

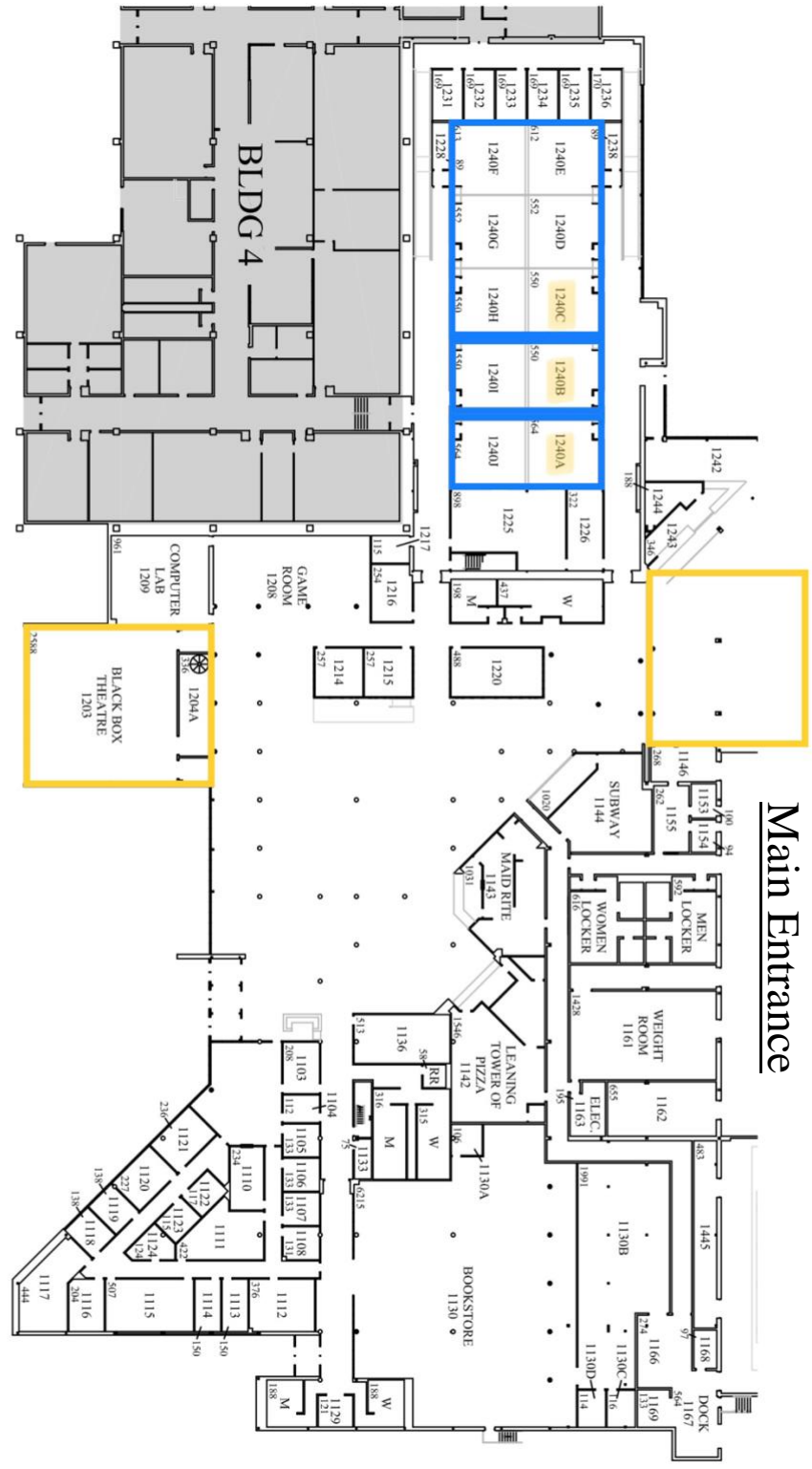
2023 UMHC Annual Meeting

# Striking a Balance

Thursday March 30<sup>th</sup> — Saturday April 1<sup>st</sup>



Upper Midwest Regional Honors Council  
&  
Des Moines Area Community College



# BUILDING 5 - STUDENT CENTER

DMACC ANKENY CAMPUS 61,870 GROSS SQFT



CONFERENCE AT A GLANCE 1.1

<b>Thursday March 30<sup>th</sup></b>	<b>General 1240C (or other)</b>	<b>Faculty A [F-A] 1240A</b>	<b>Faculty B [F-B] 1240B</b>	<b>Student A [S-A] 1240A</b>	<b>Student B [S-B] 1240B</b>
12:30p	Registration Opens				
1:30-2:45p				Individual Presentations: <i>Education</i>	Individual Presentations: <i>Technology, Cyber Development, Engineering</i>
3-4:15p		Workshop: <i>"You're Smart— You'll be Fine" &amp; Other Lies we Tell Honors Students</i> Matt Sprengeler			Individual Presentations: <i>Health &amp; Biological Sciences, Mental Health, Criminal Justice</i>
4:30-5:45p	Opening Day Remarks — Food Trucks (main entrance outside of Building 5)				
6-7:15p	Student Posters				
7:15-8p	Roundtables				

CONFERENCE AT A GLANCE 1.1

Friday March 31 <sup>st</sup>	General 1240C (or other)	Faculty A [F-A] 1240A	Faculty B [F-B] 1240B	Student A [S-A] 1240A	Student B [S-B] 1240B
7-7:30a	Balance Yoga & Meditation				
7:30-8a	Registration Opens — Light Breakfast				
8-9:15a	Panel: <i>Utilizing Role- Playing Games to Develop Critical Thinking Skills</i> Kurt Kemper			Individual Presentations: <i>Sustainability &amp; Environment</i>	Individual Presentations: <i>History</i>
9:30-9:45a	Conference Welcome from DMACC President Denson				
9:45-10:45a	Keynote: <i>Next Up... Who's Helping Me With This?</i> Renee Schulte				
11a-12:15p	Student Breakout Session (students only) <i>No Really... What Can I Do Now? A Candid Conversation</i> Renee Schulte	Workshop: <i>How I Changed My Teaching &amp; How it Changed My Students</i> Christine Larson			Workshop: <i>The Leadership Challenge</i> Megan Nelson — Workshop: <i>Connecting to Community through International City Exploration</i> Abigail Dunlavy

CONFERENCE AT A GLANCE 1.1

<b>Friday March 31<sup>st</sup></b>	<b>General 1240C (or other)</b>	<b>Faculty A [F-A] 1240A</b>	<b>Faculty B [F-B] 1240B</b>	<b>Student A [S-A] 1240A</b>	<b>Student B [S-B] 1240B</b>
12:30-1:15p	Buffet Lunch				
1:15-1:45p	Three-Minute Thesis Student Presentations & Competition				
2-3:15p	Keynote: <i>The Whole Person is the Whole Point</i> Caleb Rainey "The Negro Artist"				
3:30-4:45p	Student Breakout Session (students only) <i>Professional Development through Personal Development</i> Caleb Rainey "The Negro Artist"	Panel: <i>SOS Nursing in Honors</i> Dr. Nikki Hamilton	Workshop: <i>Redesigning Program Curriculum to Encourage Accessibility &amp; Balance</i> Leah White		
5:30-7p		Faculty Mixer (District 36)		Student Mixer (Residence Inn)	
7:30p	Ticketed Performance: <i>No Such Thing</i> (Blackbox Theater)				

CONFERENCE AT A GLANCE 1.1

<b>Saturday April 1<sup>st</sup></b>	<b>General 1240C (or other)</b>	<b>Faculty A [F-A] 1240A</b>	<b>Faculty B [F-B] 1240B</b>	<b>Student A [S-A] 1240A</b>	<b>Student B [S-B] 1240B</b>
7-7:30a	Balance Yoga & Meditation				
7:30-8a	Registration Opens — Light Breakfast				
8-9:15a	Panel: <i>Navigating Transition &amp; Transitional Navigation: Strengthening Institutional Transfer Agreements &amp; Transfer Programing</i> Leisha Estep	Workshop: <i>Engaging Students through Windows &amp; Mirrors</i> Kari Frisch — Workshop: <i>First-Year Fellowship: Navigate the First Year of College</i> Erin Thomas			Individual Presentations: <i>Advertising, Business, Financial, Communicati- ons</i>
9:30-10:45a	Keynote: <i>True Greatness Starts from Within</i> Aaron Putze				
11a-12:15p	State Meetings — Business Meeting & Awards				
12:15-12:30p	Pick Up Bagged Lunch				

## CONFERENCE AT A GLANCE 1.1

### **Individual Presentations: Education**

Kari Frisch presiding

*OERs: An Open Pedagogy Project on the United Nations' SDGs*

Kari Frisch

*Impact of Childhood Trauma on Education & Well-Being of Students & How Educators Can Best Help*

Brian Day

*The Benefits of a Multilingual Writing Center in Honors Education*

Sophia Lopez

### **Individual Presentations: Technology, Cyber Development, Engineering**

Alex Bormann presiding

*China's Technological Rise: Quantum Computing & the Future of China*

Olivia Armstrong

*A Framework for Secure AI Development*

Darrin Dutcher

*The Positives & Negatives of Artificial Intelligence Among Human Society*

Kyla Cox

*The Unexpected Power of Social Media*

Alex Bormann

### **Individual Presentations: Health & Biological Sciences, Mental Health, Criminal Justice**

Sondra Wilson presiding

*Mental Health Awareness Month Campaign*

Diego Arevalo Molina

*The Relationship Between Cerebrovascular Dysfunction & Behavioral Abnormalities in Rats Exposed to Alcohol In Utero*

Tiffany Knecht

*Living as a Transgender Woman in America in 2023*

Sondra Wilson

*Gun Violence, Gang Glorification, the Demonization of Black & Brown Boys in the Criminal Justice System*

Melody Alo

## CONFERENCE AT A GLANCE 1.1

### Student Posters

#### Math & Engineering

*Testing the Reusability of CAN bus OBD-II  
Replay Attacks Across Vehicles of Similar  
Make & Model*  
Joseph Boyd

*Predictive Simulation & Data Science  
Applied to Protein in Nanovaccine Release*  
Jack Girton

#### Health & Biological Sciences

*Using CRISPR/Cas9 Whole Genome Screens  
to Uncover Molecular Mechanisms of  
Macropinocytosis in Macrophages*  
Bidhi Kasu

*"Who Cares?": Alcohol's Effect on College  
Students' Nervous Systems*  
Jordan Thompson

*Triazole-estrone Analogs: A Potential Drug  
Treatment for Triple-Negative Breast Cancer*  
Emily Hedge

*BodPod: Air Displacement Plethysmography  
& the Importance of Body Composition in  
Men's & Women's Basketball*  
Samuel Rabenberg

*Using  $\mu$ CT Scans to Create 3D Skull Puzzles  
as Open-Access Pedagogical Tools for  
Anatomy Classes*  
Alexis Slack

*B-ing Flexible: Examining Creativity in  
Bisexual Employees*  
Esenaman Batirov

#### History

*The Hidden History of Law*  
Sondra Wilson

#### Social Sciences & Education

*Building Growth Mindset in English  
Language Learners*  
Kylie LaVoy

*Food Insecurity on College Campuses in  
South Dakota*  
Mckenzie Hassebroek

*The Connection Between Basic Arithmetic  
Skills & Further Mathematics Ability*  
Qiang Ai

*Measuring Fear of Crime on Campus: A  
Study of a Small Midwestern University*  
Mayson Sheldon

*Prioritizing Wellbeing to Support Student  
Success*  
Hamelynn Harzman

*Microeconomics: The Game!*  
Sierra Bailey

#### Natural & Environmental Sciences

*Cambodia: The Manifestation of  
Malnutrition Resolved With Dietary  
Diversity*  
Tuesday Davis

#### Arts & Humanities

*Types of Violence in the South Dakota  
Human Service Center History*  
Emily Eisenbraun

*Healing Through the Use of Creative Arts*  
Lawrence Sigmund



## CONFERENCE AT A GLANCE 1.1

### **Roundtables**

DMACC presiding

#### **Table 1**

*The Benefits of Implementing a Student Organization through the Honors College*

Carley Mullins

*Service Opportunities for Honors Students*

Colin Marsh

#### **Table 2**

*Supporting Students in their Pursuit of Honors*

Hanna Holmquist

*ChatGPT Wrote this Title: The Ethical Usage of AI-Generated Content*

Gillian Morris

#### **Table 3**

*An Honors Curriculum: What's it Good for?*

Talia DeWitte

*An Honors Perspective on Food Insecurity Resources on College Campuses*

Jessica Begeman

#### **Table 4**

*Engaging Transfers / Community College Students on a Shortened Schedule*

Brooke Oehme

*Finding Balance in Your Honors Office: The Benefits of Student Employees on Your Leadership Team*

Brynn Olverson

## CONFERENCE AT A GLANCE 1.1

### **Individual Presentations: Sustainability & Environment**

DMACC presiding

*Striking a Balance for the Planet: Sustainable Printing & Dyeing*

Maria Schirmer-Devitt

*The Environmental & Lifestyle Effects of Meat Consumption*

Jillian Hough

*Lines & Shapes Connected in Diversifying our Culture*

Tumisang Leshoeli

*Art Therapy*

Clara Cleland-Leighton

### **Individual Presentations: History**

Hanna Holmquist presiding

*NAFTA & the Effect of Senator Daschle on South Dakota History 1997-Present*

Joseph Ulloa

*Ripples From Walden*

Nolan Reynolds

*Tropes of Murderess Row*

Rachel Goldsmith

*Where Does the Church Stand in Today's Mental Health Landscape?*

Noah Mursu

*#Unfiltered*

Hannah Owens

## CONFERENCE AT A GLANCE 1.1

### **Three-Minute Theses**

Matt Sprengeler presiding

*Its Cheaper to Help People Than to Oppress Them*

Sondra Wilson representing DMAACC

*Where Does the Church Stand in Today's Mental Health Landscape?*

Noah Mursu representing South Dakota State

*Tagging tjp1a (ZO-1) Genes in Zebrafish with Fluorescent Proteins*

Hamelynn Harzman representing Iowa State

*Measuring Fear of Crime on Campus: A Study of a Small Midwestern University*

Mayson Sheldon representing Northern State University

*Accessible Wayfinding & Navigation*

Roshit Niraula representing Minnesota State University, Mankato

*Ripples from Walden*

Nolan Reynolds representing Waldorf University

*Has Artificial Intelligence Ignored its Security Obligations? A Threat Vector Analysis*

Darrin Dutcher representing Dakota State University

*The Relationship Between Cerebrovascular Impairment & Behavior Abnormalities in Rats Exposed to Alcohol in Utero*

Tiffany Knecht representing University of South Dakota

CONFERENCE AT A GLANCE 1.1

**Individual Presentations: Advertising, Business, Financial, Communications**

Axton Betz-Hamilton presiding

*Adapting Advertising to Different Cultures*

Tessa Holien

*Embracing Student Creativity to Positively Impact Others About Financial Abuse Within Families*

Axton Betz-Hamilton

*The Female Leader: Women's Experiences in a Male-Dominated Workforce*

Anne Marie Boyum

*The Influence of Social Media in the Rise of Misinformation*

Adelia Bristot

*Developing a Training Program for Undergraduate Teaching Assistants in an Honors Orientation Course*

Julie Fischer