Oct.-Nov. 2026

Honors Student Newsletter





Contact us!

- Honors Counselor Daryan Chan
  - chanry@smccd.edu
- Honors Counselor Nick Martin
  - martinn@smccd.edu
- Honors Coordinator Rebekah Taveau
  - https://calendly.com/taveaur

Contact us!

Honors Ambassador Mohammed Yussuf
mohammedyussuf@my.smccd.edu
Honors Ambassador Jane Gu
gux2@my.smccd.edu
Honors Ambassador Jenia Olneva
olnevae1@my.smccd.edu

Questions? See the Honors website

- Make sure to check out the FAQ

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Meredith Lanska

Honors Professor Spotlight

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Meredith Lanska's Spring courses

- Social Psychology
- Developmental Psychology
- Social Science Research Methods
- Introduction to Psychology.

"…I grew up intrigued by human memory–contemplating why we remember what we do, why particular memories pop into our heads, and, oddly enough, why we do not remember things the same as others or sometimes misremember facts altogether. "



Finding Psychology

I didn't grow up with a traditional early education, so when I started college there was so much to learn. At Mesabi Range in Northern Minnesota and City College of San Francisco, I discovered that psychology wasn't a finished subject. It was an active, young science. My first instructor, Mr. Geirman, taught Biology and made the subject come alive. He ignited my passion for science and the pursuit of knowledge. Biology was my first love, but psychology was the field I found endlessly fascinating.

Into the Lab

I transferred to San Francisco State, majored in psychology, and joined Dr. Morsella's research lab, where I fell in love with basic research. He treated me as if I was already a scientist with questions worth answering. I try to bring that same collaborative, apprentice approach to my classroom, especially in Research Methods. With his encouragement, I earned my PhD studying human memory at Binghamton University under Dr. Westerman.

Back to the Classroom

After graduate school I returned to the Bay Area and worked as a researcher in tech. But I missed academics, the classroom, and science. I have since taught at colleges across the Bay Area, and I'm happy to have found a home at Cañada. Someone recently asked what I would do if I could do anything in the world. My answer: this. The classroom, psychology, and science are my dream job.

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IDST 150
Honors Research Seminar

Benefits of Enrolling in IDST 150

- √ Get support finishing a quality honors project for an Honors Contract or with a research paper for an Honors Class
- √ Complement the support from honors contract or honors professor
- √ Be guided on each step of the research and writing process
- √ Gain strategies for efficient, effective, and enjoyable research and writing
- √ Learn strategies for maintaining motivation and balancing commitments
- √ Beat procrastination! Participate in a student cohort exchanging ideas and keeping each other accountable
- √ Prepare to present at the Cañada College Honors Research Showcase and Bay Area Honors Consortium (BHC)
- √ Earn 1 unit of honors credit upon finishing IDST 150

IDST 150 Details

- √ Meets Every Other Wednesday: 3:10-5 pm
- √ In Person or Synchronous via Zoom
- √ Has eight sessions (See WebSMART for dates)

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Questions?

Contact

Rebekah Sidman-Taveau

taveaur@smccd.edu

65 0-38 1-35 47 Bldg. 03-235 or via zoom

https://calendly.com/taveaur Honors Transfer Program Website

https://canadacollege.edu/honorsprogram/index.php

IDST 150
Honors Research Seminar

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Enjoy this short introduction by Honors Coordinator Professor Taveau!



Watch IDST 150 Student Testimonial Videos

Arya Shadan

Blake Mathews





Honors Contract Completion Due Friday, December 11.

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Honors Contract

1. Work throughout the semester on your Honors research project and keep checking in with your professor, completing agreed upon interim due dates, until they agree you are finished.
2. **Submit your "Step 2: Completion Form" by Dec. 11.**
3. Make sure your professor responds to the email request to approve. Then HTP will notify Admissions & Records to give you Honors credit.
4. The earlier you submit the Honors Contract Completion Form the better. The last day for submitting the completion form in fall 2026 is Friday, Dec.11 before midnight. Get everything in on time or early before finals week to give your Honors professor time to approve your submission!



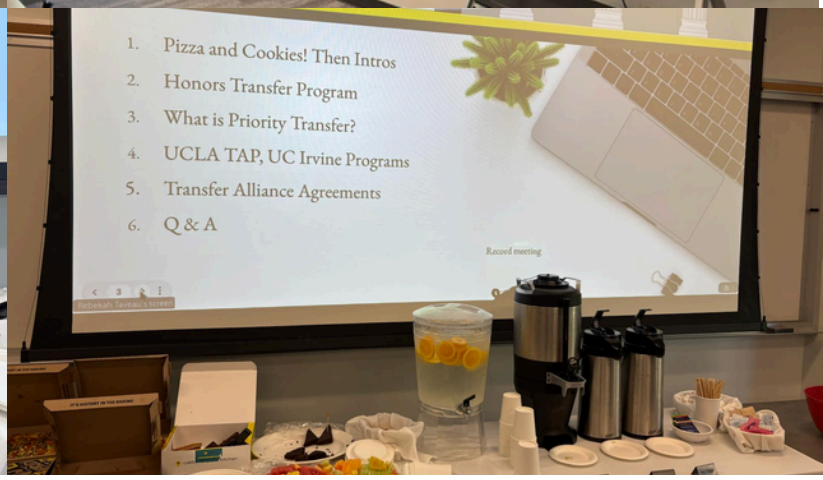
Pictures and Video from our Fall Transfer Workshop!

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Students planning to apply to transfer this semester!

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Please Fill out our Intent to Transfer Form!



Interested in Transferring to University?

Fill out the Intent to Transfer Form via the QR or Link.



https://tinyurl.com/8a2e6925

Let us know your plans so that we may help you along your transfer process!

Upcoming opportunities

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Learn more about upcoming networking & publication opportunities below!

Honors Conferences	2027 Locations	Month	Proposal Due Date 26-27
Honors Transfer Council of California Student Guide from 2026	CSU San Bernardino	April 17	Mon. Dec. 14, 2026
Western Regional Honors Conference	Denver, Colorado	April 1-3, 2027	Fri. Dec. 18, 2026
Cañada College Research Showcase link from 2026	Cañada College	April 14-15 13-330/332	Fri. March 26, 2026
Bay Honors Research Symposium	UC Davis	May 8	Tues. Feb.16
National Collegiate Honors Council	TBA for 2027	Nov. 2027	Likely in March 2027

Honors Student Ambassadors

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Jane Gu

Honors Student Ambassador

Tel.: 650-219-1929

Email: gux2@my.smccd.edu

Office Hours: Wednesday 3:10-5 PM by drop-in

Building 9-307



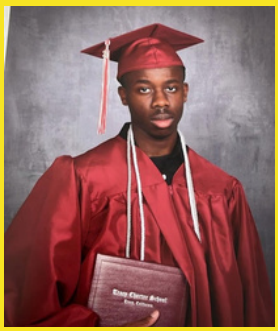
Jenia Olneva

Honors Student Ambassador

Email: olnevae1@my.smccd.edu

Office Hours: Wednesday 3:10-5 PM by drop-in

Building 9-307



Mohammed Yussuf

Honors Student Ambassador

Email: mohammedyussuf@my.smccd.edu

Office Hours: Available by email

Virtual/Zoom

Contact Information

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Rebekah Taveau
Honors Coordinator

Tel.(650) 381-3547
Email: taveaur@smccd.edu
Office: Bldg. 3 rm 235

Office Hours
- Drop in M: 2-4pm
- M-F by appointment:

https://calendly.com/taveaur



Honors Counselor
Daryan Chan

Tel. (650) 877-2698
Email: chanry@smccd.edu

Office Hours
- Mondays: 12:30pm-4:30pm
- Wednesdays: 12:30pm-6pm
- Thursdays: 12:30pm-7:30pm



Honors Counselor
Nick Martin

Tel. (650) 306-3419
Email: martinn@smccd.edu

Office Hours
- Mondays: 11am-1:30pm (in-person or Zoom)
- Tuesdays: 11am-1:30pm (in-person or Zoom)
- Wednesdays: 11am-1:30pm (in-person or Zoom)
- Thursdays: 2pm-6pm (Zoom only)