

Honors Program Newsletter

With Honors

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Honors Students at the Orange County Food Bank

By Erica Escobar

Learning the impact of the origin of our food caused students to become more conscientious about the hunger problem in America. Therefore, volunteering at the Orange County Food Bank through the English 100 Honors class was exhilarating. We took it upon ourselves to make a difference in someone’s life that was facing a food deficit. None of us had previously worked at a warehouse before yet we were left alone with all the necessary materials to pack food staples into boxes designated for families with a low income. The realization that families in our community depended

made the food deficit in our country more evident than surreal. That was the catalyst that drove our determination to produce as many food boxes as possible within the allotted time of three hours.

The challenge had begun. Each one of us used our leadership skills to decide our role. As we figured out our positions, we delegated duties to make the production flow smoothly. Once we began packing the food boxes, we united through one common goal which was to maximize our production to reach out to as many families as possible. We performed our tasks with due diligence while looking out for each other and helping when needed. Once we were in full swing, we were forced to pause to restock our inventory. Without verbatim and a focused goal, fellow classmates assumed new roles as necessary to restock everyone’s food items in order to avoid a time delay. Without air conditioning, sweat droplets began to drip without hindering our progress. Before the beginning of our challenge, producing 400 boxes of food barely seemed feasible since no one had any experience working in this environment especially without proper direction from an expert. To our amazement, we packed over 800 boxes of food! With high fives and sheer contentment, we congratulated ourselves for accomplishing such a high volume within a limited time. Needless to say, we all had an overwhelming sense of pride, because working together we made a difference by reaching out to over 800 families in our community. While we might have experienced physical discomfort in producing the food boxes, many families out there were experiencing the emotional and psychological hardships of not having enough to eat. Our discomfort was a small price to pay for the benefits of the recipients. Overall, we were all grateful for the many blessings that we often take for granted and gave thanks to the warehouse employees for allowing us to make an impact in our community.

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The Arsenio Hall Show

by Mia Vang and Erica Flores



On March 7, 2014, the Honors Club visited Sunset Blvd in Hollywood to watch a taping of The Arsenio Hall Show. Penny Gabourie, the Honors Program Counselor, and eighteen other students attended this event. The Arsenio Hall Show is a late-night talk show that is hosted by no other than the comedian, Arsenio Hall. He has had a great variety of guests on his show in the past such as Prince, Kendrick Lamar, Simon Cowell, and more. Honors Club members who went to see the show had the chance to see Mark Burnett, Roma Downey, and Diogo Morgado from the movie *Son of God*. In addition, Animal from

the Muppets made an appearance! Mia Vang, an Honors Club member, attended the recording. "I've never attended a live taping, so this was a fun experience. Arsenio Hall was pretty funny. I also enjoyed this particular event because it gave me the chance to bond and get to know other Honors Club members," Mia said. According to Mia, the Honors Club raised \$300.00 attending the show. This will go towards scholarships for students who are in the Honors Program.

Honors Transfer Council of California Research Conference

By Raymond Troung

The 14th Annual Honors Student Research Conference for California Community Colleges was held on April 5, 2014. This conference, hosted by the University of California Irvine (UCI), gives students the opportunity to participate in an academic conference by either presenting their research in a breakout session or by creating a poster. This year, Cypress College was represented by Raymond Troung presenting on *The History and Future of Bitcoins*.

The "HTCC Student Research Conference for California Community Colleges" is a great opportunity for students to take advantage of. Research conferences give students the opportunity to present research they have done on a particular subject. It is hosted by UCI at the UCI Student Center Building. The Research Conference really is a great way for students to develop their presentation skills and speaking in public. Overall, I found the experience to be both enjoyable and useful, and recommend it to all Honors students.



An interview with Professor David Halahmy

by Shannon Parker



David Halahmy is a History professor at Cypress College. The courses he teaches most often are History 110, History 111, and History 165. History 110 is a survey course of early Western Civilization History. History 111 is a course which looks at the dramatic events during modern Western Civilization, and History 165 is a course which explores the history of the Middle East. Teaching History is his passion. He has wanted to teach history since he was an Honors student at a Community College. And now he teaches Honors courses!

Interviewer: You attended a community college correct? Why did you choose a community college?

Halahmy: Well because in high school I knew I wanted to go to UCLA I knew it would be a great place to go to, and I also knew that I had a good GPA but I didn't have the greatest SAT score and I knew I could save a lot of money if I went to a community college first and so for all of those reasons, I just ended up going to Pierce College. In high school I already researched it and I knew that they had an Honors Program there. It was actually much more guaranteed then even today. Basically you finished the Honors Program and you were guaranteed entrance into UCLA, so that's actually the only place I ended up applying to! I did the Honors Program then transferred, it made the most sense! You save a lot of money, there were smaller classes, and I had really good teacher's too so it worked out very well.

Interviewer: How was your experience in community college and in the honors program?

Halahmy: I went to a community college, I went to UCLA, and I went to Cal State Northridge. Out of all of them, by far the best teachers were at Pierce College. Because, I think, the professors at a community college teach all the time. The professors at a University do some teaching, but they also do a lot of research and they spend more time worrying about those issues and not the students. I found the professors at Pierce were great. I'm still in touch with my History professor.

Interviewer: Did the honors courses you take prepare you for your University courses?

Halahmy: Yes, some of them did. They maybe could have used a little more writing, a little more primary source discussion, that's why in my class I use so much of that because I know when you transfer, what you're going to get.

Language Arts Book Sale

By Maysam Pou

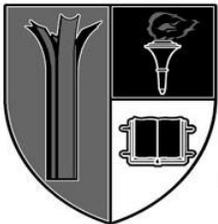
The Book Sale was a very interesting experience, full of a few of my favorite things: books and money! The money received from the event goes to the Language Arts Student Scholarship Fund. Books, ranging from textbooks discussing various subjects to romance novels with covers adorned by Fabio, were sold at cheap prices. In addition, there were also other items on sale, such as videos, records, and CDs. In all, it was a wonderful opportunity to find some new books to read for yourself, for a friend or for a relative.

I enjoyed participating in the Book Sale, even more since it was the first Honors Program activity I was involved in. As such, I saw many unfamiliar faces while working the Book Sale booth; however, I think it was a great opportunity to become more familiar with my classmates as well as a few of the other participants of the event. Whether it was one book, a bag full, or a box full of books, the Book Sale offered something – whether it be the items on sale or the service hours earned by those who volunteered – to anyone who was interested.



The Honors Program

By Lisa Nguyen



The Honors Program at Cypress College provides a great opportunity for students to interact with one another educationally and socially. In order for students to graduate with honors, they must complete two specific classes and take 18 Honors units. This provides a chance for students to meet one another in the Honors Program especially because an Honors class can only have a maximum of 20 students per class. The classes are one of the reasons that allow students to build a strong relationship with one another as they study and work on projects together for a specific class. The smaller, Honors classes, compared to the large, regular classes at Cypress College, allow students to discuss topics and work more closely together. Also, students in the Program are required to complete 10 service learning (SLO) hours and attend 2 honors events each semester. These requirements give Honors students an opportunity to interact with each other outside of school. Students connect on a more social and personal level and are able to get to know one another better through events and service hours. This ultimately leads to friendships being made through the Honors Program. Mariam Memon, an Honors Program student, made many close friends through the Program claiming, "I have gotten so close to so many people that are in the Program that I know I will still keep in contact with them after I transfer". Strong bonds are made within the Program because students are able to relate to each other through education and social activities and service. The Honors Program not only guarantees a successful educational experience at Cypress College, but also guarantees great friendships that will last beyond the program.

The Getty Villa

By Rainey Dalven



On March 28, 2014 Honors Program students and Professor Melanie Nabahani participated in an event field trip to the Getty Villa located in the Pacific Palisades neighborhood of Los Angeles. At the museum, students were treated to beautiful Greco-Roman art and architecture. Antiquities dated as far back as 6,500 B.C., and a majority of them were in exceptionally perfect quality. Many at the museum were struck by the irony of how some of the oldest artifacts and art—especially the Cycladic figures—seemed so very modern. The statues of important figures’ heads on exhibit were made with such attention to detail and craftsmanship that being at the museum in their presence was a remarkably surreal experience of

disparate generations seemingly melding together. Another wonderful moment was being able to view the beautiful glasswork that was part of the Glassmaking in Antiquity exhibition. These glass artifacts aged many years were fantastically shaped, and dazzled in exquisite color. It was certainly artistic glassware at its finest. Overall, this experience was one in which students were given the enjoyable opportunity of seeing the by-gone era of ancient Greece and Rome on full display—a perfect chance for students interested in next year’s study abroad program in Rome to get a taste of what may be in store!

Kindercaminata

By Alexander Banuelos

In the 2014 Spring semester, Cypress College hosted their annual Kindercaminata event where over 1,400 Kindergartners visited the campus and saw what the school’s programs and clubs had to offer and to introduce the young children to a college campus. Members of the Honors Club have participated in this event in the past countless times as volunteers to help distribute food and other responsibilities; but for the first time, the club hosted their own table as part of Kindercaminata. With the help of Velia Lawson and her COUN 110 students, the Honors Club’s ICC Representative Alexander Banuelos helped the many Kindergartners learn about the different kinds of careers they might be interested in and how to recognize those careers. The students helped the children learn about the careers through an interactive activity where the children would toss some toy dice to choose different props depending on the number rolled, and some of the props included a firefighter’s hat and a police officer’s badge which were used to visually help the children learn about each of the careers presented. The visiting children had a lot of fun with the activity, as well as the volunteering students, and learned more about what kinds of careers were out there for them to pursue. It is most definitely an event the Honors Club would be interested in participating in again in the future.

Honors Alumni at UC Berkeley

An Interview With Tiffany Dang

By Kevin Rodgers



Kevin: So you have attended UC Berkeley for your first semester. How has your experience been so far?

Tiffany: It's been an awesome and exciting experience so far, although at times it gets pretty tough. The excitement comes from living in an urban area, you really don't know what to expect each day. I don't know if they planned this but you definitely feel something the moment you open your blinds in the morning and there are a good number of homeless people always on the other side of the street at People's Park. It really pushes you further to want to implement change in the world.

Kevin: That's good to hear, so do you believe the Cypress College Honors Program prepared you for this academic endeavor?

Tiffany: I would say in terms of teaching me how to interact and get involved, yes it has. For the Honors Program, the class sizes are small so there is a close relationship between students and professors. I took advantage of making sure to be close with my professors here as well. I definitely learned how to manage my time better in the program, it made the transition incredibly easier. Lastly, you gain a lot of leadership skills in the program and you take them with you the rest of your life.

Kevin: I see. Would you recommend the Honors program for any community college student that wants to transfer to a UC?

Tiffany: Yes, most definitely! There are so many benefits to being a part of the program. Especially receiving service learning hours, community service hours and leadership skills. You meet a lot of like minded individuals with similar aspirations and you learn to work together with others.

Kevin: Do you also feel the Honors program director and counselor helped you in achieving your academic career goals?

Tiffany: Yes, Professor Sonne really prepared me to write analytical papers on top of really critically thinking outside the box when writing papers. I loved how her courses always focused around a theme, it made the class experience more enriching that way and you always end the semester learning something interesting. As for guidance both Sonne and Gabourie have made sure that every Honors student turns in their paperwork and applications before the deadline. They both really prepare you for the schools by offering different information seminars, campus visiting dates and guidance counseling.

Kevin: In conclusion do you have any advice for prospective students who wish to come to UC Berkeley?

Tiffany: When you get in believe that you are there because you really belong there. When the workload gets tough, I often question myself and I realized all that is a waste of time, I know very well now that no, they did not make a mistake on my application.

An Interview With Tiffany Dang

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- You will meet brilliant individuals from all over the world, don't ever be discouraged because you can really learn a thing or two from them. You can never compare yourself to anyone especially here at Berkeley because all of you are destined to do incredible things. The competitive nature only applies for their decision process, students here often work together to level the curve for the exams.
- If you're about to be involved in a long distance relationship, it takes work and it will only work if you and your significant other are on the same page. Always. Take this time to work on yourself, hopefully they will too, when you finally see each other you'll realize the wait and the time apart is definitely worth it. Just remember that everything will be okay in the end.
- Fraternity parties are very exclusive, ironically. Watch out for them.
- Take advantage of all the resources on campus. Make sure you introduce yourself to your professors. Go to office hours! They will give you valuable insight on what they're looking for in class or even hints for the exams! And yes, there are plenty of organizations and clubs (hundreds!) it might seem overwhelming but they all serve a special purpose, network! Getting involved helps you meet students from all different majors, you learn something new from everyone you meet.
- There will be plenty of seminars, workshops and panels you can attend to learn more about career opportunities and internships. Go to all of them if you can! Business officials and groups will go to great lengths to hand you their business cards.
- There are shows walking distance from campus, San Francisco is a couple Bart stops away, and there are parties going on every weekend! Never restrict yourself because you'll regret it later but manage your time and priorities in advance. You will have to make some sacrifices, but once you get your grade back, you'll thank yourself for that.
- Having a car here is rather pointless and costly. Keep yourself healthy and active. Get used to walking, bussing and public transportation.
- Make sure you recycle. Know the difference between landfill and compost. Take your own reusable grocery bags or lose some change every time. And stop buying bottled water and get a eco-friendly refillable one already!
- LAST but not least, when you think that you're somewhat ahead, you go home and you'll realize there is no such thing as being ahead at Berkeley. You will always have readings, you will always have a paper to start on, and will always have something to study for. BREATHE and try not to worry because believe me, you are not the only one. Make friends and form study groups for every class. Your study groups will eventually become your new best friends.

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Newsletter Faculty Editors

Penny Gabourie

Kathryn Sonne

Cypress College Honors Office

is located on the 2nd Floor of the Student Center in the Transfer Center

Monday - Thursday 8AM - 5PM

Friday 8 AM—12 Noon

(714) 484-7129



Kathryn Sonne
Honors Program Director

Penny Gabourie
Honors Program Counselor