

Honors Reflection 2026 Xenia Regalado Garcia



Name: Xenia Regalado García
Major: Associate of Science in Liberal Arts and Sciences
Transfer: University of Arkansas
Graduation: Spring 2026

Honors Courses:

- Art Appreciation
- English Composition I
- History of the American People 1877
- World Civilization from 1500

Section 1: In what ways did the Honors Program help you “demonstrate engagement,” “cultivate curiosity,” and “explore perspectives” (community, curiosity, and diversity)?

The Honors Program allowed me to actively engage in my college community through meaningful academic and service opportunities. It encouraged me to stay curious by challenging me to think beyond my comfort zone and ask deeper questions. It also helped me explore diverse perspectives by connecting me with students from different backgrounds and experiences. Being a part of a community college was a completely new chapter. I was excited about the academics and being a part of student LIFE. As a first-generation student, I knew I had to take advantage of every opportunity NWACC offered. I saw that NWACC had an Honors Program and decided to join, hoping it would open doors to opportunities. It brought more than that; it brought connections. The Honors Program is diverse, and everyone has different aspirations. I have met

many people who are deeply passionate about their career goals. Some of them were mothers who brought their children to class. Showing they can be mothers and students at the same time. Some of my other classmates have lived in different countries and have a deep understanding of the value of higher education.

An example of this would be the Global Affairs Service Learning. Although I joined before I became an Honors Student, everyone was welcoming. Our first project was to make an Ofrenda for Día de los Muertos. It was an event that required preparation, as we all had to pick a person who made an impact in the world. I was the only one in the group who had experienced this holiday. My peers were excited and listened to all my concerns and suggestions I had. The end product was a beautiful ofrenda. It reflected the diversity and culture we carry with us. Global Affairs introduced me to different perspectives. I remember talking to my friend about immigration. Some of the members went to Mexico and saw firsthand the progress immigrants from South America had to go through. We recognized the blessing of having come to America safely. It was in this same group that I found out about Canopy, a nonprofit organization in Fayetteville. I volunteered to mentor children who had just arrived from their countries. I got the chance to help different children understand the diversity America has. It made me feel fulfilled to see children feel welcomed in America and to see how they can succeed if they focus on their goals. I am thankful for the opportunity, as it has made me connect to people on a personal level. As a substitute, I am more aware of people's situations, and as a nurse's aide, I can connect with patients, so they do not feel scared of hospitals.

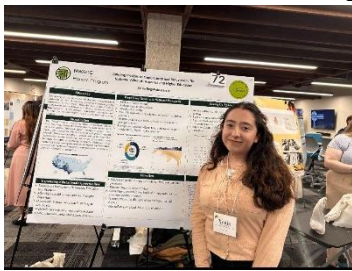


Section 2: How did this program prepare you for a university (or for a workplace, if you aren't transferring at this point)? What hard or soft skills will you take with you? How and where did you learn these? The Honors Program prepared me for a university by strengthening both my academic and personal skills. I developed strong writing, research, and critical thinking abilities through challenging coursework and support resources. I also built confidence by stepping out of my comfort zone. I have met many people with diverse backgrounds. The Honors Program made me more confident in my writing and reading. I wasn't born in

America, so reading and writing always made me feel uncomfortable. It is one of the many hurdles I have to learn to deal with. The Honors Program helped, as many of the classes required research. The expectations pushed me to go to the writing center. I would write my papers and presentations there, then I would show them to the professor. Going to the Writing Center made me realize how the honors classes are sharpening my skills to help me transition into a four-year institution. In my World Civilization class, book reviews sharpen my reading skills. Each book has a different writing style. It has made me look at reading differently. For example, the book

“Curry,” by Lizzie Collingham, was a challenge. As I had to re-read some pages. I would read a page, not understand, then re-read it until I understood the story. One special thing about this book was the recipes at the end of each chapter. It made me feel like I had achieved something when I finished the chapter and could finally try the recipe. Through my curiosity, I noticed how fulfilling reading can be. This book made me realize that the world an author has is for the reader to enjoy as well. Although I am a STEM major, the Honors History Classes have made me appreciate history as a subject and the research done in history. These classes have pushed me out of my comfort zone, as we often have open discussions about assignments and current world events. When I start my next degree, I will be ready to analyze texts and have an open dialogue with my classmates. I am incredibly excited to start my history minor at the University of Arkansas!

Section 3- What is one experience you had while a member that you’d like to share?



One meaningful experience I had as a member of the Honors Program was attending an academic conference and presenting my research. This opportunity allowed me to apply what I had learned in the classroom to a real-world setting. It also helped me grow more confident in sharing my ideas and engaging with others. As an honors student, there are opportunities specifically for us. A highlight was attending the Great Plains Conference in Kansas City. I got to present my poster, “Building Bridges to Opportunity and Innovation: National Value of Hispanics and Higher Education.” This was a passion project I had been working on for months. I first felt nervous about presenting this poster because I didn’t see any on this topic. This research project was not just for a conference; it reflected the struggles my friends and I face as we pursue higher education. I was so relieved to see that many other students saw the importance of resilience. I received a positive response from the audience, which encouraged me to continue my research and writing on importance of higher education. This was proof that I was in the right place. I continue to pursue my career with the help of my professors in the Honors Program. During the conference, we all had the chance to attend other presentations. It made me feel seen when I saw presentations on research like mine. In one presentation, they discussed the challenges Chicanos and Mestizos face in even getting the same chances others get automatically. This trip made me realize that Honors Program is for all students, especially those who may not see education as part of their future. The conference had guest speakers, including the authors of the book “Hacking College,” by Ned Scott Laff and Scott Carlson. Their presentation made me think about which degree to pursue and how to explore my career. The other speakers were from the Center of Sustainability at Johnston Community College. Their presentation made me think about starting a recycling program wherever I end up going. The conference completely changed how I look at education. I used to look at it as something I had to do; now it is something I have the privilege of doing.

Section 4: Considering all you have written for the above, what advice do you have for new members?

The Honors Program offers many opportunities, but it is up to you to take advantage of them. Stepping outside of your comfort zone will help you grow both academically and personally. Building connections with classmates and professors will make your experience more meaningful and rewarding. I would advise new members of a couple of things. Some tips are general, like please sit in the front row of class, ask many questions, and use all the resources NWACC offers. My main advice is to be involved both in and out of class. The professors at NWACC truly want to help you succeed, so be involved in their class discussions. That is how I got to see the diversity NWACC has. The professors are usually involved in the community as well.

There are events on campus that highlight the essence of the college, like the Arts and Culture Festival. This event brought attention to the history between the Marshall Islands and Arkansas. In the picture below, my friend and I met one of the performers. It is important to recognize all parts of the community and their impact on students. Even simple things like attending the International Market make a change not only in our college but in the community. We support local vendors, promote cultural diversity, and show students that all ethnicities play a role in our community. It is only by being involved that one starts to notice how special a college is. Especially in the Honors Program, there are game nights where we all get to know each other a little more. Even if it is just stopped by the Honors Hub. Every time I stop by, there are new snacks and new people to talk to. Do things that are interesting, as that is how one grows and appreciates the opportunities this program brings.

