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## The Honors Scholar Athletes

Well-roundedness is an important characteristic of the honors students at Dominican University of California. Besides academics, sports is one of the other areas in which some honors students excel. Honors scholar athletes, like **Roger Forte**, **Beverly Kit**, **Michelle Mitra**, and **Darcel Sanders**, face the challenge of balancing studies, sports, and a social life.

Coming from a soccer-playing family, **Beverly Kit** has been in the sport since she was eight. She has been a student athlete at Dominican for three years now, so she is rather adjusted to a very busy lifestyle. As a midfielder on the Dominican women's soccer team, Kit is busy, especially this semester, which is soccer season. The junior, majoring in humanities with an emphasis in history, spends 20 hours a week on the field. But even during the off-season, she devotes 10 hours to the sport. Because she sometimes misses classes, she has "to do a little extra work to stay on track."

Besides being a working student, Kit visits the retired sisters at the Lourdes Infirmary as a member of the volunteer group, Community Connections. The little spare time she has left is spent with friends, who help her stay balanced.

For **Roger Forte**, it may not be lacrosse season yet, but as a senior majoring in in-

ternational business management and cross-enrolled in the 4+1 Masters in Business Administration (MBA) program, his schedule has been hectic since last year. As a junior, he joined the new Dominican men's lacrosse team and started taking masters classes. It was Forte's first time to play lacrosse, but he fell in love with it.

Like Kit, Forte puts at least 20 hours into his sport every week. That includes two hours of practice every day, workouts, team dinners, and games. Twenty more hours a week are spent off-campus working as a sales specialist at Magnolia Home Theatre. He is also doing an internship in San Francisco. To manage his time, he writes a to-do list and prioritizes.

"The key... is to discipline yourself and stick to your goals," he says.

**Michelle Mitra**, a sophomore business administration major with a minor in sports management, is the co-captain of the women's golf team. Although golf is a year-round sport, her practice times are adjusted to fit her schedule. She spends at least three weekdays and her weekends at practice, with workouts at least twice a week.

Mitra, who began swinging golf clubs with her grandfather when she was nine, enjoys the individuality of the game as well as the "camaraderie of the team..."

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## An Honors Course Update: "The Scholar: Biography and Portraiture"



*Field trip to the California Palace of the Legion of Honor Art Museum in San Francisco*

Among the new offerings of the revised Honor Program at Dominican University is the First Year Foundation course "The Scholar: Biography and Portraiture."

This course seeks to examine the components of scholarship and the various ways of implementing it in one's studies. According to **Dr. Leslie Ross**, who teaches the course, this is accomplished primarily through the "investigation of different scholarly approaches to understanding the lives of 'great' people" from a variety of fields by examining their lives and their works.

Dr. Ross hopes that the students become more aware of their role as scholars and

demonstrate the skills to engage "in critical analysis of both textual and visual sources as historical documents - via reading and analyzing written and visual portrayals of selected figures."

Thus far, Dr. Ross is "delighted with the high caliber of the Honors students and their enthusiasm about the many different experiences...designed for them this semester". Among the events included in the course are talks by guest speakers and a field trip to the California Palace of the Legion of Honor Art Museum in San Francisco.

- Richard Maher

## Summer Programs

This past summer, Dominican Honors students represented their school in a variety of conferences and programs, both around the country and around the world. Their experiences provide excellent examples of how the ideals and education imparted here at Dominican can be taken into the larger world and used to enact change for the better.

Sophomore **Christopher Raines** attended the Dominican Preaching Conference in New Jersey. Along with community building

and many chances to explore the personal aspects of faith through group discussion, Christopher said one of the most meaningful parts of the trip was the opportunity to enact service projects while on the east coast.

**Diana Hallare** attended Toastmasters District Officers Training in Contoocook, New Hampshire, and **Richard Maher** in Rohnert Park, California. Their training included ways to increase attendance and improve meeting quality. Diana also attended the Leadership Alliance National Symposium in Danvers, Massachusetts.

**Megan Sullivan, Martha Stoddard, Rolando Crisostomo, and Marques Daniels** represented the school at the Leadershape Conference in Santa Barbara early this August. The program focused on building personal leadership qualities and how personality type affects leadership style. Megan said that sharing life experiences with students that hail from all parts of the country is her fondest memory, and that she left the conferences with "the feeling that our generation is in excellent hands with intelligent, goal-driven students."

On the international side,

**Ofek Bar-Ilan** spent this summer teaching English to high school students in Israel. Ofek also had the opportunity to do rotations at the Israel Institute of Technology Medical School where she met the winner of the 2004 Nobel Prize for Chemistry, Aaron Ciechanover. Her experience inspired her to work towards a career in biological research.

- Rosemary Hobbs

**"The function of leadership is to produce more leaders, not more followers."**

- Ralph Nader

### Honors Program Introduces New Logo



### *The Scholar in the World*

"The Scholar in the World"

Honors Program recently adopted a new logo designed by one of our own alumni,

**Marisa Di Menna**. Marisa graduated in May of 2005 with a degree in Art History, leaving her lasting impression on the Honors Program through her exquisite work with this logo.

## Honors Athletes, cont.

The men's golf team and the women's golf team get along very well - everyone always makes me laugh."

Similarly, hanging out with teammates the week before the other Dominican resident students moved into the dorms was a memorable experience for freshman volleyball player, **Darcel Sanders**. She said that "having great friends and teammates helps" to cope with the pressures.

Sanders, a double major in politics and psychology with a minor in pre-law, manages her time by pacing her homework, taking many notes, audio-taping lectures, and having naps. With most of her time devoted to studies and sports, even bonding with roommates can be rather difficult and take a longer time.

Nevertheless, with motivation

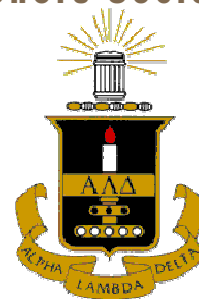
and competitive spirits, the honors scholar athletes continue to succeed both on and off the field or court. Forte, Kit, and Mitra are members of honors organizations, such as Alpha Chi, Beta Beta Beta, and Alpha Lambda Delta. Forte also has a McGowan scholarship, which pertains to his major. As for Mitra, she received the Most Valuable Player award last year.

Despite the challenges, Forte, Kit, Mitra, and Sanders agree that there are many benefits to being an honors scholar athlete.

"[What is] really important to me since I've always played sports," says Kit, "[is that] I get to be part of a team."

- Diana Hallare

### Alpha Lambda Delta Honors Society



*Congratulations to the following inducted members:*

Monika Alas  
Timothy Bento-Tibbs  
Nadine Bueno  
Marques Daniels  
Kristin Freiberger  
Heather Gant Bradley  
Bridget Gengler  
Diana Hallare  
Patrick Jackson  
Richard Maher  
Alma Martinez  
Michelle Mitra  
Christopher Raines  
Colleen Shorey  
Martha Stoddard  
Lindsay Summers  
Taylor Welty  
Rachel Yukich

### Honors Director

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