mentor: Jeffrey Hogan, High School Theatre Teacher and Director

Politics, Government, and Law Major, 2023

This project uses the musical *Spring Awakening* to explore the complex themes presented in the show through the lens of experimental theatre. Particularly, the use of physical theatre instead of dancing to convey non-verbal emotions in song.



HONORS PROJECTIONs

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DAY 1 CONTD.

Tuesday, December 1st, 3:00 pm – 6:15 pm



ELY KIRSCH

3:50 PM

Symphony Around the World

Mentor: Valerie Levicoff, Adjunct Professor of Music
Psychology Major, 2023

Whether used to pass the time while working, to bring one's community together, or to conduct ritual and ceremony, music has been utilized to express culture in a way unlike any other art form in human history. Thus societies all over the Earth have developed their signature features of music, differing in melody, rhythm, instrumentation and harmonization. Having a profound interest in both world cultures and music, I took it upon myself to compose a "Symphony Around the World." In creating this musical piece there are a series of movements, each influenced by the musical elements of a continent or major region of the globe. My goals were to learn to write on sheet music software (the medium on which the piece was composed), gain knowledge of various world cultures whose music is of influence to the piece being created, and understand the impact of music on these respective societies. My efforts are dedicated to expressing the beautiful nature of the numerous global civilizations and their contributions to music.



MICHAEL "SHADY" MCCOY

4:10 PM

Limn Lacuna

Mentor: Dr. David Bryant
Psychology Major, Neuroscience Minor, 2022

No matter how much you attempt to logically and rationally evaluate your situation, you cannot readily detach yourself from your feelings. Music is a remedial outlet that helps to communicate experiences without having necessarily lived through them. Limn Lacuna is my rap that depicts the torturous and emotional consequences that can follow after heartbreak. Limn is a verb meaning to represent in drawing or painting or to portray in words. In a more obsolete context, limn also means to illuminate (manuscripts). Lacuna is a noun meaning a gap or missing part, as in a manuscript. Essentially, Limn Lacuna means to depict and bring exposure to a missing piece. After experiencing heartbreak, one can feel lost, and I wanted to bring awareness to the journey that one can experience after heartbreak. Having no prior musical experience, I wanted to explore how to abstractly convey emotions through rap. For this project, I constructed a beat, recorded lyrics, and filmed a music video. I invite you to listen to my project and briefly share in my experiences of heartbreak. For further information regarding the project, please visit www.limnlacuna.com.



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DAY 1 CONTD.

Tuesday, December 1st, 3:00 pm – 6:15 pm



OLIVIA LUTZ

4:30 PM

Money Management Workshops

Mentor: Wendy McLaughlin, Assistant Director of Enrollment Management
Accounting Major, 2021

Many high schools in the United States fail to teach students the basic financial skills they need once they live on their own. For this reason, it is important that students have supplemental resources to provide them the knowledge they need. This project aimed to teach high school students basic financial skills, so they are prepared to manage their own money. It resulted in a series of financial literacy workshops for high school students. The topics covered include budgeting, identity protection, credit, student loans and investing. These workshops provide an introduction to each topic, so students have some financial tools before leaving school.



JAKE MERICLE

4:50 PM

Technique of Photography

Mentor: Adam Hess
Political Science Major, 2021

Photography is a beautiful and important form of art. However, in order to master it, one must understand the mechanics of operating a camera. Through the use of a blog format, I document my ups and downs with learning how to use a digital camera.

----- **20 MINUTE INTERMISSION** -----



JULIE CASTLE

5:30 PM

Castle's Great Historical Bakeoff

Mentor: Prof. Linda Ruth Paskell
Politics, Government, and Law Major, 2022

Throughout this project, I have aimed to accomplish three goals: to understand and apply best practices in blogging, to understand and synthesize historical information regarding recipes, and to understand and apply more complicated baking skills for a successful outcome. Over this semester, I have created a blog and learned how to work with the website while also applying methods used by other recipe blogs I have seen. I have also learned about Filipino, Chinese, and Greek culture and history and how this relates to the recipes I am researching. Finally, I have made three recipes successfully and practiced new and more difficult skills, like toasting flour and making custard.



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DAY 1 CONTD.

Tuesday, December 1st, 3:00 pm – 6:15 pm



BENJAMIN BEHM

5:50 PM

Building the Basics: Becoming a Better Runner

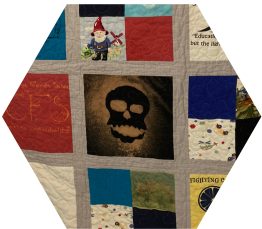
Mentor: Peter Clark, Distance Coach at Governor Mifflin School District,
Secondary Math Teacher

Actuarial Science Major, 2023

Two of the more famous running philosophies are the Daniel's Running Formula and the 80/20 Running Principle. This information can be overwhelming for someone beginning to run, so this project looks at establishing training plans to race certain distances. Running is not the only part of the equation that helps someone get better however. Supplemental activities that help to become more efficient are also explored.

DAY 2

Wednesday, December 2nd, 3:30 pm – 6:15 pm



HANNAH CROPPER

3:30 PM

Sustainable Quilting: T-Shirt Edition

Mentor: Dr. Martha Sherman

Biology Major, 2023

Quilts have existed for many years and have been made out of various fabrics. In this project, a quilt was designed from childhood t-shirts. A quilt made of t-shirts can also be part of a growing sustainability effort in the sewing community, as no new textiles were created or dyed to create the main squares of the quilt. Sentimental T-shirts were transformed from clothing packed away in boxes to a functional piece of bedding! To view the blog documenting my project, click: <https://sustainabletshirtquilt.blogspot.com/>



VINCENT SERGIACOMI

3:50 PM

PRV 181: The Cambodian Genocide as Past, Present and Future

Mentor: Dr. Peter Siskind

English Major, 2022

Arcadia's Preview Program offers unique opportunities for students to understand our world and provides distinct perspectives from which they can learn. This project imagines the framework for a Preview course which deals with the Cambodian genocide, presenting a syllabus and accompanying travel plan which fit the Preview format. Emphasis is placed on exploring the ways in which the Cambodian genocide's impact has shifted over time: its importance to Cambodia's past and the people who lived through it, the ways in which it has shaped the Cambodian nation today, and the ways in which it becomes more distant as we move into the future.



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DAY 2 CONTD.

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DELANEY DUNN

4:10 PM

As Boundless As the Sea: An Analysis of Romeo and Juliet Adaptations

Mentor: Dr. Jennifer Matisoff
Criminal Justice Major, 2022

Since *Romeo and Juliet* first appeared on stage in the late 1590s, it has been adapted into thousands of formats. From grand operas to animated movies about garden gnomes, the story has been written and rewritten more times than could ever be fully catalogued. They each focus on different aspects of the story. Some spend more of their time focusing on the relationship between Romeo and Juliet, while others expand on their world and focus on the violence around them. These changes ultimately create interesting questions that would have gone unnoticed if one hadn't seen other versions of the story. What does the inclusion or exclusion of Rosaline say about Romeo? How about Juliet's lack of friends her own age? What changes when one of the protagonists is allowed to live, and what changes when they're given a happy ending? The medium can be a cage, but it can also give those involved a unique way to tell the tale. A good adaptation should use the strengths of its medium to the best of its ability while raising and answering deep, complicated questions about the story at its base. Many adaptations pass this test, but those that fail are worthy of their own analysis so that we can understand why they failed, and so we can understand what makes a great adaptation great.



AMADEOUS CO

4:30 PM

Fundraising for Funny Farm

Mentor: Laurie Zaleski, Founder and Director of Funny Farm
International Business and Culture Major, 2023

For this project I decided that I wanted to support Funny Farm Animal Rescue and Sanctuary by doing a Twitch charity stream. Twitch is a live streaming platform that is largely gaming based and has the power to be used for greater causes. I began Twitch streaming in June during the pandemic as something to do in my free time, looking at it more as a hobby. For this project I've looked into the best practices for Twitch charity streams, worked with the charity, and collaborated with other twitch streamers to make a difference. Combining my love for gaming and my love for the charity I planned to host a 24hr gaming based stream on November 14th with the goal to raise \$350 dollars. Many charities have been hit hard by the pandemic so every bit of virtual fundraising possible is key.

----- **40 MINUTE INTERMISSION** -----



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DAY 2 CONTD.

Wednesday, December 2nd, 3:30 pm – 6:15 pm



LEA BREAREY

5:30 PM

Cowboys and Vampires: A Dungeons and Dragons Supplemental Book

Mentor: Daniel Pieczkolon, Adjunct Professor, English

Psychology Major, 2022

Tabletop Roleplaying Games have had a recent resurgence in popularity in the past decade, and one of the most popular among them is Dungeons and Dragons. Games like D&D allow you to cooperate with your friends to tell a story, and letting people have fun in a creative and low-stress way. Quarantine has made many of us feel lonely, and there's been little to look forward to, and D&D via Zoom has been one of the few things I've looked forward to. For my project, I wanted to create a supplemental book for Dungeons and Dragons, which is basically a setting book with characters and plotlines for people to use. The book is heavily influenced by both cowboy media and vampires. Once completed, it will be published online so that other D&D players can add it to their games, and my hope is that it will entertain others who are passionate about tabletop role-playing games!



MELISSA SWEENEY

5:50 PM

The Art in Nature and Well-being

Mentor: Betsey Batchelor, Associate Professor of Visual & Performing Arts

Public Health Major, 2021

My project, "The Art in Nature and Well-being," combines creating art with researching the benefits that natural landscape art has on mental health. I created and shared my artwork with family and friends with the goal of improving their mental well-being during this current state of working and learning from home. The majority of us very rarely leave the house in this current global climate. I wanted to create art that would brighten the homemade offices and classrooms that we are all now bound to. Using acrylic paint and slabs of birch wood as a canvas, I created six different natural landscapes for my closest friends and relatives. I was able to develop my art skills while also examining how creating art can improve my overall well-being. I noted my general feelings and well-being before starting a painting, halfway through completing it, and after completing it to see how my thoughts changed. I found myself feeling calmer, more relaxed, and proud of myself after each piece. It drastically improved my mental well-being, since I devoted time to creating art instead of mindless scrolling or media consumption.

Thank you for joining us!

