

HONORS POST Heads-Up

Welcome Honors Class of 2022!



Fall is the time for new beginnings—new classes, new friends, and new adventures. The Honors Program is a great place to take advantage of those and more. You are part of a special community here at Post and we are so proud of you and your accomplishments. You can be sure that we are here to support you as you continue your college journey.

If you are a new student who was accepted as Honors, I will contact you to “officially” onboard you into the Honors Program. We will meet to talk about all the benefits of being in Honors, how it works, and answer your questions. Of course, you will also get your Honors welcome gifts.

Returning Honors students, I look to you to reach-out to the new students and help them get involved. Over half the Honors students are athletes and you might be on a team with a new student. Keep working towards your own Honors goals with Honors Contracts, courses, and events. Please stop by my office so we can catch-up.



Have an amazing year!

Linda Kobylarz
Director, Honors Program

Begin With the End in Mind

Graduation is the end of your undergraduate journey, but the beginning of what comes next. So make decisions and plans now with graduation in mind. You can participate in the Honors Program by doing just Honors Basics or step-up to Honors Program Distinction. Talk to Linda Kobylarz about how to get the most from the Honors Program.



NRHC

New England Regional Honors Conference Get your application at Pizza, Pals, & Polos!

HONORS &

STUDENT-ATHLETES

Upcoming Honors Events

- 9/10 Mon. Pizza, Pals, & Polos in Swoop's Landing (Drop-in)
- 9/19 Wed. Million Dollar Quartet (Musical)
- 9/23 Sun. Agatha Christie's *The Unexpected Guest* (Play)
- October Lunch 'N Leaders



Patrick McCarthy
Finance Major
Class of 2018
Honors Program Distinction

Being a student-athlete is great. You get to go to school to earn a degree, while playing the sport you love. But, not many are fortunate enough to be able to experience playing sports beyond their high school years, while many others cannot attend college at all. It is too common that these luxuries are taken for granted. It is both a privilege and an incredible opportunity to be in a position like ours, and should be treated as such. You should not be satisfied with simply being here. Being a successful, productive student-athlete requires commitment and hard work, both on and off the field. Whether it be class, in training, or in my sparse down-time, I like to remind myself of what it means to be here, how hard I've worked, and why I need to keep pushing myself. My advice to others is to find that reason to keep pushing.

Do your assignments on time - do not fall behind. You will thank yourself later.

Develop positive relationships with your professors to be able to utilize their help when needed.

Stay positive and involved - being a part of the campus community beyond the rink helped me to stay fresh and keep the bigger picture in mind. With the right attitude, every day is a good day.

Don't overload yourself - leave time for fun. Personally, I work best during the day, and so I like to finish all of my work before the evening, when I like to watch hockey, hang out, and unwind before bed. It gives you something to look forward to each day.

Create a routine and develop good habits. Set your alarm for the same time every morning, even if you don't have a morning class. Let your body and mind become accustomed to regularity in your schedule. Eat well, and don't poison your body with vices. You only get one, so treat it with the respect it deserves.



Join the Honors Club at Pizza, Pals, & Polos!

"Becoming a student leader at Post University has taught me about interacting with different groups of people and helped me find out who I am as a person. Joining clubs, becoming a Resident Assistant and being a member of the Honors Program has given me the opportunity to learn and to experience great things. Traveling, attending symphonies and tasting multicultural foods are just a few of the perks. Graduating with Honors Distinction is a great goal to accomplish."

Jessica Martinez
2017-18 SGA President
Class of 2018
Honors Program Distinction

- 2018-19 Student Government Officers**
- President: Andrey Masser
 - Vice-President: Michelle Alberini
 - Secretary: Ariel Fulton
 - Treasurer: Daniel Hartnett
 - Parliamentarian: Adrianna Morgan

TRAVEL SEMINAR — May
Join us on a trip to Berlin, Amsterdam, Bruges, and Paris. More information to come. Start planning now!

