

Ben Kuykendall

Honors Courses Taken: Principles of Biology I, Honors, English Composition II, Honors, and Public Speaking, Honors

Graduation: Spring 2021



## Introduction

In this portfolio, I will talk about my time in the Honors Program at NWACC. I have enjoyed my time in the Honors Program while attending NWACC. In this portfolio, I will talk about the ways the Honors Program helped me “demonstrate engagement,” “cultivate curiosity,” and “explore perspectives,” how the Honors Program prepared me for the workforce, a few experiences that I had while a member that I would like to share, and advice that I have for new members. In conclusion, I will elaborate on what I have learned while being in the Honors Program.

### **Section 1: How the Honors Program helped me “demonstrate engagement,” “cultivate curiosity,” and “explore perspectives”**

First, I will talk about the ways the Honors Program helped me “demonstrate engagement,” “cultivate curiosity,” and “explore perspectives.” I took three Honor classes and each one helped me in demonstrating engagement, cultivating curiosity, and exploring perspectives. All three classes helped me grow in all three areas in various ways. In summary, I will use the next three paragraphs to elaborate on each Honors class that I took and how each class embraced engagement, curiosity, and perspectives.

Now I will discuss how Principles of Biology I, Honors helped me embrace the Honors core values. Principles of Biology I, Honors I demonstrated engagement by participating in class discussions and also by engaging in an environmental study with the class. I cultivated curiosity by using hypotheses to determine the outcome of labs and experiments performed in class. And I explored perspectives when I was working with my classmates on group projects through discussions by contributing ideas and working with my classmates to come to a mutual agreement (for example, this happened in group labs). In summary, this class provided several opportunities to Honors core values.

Next, I will talk about how Composition II, Honors helped me grow in demonstrating engagement, cultivating curiosity, and exploring perspectives. In Composition II, Honors I learned to engage through classroom discussions and providing feedback on fellow classmate essays. My curiosity was cultivated when I wanted to learn how to create a survey for my last essay because my essay was on a controversial topic. My last essay for Composition II, Honors was Study of Rape Culture. I also explored perspectives when reading other classmate’s essays for peer review and how people say things can change the meaning of what is being said. To demonstrate this concept, my fellow classmates and I had to write an essay explaining how our religious beliefs, our environment, and our parents and family influence the way we talk and act. All in all, Composition II, Honors did a great job demonstrating engagement, cultivating curiosity, and exploring perspectives.

Lastly, I will elaborate on how Public Speaking, Honors helped me “demonstrate engagement,” cultivate curiosity,” and “explore perspectives.” I was demonstrated engagement in the class when I participated in the group impromptu advertisement for a

fictional de-aging product and when I help my group in our team debate. I also give a impromptu speech on why Abraham Lincoln was the best President of the United States in class. I cultivated curiosity when I was doing research about recycling and how it affected the ocean and the animals that lived in the ocean for our debate. And I explored perspectives when working with my team members for the debate. I also explored perspectives when one of us in the class had to give a speech on controversial topics, such as vaccines, for example. I did my controversial speech from the viewpoint that vaccines do not cause autism; this controversial because some people do believe that vaccines cause autism. I also did my occasional speech as an award of excellence (given to Rachel Ackerman). Perspectives were also explored when all of my classmates and I had to give an occasion speech. In other words, my time in Public Speaking, Honors helped me to “demonstrate engagement,” “cultivate curiosity,” and “explore perspectives.”

## **Section 2: How the Honors Program prepared me for the workforce**

Now I will discuss how the Honors Program has prepared me for the workforce. The Honors Program has prepared for the workforce in several ways. One way the Honors Program prepared me for the workforce is to listen to and acknowledge different perspectives. Another way that the Honors program has prepared me for the workforce is by improving my public speaking skills. The Honors Program also work on my presentation skills. My communication skills have improved during my time in the Honors Program. The Honors Program has helped me improve my time management skills. The Honors Program has inspired me to maintain my good work ethic. Having to meet deadlines for assignments has also improved my time management. The Honors Program has also helped me improve my research capabilities. My time in the Honors Program has also emphasized the importance of teamwork. Lastly, the Honors Program has helped me improve my Microsoft skills. All in all, the Honors Program has helped improve my hard and soft skills, which has prepared me for the workforce.

## **Section 3: Fun experiences with the Honors Program**

Next, I would like to share a few experiences that I had when I was a member of the Honors Program. One experience that I enjoyed when I was a member of the Honors Program was going to see A Christmas Carol in December of 2019 at Theatre Squared. I enjoyed seeing the A Christmas Carol told to a boy, who waiting on father to come pick him up, by the librarian from a story book. I was impressed with how the cast told the story. A second experience that I would like to share is going to downtown Bentonville for a historical account of different murders. I have always like history, so it was interesting to learn about different points in Arkansas' history. I also enjoyed game night; it was fun playing various games with fellow Honors members. I have enjoyed getting to know other members of the Honors Program. Lastly, I enjoyed attending the Honor's Christmas White Christmas in December of 2019. It was nice getting to see all of my fellow Honors students and witnessing presents being stolen and who ended up

with present by the end of the night. In summary, these are a few experiences that I have enjoyed during my time as a member of the Honors Program.

#### **Section 4: Advice for future Honor Students**

Finally, I would like to give some advice to future Honors students. Believe in yourself. Join the Honors Program and take Honors classes because they are educational and fun. Do not overload yourselves with too many activities; put education first but have fun as well. Remember, Honor classes are smaller so there is more one-on-one time with the instructor. Manage your time wisely so you do not have to rush and complete assignments at the last minute. Lastly, remember that being in the Honors Program looks good on your transcript. In summary, this the advice that I would give future Honor students.

#### **Conclusion**

In other words, my time in the Honors Program has been educational and fun. It is amazing how fast times flies when your having fun. The Honors program has prepared me for the workforce. I have been able to “demonstrate engagement,” “cultivate diversity,” and “explore perspectives” while in the Honors Program. I also learned a lot while being a member of the Honors Program. In conclusion, it has been an honor to be a part of the Honors Program.

The image shows a Microsoft PowerPoint presentation slide titled "GENDER/STATISTICS". The slide has a blue background with a circuit-like pattern of lines and circles on the left side. The title is in white, bold, uppercase letters. Below the title is a bulleted list of statistics. The PowerPoint interface is visible at the top and bottom of the slide.

Design Transitions Animations Slide Show Review View Help

Layout > New Slide > Reuse Slides > Reset > Section > Slides

Font: B I U S Aa -

Paragraph: Text Direction, Align Text, Convert to SmartArt

Drawing: Shape Fill, Shape Outline, Shape Effects, Arrange, Quick Styles

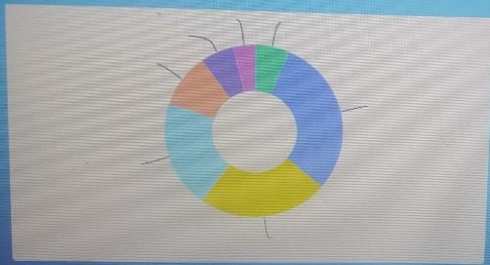
## GENDER/STATISTICS

- 38 women and 12 men took the survey.
- 9 times out of 10, the rape victim is female (Rainn statistics).
- "Every 98 seconds another victim is assaulted" (Rainn statistics).
- A child is a victim of rape every 11 minutes ("Statistics." Rainn).
- "Only 5 out of every 1,000 perpetrators end up in prison" ("Statistics." Rainn)

Notes

Windows taskbar: File Explorer, Edge, Word, PowerPoint, Task View, Start, Search, Network, Volume, Power

# GRAPH OF AGE DIFFERENCES



- 6% under 18=green
- 30% between the ages 18-24=blue
- 24% between the ages 25-34=yellow
- 20% between the ages 35-44=sky blue
- 10% between the ages 45-54=orange
- 6% between the ages 55-64=purple
- 4% over 65=pink

Ben Kuykendall

I would like to award Rachel Ackerman the Award of Excellence for teaching me yoga. Yoga is very relaxing. I would know, because I have done yoga before and I will be taking a yoga class next semester. In this speech, I will express my appreciation for being taught yoga and I will also recognize that yoga is healthy.

- I. I am very appreciative for being taught yoga
- A. I am happy Rachel has taught me how to do yoga because I feel better afterwards.
- B. I also feel calmer after doing yoga.
- II. Doing yoga is healthy because doing breathing exercises and stretching reduces stress.
- III. I had Rachel for College Reading, and she had my fellow classmates and I do breathing exercises in class; I felt calmer after doing those breathing exercises.

In conclusion, I would like to express my gratitude to Rachel for being willing to share her knowledge of yoga with my fellow classmates and I. Rachel has done an excellent job of providing, teaching, and showing us ways to relax. Because Rachel has taught me yoga, I can now be more relaxed because I have learned various breathing exercises and stretches. So I would like to present the Award of Excellence to Rachel.