The Promethean: Fall 2012

John LaCourt
*The College at Brockport*

Kent Lester
*The College at Brockport*

Elizabeth Cramer
*The College at Brockport*, beth.cramer1120@gmail.com

Nicholas Kinney
*The College at Brockport*

Follow this and additional works at: [https://digitalcommons.brockport.edu/promethean](https://digitalcommons.brockport.edu/promethean)

Repository Citation
LaCourt, John; Lester, Kent; Cramer, Elizabeth; and Kinney, Nicholas, "The Promethean: Fall 2012" (2012). *The Promethean Honors newsletter*. 8.
[https://digitalcommons.brockport.edu/promethean/8](https://digitalcommons.brockport.edu/promethean/8)

This Book is brought to you for free and open access by the Honors College at The College at Brockport at Digital Commons @Brockport. It has been accepted for inclusion in The Promethean Honors newsletter by an authorized administrator of Digital Commons @Brockport. For more information, please contact kmyers@brockport.edu.
DEATH AND MEMORIES IN IRELAND
BY LINDA WEBBER, SENIOR HISTORY MAJOR

This past June, The College at Brockport History Department launched its newest summer study abroad trip to Maynooth, Ireland. Our department works with the History Department at the National University of Ireland at Maynooth (NUIM) during semesters abroad. This institution also sends one NUIM History Department faculty to Brockport, who presents at the annual History Department Maynooth Lecture. This new program, led by Dr. Katherine Clark, is entitled, “Death, Memory, and Monuments in Irish History and Culture.” This program provides an opportunity for students to examine the concept of history as the creation of a “useable past,” remnants of which surround us today. Many of these places serve as “sites of memory” relating to key figures and events in Ireland’s political and cultural past. The beauty of this summer course is that almost all of the work is completed before going overseas. Once in Ireland, there is only about three to five days of actual in-class lecture time, and the rest of the trip takes place in the field. Specialists of Irish history within the NUIM History Department acted as our personal tour guides as they led us throughout Dublin and the greater Leinster region. We also benefited from the knowledge and opinions of NUIM students as well.

Being a course about death and monuments, several of the sites we visited included graveyards, museums, and monuments throughout the area. Some of the highlights of the trip included visiting Glendalough, Clonmacnoise, Glasnevin Cemetery, and Newgrange. The touring began in Dublin, where we explored the National Museum and Military Museum at Collins Barracks. The highlight of the National Museum had to be the extraordinary objects archeologists have found in the bogs of Ireland, especially the four bodies found almost completely intact. The museum refers to them as “bog bodies,” and they were definitely a real crowd pleaser. Another Dublin delight was the Glasnevin Cemetery, founded by one of Ireland’s modern heroes, Daniel O’Connell. The cemetery housed several famous Irish leaders from the mid-19th century onward.

Over the course of the trip, two places stood out as my favorite sights: the monastery at Glendalough, and Ireland’s oldest manmade structure, Newgrange. One of the glacial beauties of Ireland, Glendalough seemed like a place pulled out of the past.

Continued on page 3
Among the new initiatives introduced this fall, I am pleased to announce the new Senior Honors Theses archive in Digital Commons @Brockport. The College at Brockport acquired Digital Commons @Brockport last year as an online institutional repository designed to showcase the scholarly and creative works of students, faculty and staff—and make them accessible to a global audience. The Honors theses available at http://digitalcommons.brockport.edu/honors/ will be updated every semester. In addition to providing you the opportunity to publish your thesis, it’s also a great resource if you’re currently planning your thesis and are interested in viewing examples of projects created by other students in your academic major.

Each item archived in Digital Commons receives a permanent URL, is indexed and searched by Google, and is freely accessible. Digital Commons authors even receive monthly download reports that allow them to track ongoing interest in their work.

Honors students have many opportunities to publish their work in Digital Commons:

1) Your Honors Thesis project will be placed with your permission in the Senior Honors Theses collection.

2) You can write an article for The Promethean newsletter, which will be housed in Digital Commons next semester.

3) You can submit articles to The Spectrum, the annual Scholars Day Journal, for publication in Digital Commons.

4) Other opportunities, such as conference presentations, may be added. You should consult with your faculty advisor or one of the Honors directors for guidance on submitting your work.

It is important to keep in mind that publishing in Digital Commons offers a permanent home for your scholarly or creative work, and the chance to share it with others. If you have concerns about privacy or the protection of information or ideas, you should take some time to consider the implications of including your work in an open access repository such as Digital Commons. For more information about Digital Commons, you may contact me or Kim Myers, Digital Commons Manager (kmyers@brockport.edu). 

Dr. Donna Kowal, Director of Honors Program
Situated in the mountains, the monastery has two lakes carved from the receding glaciers, similar to the Finger Lakes. My second favorite site was the trip to Ireland’s version of Stonehenge, otherwise known as Newgrange. This large mound made of river stones with an inner chamber felt like an Indiana Jones adventure. One interesting fact about Newgrange involves the architecture of the inner chamber. During the solstice, the normally pitch-black chamber lightens from the light of the sun. The culminating project of this course included a short ten minute presentation about one of the sites visited and its importance to Irish heritage as a site of memory. Overall, this trip has been the best decision I have made since coming to Brockport. If you enjoy sheep, rich history, lots of green, and a little rain, then Maynooth is for you.

This past summer, I worked as a sales intern for Kraft Foods, the food conglomerate that last year was number 50 on the Forbes Fortune 500 list. This company manufactures food, and includes subsidiary companies such as Nabisco, Oscar Mayer, and Philadelphia Cream Cheese. I worked as a sales representative, and was not involved in producing the food whatsoever. My job was to go store-to-store and sell our products to each place of business. Each store had its own needs and wants, and my job was to figure out how to maximize the amount of Nabisco products, such as Oreo’s, Chips Ahoy!, Triscuit, and Ritz, displayed around each store. As you can imagine, this job involved a lot of driving. Thankfully, the company provided a paid mileage program that gave all representatives fifty-five cents per mile driven to compensate gas and routine wear and tear on the vehicle.

I would like to explain how I got the internship, as that is the most valuable bit of information I can give from my overall experience. In January of 2012, months before I would need a job over the summer, I decided to begin looking online. I used my Twitter account to find multiple companies that specialize in assisting young people find internships, such as YouTern and InternshipKing, and began looking around on each of those websites. I eventually found a listing based in Latham, New York (about 10 miles from where I live), applied for the position online, and received a call in regards to a phone interview within a week. Within a week or two I was well on my way to securing the job! Within a week or two I was well on my way to securing the job! I cannot stress enough how important social networking is, especially after this experience. You better believe I will be using Twitter, LinkedIn, and Facebook to look for jobs in the future.

The question of how this job has prepared me for the real world has a difficult answer. To be perfectly honest, the most important thing I learned from this experience was that I do not want to be in sales for the rest of my life. As much as I loved it as a summer job, and as much as I learned about budgeting time and energy effectively, it really does not appeal to me as a career. Maybe that is the best lesson I could have learned, although, I don’t really know for sure what I want to do for a career yet. What have said is not aimed at discrediting the company, the work they do, or the job as a whole. For some people, this job is perfect. I simply do not have the skills and knowledge of the grocery business to foresee a career in that field. You do not need me to tell you how important internships are to your professional development. Every professional you talk to will tell you that. What I can say for sure is that no matter how you slice it, every second of every day is a learning opportunity, and the more you can learn, the better prepared you will be for the real world. Take every opportunity seriously, work your hardest, and even if you decide that you do not like a job, at least you will not make the mistake of choosing it as your career.
Everyone I talked to before going to college told me to take the opportunity to study abroad at this point in life because it is both affordable and possible. After going on a month-long trip to Wroclaw (vruts-wuv), Poland, with weekend excursions to Berlin, Prague, and Krakow, I can say that I definitely agree with them and will pass on that wisdom.

In America, we are pretty wrapped up in ourselves, and do not fully learn about European countries, except the significant points in history, such as the World Wars. Going to Poland, I learned so much about the way Poles used to live and how they have grown back from the devastating effects of war. I also got to see so much more than I could have imagined in a short amount of time.

During the first week, even though we were in class a lot of the time, we also had the opportunity to see many cool things. One of the first things we went to see was an old Jewish cemetery, all overgrown except for one grave of a famous person. This was the first time I saw physical signs of World War II. Because a battle had taken place there, the graves were crumbling like someone had taken a sledgehammer to them, and some even had distinct bullet holes. The effect this place had on me was something I had never felt before. I was scared for the country I was visiting and for myself. What if something like the World Wars happened again, during my lifetime? There was also a feeling of despair. Because all of these graves were untended for what looked like a very long time, I took this to mean that all of the families of these Jewish people were no longer present. How many were killed in the Holocaust? How many got away and continued their family’s legacy?

Learning about history this way is one of the main reasons I loved this program: it was very hands-on. I got to learn about things that happened in Poland and then I got to go see the places where they occurred. This would happen during our weekend field trips. For example, we got to learn about life in Berlin before the wall came down, and then we went to see the place where the wall used to stand. We also got a chance to add to the history of Wroclaw. Throughout the course of one of the classes (the one that covers your Contemporary Issues requirement, which is a huge bonus for the program), we learned about and visited sites in the city that were included in a self-guided tour we created. Our names, faces, and words will be offered to tourists from all around the world. The “Experiencing the New Europe” study abroad program was the perfect fit for me, and though it may not be the perfect fit for other people, it was a lot of fun and I definitely recommend it.
Countless college students have left campus to begin their summer internships.

This year marks the fourth time I’ve joined a new organization as an intern. Some experiences have been better than others, but I have learned from each opportunity.

If you’re starting your first internship this summer—or your fifth—here are five tips I’ve picked up along the way to help you.

1. **Sit in on as many meetings as possible.**

   Although your supervisors may not involve you in high-level projects, make sure you’re inquiring about taking part in meetings and strategy sessions. That way, you can see how the organization operates.

   Even if you don’t play a direct role in the meeting, at least offer to take notes and email a follow-up message to the employees involved. This is a good idea for a number of reasons:
   - It shows initiative and reliability. Eventually, your superiors will trust you with more important tasks.
   - It helps you retain information. Your teachers have been right all along: Taking notes will help you better remember the important stuff.
   - It breaks up the day. Do you really need a reason to get out of your cubicle to interact with others?

2. **Offer to do projects that your supervisor may not have considered.**

   Good interns listen to their supervisors and help with whatever tasks they can. Great interns go above and beyond that. Asking to perform a task that your supervisor may not have considered could earn you some respect. But more importantly, it means you’ll get to do work that interests you.

   If you’re a media junkie, inquire about tasks involving media monitoring or pitching. If you have a knack for social media engagement, ask if you can shadow the company’s social media manager.

   If you’re doing something you enjoy—as opposed to a job someone told you to complete—chances are, you’ll perform it with more vigor.

3. **Ask if you can help co-workers in other departments.**

   To impress your supervisors, you need to work harder than they think you can, or at least harder than they expect. What better way to do that than by completing tasks given to you by someone other than that supervisor?

   By doing this, you will gain a broader perspective on the organization and how it functions. The opportunity might also lead to work that you can include in your portfolio.

   Just make sure you get the OK from your supervisor before you take off to another department looking for work. It could be extraordinarily bad if you’re doing someone else’s work before you complete the job your supervisor gave you.

   *Continued on page 7*
**TIPS FOR WRITING YOUR SENIOR THESIS**  
**BY NICOLE FULLER, PSYCHOLOGY MAJOR**

It is your senior year and you are excited that you only have one year left until you graduate. However, before you walk across that stage in May, there is one more thing you have to complete, your senior thesis. Your senior thesis has been in the back of your mind for the past three years, but now it is finally time to start working on it. Writing a thesis can be seen as an insurmountable task, but there are some things you can do that will make writing your thesis less stressful.

**Do:** Create a timeline for yourself and stick with it. Having a timeline gives you set goals to meet, which really helps to motivate you. You know what you need to get done and when.

**Don’t:** Pick a topic that doesn’t really interest you. You are going to spend a lot of time researching this topic, and, if you don’t like it, writing your thesis becomes much harder.

**Do:** Pick an advisor that fits your academic style. Are you a person who wants mini deadlines for handing in sections at specific times? Or do you want to write the whole thing at once with no feedback? Knowing what kind of advisor you want helps to narrow down the advisor selection process.

**Don’t:** Stop emailing and meeting with your advisor. Working on your thesis is a very difficult task, but your advisor is there to help you. Many times, your advisor will have tips and tricks you haven’t even thought of. If you are having trouble meeting a deadline, talk to your advisor and explain the situation; don’t just disappear.

**Do:** Start early. The earlier you start working on your thesis, the better chance you have of getting it done early. Getting it out of the way so you can enjoy the end of your senior year is a good idea.

**Don’t:** Give up and stop writing. Putting your thesis down for as little as week or two can make it even harder to start back up and get going again. Try your hardest to write even a little bit every day or every other day, and your thesis will be completed before you know it.

Your senior thesis will probably be one of the hardest things and one of the most rewarding things that you do here at Brockport. However, if you are able to follow these tips, writing your thesis will be much easier.

**NEW TRADITIONS AND DYSFUNCTIONAL DODGEBALL**  
**BY NICK KINNEY, BUSINESS ADMIN. MAJOR**

On Saturday October 20th, the first annual Honors Peer Mentor Field Day was held. There were sour faces on both freshmen mentees and upperclassmen mentors, giving up their Saturday, as everyone filed into the SERC field house a little before 1pm. However, as the event began and games started to be played, the sour faces turned into competitive smiles.

Mentor groups, which are organized primarily by academic major, competed against each other in an array of events. There were games that involved strategy, like Mission Impossible, and others of pure athleticism, or maybe luck, like the basketball shootout. There was a massive game of Sharks and Minnows and a somewhat dysfunctional game of dodgeball. In the end, many different skills were tested and each competitor had a chance to show their strengths.

Overall, the event was successful and will be continued in the years to come. However, as is with many first-time events, there were a few kinks that needed to be worked out. Some teams were uneven, some people did not want to be there at all, and many complained that the dodgeball game was unfair. With feedback from the short evaluation forms filled out by those who attended the event, the dedicated mentor teams will build on what we have done this year and make this event even better in the future.

Members of the Lucky Charms Team
4. Take advantage of events outside of the office.

The full-time employees have probably worked at the company longer than you, so some have formed friendships. If they are gathering outside of work, try to get involved. Whether it’s a trip to happy hour or an industry-specific award ceremony, try to spend time with your temporary co-workers.

Make sure you know when to ask—and when to stop asking—for an invite if the event is off limit to interns. You don’t want to be that intern, the one the full-time employees are trying to dodge as they leave for happy hour.

(Speaking of happy hour, be careful; you also don’t want to be known as the intern that got wasted and … well, you can finish that thought.)

Additionally, if there are other interns working with you, try to form a young professionals group, or at least get together for lunch with them on occasion. These other interns can help you through your summer, and they could be valuable contacts down the road.

5. Use LinkedIn to connect with coworkers.

Interns meet lots of people in their first day or days on the job. Even for people who can easily recall names, it can be difficult to put faces to all of the names. If, like me, you have trouble remembering names, the experience can be downright stressful.

LinkedIn can be an amazing resource for helping jog your memory. Here’s why:

- You will have a contact list. Consider it a cheat-sheet: All of the names that you need to remember, complete with job description and profile picture.
- You have another chance to connect with your coworkers. You never know who will peruse your resume online and what it could lead to one day.

You can maintain the relationships you forge. Not only is LinkedIn an excellent way to start relationships with co-workers, but also to retain them when your internship ends.

---

**Honors Club Officials: Fall 2012**

Congratulations to the newly elected Honors Club Officers and Representatives!

**Co-Presidents:** Nicole Fuller & Cody Luettger

**Vice President:** Nicole D’Arcangelis

**Treasurer:** Allison Sawyer

**Secretary:** Amanda Cochrane

**Academic Council Representative:** Theresa Matos

**Senior Representatives:** Chloé McDonald & Sarah Page

**Junior Representatives:** Kelly Carolan & Chuck Ko

**Sophomore Representatives:** Amber Blidy & Amy Prutsman

**Transfer Representatives:** Nathaniel Reister & Jennifer Wiltbank
**Stockpile**  
By: Candace Brown

From the beginning I was there  
Not really knowing what I was doing  
But action always beats stagnation  
And movement trumps everything

I watched the weight of her devastation  
The heaviness almost knocked her down  
As she staggered to her feet

It came in tidal waves  
Different labels, but all the same  
Her face crumpled the way a building falls  
And her body stooped as if she were a  
woman twice her age

She opened her fingers and let everything fall  
She couldn’t carry even one more thing  
Holding herself took all her strength  
And I positioned myself to catch her, just in  
case

She stood in one spot for quite some time  
Unable to put one foot forward to leave the  
room

I wondered if this was commonplace  
Were other women, just feet away, doing  
exactly the same?

I stayed right with her through each battle  
Sometimes she fought against the emotions  
And sometimes, too exhausted, she gave in  
And felt the intensity

I stood by and watched… almost silently  
Separate and alone  
But present in her need  
Able to witness and able to see

Before we parted to go our separate ways  
I held her face in my hands and wiped her  
tears away  
Knowing that I could never catch them all  
Wouldn’t stop me from trying anyways

---

**What is Love?**  
By: Shauna Strnad

What is love?  
Does the flower feel love, as it grows bigger and  
stronger?  
Will a book know love, if its pages are not well thumbed?  
Is love a mere feeling?  
Does not the beaver then have love too?  
All, animals have feelings.

Can love be seen?  
Can love be touched?  
Can love be heard?  
Do I, have love?

---

**The Decision**  
By: Jacob Jackson

Everyone has those few friends that grow up knowing what  
they want to be in the future. We all know the ones that  
grow up wanting to be teachers, policemen, engineers, and  
even firemen. But what about all of us that still don’t know  
what we want to do? We only know three things…we  
want to make good money, find a job right away, and most  
importantly, we want to enjoy what we do.

I am currently a freshman and I’m planning on majoring in  
accounting, but I’m going to most likely change it one day.  
Like many of you, I can only answer some of the questions,  
but not all of them. I know that I can make some good  
money being an accountant, but without happiness, is it  
worth the money?

All of us will go down different roads. Some may be good,  
some may be bad. We all hope that at the end of one of  
these roads, we will finally find that answer as will finally  
make…The Decision.
Caitlin Carson, Spanish & Health Science Major

I am a freshman. Four years ago, that same thing felt like my conception. I always viewed high school as a gestation period, like I was waiting for my life to actually start. Every day was one day closer to being a real, live human being, capable of thought! Trusted with independence! Worthy of the time and regard of other human beings!

Today, I would like to avoid the birth metaphor. I’ve been having a good time here, and birth is totally the opposite of a good time. There’s a reason you don’t remember it. Furthermore, the only major difference between being a college freshman and being a high school freshman is that, now, people talk to me. I still take the most obvious rather than the fastest route between classes so I can avoid asking for directions. I confess, I don’t actually feel like a real human being, though I think that this has something to do with the fact that I can’t seem to stop myself from eating cookies three meals a day, which real humans shouldn’t do. Also, non-freshmen still make fun of me for being a freshman.

Making new friends is also much easier than as a high school freshman. Granted, all of my new friends laughed at my newly christened and completely comprehensive Google calendar. We will see who is laughing in a few weeks. Already I am seeing signs of I-thought-reading-the-syllabus-was-a-suggestion-enza and a few cases of slept-through-my-class-itis. Never will I allow such ailments to consume me, as long as Google is on my side.

My new friends also laughed at me for signing up for all those clubs. Although, since they know I signed up for every club that would have me, I am not sure why they laughed at my Google calendar. I couldn’t possibly remember to attend all of those meetings without it, and they wouldn’t remember to attend meetings without my Google calendar for that matter. In fact, the more I think about it, the more I am considering deleting this whole document and writing an ode to my calendar instead.

Finally, all of my new friends did indeed grant me that time and regard I so desperately sought, but I believe that was mostly so they could laugh at me. Apparently, everything I say is just so funny, even when I don’t mean it to be. They chortle, “Oh, Lynn, you just have an impassioned speech for everything, don’t you?” The answer is yes new friends, yes I do.

To whom it may concern: I am now accepting applications for new new friends.

Ultimately, my experience has been a lesson in not embarrassing myself. I am positive this will serve me well in life.

Sarah Heh, Biology Major

Being a freshman in college is nothing like being a freshman in high school. At least at Brockport no one can really tell what year you are, so they can’t hold it against you. In high school, of course, there is puberty, growth spurts, and social awkwardness to deal with when you are a freshman, not to mention wanting to blend in with the walls. Now, we get a second chance at being freshmen. We have learned from our mistakes, organized our priorities, and are ready to merge with the working world. But are we ready? I believe the answer is yes, at least for most of us.

Personally, I love being a college student. True, the classes can be hard and the homework stressful, but there are many ways to work around that. I love the feeling of independence, free to decide what activities to take part in. If I want to go to a midnight movie, I can. If I wake up at 3:37 a.m. and feel like going to Wal-Mart, I do. I suppose it’s really the little things. Another thing I love about college is the reliability and helpfulness of all our campus mentors and tutors. I have been here for less than three weeks, and I have already utilized the Student Learning Center in order to get some extra assistance in calculus. They are all here to help us, so why not accept their aid?

The one thing that I think is a must for all freshmen is to get involved. Remember Club Craze? Well, I was that crazy girl running from table to table signing up for everything but the kitchen sink. “She’s crazy,” they said, or, “she’s gonna stress herself out.” Well, I have one thing to say to that: organization. Personally, I love filling my plate. If I don’t, I’ll somehow end up back at my dorm room scarfing down Oreos and peanut butter while bawling my eyes out to a Nicholas Sparks movie.

Here are some rules I’ve found helpful to thriving in college life.

Nothing should overlap. This basically means that if you have Biology Club and Finance Club both on Mondays at 5:00pm, you should pick the one you like the most instead of half-assing both of them.

Know your limits. You can only volunteer to manage so many fundraisers/Relays for Life/field trips before you start unravel at the seams.

Keep a planner. Having everything written down in one spot will help so much when it comes to organizing the endless class times, appointments, meetings, and other weekly responsibilities.

And last, but not least, have fun and make the most out of it. You can’t fully participate in something if you don’t even like it, so don’t waste your time or theirs.

Follow these rules and you are destined for greatness. Have a great year everybody!!!!
REFLECTING ON THE LOSS OF ALEX KOGUT

BY JOHN LACOURT, ENGLISH EDUCATION MAJOR

What do you say when something like this happens? It is impossible to offer the right words, but a response is necessary if we are to move forward. I saw hundreds, maybe thousands, of students pack into the ballroom to remember a student some of us did not even know. The feelings in that room took a toll on my emotions, all of this for a person I was not even aware of before that awful weekend. How is it that you can feel so close to someone you have never met in your entire life? I think it is because no matter who you are, or what you believe, you are capable of empathy. I know I am.

As we grow older, we experience things we never thought possible as children. A few days before the passing of Alex Kogut, I was told that a man with whom I graduated had died from a drug overdose after spending several days in a coma. Though I was not extremely close with Matt, I was still impacted. Matt was someone who had shared a classroom with me, someone I had passed a basketball back and forth with when we played on the same team. He was a person who had a great future available to him, but because of poor choices, he was not able to follow through with any sort of future. Alex Kogut also had a promising future, and she was making good choices that were leading her towards the wonderful goals and aspirations she had. It was another person’s poor choices that crushed her future. We have now lost two young people with incredible personalities and talents to poor choices.

Death is part of reality, and for a time it is something we can feel sad for and grieve about. But it is also something we should learn from. Too many thoughts of death have clouded my mind lately, but they have woken me back up to the fragility of life and made me appreciate the life I have, now more than ever. Though I will not be able to make it home for Matt’s funeral, he will be in my thoughts today. I will take something away from his death: We have a say in what we do in our life. Do we want our choices to lead to our destruction and the destruction of others? I would venture to say that everyone would answer “no.”

This is what I have to offer in response. Let’s choose to do the right thing. Let’s choose to love one another and support each other in times of need. Let’s choose peace and proper action instead of violence. Our culture promotes violence everywhere we look and listen: Movies, music, video games, etc. But we have the opportunity to look the other way and choose passivity and peace. True, passivity is not the right choice in every situation, but if we choose to sit idle for a moment and think about our actions, I know better choices will be made. Better choices will preserve our lives and the lives of the countless other individuals who surround us with the promise of talent and compassion. The right words in my mind are love, choice, and think. Think, then choose love.