



Arcadia University's Honors Program

HONORS PROJECTIONs

Featuring projects of all disciplines created
by our accomplished students
Fall 2025

Thursday, November 20th, 2:45pm - 8:00pm

125 Royal-Cafeteria

Zoom link on next page



HONORS PROJECTIONS

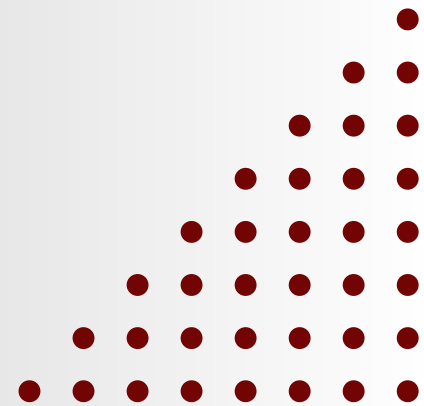
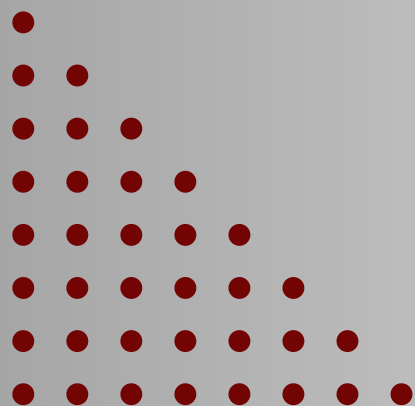
Fall 2025



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 Arcadia community to engage in the larger conversation around these projects on November 20th in 125 Royal-Cafeteria!

Congratulations to this semester's Honors Project Students!

Zoom link for November 20th
<https://arcadia.zoom.us/j/97226833761>



HONORS PROJECTIONS

Fall 2025



November 20th, 2:45pm - 8:00pm



PAYTON GOLTZ (SHE/HER)

2:45

The OCD Experiences Podcast

Amy Henning, Head of Counseling Services

Major: International Relations, Diplomacy, and Law

Minors: French, Law and Public Policy, 2026

I am developing a podcast focused on highlighting people's lived experiences with Obsessive Compulsive Disorder. As someone who suffers with OCD, I understand how drastically misunderstood it is -- it took me until I was nineteen to be diagnosed when I experienced symptoms my entire life. The goal of this podcast is to break harmful stereotypes about OCD by showing peoples' real, lived experiences with it.



OLIVIA SCHOTT (SHE/HER)

3:00

Sewing Stuffed Animals

Carole Loeffler, Professor of Art and Design/Foundations
Coordinator/Assistant Director of the Honors Program

Major: Biology

Minor: Chemistry, 2027

One of the objects that tends to hold emotional significance within a person's life is their childhood stuffed animal. Most often they are store bought but they can be handmade. I decided to figure out how. Throughout the course of the semester, I looked into patterns with varying degrees of complexity and used them to create at least six different stuffed animals of my own. From there, I was to take what I learned and I began an attempt to formulate my own pattern. Time willing, I would then work to bring that pattern to fruition. Every stuffed animal required choosing and cutting the material, some form of hand or machine sewing for the general stitching, hand sewing for details such as eyes, stuffing, and hand sewing to close it completely. I made observations into the effectiveness and result of each aspect of the process.



HONORS PROJECTIONS

Fall 2025



November 20th, 2:45pm - 8:00pm



MAGGIE DENT (SHE/HER)

3:15

Against the Grain

Ryan Hiemenz, Reader of drafts, feedback provider, and blog/website source of knowledge

Major: Biology

Minor: Public Health, 2026

In my blog, *Against the Grain*, I hope to capture my life and story of becoming gluten free. I also hope to provide recipes and interviews as well as to create a safe community for those who are transitioning or have already transitioned into a gluten free lifestyle.



DANTE DEFRUSCIO (HE/HIM)

3:30

The Guards: Stories from the South Jersey Stands

Br. Patrick Duffy, Grammatical check, aesthetic design

Major: Biology

Minor: Pre-PT, 2027

The Guards goes in-depth at looking into the lives of lifeguards up and down the coast of South Jersey. From school to the stand, we get an in-depth look at how guards spend their time through the winter, spring, and summer. This includes their training, studies, and hobbies. Guards also provide insights into their most memorable rescues and other times on the stand.



HONORS PROJECTIONS

Fall 2025



November 20th, 2:45pm - 8:00pm



ABBY GATEI (SHE/HER)

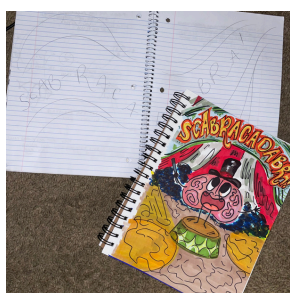
3:45

Whiskers of Comfort: How Cats Heal the Human Heart

Alan Powell, Professor of Media and Communications

Biology, 2026

My project is a video documentary about exploring the therapeutic effects that cats have on people. It is titled "Whiskers of Comfort: How Cats Heal the Human Heart." It features data from scholarly reviewed research articles that supports the idea that cats improve peoples' mental and emotional health. Additionally, my project includes footage and interviews with a veterinarian which backs up the science behind cats positively affecting people's mental health with her expert input, the owner of the PURR cat cafe in Northeast Philadelphia, and two cat owners: one long-term and one short-term. Personal storytelling of my own two cats and my experience with them regarding my mental health as well as playful interaction scenes will be included in this project.



JOSIE NICE (SHE/HER)

4:00

Scab-racadabra!

Alexandra Pixton, Advisor/Kept track of progress and project goals

Major: Pre-K-4 Education

Minor: Music, 2028

After studying concepts such as animism, illustration styles, book binding, page turns, and pacing, I've developed a storyline that illustrates the scientific detailing of scabs—through the lens of a child, FOR a child. Scabs are something that everyone, especially children, experience, and is often viewed as "gross" or "scary." However, when personifying the cells in our body that carry out these tough jobs, it is apparent that the formation of scabs is an intricate and epic process that should be appreciated! Through pages of a circus performance, I've illustrated the brain and the cells that accompany it through a journey of aiding a cut.



HONORS PROJECTIONS

Fall 2025



November 20th, 2:45pm - 8:00pm



KAITLIN SPERING (SHE/HER)

4:15

The Art of Healing

Ellen Murphy, Professor

Illustration, 2026

My project explores holistic healing as both a personal and artistic journey. Through research, interviews with practitioners, and firsthand experiences, I examine how practices like art, music, nature, yoga, acupuncture, aromatherapy, and meditation connect mind, body, and spirit. I translate these experiences into visual and written art within a reflective journal, capturing how creativity and wellness intersect. The final project will become a multimedia video that documents my process and shows how holistic healing fosters balance, emotional growth, and healing in everyday life.



KATE FLAGLER (SHE/HER)

4:30

Art for the Elderly

Linda Ruth Paskell, Artist/Professor

Biology, 2026

This project is a thoughtful dedication to two residents in a local nursing home, aiming to encourage audiences to get involved with the elders of our community.



HONORS PROJECTIONS

Fall 2025



November 20th, 2:45pm - 8:00pm



SKYLA PASLO (SHE/HER)

4:45

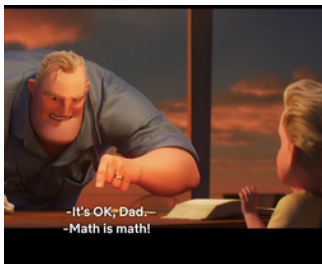
Flying

Daniel Pieczkolon, Professor

Major: Psychology

Minor: Creative Writing, 2028

A collection of 19 poems telling a narrative from third person and two first person point of views. Two girls with their own struggles meet on a roof, the meeting saving one's life. Their friendship saves them both in various ways. The collection is still a work in progress.



ACHILLES TRUITT (HE/HIM)

5:00

Korean Fluency

Tran Chau, Organizer

Major: Computer Science, 2028

I am attempting to become as fluent with Korean as possible. I want to demonstrate my ability to speak, read, and translate Korean, and record my whole process of learning.



HONORS PROJECTIONS

Fall 2025



November 20th, 2:45pm - 8:00pm

**LANDON GENTILE (HE/HIM) &
RYAN ANDERSON (HE/HIM)**

5:15



Liberty & Legacy Podcast: Philadelphia History

Lisa Holderman, Professor (Department of Media & Communication)

Major: Biology (Pre-PT), 2028

Major: Health Sciences (Pre-PT), 2028

The Liberty and Legacy podcast will discuss various concepts that all revolve around Philadelphia history. We will have various open-ended discussions about topics such as Philly sports, overall history, civil rights, food, universities, and attractions in and around the Philadelphia region. We will have a minimum of 3-4 episodes each at around 8-12 minutes each discussing a different topic.

The Forest Trials
By Tyler Shen Thaplook

Time: Winter Early-Mid 1900s
Setting: Eastern Region of Northern Russia (Forest Union) (Animal Hybrid, but more north, more remote)

Synopsis: Towards the end of his Biologists research of the mythical Hybrids he makes a stop in Russia (Soviet Union), venturing in Siberia and soon passes out due to exhaustion and the colder climate, this one individual, NAME TBD, finds the young doctor unconscious and dying in the cold climate. They bring him back to a tribal camp that they call home to nurse him back to health. But in order to trust this doctor with the camp's secrets he must complete the trials.

This is a working title, it speaks of the BIOLOGIST trials into the Hybrid world.

Character Breakdown

Name TBD (Male/Female-Mid Thirties or Forties) - Having a Ph.D. in Biology he is not conducting research into the mythical hybrid creatures that are half and half. If he fails this research he could lose everything. He is a married man, but still venturing out for about a decade of his life.

Name TBD (Male/Hybrid) - This is a creature that is half bear and half man. Native Russian whom survived capture and torture, or that's what they tell people. Is of high command in the tribe. Extremely wise and has many unique experiences throughout history.

TYLER SHEN THAPLOOK (ANY PRONOUNS)

5:30

The Forrest Trials

Dr. Timothy Belloff, Senior Director of IT Services and Digital Learning

Major: Psychology and Pre-Med, 2027

I am trying to make a video game, it is planned to be something small, not a Triple A type of game, but a short indie game type. The synopsis of it is as follows "Towards the end of this Biologists research of the mythical Hybrids he makes a stop in Russia (Soviet Union), venturing in Siberia and soon passes out due to exhaustion and the colder climate, this one individual finds the young doctor unconscious and dying in the cold climate. They bring him back to a tribal camp that they call home to nurse him back to health. But in order to trust this doctor with the camp's secrets he must complete the trials."



HONORS PROJECTIONS

Fall 2025



November 20th, 2:45pm - 8:00pm



MAYA BRIGHTBILL (SHE/HER) & NATALEE DRAGOTTA (SHE/HER)

5:45

Half Crazy, Half Marathon
Samantha Maiorino, Athletic Trainer

Major: Biology (3+DPT Track), 2028

In preparation for the Leftovers Half Marathon, research was conducted on fueling methods, nutrition, and cross-training. Additionally, participation in the Arcadia University Physical Therapy Biomechanical Running Study helped to accumulate data on running form, mechanics, and heart rate. Further research was then conducted to reflect the results from the study. The information collected in the project is intended for first-time half-marathon runners. It allows the intended audience to gain insight into the many components that go into training for a half-marathon. The goal of the project is to understand one's running capabilities and to further knowledge of running and training for long-distance races.

KEKE BERNARD

6:00



HONORS PROJECTIONS

Fall 2025



November 20th, 2:45pm - 8:00pm



KIERAN MCNULTY (SHE/HER)

6:15

Build a Knight!

Rhianon Visinsky, Advisor

Major: Chemistry, 2028

This sculpture titled "Build A Knight!" explores the transformation of discarded trash to a unique sculpture. Constructed from water bottles, plastic containers, old boxes, cardboard, and repurposed art supplies, Archie the Knight was created. The intention behind making this sculpture into Arcadia's mascot was to encourage other students here to be more mindful of the environment on campus. With Archie being completely made up of trash and materials that were upcycled, hopefully people in our community can see the beauty that can be created if we use the resources around us. Lastly, I want to bring awareness to Arcadia's sustainability efforts, as well as what we can do as a community to improve our environment.

6:30



BRYLIE GREENE (SHE/HER)

Oasis Under Glass: Exploring Self-Sustaining Desert Terrariums

Dr. Lauren Howard, Plant Community Ecologist and Associate

Biology Professor

Major: Biology

Minor: Neuroscience, Pre-PT, 2028

Growing up in Arizona, I was always fascinated by the desert - how plants could thrive with so little water under intense sun. That curiosity inspired this project, which explores the ecology and self-sustainability of desert terrariums. I aimed to understand how desert plants adapt and survive when grown in a new environment on the East Coast, examining what factors allow these resilient ecosystems to sustain themselves within a glass bowl.



HONORS PROJECTIONS

Fall 2025



November 20th, 2:45pm - 8:00pm



BONNIE SCHWARTZ (SHE/HER)

6:45

The Iron, the Stitch, and the Wardrobe

Rhianon Visinsky, Adjunct Professor

Majors: Actuarial Science and Business Administration, 2026

My project is based in sustainability, exploring upcycling and slow fashion techniques. Over the course of the semester, I learned that practicing sustainability is unique for everyone, and my project highlights what it means to me. I made a few wearable garments and documented my journey.



GERTIE SMITH (SHE/HER)

7:00

Zines with Arcadia

Matthew Borgen, Exhibitions coordinator

Major: Printmaking

Minor: Entrepreneurship, 2027

I am currently building a zine library to install in the Commons. This library will get filled with Arcadia students' zines, which will be collected during my zine workshop. I am also working on fixing a machine with Arcadia in order to host another way for Arcadia students to share their zines.

