

In This Issue...

Hudson and Holland Scholars Program
HHSP
Newsletter

Changes to Hudson and Holland

Read up on the changes occurring this year in HHSP.

L.E.A.D Conference

See what's different this year and what to look forward to October 22, 2011.

Do you know Leah McRath?

Read the Q & A to find out more about this Hudson and Holland mentor.

Learn about HoPPS

Heard of HoPPS? Find out what it is and how to participate with Robin George.

Check out HHSP Upcoming Dates...



Faculty Member of the Month: Leah McRath

by Carissa Quintero

From now on, every issue of the Hudson and Holland Newsletter will feature a “Did You Know?” section about a specific person involved with the program. For the first issue, we decided to get to know one of the main people who really acts as the glue for the Hudson and Holland Scholars Program. I sat down with Leah McRath for an interview which was only supposed to last about 10-15 minutes, but actually ended up being about an hour; a true testament to the greatness that is Leah. She is easy to talk to, humorous, and extremely interesting. Here are some of the things we covered in the interview—

Q: What are Leah’s responsibilities as Administrative and Special Projects Assistant and Program Mentor?

A: Coordinate Freshman Orientation, Crimson Carpet Visit, registration for LEAD Conference, organize town hall meetings, deal with all the students, parents, and staff, mentor students in the Jacobs School of Music.

Q: How long has Leah been with Hudson and Holland?

A: Two full years. She just began her third year in August.

Q: What are some of Leah’s hobbies and interests?

A: Cooking, going to the gym

Q: Where was Leah educated?

A: Undergrad at Kennesaw State University- Bachelor’s Degree of Music in Education, IU- Master’s Degree in Music, currently working on her Performer’s Diploma

Q: What is Leah’s favorite part about the Hudson and Holland Scholars Program?

A: The LEAD Conference. “I’m not sucking up or trying to guilt people into going, but I love the LEAD Conference. I never got to do anything like it when I was an undergrad. The people who organize it always do such a great job and there are so many opportunities for students to network and market themselves there. I learn so much from it every year even though it is geared towards undergrad students.”

Q: What is Leah’s favorite memory of Hudson and Holland so far?

A: “The incoming freshmen this year had to read a book called *The Lies My Teacher Taught Me* over the summer. They then had to discuss it at orientation, and all of their diverse and smart thinking just blew me away. I was so impressed by them. Maybe it was because it was the first time I was on the mentor side of a discussion, but I was just in awe of them.”

Q: Where is Leah from?

A: Originally from St. Louis, MO, but has called Kennesaw, GA her home since she was eight.



Q: Any interesting facts about Leah that no one knows?

A: “When I was a kid, I really loved heavy metal hair bands— Whitesnake, The Nelsons, Guns N’ Roses.”

“Also, the best therapy for me is listening to a really good, energetic pop song with man-hating lyrics, like Maroon 5. I just change all their “she’s” to “he’s” and just jam out.”

Q: What are some of Leah’s previous/other jobs?

A: The normal low-paying high school/college jobs, freelance musician in greater Atlanta area, Knoxville, TN, Highland SC, “I worked at the Alumni Association pretty much doing the same thing I do now at Hudson and Holland. This job is more enjoyable because I get to work with the students, and I didn’t get to very often and the Alumni Association.”

UNDER CONSTRUCTION:

Hudson and Holland Renovations

by Charnay Pickett

Hudson and Holland has been under construction for the past three years. Many changes have been implemented and it may get hard to keep up with everything. With change comes the unknown, but that can sometimes be a good thing especially when Carl Darnell can guide you to all of the answers.

The program has moved from a “mandatory” philosophy to an “incentive” philosophy. Hudson and Holland now awards incoming freshmen with \$6,000 instead of the original \$5,000. When a scholar receives good grades and raises his/her GPA they are given an extra

\$1,000 for their hard work. Instead of being penalized for missing meetings and such, you are rewarded in place of having money taken away. Another big change is the fact that the amount of money received does not change each semester. The amount of money awarded stays the same for both the Fall and Spring semesters.

Not only did the money aspect of Hudson and Holland change, but the academic participation changed as well. As opposed to having U212 on Monday, Wednesday, and Friday, the incoming freshmen only have it on Tuesdays and Thursdays. The Tuesday lecture is at 8 a.m. and the Thursday discussions vary

according to what time the scholars chose. The Tuesday lectures are no longer taught by guest speakers and are now taught by the HHSP staff. Though there will still be guest speakers, they will only speak once in a while. When it comes to writing papers, there is only one paper due every other week as instead of every week.

Hudson and Holland, though changes have been implemented, is only going to get better. Changes happen and we have to learn to roll with it. Hudson and Holland will only get better with age and I can't wait to see what happens next!

Introducing Robin George and the HoPSS Program

by Brooke Reliford

Holistic Philosophy for Scholar Success: Introducing Robin George and the HoPSS Program

HoPSS started in the 2010-2011 school year by then HHSP Director Dr. Virginia LeBlanc and Deb Getz, Director of Minority Recruitment and Retention in the School of Health and Physical Education and Recreation (HPER). Together, they observed heightened stress

levels among Hudson and Holland scholars, and noticed many did not feel comfortable with going to the IU Health Counseling and Psychological Services (CAPS). Therefore, the HoPSS program was created. Its mission is to develop knowledge and awareness of skills necessary to maintain mental, emotional and physical health. Other goals include educating incoming and current scholars as well as their

parents. While HHSP attends to the academic needs of scholars, HoPSS aims to nurture their health needs, thus creating a holistic approach towards success.

This year's new HoPSS Advisor, Robin George, hails from California. She is a second year student in the Masters of Public Health program in HPER, where she concentrates in behavioral, social and community health. Robin wants students to know

she is a resource and that HoPSS is a service just for us, so feel free to talk to her about anything from getting involved in student groups to tips on exercising in cold weather. Visit her office located in the basement of Memorial Hall, Room MM010, call her at 812-855-1132, or send her a message via email robgeorg@indiana.edu.

Look out for tips from Robin in the next issue of the newsletter!

New & improved **LEAD** conference

Time: 10AM -3:30PM Location: Indiana Monroe County Convention Center

by Anu Kumar

On October 22nd, Hudson and Holland will be hosting their annual LEAD conference at the Bloomington Indiana Monroe County Convention Center. For the freshman class this event is brand new, but upperclassmen also have some changes to look forward to.

In past years, the conference has focused on career and leadership development. Hudson and Holland brought in many business professors and presenters in order to help with resume writing, graduation school applications, and networking.

This year, to better accommodate students involved in humanities as well as business, the tone of the conference has been changed. Instead of a strong focus on career and leader-

ship development, the conference will focus more on current issues. These topics are controversial and are meant to stir debate and create conversation.

Students will still be able to network and meet professionals that are experts in their fields. However, instead of a workshop that prominently has a speaker only lecture, the students will be able to be more engaged and debate the issues at hand. These issues range from immigration, the role of media, to new developments in science.

“Why duplicate something the career development center and other resources already provide for students,” says Mimi Attenoukan.

The committee headed by Dan Woodside wanted to bring something new to the table and appeal to all the students in different subject

areas.

Students now have the opportunity to hear from speakers that are experts in the fields of journalism, law, science and genetics, and so forth. Attenoukan emphasizes that the topics being discussed are current and applicable to all students.

“We really want the students to feel engaged,” says Attenoukan.

For many students, this event is their first Hudson and Holland hosted conference. Students should be sure to dress professionally and be prepared. Once the program for the conference is set, students should look through the itinerary and decide on the workshops that interest them. By looking over the itinerary as well as properly locating the convention center, students can look forward to the 3rd annual LEAD conference.

Upcoming Events: *Mark Your Calendars*

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Oct. 15 Kaplan Graduate Practice Exam TBA
(sophomores only)

Oct. 22 LEAD Conference 10AM-3PM

Oct. 28 Crimson Carpet Visit TBA
(volunteers wanted)

Do you know of any Hudson and Holland students who should be featured in our newsletter? Email our editors. - alexmede@umail.iu.edu
- vfonseca@indiana.edu