JOURNEY: We all have journeys. Some are literal, and many are figurative. All Honors students are on a journey to that diploma at the end of their four year odyssey. The students who contributed to this issue of Honorable Mentions have made some incredible stops on their journeys and wrote about them to share with you. Honorable Mentions shares your journey. Be kind to your fellow travelers on whatever journey you’re on.
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THANKS TO EVERYONE WHO CONTRIBUTED!

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Cover photo provided by Taylor Gillen
Have you ever been to the Loop Honors Program office? If not, you are sorely missing out. Located on the 16th floor of the Lewis Center, the Honors office provides one with a perfect place to view downtown skyscrapers, read philosophy, or just lounge with your friends on the incredibly comfy furniture. Water is not the only beverage provided at the Loop Honors Office. Oh no! There is tea, coffee, and even hot chocolate for those frigid days, which become all too familiar when one is living in the great city of Chicago. There is almost always candy or some sort of treat that is ripe for the devouring. The office is stocked with copies of Honorable Mentions (the multi-award winning Honors Program newsletter) as well as intriguing magazines such as the one put out by the Art Institute of Chicago. The suite hosting the Loop Honors Office is truly a marvel.

Not only are there all these perks, but also there are wonderful people to interact with here at the peak of the Lewis Center. There is Jennifer Kosco, Honorable Mentions mastermind and advisor extraordinaire, as well as the brilliant collection of Honors Program office student workers who toil tirelessly to make your life easier and the world a better place. I myself can be found there frequently. Come by to talk academia or merely exchange pleasantries. Directly across from the Honors Office is the Writing Center where valuable tutoring can be found. I cannot even count the amount of times young pupils have beseeched me for the location of this literary locale, and lo and behold, it was directly behind them the whole time! The Writing Center is a significant in complement to the bastion of academic prowess that is the Loop Honors Program Office.

If I still have not convinced you of the wonders of suite 1620 in the Lewis Center, come and see for yourself. You will not be disappointed.
HONORABLE STATES

Of course it's no surprise that students come from all over the United States to attend DePaul – check out the different states and countries that DePaul Honors students call home.

HONORS DOES SOIRÉE

Don't forget—Friday, April 10th is the date of the annual Honors Ball. This elegant evening, planned by Honors Student Government, will take place in beautiful Cortelyou Commons. Dig out your fanciest duds, and get ready to dance the night away! Refreshments and surprises await you. Watch your email and check out the HSG Facebook page for updates. We'll see you there with your dancing shoes on!
DePaul University Honors Program students look at the world as an opportunity to learn. Yet, there is one opportunity that some students overlook. That is the truly amazing gift of the intellectual community around them. As a graduating senior, I’m currently in my Capstone and final Honors course. What is truly remarkable is the people with whom I share a classroom. There is a classmate who has applied to NYU Law School while another has created graphic designs for Riot Fest. Honors students are privileged to be part of such vibrant community. In today’s world, higher education and a specialized curriculum is not an opportunity to take for granted.

Recognition of those around you adds value to experience. My sophomore year, I became a part of Honors Student Government as the Ambassador Chair. I joined HSG as it was becoming the robust organization it is today. The President before me set the precedent for excellence and accountability. This year, I’ve held the title of President, but my presence is nothing without my incredibly dedicated and supportive executive board. The past two quarters, the HSG officers have established themselves as leaders. Taking initiative, creating excitement, and asking the right questions has made each person an invaluable part of HSG. My executive board has added meaning to my Presidency.

I challenge you to find your own meaning within the Honors community. Before you leave DePaul University and the Honors Program, take a moment to reflect: have you engaged with the community around you? I urge you to connect and commit to being an Honors student who values the people around them. The first Spring Quarter HSG meeting is April 10th. Elections are in May.

Step up and take advantage of an Honors community that prides itself on connections and self-growth.

HONORABLE ATHLETES

Congratulations to the following Honors Program student athletes who were recently named to the 2014-2015 Big East All-Academic Team.

Meredith Bennett-Swanson // Sophomore // Political Science // Basketball
Ashley Holden // Senior // Digital Cinema // Track & Field
Jessica Sanborn // Sophomore // Hospitality // Cross Country
Sebastian Vermaas // Sophomore // Finance // Track & Field
Walking through the restaurant door of my first Honors Program student-faculty dinner, the first thing I noticed was that all of Duck Walk’s usual four-tops had been pushed together to form four long tables instead. The restaurant was entirely ours for talking, meeting people, and eating. The second thing I noticed was that I was starving and from the smell of it, the Thai food we were about to eat would solve that problem.

My roommate, a few girls from our hall, and I sat down at the first of the long tables, leaving space at one of the places for Philosophy Professor Bill Martin, whose name tag sat on the plate. I immediately noticed that he had hair like Einstein and a brain that, from what I could tell, was on par with his eclectic counterpart. We chatted for a few moments, and discussed our majors and where we were from, before getting in line to get our food.

Over steaming plates of pad Thai, fried rice, and crab rangoon, Professor Martin told us about his travels throughout the world (China, Mexico, Iceland, Japan, to name a few), his time teaching at DePaul’s sister school in Mexico, and his experiences growing up in the South. He noted that he enjoys teaching honors classes and suggested we all take his class in spring quarter (which I would have, had I known about it before registration). He spoke unabashedly about his experiences with and his beliefs about the Vietnam War and religion and how both led him to where he was as a professor. The group of us sat in our seats, our phones tucked away, and listened to the stories he told us.

Sitting there, I was struck by how much life Professor Martin had lived in comparison to the rest of us at the table. In the hour we spent together, he spoke rarely of his early childhood—most of the stories he told were of his adult life. For me, coming to school felt like the end of a long journey of childhood and, in some ways, it was. But the student-faculty dinner helped to remind me that college is as much of a beginning as it is an end. And while I, like everyone else, have plenty of memories from being younger, I realized how much of life I have yet to experience.

Professor Martin had to leave a few minutes before everyone else did—he was giving a test at 6. At the end of the night, he thanked us for being nice to him and listening to what he had to say, waved goodbye, and left.

The dinner at Duck Walk was my first student-faculty dinner but I don’t think it will be my last (free food will always get my attention). The food was great, the atmosphere friendly, and the students who showed up were welcoming and fun. But more than that, it’s always wonderful to talk to a professor outside of class and get to know them as a person. This is an event I look forward to attending again.
As listed on our Student Debt Reform PAC’s website (www.studentdebtreform.com), our main objective is to fight for the right of current and former students to have the ability to refinance their federal student loans.

We want to promote the issue of student loan debt. Our goal is to stay as bipartisan as possible because we believe that student debt isn’t an issue that can be polarized. It affects everyone who is pursuing a higher education – Republicans, Democrats and independents alike.

Starting this Super PAC hasn’t been easy. Colin had to file with the FEC, deal with the IRS, open a bank account, make a website, set up the donation process and pay application fees to begin our Super PAC. Working our country’s bureaucracy is no easy task. It takes extreme motivation and patience. As a group, our Super PAC is extremely motivated to bring awareness to student debt. Student loans have surpassed credit card debt, and are only second to mortgage debt. It is a complete injustice that those pursuing a higher education should be subject to intense federal debt.

Massachusetts Senator Elizabeth Warren has become a champion of fighting for students’ rights to refinance their federal loans. She believes that the federal government is making millions of dollars in profit off of student loans. Students should be able to reduce their debt through refinancing at lower rates like homeowners and other corporate actors.

“The United States government...instead of saying that we’re going to invest in your generation is saying, hey listen, if you’re clever enough to be born to a rich family, you’ve got every opportunity. Mom and Dad will write a check and you’re golden. You can make it,” Warren said. “But if you’re not, and you’re somebody who’s got to go out there and work for it, the cost of college is higher, you have to go out and a borrow a little money, and there’s an extra tax put on you.”

This telling quote is unfortunate, but true. A higher education should be accessible for anyone who wants it. In the end, this benefits our country as a whole. The more educated individuals we have in our country, the more progressive and innovative our country can become. Making college affordable and student debt manageable is the first step in making college accessible to everyone.

The Student Debt Reform PAC will operate in the political arena by accepting donations from any individual that is inspired to help support the cause of federal student debt reform. Individuals can donate to the Student Debt Reform PAC through its website using credit or debit cards, PayPal, or by sending a check that includes the required information listed on the website.

While all students might not feel as compelled as we do to start their own Super PACs in order to change the current upward trend of student loan debt, there are many ways for students to become involved in this issue. From writing a letter to congressional members and other politicians, to donating to the Student Debt Reform Super PAC, to voting in elections, students have the ability to bring awareness to the astronomical debt accumulated by our generation from pursuing a higher education.

This is an issue that concerns all of us at DePaul, and I believe that DePaul students have the ability to fight to win against student debt.

**SCHOLARSHIP TALK**

**BY ZACH STEVENS**

Scholarships. Applying for them may seem daunting and time-consuming, but the benefits and rewards are endless. The scholarship process can be a lonely one of constantly writing and rewriting while hoping and wishing you’re good enough. But, what if you weren’t alone?

Dr. Phillip Stalley is a professor at DePaul in the College of Liberal Arts and Social Sciences. He specializes in Chinese foreign policy, environmental politics and international studies. However, Dr. Stalley is no ordinary professor; he is also the Scholarship Program advisor at DePaul. For the past few years, Dr. Stalley has been helping DePaul students throughout their Fulbright and other scholarships application process (ctd. page 8)
As students filed in to grab a slice of pizza before grabbing a seat, Professor Gene Beiriger waited patiently, but with fingers itching to hit the spacebar on his PowerPoint and get the show started. On January 23rd, Honors Program students were treated to a lecture (as well as free food) on the series of events leading up to the start of the First World War. As Associate Professor of the History, Peace, Justice, and Conflict Studies program, there is no one more qualified than Professor Beiriger, a man who could be characterized by the bookshelf-themed tie he wore for the Honors event: a professional armed with a comprehensively knowledgeable mind, but a taste for the silly.

Such is the way he began, presenting the first challenge of many to our preconceived notions of history throughout the discussion. “Why is the Honors Program theme this year ‘Enemies and Allies?’” he mused. He claimed a more apt phrasing would be “Rivals and Friends” and proceeded to explain. With a PhD from University of Illinois at Chicago, Professor Beiriger’s research concentrated on 19th and 20th century British and European Political and Diplomats, an education that gifts him with a unique perspective on the roots of the Great War. In the hour that followed, he fleshed out a little known story about negotiations between Great Britain and Germany, known as the Haldane Mission that shaped GB’s policies pre-WWI and spurred them onto war.

While weaving in remarks such as “Franz Ferdinand is not just an indie band from Scotland,” Professor Beiriger filled in the blanks for listeners might have only had a vague overview of early 20th century history. Of course, the good professor’s expertise was well beyond just the beginnings of historical events. He answered questions about relations between Great Britain and Germany throughout the war and in the trenches, as well as the relevance of his own research to events today.

In short, Professor Beiriger built a magic bridge that transported the distant abstractions of the past to the forefronts of our minds, and brought the still images of legendary leaders of the early 1900s to life and made them more human than ever.

If you enjoy exploring the deeply rich history of the world and making jokes about the beards of historical figures, Professor Beiriger is teaching two PAX 300 courses in the spring.

And, of course, you should plan on attending HSG’s next ‘Pizza with a Prof’ on Friday, March 6th. Honors Program Director and Political Science professor Rose Spalding will be speaking about her research and her latest book, “Contesting Trade in Central America: Market Reform and Resistance.”
It is located on the corner of Fullerton and Racine. To some it may look like a giant Apple store with a bit more concrete, but nonetheless, it is The Theatre School (TTS). Most students are aware that DePaul has one of the greatest theater schools in the country, but few know more than that. Most students even venture out to watch a few of the main stage performances within their time here at DePaul. However, there is a little known fact about the performances that take place here.

Interestingly enough, declaring a concentration in a specific field does not necessarily mean the student is barred from working in other areas. For three quarters, every first year student within TTS is automatically enrolled in a course called “Crew.” Though there are preference sheets that get filled out before classes, there is no guarantee that a student’s crew assignment will fall within their major.

Furthermore, though TTS has three main performances spaces (the Fullerton Stage, the Healy black box, and the Merle-Reskin), there are several other performances done in classroom spaces decked out with a lighting grid attached to the ceiling as well as a full sound system. Since TTS is a conservatory program, these additional classroom spaces allow more shows to be produced each year, thus providing the students with more experience.

The first show performed this quarter that did not take place in a main stage performance space was “The Amish Project.” It was considered a studio performance with a cap of 27 audience members per performance. Written by Jessica Dickey, this play recounted an Amish schoolhouse shooting in Nickel Mines, Pennsylvania. Though the performance ran a bit over an hour with no intermission, it was just as poignant as the widely celebrated In the Heights, performed during fall quarter. There are many treasures within TTS; seeking out these rarely advertised performances will prove to be more rewarding than attending the bigger performances twice a year.
Hearing the word vagina is not a word everyone is comfortable with. Even I might have made you slightly uncomfortable by mentioning the word vagina in the first sentence of this article. I encourage you to keep reading and share in a bit of my journey as an actress in The Vagina Monologues.

I knew absolutely nothing about The Vagina Monologues (Vmons for short) my first year here at DePaul and vaguely heard about it through some friends of friends my sophomore year. Eventually, by my junior year, I was living with two friends, Krystal and Emily, who had both been actresses in Vmons for the past few years here at DePaul. They encouraged me to audition and become part of this show. Little did I know that Vmons was more than just a show that happened in the middle of February around Valentine's Day. This show is a community of individuals who believe in ending violence against women while also creating a positive space where one can deconstruct the social constructs around what it means to female and a woman in this society.

Last year, in 2014, I was the opening piece to the entire show with two other women. Our piece addressed the issue of vaginas and how a lot of people don’t like to talk about them. I felt this piece really spoke to me because, reflecting on it, you realize we don’t say the word vagina pretty much at all in our daily conversations. Sure we might have all had that “penis” phase in high school where it was a game to see who could say it the loudest during class (or maybe it was just my high school). We had no problem talking about guys’ private parts whereas there’s no real way to talk about vaginas. This piece in my first show helped me realize how little our culture and society talk about female sexuality at all. It was the first step to my learning process by first becoming involved with this community.

To finish out my last year here at DePaul, I am again part of Vmons this February 2015. This year I keep continuing to grow and learn about other things that we don’t necessarily talk about in our daily lives. My piece this year, I feel, is a continuation of the opening piece I did last year. At the end of the opening last year, we talk about what different people in different parts of the United States call their vaginas. In my current piece, instead of listing what women call their vaginas, my scene partner and I tell the audience what women say their vaginas would wear if they got dressed and what they would say if they could talk. It makes me realize how many women the author of Vagina Monologues, Eve Ensler, interviewed to create The Vagina Monologues. Each line is a different woman’s answer to these questions and overall we have seventy-two lines. Only seventy-two women represented in this piece out of the hundreds Ensler interviewed. It’s an eye opener and a beautiful partial representation of how each person who is female identifies with their vagina.
Even as I continued to grow with these two pieces, the show itself continues to grow and expand as well. Each year, in addition to the permanent set of pieces performed like the opening piece and my list piece this year, there are two spotlight pieces added to the show to add new perspectives. The original theatre piece was first performed almost a decade ago in 1996. So in order to be more inclusive, for the first time here at DePaul, The Vagina Monologues has added a piece that deals with what it means for an individual to be transgendered, and more specifically three individual cast members speaking these individuals’ personal truths. Not only has this piece created a new dialogue in our own cast, but we also hope to create a dialogue in our audience as well. We want them to realize, just as we all have, that there are many other individuals out there who have had negative experiences because of the social constructs around gender and sex.

It may seem like a lot to take in at your first interaction with this show. And you will get taken for an emotional roller coaster ride, trust me. Even if you are like me and don't have any idea what you're getting into, just enter into this space with an open mind and who knows. Maybe you'll learn something you didn't know about yourself as well.

**METAMORPHOSIS: THE DEPAUL THEATRE SCHOOL OPENS ITS DOORS TO MANY**

**BY THERESA BAILEY**

One of the fun facts about me is that I am working toward getting a minor in American Sign Language. This is always a cool thing to bring up; people always seem fascinated by the language, how to spell their names, and the few signs I have picked up in the last year and a half. One of my favorite experiences with American Sign Language happened this quarter, when I volunteered at The Theater School.

The Theater School attempts to have at least one performance each quarter interpreted, so that the Deaf community can enjoy their shows as well. To help the Deaf feel even more comfortable, The Theater School asked for students learning ASL to act as ushers, and I quickly volunteered. I was part of my high school theater department, so I’ve always loved being on stage or helping out wherever I can. For this show, I acted as a bridge between the staff of The Theater School and any Deaf patrons. I taught all of the ushers how to sign words like “welcome,” “thank you,” and “DePaul Theater.” I also showed them how to spell their names, which they all picked up quickly.

After helping a few Deaf patrons find their seats, it was time for the show to begin. I sat right next to the interpreter, which was amazing. While I didn't understand all of what he said, I was able to follow along fairly well. The interpreter was actually part of a two-person team, which surprised me; I always thought that interpreters work alone, but these two collaborated. Each interpreter would have their specific roles, and they would have conversations with each other just as the characters on stage did. However, due to one of February’s snowstorms, the second interpreter was stuck in Indiana, so there was only one man signing everything. It was amazing to see how he portrayed each character, and how much emotion he was able to convey with his hands and face. If you ever have the chance, I would highly recommend you watch the interpreted performance: it’s entrancing.

Beyond offering services to help the Deaf, the performance I attended also provided various services for those who were visually impaired. This included programs in large-print, braille, or on CD’s; an hour long description tour of the set pieces and characters by two members of The Theater School staff; and a tour of the set before the show commenced, so that the participants could feel the set pieces and explore with their hands. On top of this tour, The Theater School provides additional audio description of the show.

Metamorphosis, of course, was a beautiful show with fantastic costumes, interesting characters, and talented actors. However, my favorite part is the way that The Theater School has opened their doors for all theatergoers, especially those who might otherwise be excluded. And that, I think, really warrants a standing ovation.
She had reached the end of her journey.
The satisfaction guaranteed to her was absent.
The path ran into the ocean, the unforgiving tide creeping toward her toes.
She closed her eyes, the tears held back.
Inhaling deeply, she dove into the end.
This happens all the time.

We drive past on a gray autumn day and see the field next to my grandparents house has become a new row of townhomes. The patch of gravel that acted as a single white tooth on the open mouth of the curb is now a freshly paved black road.

"Falcon Glen," says the new sign, in a slanty font. Falcon Glen. I would drive past that sign from now on. After all these years, in an untouched field of weeds, puddles and piles of dirt, Falcon Glen was slapped onto the map, right next to my grandparents’ house, the farthest place from the up-and-coming.

Now it shouldn’t bother me. This happens all the time. The suburbs creep outward from the cities like moss on the face of a rock, covering the smooth, steady surface with a uniform green.

White picket fences aren’t the suburbs, the uniform lawns are. Don’t even get me started on those damned lawns.

Falcon Glen has some nice ones. It sets me on edge.

Because my grandparents’ house isn’t an escape. It’s the place where I learned how to plant flowers. I painted the driveway with water. I climbed the sandstone ledge that cut through the yard.

Because when I close my eyes I can still see the row of raspberry bushes that seemed so endless when I was ten years old. And now Falcon Glen is there, intruding, leaning over to remind me that I’m on the wrong side of that garden wall. It sets me on edge.
Honestly, I was not enthused to be at my first visit day at DePaul in the spring of 2013. DePaul was last on the list of schools I wanted to attend, and so I sat through each info session with my arms crossed, not listening. But, the one session that did intrigue me was about our Chicago Quarter program. Each student chooses a class about a specified topic that allows them to explore the city and form close relationships with classmates and faculty. What was there not to like?

After my own positive experience in my Chicago Quarter class, Poverty Amidst Plenty with Professor Michael Edwards, I could see that DePaul was a good fit for me through all of the excursions, class discussions, and the dynamics of my classmates. If the class had this strong of an impact on me, how could I say no to becoming a Chicago Quarter mentor, someone who helps facilitate the classroom and acclimate first year students? It was a no-brainer.

When I started in the Chicago Quarter program, I was in the company of lots of friends and active DePaul students. Training, though lengthy, is important and consisted of going through each Common Hour lesson, which essentially splits up important information students need to know about DePaul into categories like Health and Wellness, Socially Responsible Leadership, and Academic Success, to name a few. The DePaul offices that plan these lessons and their content came and presented to us while we took notes and asked questions in the company of both new and returning mentors, allowing us to get advice from those were experienced. In the spring, there is also a conference called Best Practices, where faculty, staff, and mentors come together to learn more about the program and plan for the upcoming fall quarter.

As a mentor in the Discover Chicago program, I had to prepare for Immersion Week, a set of five days where first year students spend each day traversing around the city to places relevant to course material. Days typically last from nine in the morning to five at night, and they can be challenging. New students receive a ton of new information, and get acclimated to the city, and campus life. A successful week depends on the cooperation and synchronicity of the teaching team, making sure that all the material is planned, transportation plans are in place, and everyone is aware of student needs.

My teaching team, of Dr. James Montgomery and Tzong Chang for Honors Discover: City on the Lake, was a complete dream. Each of us worked hard to make Immersion Week a success, making sure we talked to each student and got to know them, answering plenty of questions, and of course sharing our nuanced knowledge of all that our wonderful city has to offer. And lucky for us, our students were wonderful, participating by engaging with speakers at the various sites we visited, asking plenty of questions, and being patient learning about the CTA.

Although it may seem that being a Chicago Quarter mentor just means you have to be a welcoming person with a good knowledge of the DePaul community, the job requires time and plenty of effort. For a few Common Hour lessons there are papers or assignments that need to be graded and then recorded. Lessons, before they’re presented, should be reviewed and can be hard to engage students in, so making sure one is well-rested and energetic to present important information is key in making sure students receive the knowledge they need to be successful on campus. I always tried to contact my students individually as well, checking in with them about classes and involvement, and making sure that they didn’t have any unanswered questions.

Overall, I couldn’t have asked for a more rewarding DePaul job. Learning to look at DePaul through a first year student’s perspective helped me learn about my university even more and let me make great connections all across campus. Mentors are important, and I feel privileged to be one.
It’s not often that most DePaul students find themselves taking the Pink Line train out west. It’s honestly not the most inviting part of town, whether due to the live chicken wholesaler, the open-air auto junk shop, or the vast fenced-off lots that are always empty. But in the midst of such a desolate, and frankly depressing part of the city, is a rough and tarnished gem. I’m speaking of Lukas Piano Service, located on the corner of Western Avenue and West 15th street, not far from DePaul’s CineSpace Studio. Inside the plain brick building, and down a dingy flight of basement stairs, is the remnants of a once-large piano retailer.

Ed Lisauskas and Sylvester Czajkowski, the owners of Lukas Piano, are both in their sixties and have seen many changes in the piano business over the years. There are over two hundred upright and grand pianos gathering dust in their warehouse. But in the fall of 2013, those pianos were pulled kicking and (dissonantly) screaming out of retirement for one last, record-smashing show. This was all thanks to the minds of the professors at DePaul, who, through the oft-overlooked Project Bluelight, breathed new life into the area for one glorious autumn session.

For those unfamiliar, Project Bluelight is a DePaul program in the Digital Cinema department that extends to virtually all areas of the College of Computing and Digital Media. Its objective is to provide experiential learning credit by means of hands-on experience working on a legitimate feature project. Whether it be a short film, a feature-length film, or an animation, the idea is to have students engaged in every aspect of the project.

For my Project Bluelight, my classmates and I went out to Lukas Piano Service to put the whole project together. This involved cleaning up all the dust, moving extraneous furniture, and play-testing the pianos. So many of the pianos were in disrepair; some of them didn’t even have any white keys. Then it came time for the proper setup, where we created a sound studio, installed microphones on certain pianos, and inflated dozens of foil balloons to throw up towards the ceiling. What we created was a proper movie set, in the middle of a piano warehouse, no less. When the shoot finally began, we launched smoke from smoke machines into the room, and shot industrial-strength lights at the foil balloons on the ceiling. We created the most mystical, surreal, and dazzling display that any of us had ever seen. And then came the music.

A menagerie of tunes and pieces from throughout musical history made up the program that was 147 Pianos. From Chopin to chopsticks, from Scott Joplin to Lynyrd Skynyrd, there was no telling what would come next. CDM professor Robert Steel contributed some original compositions to the mix, as if the evening wasn’t exciting enough. Along with so many of my fellow pianists, I had a blast. At one point, all of us, all 147 of us, were playing piano at the same time, breaking the former world record of 146.

Looking back on it, I would never have found out about 147 Pianos if I hadn’t spoken to one of my academic advisors. And I would never have heard about Project Bluelight itself if it weren’t for the openness and diversity of my field of study. Much like Lukas Piano Service, this opportunity, Project Bluelight, is a true gem, hidden in plain sight for us to discover.
Chocolate. Cheese. French, German and Italian cultures. Where can you find all of these? Switzerland. This past December I had the opportunity to travel to Switzerland for 14 days with a group of 20 DePaul students and 2 professors. As a short term study abroad trip focused on global non-profits, we did not spend our time in Switzerland learning in a classroom, but rather going to many visits at different international non-profits throughout Switzerland. Though our time in Switzerland was limited, we made sure to sneak in many cultural experiences into our trip as well.

From the moment we landed in Geneva we were able to experience the culture and life of the city. We took a train from the airport to our hotel, unpacked a bit, and went on a walking tour of the city. We ended the tour with a group dinner at a creperie. We spent the next four days going to visits at the United Nations, UNICEF, Schwab Financial, IISD and the Global Footprint Network. While in Geneva, there were many touristy activities that we did as well. A group of us spent some of our free time climbing to the top of St. Pierre Cathedral where we got the best views of the city. We spent some time at the Christmas market in Geneva as well.

From Geneva, we took a four-hour train ride to Zurich. Since, like Geneva, we arrived in the city during the evening, we took a walking tour and had another group dinner, this time at a traditional German restaurant. While in Zurich, we had visits to non-profits like ROKPA Int., Doctors without Borders, and Amnesty International. When we were not at our visits, we had free time to explore the Christmas market in the train station. Also during our stay in Zurich, we were able to take a chocolate making class.

The last two days in Switzerland were spent getting to explore other areas of Switzerland. As a group, we went to Mt. Titlis, where we got to cross Europe’s highest suspension bridge as well as ride the Ice Flyer, which is an attraction that allowed us to fly above the mountains in a ski lift type of machine. After the afternoon at the mountain, we were able to stop in Lucerne and explore the many different shops they had. The last day in Switzerland, a group of us took a train to Bellinzona, a city in the Italian speaking part of Switzerland. While in the city we got to explore old castle ruins. Along with that, we got to have a dinner featuring delicious pasta followed by tiramisu.

It was soon time to pack our bags, but we certainly brought back more than we came with ---and I’m not just talking about souvenirs. Through our visits we got to learn about what it takes for a non-profit to run efficiently and effectively. We also got to experience cultures that we might never get the chance to experience again. It was an experience that expanded my horizons when it comes to global business and global cultures.
When I decided to apply to PhD programs in clinical psychology, I knew the process would be quite an adventure. I was given some crucial advice along the way, and learned from a few mistakes, too. If you’re planning to apply to graduate school, particularly PhD programs, I hope you find these tips to be helpful!

1. First, you’ll want to make sure you can answer the following questions: Do you really need a PhD, or are there other routes to your intended career that you may not yet have considered? PhD programs typically require a commitment of 5 to 7+ years, often followed by further training. That being said, you want to be sure a PhD is the best route for you. Furthermore, is it in your best interest to apply while still in school? It can be overwhelming to apply while still taking classes, and taking a year or two off to gain more experience could strengthen your application.

2. Assuming you’re certain you want to pursue advanced graduate training, my next bit of advice is to start early! Do not underestimate the amount of time this process takes. I started thinking seriously about my applications during winter quarter of my junior year, and soon began studying for the GRE (Graduate Record Exam) so that I would be prepared to take the exam that summer. I suggest taking a Kaplan course, or at least purchasing the Kaplan books to help you study. Also, you can get discounts on Kaplan courses through DePaul! There should be a Kaplan campus manager for Lincoln Park who can help you with this. Go to the DePaul career center and see www.kaptest.com for more information.

• You’ll want to set deadlines for yourself along the way, so you don’t become too overwhelmed by the seemingly endless to-do list. My timeline, beginning in my junior year, looked something like this:

• Spring quarter: Prepare for the GRE
• Beginning of the summer: Research programs where you want to apply, and narrow this list down to 10-15 you are serious about applying to. Consider criteria like location, funding, research interests of the mentor, reputation of the program, student outcome/licensure if applicable, length (in years) of the program, whether a not you will earn your master’s along the way, and the competitiveness of admitted applicants (look for a link on the program’s page titled “Student outcome, admissions, and other data”).
• By the end of the summer: Refine your Curriculum Vitae (CV) and start drafting your personal statement. Be sure to have professors critique these documents! Create an electronic spreadsheet so you have a checklist for each program and a place to save e-mails and links to program information, application pages, etc. I used Google Sheets, which was great because I could access it and update my spreadsheet from any computer at any time. Also, e-mail the lab mentor you’re interested in working with at every program you plan to apply to. Introduce yourself, attach your CV, briefly describe your experiences and interests in their research, and ask whether or not they will be taking on a student for the upcoming academic year. Don’t be offended if you don’t receive a response, because some of these professors get bombarded with e-mails from potential students during recruitment season. At the least, they may recognize your name amongst the collection of applicants later on.
• Fall quarter: Request letters of recommendation (in person) at least 6 weeks prior to their due date. Send transcripts to all programs at least 4 weeks prior
to deadlines. (Note: If necessary, be sure to send transcripts from all previously attended institutions, even if you only took a “dual-credit” class in high school.) Start sending the first of your applications 3 weeks before the deadlines, so you have time to customize each personal statement to each program.

- December: Finish sending applications, send handwritten thank you notes to your rec. letter writers, and most importantly: go celebrate!

3. Look for resources online or in print related to your general program of interest. I used the “Insider’s Guide to Graduate Programs in Clinical and Counseling Psychology.” Many of these resources are updated every year and will give you a great place to start sorting through potential schools.

4. When it comes to writing the personal statement, the best thing you can do is be authentic. This means you may have to think long and hard about where your interests emerged from, and how your experiences have shaped where you are today. Don’t tell the admissions committee what you think they want to hear. Instead, make efforts to show them who you really are. Being honest and sharing your passion in this essay will get you a long way!

5. I would suggest making two versions of your statement that are different lengths. I liked having a shorter essay of about 750 words, and a longer one (~1400 words) that I could modify depending on the word limit for each application. Also, no matter how many times you write and re-write your statement, you will always feel like there is more to tell. Don’t feel bad if you haven’t quite covered it all, that’s what the interviews will be for!

6. Find other people who currently are or have also gone through this process. Having a support system that understands your position can make a huge difference! Ask your professors for advice, speak with students in class, or chat with other applicants at websites like www.thegradcafe.com.

7. Don’t forget to enjoy your senior year! Make time for your friends and family, and for trying new activities. Reward yourself along the way with a couple Netflix binges or a box of chocolate! Also, winter break will be a great time to relax and have some fun before interview season begins. Use this as a chance to travel or read a fun book that’s been on your to-do-when-I’m-done-applying-to-grad-school list. These little things will help keep you sane and refreshed for each step of the process.

8. Although they sound intimidating, don’t freak out about interviews. PhD interviews can be pretty relaxed, and it is important to remember that you are interviewing the programs just as much, if not more than, they are interviewing you. If you’ve been invited for an interview, it already means they’re very serious about you as a candidate.

9. On a related note, be confident! Don’t worry about comparing yourself to other applicants, but instead take time to think about your strengths as a student, researcher, and leader, and how you will be an asset to your future graduate program. You are a top-tier, intelligent, and competitive DePaul Honors student, and any program would be lucky to have you!

If you have any questions regarding these tips or the entire process of grad school apps, feel free to reach out! My e-mail is taylor.greif@gmail.com.
“Fear not; calm will follow the storm, and perhaps soon.”

-ST. VINCENT DEPAUL