



UPDATE

March 2026

Uniting Our Honors Cardinal Community





UPDATE

March 2026

News for Honors Cardinals

Fall 2026 Registration -
Opens March 30

**Fall 2026 Registration –
Opens 7:00 am on Monday, March 30**

View LU's [registration details and class schedules](#). Please remember that searching "Honors" in the list of class schedules pulls up only our seminars and topics. Visit our [Honors Core Curriculum](#) and [Petition for Honors Credit](#) pages to view your options for Spring honors courses.

Course Descriptions for Fall 2026 Honors Seminar/Topics:

HNRS-3161-48F: **Pollination Makes the Rockin' World Go Round**

Pollination is more than just observing a bee in a flower. Pollination is critical to our food supply and preservation of plant/animal species. In addition, practices aimed to improve crop yields (pesticides or herbicides) can negatively impact insect populations outside of the designed target. Loss of habitat due to deforestation or urban sprawl reduces available food sources for our pollinators. We will discuss methods of pollination, identify types of pollinators, learn about symbiotic pollination relationships, discuss various industries that have potential to negatively impact pollinators and ponder what are they currently doing or what can they do to minimize the impact? Lastly, you will reflect inward and ponder: Are you a pollinator?

HNRS-4364-01: **Fairy Tales as Reality**

Fairy tales have long been used to teach important lessons and skills to children. In current society, many of those old stories have lost their original meaning. This seminar will examine old fairy tales, learn how they are being adapted to modern society, and allow students to create their own modern version of fairy tales.

HNRS-4364-02: **Disciplinary Literacy for College and Career Readiness**

This course examines the principles and practices of disciplinary literacy that support learners' ability to read, write, think, and communicate effectively within and across academic disciplines. Emphasis is placed on analyzing disciplinary texts and designing learning experiences that integrate research-based literacy strategies to promote college and career readiness. Students will apply these practices to develop instructional or learning-support plans that address comprehension, vocabulary development, writing, inquiry, and assessment in secondary, postsecondary, or professional contexts. The course is relevant for students pursuing careers in education, engineering, the sciences, health professions, business, social sciences, and other fields that require advanced literacy, critical thinking, and communication skills.



**NO CLASSES
SPRING BREAK
MARCH 9-13**

Honors Advising Appointments: PERSONALIZED GUIDANCE

Honors Advising appointments are in session! You should have received a reminder email from Ms. Imelda Tristan.

At your appointment time, please wait in RHC Lounge to be called.

Everyone's pathway is different, and we want you all to succeed. Please make sure you schedule and attend your appointment as Honors Advising is mandatory.

Reminder: Honors is a separate appointment from your UAC advising.



FREE TICKETS - Next Draft - Theatre

Next Draft: Student Works Series - Theatre

Thurs-Sat April 9-11: 7:30 pm

Sunday, April 12: 2:00 pm

Studio Theatre

Request By: 5:00 pm Wed, April 1

[Request Tickets Form](#)

Bold stories on stage! Cheer on LU students as they perform original works written, directed, and performed by them. The series highlights emerging voices and offers audiences a look at new and developing theatrical works.



SPRING GRADUATES March 15 & 22 deadlines

We are excited to celebrate our Reauid Honors graduates this spring! We will email the invitation for our Spring Banquet soon.

Friendly reminder to complete your graduation checklist this month. Please submit your questionnaire prior to your exit interview with Dean Thibodeaux so you can also pick up your Honors stole and medallion.

Due Sun, March 15 - Honors Graduation Questionnaire

Due Sun, March 22 - Honors Student of the Year Graduate Awards Application

Our Honors community is looking forward to celebrating you and all of your accomplishments!!!



Student Recognition

Leaders

Junior Celebrated at LU - Highest Honor for Outstanding Students

Proud to see **Mohamed Irhabi** celebrated on our LU campus when TSUS officially bestowed our university system's highest honor for outstanding students on him!

At a ceremony held during the Board of Regents meeting in February, the Biology Pre-Med junior was honored with a scholarship, a proclamation signed by the Board of Regents, and a commemorative medallion reflecting his selection as the 2025 Regents' Student Scholar.

Your story of academic excellence, leadership, and service thus far at LU has inspired us all, Mohamed! You have truly been trailblazing across Texas—and the world!



Gilman Scholar Returns from South Korea

Citizen Diplomat **Parker Cao** is back from South Korea!

He spent last Fall semester as a Gilman Scholar exchange student studying at Seoul Tech and exploring all the city of contrast has to offer, including: a coastal maze-like fairy tale village, K-Pop music, an open-air pavilion where Joseon Dynasty kings threw feasts, and trendy greenhouse cafes. He even took Lil Red along for the ride.

In February, he taught two workshops to help peers earn this nationally competitive fellowship to study abroad.

Glad to have you back home on campus, Parker! Appreciate your peer mentorship!



Learning from Congress in Honors American Government

What's a great way to learn about Congress? Honors American Government class, Honors Cardinals got to chat with LU Alum and former U.S. Congressman Nick Lampson.

Thanks, Professor Sara Gubala, for making learning fun and engaging!

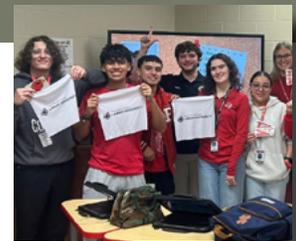
Honors Ambassadors Mentor at High Schools

Over Winter Break, honors students visited their former high schools as Reauid Honors ambassadors in Baytown, Beaumont, Bridge City, Nederland, Prosper, Silsbee, Vidor, and Warren.

We are grateful for our students who shared their stories and advice: **Kaden Smith; Karim Shaaban; Chloe Richards; Rylee Moree; Addyson Oliver; Emily Jones; Taylor Vo; Matthew Ard; and Sergio Mendez.**

Be sure to document your participation in your eP.

You can still participate in the program during Spring. Reach out to **Dr. Shannon Jordan** if interested!





Student Recognition

Reauid Fellow Performs at TMEA Concert in San Antonio

Music Education junior **Blaine Isom** is back from San Antonio, where he played the oboe in LU's Wind ensemble at the TMEA Convention in February.

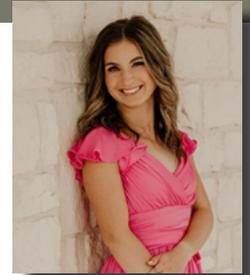
You may know him as your HSA Intramural Sports officer, but he can also play some emotional, soulful melodies.

"This experience was nothing short of a dream come true. To perform in the Lila Cockrell Theatre at the annual TMEA convention is not only an honor but an absolute blessing," Blaine says, adding, "This once-in-a-lifetime opportunity is one that I will undoubtedly carry with me forever."



Stepping Up Civic Leaders Showcase Ways to Give Back

Abigayle Welch is one of our civic leaders making a difference in the SETX community. This Spring, TAN Healthcare released a video she created to share the many ways the nonprofit delivers healthcare access. This video is a perfect example of how Honors Cardinals bring fresh ideas, energy, and real value to nonprofit boards.



Mackenzie Howell has been working with Port Arthur Sertoma this year. She shared her nonprofit board experience with Honors peers at the Stepping Up: Civic Leadership workshop in February.

Thank you for inspiring our future civic leaders with your stories!



Honors Duo Helps Keep Texas Beaches Safe

Shout-out to our Texas Beach Watch field technicians: **Kinsey Tran** and **Lorena Tomov**.

Guided by Microbiology professor Dr. Ashwini Kucknoor, the duo have been monitoring the levels of Enterococcus bacteria in the water that exceeds EPA standards and affects public safety. On February 12, they traveled to Austin to present updates and challenges they have had while sampling water quality of beaches along the Texas coast.

"We got to see the impact of the data we collect on decision making by TCEQ and other agencies when it comes to coastal waters and beaches," Dr. Kucknoor says, "besides the direct impact on public health by alerting our community with bacterial levels in the beach weekly."

Thanks for helping keep our beaches safe, Kinsey and Lorena.

Chatting About Gut Health with Dr. Kucknoor

Dr. Ashwini Kucknoor enjoyed chatting with you about how the gut microbiome influences physiology, health, and behavior, while raising broader questions about identity, agency, and the future of personalized medicine.

Honors Cardinals who joined the conversation: **Kenneth Bibb** (Physics sophomore); **Samantha Hatcher** (Theatre junior); **Afifa Islam** (Biology Pre-Med sophomore); **Rylee Moree** (General Business junior); **Shakarral Singleton** (English freshman); and **Shamauria Singleton** (Mechanical Engineering freshman).



Student Recognition

Encouraging Next Gen to Study Speech and Hearing Sciences



Loved seeing Reauid Honors senior **Mary Wernig** and alum **Jacy Lognion** (Class of 2025) encouraging high school students to consider studying for a career in Speech and Hearing Sciences! Spotted at the 2026 Workforce Solutions SETX Youth Expo.

Jacy is pursuing a Doctor of Audiology degree at LU, one of 10 applicants accepted into the competitive program. Mary will be a Reauid Honors College Graduate this May and is currently working on a research project under mentor Dr. Karen Whisenhunt Saar.

Honors Cardinal connections are always there for you and the next gen!



Honors Mentors Future Engineers at Robotics Competitions

Engineering Honors Cardinals helped middle school and high school teams build on their strengths and weaknesses at this year's Spindletop Showdown Vex Robotics competitions.

They saw incredible robots in a spirited competition full of strong alliances, victories, and learning.

Proud of our Honors next-gen mentors for encouraging creativity, teamwork, and problem solving: **Tristin Bell**, **Klein Davis**, **Bryce Feldhausen**, **Ayden Hicks**, **Ryan Liu**, **Clarabelle Tran**, and **Taylor Vo**.



Cadenza Author Inspires Future Texas Leadership Scholars

Rayna Christy helped inspire future Texas Leadership Scholars through her feature article published in our alumni magazine, *Cadenza*.

She shared what our first cohort of Texas Leadership Scholars accomplished in its inaugural year.

If YOU want to contribute to *Cadenza*, **email Ms. Meghan** immediately. Don't miss out on this amazing opportunity!

READ: Cadenza 2025 Edition



LU MOMENT Encouraging Future LU Ambassadors

LU Ambassador and Psychology senior **Clara Schreck** shared the benefits of being an LU Ambassador to encourage students to follow in her footsteps. You can “learn how to make small talk,” “get out of your comfort zone,” “learn how to lead people and be led,” and “become more of the person you want to be,” she says.



LISTEN HERE: LU Moment

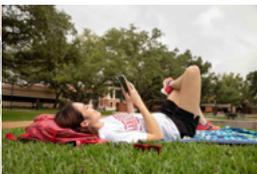
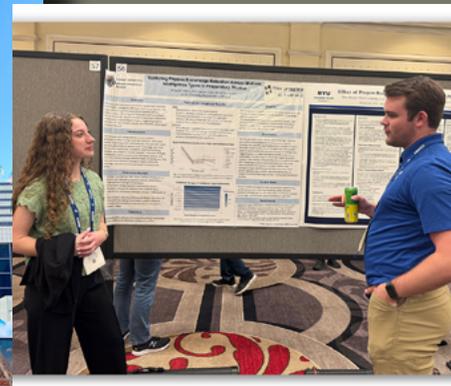


Student Recognition Research

Physics Research in Vegas by
Mechanical Engineering Junior

Mechanical Engineering junior **Abigayle Welch** chatted with physics professionals about her research, “Exploring Physics Knowledge Retention Across Multiple Intelligence Types in Preparatory Physics,” at the American Assn. of Physics Teachers Winter Conference in Las Vegas.

She is currently conducting URG research, under Dr. Binod Nainabasti, that explores Howard Gardner’s theory of Multiple Intelligences, which proposes that individuals process and retain information through different types of intelligence.



Learn More About URG Projects by Honors Researchers

Honors Cardinals gave wonderful presentations introducing their Undergraduate Research Grant projects at the kickoff day.

If you missed the opportunity to learn more about their projects, check out the showcase of our newest Undergraduate Research Grant recipients:

Bilal Alani, Kelly Dougharty, Campbell Fuller, Sneha Jobby, Nirbhik Neupane, Blake Pena, Michael Vu, Abigayle Welch, and Mary Wernig.

Perhaps you know something that may be helpful for their projects, or get inspired for research you could conduct in the future!

PICS: URG Researchers

GOT NEWS TO SHARE?

Help us showcase ***YOU!***
If your contributions—academic, leadership, research, publication, service, etc.—have not been featured by us, please let us know!
Sharing your story inspires others!!!

Email Honors Marketing Coordinator:
Meghan Rapp



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22	23	24	25	26	27	28
29	30	31	1	2	3	4

Growth Opportunities

Imagine • Innovate • Impact • Inspire

Due March 2 -
Be an LU Ambassador

Due March 13 -
HSA Leadership Opportunity

Due March 19 -
Moot Court Team

Be an LU Ambassador

Apply by: Monday, March 2, by Noon
Application (Pick Up in Person)

Become one of the friendly faces at Lamar University who promote Cardinal pride! If you have applied before and did not get selected, try again.

“Many people do not get in the first time,” Reauid Honors Chemical Engineering alum Luke Nguyen says. “Keep trying, as it is worth it in the end.”

Pick up your application at the John Gray Center, Rudy C. Williams Building, Suite 102. Drop off your completed application at RHC 113.

Leadership: Honors Student Association

Nominate By: Friday, March 14

You will have the power to effect change in the Reauid Honors College as an elected student official. Your experience as an HSA leader will create memories of how you helped shape the Honors student experience in purposeful and meaningful ways that value and advance the mission of the Reauid Honors College.

Unsure which role to choose? Discover **which leadership role best fits you.**

Nomination form will be sent via email on Monday, March 2.

Moot Court -

Petition for Honors Credit

Apply By: 5 pm on Thurs, March 19
Email: Prof. Sara Gubala

Recognized as one of the top 15 programs for Oral Advocacy in the nation, Moot Court is a Fall 2026 course that helps prepare students for law school; open to all majors. Reauid Honors alum **Katey McCall** (Class of 2021) will be the coach! Some of your honors peers who participated this year include **Madison McGuire, Bianka Paciorek, and Steven Sedtal.**

Interested students should email Prof. Gubala your L#, GPA, resume and a paragraph about why you want to be a part of Moot Court and what skills you bring to the team.



Ann Shaw

Due March 20 - JUNIOR OPPORTUNITY

Ann Shaw Leadership Award

Apply By: Friday, March 20, by 5:00 pm
Ann Shaw Nomination form

JUNIORS, share your leadership journey. You could earn \$1,000! Submit your resume and note how you have fostered a spirit of teamwork, excellence in leadership, and exhibited exemplary personal ethics and integrity while contributing to your LU community.

(Note: Seniors who apply for Seniors of Significance will also be considered for Ann Shaw.)

SOS

Due March 20 - SENIOR OPPORTUNITY

Seniors of Significance

Apply By: Friday, March 20, by 5:00 pm
SOS Nomination form

SENIORS, shine a light on all you have accomplished! You could earn \$1,000!

If you're graduating this year—in spring, summer, or fall—submit your resume and share how you have excelled in scholarship, leadership, community service, and involvement in LU activities.

Be proud of yourself and your journey!

Get recognized for your accomplishments!



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Growth Opportunities

Imagine • Innovate • Impact • Inspire

Due March 22 -
Harris County Leadership Internship

Harris County Leadership Internship
Apply By: Sunday, March 22
HCLIP Application

Contribute to real-world projects that serve the residents of Harris County in this paid Summer internship, led by Commissioner Rodney Ellis. Connects young adults interested in leadership development, community, and public service to career opportunities.

Choose from six pathways: (1) Policy & Research; (2) Community Affairs; (3) Communications & Marketing; (4) Technology, Engineering, & Data Analysis; (5) Senior Programs; (6) Youth Education.

The 10-week program takes place between June 1 and August 7.

Topic:
"What Echo & Narcissus Tell Us About AI"

Honors Conversations
Earn non-course credit*
*Check with Honors Advisor

March 26
12:45 pm
RHC Lounge

March 26 -
Honors Conversation

What Echo & Narcissus Tell Us About AI
Thursday, March 26
12:45 pm - 1:45 pm
RHC Lounge

Echo, a nymph cursed to repeat the words of others, and Narcissus, a hunter who fell in love with his own reflection, can serve as warnings to us as we confront algorithmic bias in artificial intelligence.

Join Ms. Elizabeth Sanders for a conversation that will explore forms of algorithmic bias and review case studies from medicine, facial recognition, and social media. This knowledge base will serve as the groundwork for our discussion of algorithmic bias, its impact on our lives, and how we can evaluate information in such a context.

Earn **HIEP: Honors Experience** or, if eligible, **Non-Course Credit**



Due March 29 -
Red Bull Basement Venture

Red Bull Basement Venture
Apply By: Sunday, March 29
RBB Application

Drive Positive Change: "This is an incredible chance for our Honors students to make a real impact on the world," says Solinna Hong.

She enjoyed sharing this opportunity at last month's workshop. Now is the time to put your idea into action!

You have the opportunity to create solutions for almost any category, ranging from education to urban evolution. Red Bull will select 15 standout ideas (from teams of one-to-two students) to present at the National Final. The winning team will bring its idea to life in Silicon Valley.

Compete for \$100,000 and a trip to Silicon Valley.

IT TAKES ONE IDEA TO MAKE AN IMPACT.

Red Bull partners with Microsoft & AMD to give you the AI tools, mentorship and global platform to bring your idea to life — and the wrings to pitch it in Silicon Valley.

Submit your idea by March 29th, 2026!

AMD | Microsoft | Red Bull Ventures

Due April 3 -
Chambers House Museum Internship

Chambers House Museum Internship
Apply By: Friday, April 3
Email: Jayden Franke

Be a part of the next generation of museum professionals. If interested in history, museums, and museum collections, apply for this paid Summer internship at the Chambers House Museum in Beaumont.

The intern will work with the museum's collections, in tasks that include data entry, research, exhibit design, tour assistance, and collections care, with a primary focus on accessioning artifacts related to childhood from 1900 to 1925.

The eight-week program takes place between May and September.

Send a cover letter, resume, and one letter of recommendation to Jayden Franke.



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Growth Opportunities

Imagine • Innovate • Impact • Inspire



HSA: Be a Boss!

Nominate by
Fri, March 13



Follow their lead

Be an HSA Leader

Excited for our elections this month!!! Continue the fun by serving as an Honors Student Association officer next year.

Our HSA Executive Team has enjoyed hanging out with you this year. We want to encourage YOU to be an HSA leader in 2026-2027.

Chat with us about our roles (see below) at our March 3 lunch meeting or reach out to us on HSA GM.

- President: Mike Vu
- Vice President: Bilal Alani
- Secretary/Treasurer: Saad Mohammed
- RHC SGA Senator: Jenny Tu
- HSA SGA Rep: Brianna Brottem
- Intramural Sports Officers
 - Carsen Barrett & Blaine Isom
- Peer Mentor Coaches
 - Alyvia Ott & Kinsey Tran

Visit [Election section](#) for more HSA Election details.

Honors Student Association Recognition

Love, Friendship, and Laughter at
HSA's Movie Night

Sipping Big Red Floats, sending Valentine's Day cards to brighten the day for St. Jude patients, and enjoying the comedic message of friendship and empowerment in Pitch Perfect was a super-fun way to enjoy HSA's Movie Night.

Our social crew for the evening:

Veronika Castanon; Faith Cheng; Jasmine Flores; Seth Kees; Abbey Lanier; Madison McConnell; Madison McGuire; Kyleigh Montgomery; Reese Moree; Rylee Moree; William Naas; Alyvia Ott; Jayda Racca; Jud Ripper; Karim Shaaban; Shamauria Singleton; Adeline Tran; and Michael Vu.





UPDATE

March 2026

Honors Student Association Election

VOTE -
Be an HSA Leader!!!

HSA Nominations & Election

ALL RHC STUDENTS MAY NOMINATE AND VOTE

Continue the fun that HSA brings to our community! Build on the successes of this year's HSA Executive Committee and nominate your peers and/or yourself for officer positions during the nomination period open **March 2-13 until 5:00 pm**.

Nominees will share their leadership ideas through "Meet the Candidate" videos airing on **Friday, March 20**. Voting begins that day and ends **Sunday, March 22, at midnight**.

Check your email on **March 2** for the link to the nomination form and **March 20** for the link to the election form.

Be an HSA leader: find out [which role best fits you](#).



Events

March 3 -
HSA General Meeting

HSA General Meeting
Tuesday, March 3
Lunch: 12:30 pm
Meeting: 1:00 pm - 1:30 pm
RHC Lounge



Join us! We'll be sharing important updates and discussing upcoming events for the remainder of the semester. Plus, we're looking for our next leaders of HSA!!!

Come grab some food, stay for the meeting, and stay connected with what's happening in the honors community.

March 16 -HSA St. Patrick's Day Game Night Social

HSA St. Patrick's Day Game Night Social
Monday, March 16
6:00 pm
RHC Lounge



Celebrate St. Patrick's Day with HSA at our Game Night Social! Come hang out, play games, and enjoy a fun, laid-back evening with fellow honors students.

All honors students are welcome—we'd love to see you there!

Sports

SIGN UP for
HSA Intramural Volleyball

SIGN UP for
HSA Volleyball Team
Sign Up by: March 31

Sign up this month to be a part of our volleyball team (via QR code). Seasons will last from April 6 through April 28.

Also let us know if you're interested in playing soccer with us.

Chat with us at our general meeting or DM us in GM. Join us in repping HSA on the fields and courts this year!



Stay Connected to Reaud Honors College



Lamar University 4400 MLK Blvd., PO Box 10009, Beaumont, Texas 77710



UPDATE

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Want to return to something quickly? Click on link to go directly to that topic.
Happy Reading!

NEWS

March 30 — REGISTRATION
Honors Advising Appointments
Free Tickets — First Draft (Theatre)
Due March 15 and 22 — Spring Graduates

STUDENT RECOGNITION

LEADERS
RESEARCH
Got News to Share?

GROWTH OPPORTUNITIES

Due March 2 - Be an LU Ambassador
Due March 13 - HSA Leadership Opportunity
Due March 19 - Moot Court Team
Due March 20 - JUNIOR OPPORTUNITY
Due March 20 - SENIOR OPPORTUNITY
Due March 22 - Harris County Leadership Internship
March 26 - Honors Conversation
Due March 29 - Red Bull Basement Venture
Due April 3 - Chambers House Museum Internship
Follow Their Lead-Be an HSA Leader

HONORS STUDENT ASSOCIATION

VOTE — Be an HSA Leader!
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March 16 - HSA St. Patrick's Day Game Night Social
Sign up for HSA Intramural Volleyball
Love, Friendship, and Laughter at HSA's Movie Night