



Arcadia University's Honors Program

HONORS PROJECTIONS

Featuring projects of all disciplines created
by our accomplished students
Fall 2024

Thursday, November 21st

Commons Meeting Rooms 1-2

Zoom Information on next page



HONORS PROJECTIONS

Fall 2024



Honors Students, in lieu of a traditional thesis, are required to do a semester long project outside their majors. Here at Arcadia, the Honors Students are encouraged to explore their passions. We know, with the right support, students can accomplish anything they choose to pursue. So we provide the tools and support to help them realize their potential. And they take their tremendous talents, dedication, passion and vision to accomplish formidable projects. Thank you to all the mentors who helped our students achieve these amazing projects this year and for all years. We invite the Arcadia community to engage in the larger conversation around these projects on November 21st in Commons Meeting Rooms 1-2.

Congratulations to this semester's Honors Project Students!

ZOOM Room Code:

968 9372 2682



HONORS PROJECTIONS

Fall 2024



November 21st, 2:45-7:30pm



MADISON GORDON (SHE/HER)

2:45

Delicious Defiance: Preservation of Jewish Cuisine as a Means of Cultural Revolution

Mentor: Daniel Pieczkolon, Adjunct Professor of English
Biology, 2026

My Honors Project is a food blog centered around the idea that the preservation of culture in the face of persecution is in itself a revolutionary act. The recipes themselves come from four Jewish subcultures: Mizrahi, Sephardi, Ashkenazi, and American. By eating the food of these groups and learning about their culture and their struggles, we can all be a part of history. A blog post for each subculture consists of historical contextualization, explanation of historical food culture, and recipes with pictures, as well as information about the recipes' significance both in that time period and in the modern day.



GAURI CHOPRA (SHE/HER)

3:00

Needlework in Punjab

Mentor: Caron Dessoie

Law and Public Policy, 2027

Embroidery needlework in Punjab is a rich cultural art form, celebrated for its intricate designs and vibrant colors. This traditional craft includes techniques like Phulkari, Bagh, and Chope, each characterized by unique stitch patterns, often featuring floral and geometric motifs. Phulkari, meaning "flower work," is perhaps the most famous, using bright threads to create elaborate patterns on shawls, dupattas, and garments. Traditionally, women pass down these skills through generations, and the art has historical and social significance. My project is my connection to my culture and the long line of women in my ancestry that were a part of the spread of Phulkari.



HONORS PROJECTIONS

Fall 2024



IAN LANG (HE/HIM)

3:15

The Unsilent Movie

Mentor: David Attilio

Chemistry, pre-Forensic Science, 2027

The Unsilent Movie is based on the movie "Meshes of the Afternoon" by Maya Deren in 1943. This movie was originally released as a silent movie for the audience at the time. I decided that I wanted to take this movie and add sound to it in order to convey the emotion that movies make us feel in today's age. I brought the movie to life by adding footsteps, breathing, music, and other sounds that can add emotion and keep the viewer glued to the screen. I also knew that Meshes of the Afternoon is a thriller, so I wanted to stick by that genre and try and convey some suspense through these effects. I was able to master the art of editing and foley with my mentors help, making this silent movie "not so silent".



EMMA GILLHEENEY (SHE/HER)

3:30

Music is Community

Mentor: Adam Hess, Director of Landman Library

Criminology and Sociology, 2026

For this project, I have decided to showcase how live music has changed and how fans play a role in that. I have created a collection of blog posts that detail how live music was performed, starting in the 1950s and 1960s and going to today. Through the blogs I cover festivals, the changing of live music construction, fan culture for groups such as the Beatles and the Grateful Dead, and what effects social media has played in recent years.



ZOHA WASIM (SHE/HER)

3:45

Crochet for Cancer

Mentor: Professor Cynthia Planita - FTK club faculty mentor

Biology, 2025

For my project, I wanted to combine a hobby of mine with a cause that I am passionate about. I am on the board for the FTK club, and we work hard to fundraise for pediatric cancer through the Four Diamonds Foundation. I wanted to involve more students on campus to raise awareness for this cause. I did this by holding a crochet workshop in collaboration with FTK and the crochet club, where we crocheted hats and beanies for patients who lost their hair due to chemotherapy.



HONORS PROJECTIONS

Fall 2024



CLAIRE NEWBERRY (SHE/HER)

4:00

Stitches & Stories

Mentor: Carole Loeffler, Professor, Visual & Performing Arts, Assistant Director of Honors Program

Psychology, Pre-PT, 2026

I want to learn more about needleworking, and people's experiences with it. I am well versed in crochet, but have always been interested in learning other forms of needlework. I also find it fascinating how varied people's experiences can be. Thus, my goal for this project is to interview people to learn about their stories as well as get some advice to help in my own endeavors. I will have created a blog to record these stories as well as my experiences.



JACOB MANN (HE/HIM)

4:15

A Healthy College Cookbook

Mentor: Sam Maiorino, Athletic Trainer/Nutrition Specialist

Business, 2026

The point of this project is to encourage students to eat healthier while in college. Additionally, I aim to show how easy cooking and eating healthy can be. There is a negative perception surrounding cooking that it is difficult or dangerous. While this can be true, I aim to show that it can also be simple and easy. I also want to educate people about what macronutrients are and why they are important. I want to encourage people to be conscious of them and how being conscious of them can lead to a happier and healthier lifestyle.



SKYE SPADACCIA (SHE/HER)

4:30

International Bites

Mentor: Cris Damaraju, English Major and Blog Editor

Psychology, 2027

Food is a major part of culture all over the world. Many people learn about other cultures through food, so I designed an easy navigable blog with recipes from different countries all over the world. Through my project, I made recipes using many different culinary techniques followed by doing research on the culture and the impact of food in culture. After conducting research and cooking, I created a blog post with the recipes and easy to read information about culture of other countries. In my project, I learned how to work with blogging software, new culinary techniques, and expanded my cultural horizons.



HONORS PROJECTIONS

Fall 2024



MARIA DAVIS (SHE/HER)

4:45

Sustainability in Fashion

Mentor: Carole Loeffler, Professor, Visual & Performing Arts, Assistant Director of Honors Program

Actuarial Science, 2025

This project investigates methods for integrating sustainability into everyday life through upcycling clothing. This is accomplished through a combination of creative design techniques and basic sewing tools and techniques. Pieces include revamped jeans, making yarn from other fabrics, as well as basic alterations. The initiative aims to transform discarded garments into fashionable, functional items in order to reduce textile waste and promote a circular economy.



MADISON KUBICZ (SHE/HER)

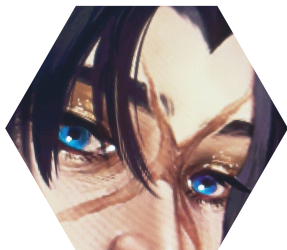
5:00

AUAT Insider

Mentor: Sam Maiorino, Athletic Trainer

Healthcare Administration, 2026

The AUAT Insider is a blog about the Arcadia University Athletics Training room. It is comprised of several informative blog posts with a few interview style videos. The goal is to inform the Arcadia community about the functions of the training room.



ALEXIS BARTON (ANY)

5:15

Crowns of Slaughter

Mentor: Anthony D'Achino, High School Psychology Teacher

Illustration, 2027

A visual-dictionary inspired by DnD Handbook's. Centered around my personal world and characters, all of which have been created and written by me and my best friend of over 7 years.



HONORS PROJECTIONS

Fall 2024



BREANNA FARROW (SHE/HER)

5:30

Opening Day of Duck Dog Training

Mentor: Kenny Rose, Owner, Rose Breyer Retrievers

Public Health, 2027

My Honors Project is going to be a published blog made internally by me. It'll focus on duck dog training, necessary tools, and follow alongs with me and my very own duck dog. My main goal is to really fully understand the best ways to train a new dog and having my dog, Stoeger, be able to show how easy it can be to do it yourself. I know that all dogs are different and what might work for one, won't work for them all, so I really want to embrace those challenges and find a way that works for Stoeger. My blogs will be beginner friendly because I know when I was researching how to train a dog, it easily got confusing.



MARIA BERNARDO (SHE/HER)

5:45

Cookbook of Love: Dominican Foods

Mentor: Sue Pierce, Adjunct Professor

Politics, Government and Law, 2025

Many Latino/Hispanic cultures share various foods that represents the island in its own beautiful, unique way. The Dominican Republic has multiple aspects in its culture, but its most importantly subject is its food and how it connects families. These recipes are near and dear to my heart from my culture. From my great-grandmother passing it down to my mom, or regular family gatherings, these foods speaks to us through our stomachs, but also through the connection of bringing my family together. In this project, I emphasize the personal memories I have of these foods with recipes to bring the love from these beautiful meals from me, to you.



HONORS PROJECTIONS

Fall 2024



ABBY JONES (SHE/HER)

6:00

Sports Performance: Implementing Goal Setting and Mindfulness

Mentor: Sarah Birchmeier, Arcadia University Head Softball Coach
Chemistry, 2026

In athletics, the two techniques of goal setting and mindfulness are important when it comes to performance. Setting goals helps athletes strive to improve, while mindfulness helps athletes reflect on their performance. These concepts were applied to a 12U travel softball team, where they spent their fall practices setting goals surrounding their athletic ability and personal life, and then reflecting on them the following week, along with reflecting on their practice at the end of each session. These goal setting and mindfulness practices were also done for their scrimmage at the end of their fall season. The main way that the athletes participated in these concepts was through journaling, with some take home reflection sheets.



KLAUDIA WRONA (SHE/HER)

6:15

Crash Course Fitness Journal

Mentor: Olga Ziemniak; Body Builder/Fitness Trainer/Fitness Clothing Company
Global Media, 2026

Crash Course Fitness Journal aims to give an introduction to starting a fitness journey for people at the entry-level, and/or people who want to learn how to keep track of their progress. The beginning of the journal has a few chapters focusing on topics such as goals, gym, workouts, and nutrition which will help guide the user to a fitness plan that will cater to their lifestyle. The rest of the journal will include a place to keep day-to-day progress, including meal plans, steps, water intake, weekly goals, daily tasks, and more.



HONORS PROJECTIONS

Fall 2024



DAYANIRA LUCIA VELAZQUEZ-MENDEZ (SHE/HER) 6:30

The Doves Embrace: Finding Peace in Life's Storms

Mentor: Stefanie Briar, 4x Best Selling Author

Healthcare Administration, 2026

My Honors Project showcases 11 poems that are written based on impactful moments of my life. From my first memory at 5 years old to now at 20 years old. I choose to write about impactful moments to showcase both the negative and the positive. That even after all my hardships, there's still beauty within. My experience has shaped me to be the person that I am today. Overall, I hope my poetry can be inspiring to others, to show their voice and see that they matter. They deserve to live a happy and fulfilling life.



JOCELYNN GOBER (SHE/HER) & SAMANTHA MCDONALD (SHE/HER) 6:45

Scream Queens Podcast

Mentor: Tracey Levine - Professor & Coordinator of the Creative Writing Concentration Psychology, Pre-PT (Jocelynn) & Pre-PA (Samantha), 2026

The Scream Queens Podcast discusses all things slasher: the goriest of horror film moments, pop culture slasher icons, and the subgenre's most controversial scenes. In a series of episodes, our hosts will discuss the evolution of slasher films, starting from the beginning of the subgenre and moving to today's most recent films. Special subtopics include a debate over the best slasher characters, pop culture's most loved slasher franchises, and how gore is created and implemented in horror films.



BRIELLE LUDWIG (SHE/HER) 7:15

Claymation Film: George

Mentor: Daniel Sabatini (teacher at Bucks County Technical High School)

English, 2026

A short claymation film that entails the adventures of a bunny named George.

