



Arcadia University's Honors Program

HONORS PROJECTIONS

Featuring projects of all disciplines created
by our accomplished students
Spring 2026

Tuesday, April 21st, 3:00pm - 7:00pm

Commons Rooms 1-3

Zoom link on next page



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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 April 21st in the Commons Meeting Rooms!

Congratulations to this semester's Honors Project Students!

Zoom link for April 21st

<https://arcadia.zoom.us/j/97525864133>



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April 21st, 3:00pm - 7:00pm



AARON LEMONS JR (*HE/HIM*)

3:00

Have You Heard the Good News?

Dr. Christopher Varlack, Executive Director, CASAA; Director, Pan African Studies; Associate Professor
Health Sciences, 2028

This project explores the modern day African American male experience through an original ekphrastic pairing of visual art and poetry. I am creating an original artwork that reflects both the visible and invisible aspects of everyday Black life. I am also composing a collection of poems in response to the artwork, using the visual piece as both subject and catalyst. By working across artistic forms, this project investigates how identity is shaped by perception and misperception, and how experiences that often feel isolating also reveal shared understanding and collective voice.



VEN MUBARAK (*THEY/THEM*)

3:15

ReDIY, Reuse, Recycle

Carole Loeffler, Professor of Art and Design, Foundations Coordinator, Assistant Director of the Honors Program
Creative Writing, Theater Arts Minor, 2026

The rise and fall of trends means that our society is stuck in a constant cycle of overproduction, overconsumption, and inevitable waste across several industries. My project challenges me to create new items out of old materials which I already own, with the goals to not only declutter my space but also to keep waste out of landfills. Instead of throwing something out which no longer serves me, I aim to turn it into something new and useful. Through crafting a variety of projects, I hope that I inspire other people's creativity. Sustainability efforts don't have to be dramatic, sometimes all it takes is a little time and a few things from your closet.



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RAE DOLAN (THEY/THEM)

3:30

The Biochemistry of Apothecary Cures

Amy Stringer, Adjunct Professor of Forensic Science

Biology, 2026

This project aims to explore how apothecary remedies work through biochemistry. Through the use of scientific articles and research (plus a bit of history), my hope is that there will be an explanation of why common remedies and apothecary herbs work to do things like take down fevers, minimize pain, and help with sleep or IBS. The information will be presented through a lab notebook explaining the common use of the remedy or cure, how it's prepared and the mechanism of why it works.



CATIE CSOLAK (SHE/HER)

3:45

The Frightened Ballerina

Alexandra Pixton, Adjunct Professor of Education

Pre-K-4 Education, 2027

After shuffling around multiple project ideas, I've decided to construct a children's book from scratch about my anxiety and how it was tied to my dancing. I really wanted this book to capture and convey the message that anxiety should not drive you around or make you feel like you don't own who you are. What better way to tell my story in the shoes of another character, Charlie! This book is not just heavy on anxiety, but also on how to just take a second and take a breath. My hope and goal is that any child can pick up this book and be inspired and feel seen. Everything in the book is handmade, while the pictures are AI-generated because I am not an expert at drawing. I am extremely specific about what I want each picture to look like. This project aims to inspire kids with anxiety and how to manage it, no matter where they are and what they are doing.



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ROWAN FLYNN (HE/HIM)

4:00

Independent Musicians and the Rise of Social Media

Lisa Holderman, Associate Professor, Department Chair

Computer Science and Mathematics, 2026

This project aims to show the history of independent music creation. I will specifically be focusing on the early 2000s to now and showing the effects of the internet, home computers, and social media on this creative process. The final product is a video essay which takes a multi-media approach to sharing this information. The video includes the history, speculations about the future, and an interview with a musician.



MADISON THAI (SHE/HER)

4:15

How Sustainable is Living Sustainably?

Rhianon Visinsky, Professor

Public Health, Biology Minor, 2027

My project aims to examine how systemic factors can influence sustainable living. By drawing focus to the United States and Vietnam, I am able to compare countries that differ in geography, culture, and legislation -- all factors that contribute heavily to how attainable a sustainable lifestyle is. Alongside the academic disciplines related to the project, I am exploring a personal connection. As a first-generation American, I chose Vietnam in particular for the benefit of exploring a country drastically different from where I grew up, while also being able to connect back to my heritage.



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GIANNA PALKO (SHE/HER) & MADISON BACHRACH (SHE/HER)

4:30

The Mindful Meal: A Clean Cookbook

Sam Maiorino, Athletic Trainer and Nutrition Specialist

Health Science, Pre-PA/PT, 2027 and 2028 (respectively)

This project proposes a physical clean-eating cookbook designed to combine nutrition science with practical, budget-friendly recipes. The cookbook will include breakfast, dinner, snack, and dessert options, each paired with explanations of how the ingredients support overall health and performance. Drawing on disciplines such as nutrition science, public health, biology, agriculture, and media, the project aims to promote accessible and affordable healthy eating. Through research, recipe development, and multimedia outreach, the goal is to encourage sustainable dietary changes that support physical and mental well-being.



BRYCE LEWIS (HE/HIM)

5:00

Looking Through My Lens: Learning and Teaching Automotive Photography

Adam Hess, Director of Landman Library

Chemistry, 2029

My project aims to touch upon the strategies and tips I've learned about automotive photography. These insights have significantly improved the quality and appearance of my photos. I will share this information through videos I created and posted on my Instagram account, accompanied by a written piece. Throughout this process, I have collaborated with my mentor, Adam Hess, who has provided valuable guidance on editing techniques and helped me analyze what needs improvement in my work.



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MARI ALEXANDER (SHE/HIM)

5:15

Discovering the Passion of Dancing

Link Bertrand, Arcadia Alum '25; Media and Communications Major

Criminal Justice, Displacement Studies and Human Rights, Forensic Investigation and Theatre Arts Minor, 2028

A written/visual documentary of me discovering how dancing can express emotions, and then performing a self choreographed dance, focusing on emotional intent while taking inspiration from my own personal experiences. This is to further inspire others to put themselves out there, while making myself vulnerable to the outside world by trying something that is completely out of my comfort zone.



CASSANDRA AMADOR (SHE/HER)

5:30

A Normal Tuesday

Adem Sarioglu, Adjunct Professor

Computer Technology, Japanese Minor, 2027

"A Normal Tuesday" is a small animated short depicting a completely ordinary day at work. With eldritch beings and certain risk of death, of course. I wanted a project that allows me to visually portray a setting and concept that I created and found fun. I landed on animation due to its ability to depict movement, and the challenges that come with the discipline. I'm hoping that from this I can further expand on this small clip into something much bigger, and inspire others to try animating.

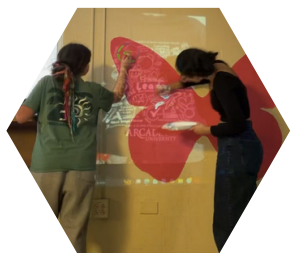


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ALYSSA MONTANEZ (SHE/HER) & SOPHIA MUNOZ (SHE/HER)

5:45

Wings of Opportunity

Freddy Amill and David Guinn, Study Abroad Advisor, Arts Events & Marketing Coordinator

Biochemistry, 2028

Wings of Opportunity explores transformation as both a personal and collective journey while capturing what it means to be an Arcadia Knight. The composition invites viewers to reflect on their experiences and goals while celebrating the spirit of curiosity and achievement that defines the Arcadia community. Through color, movement, and intentional design, the mural captures a point of becoming; where potential takes shape and the future begins to take flight, inspiring every knight who passes it to rise toward their great potential.



LEAH SIERRA (SHE/HER)

6:15

Big Kid Magazine

Ana Maria Garcia, Associate Professor

Media and Communications, Marketing Minor, 2026

I have created a full magazine aimed toward a playful but older audience. Influenced by magazines like Highlights from my childhood, I wanted to design something interactive and slightly cheeky that encourages screen-free fun for young adults. In recent years, I've noticed a growing interest in disconnecting from constant phone use and returning to more tactile, intentional forms of entertainment. This magazine responds to that shift by combining cultural commentary, humor, and hands-on activities like quizzes, games, and creative prompts. The goal is to create something that feels both nostalgic and current at the same time; something you can flip through, engage with, and genuinely enjoy.

