

Message from the Dean

Dear Perry Honors College Students,

Before relocating to Hampton Roads this past summer, I lived in State College, Pennsylvania for 18 years. During that time, I spent many winter days snowed in. We all got impacted by the historic winter storm this past weekend.

I promise I didn't bring it with me! I hope you were able to stay warm and enjoy some hot cocoa while enjoying the winter magic! I'm looking forward to seeing you all on Wednesday for Donuts with the Dean at Virginia House. I hope that you will be able to attend the MLK observance on Thursday.

Dr. Zaryab Iqbal

Dean, Perry Honors College



THE PERRY POST



OLD DOMINION UNIVERSITY
Perry Honors College

Upcoming PHC Programs + Partnerships

Donuts with the Dean

Grab a donut, meet the Dean, and connect with the PHC team.

January 28th 7:30am - 8:30am
Virginia House

Control + Alt+ Career

Using AI ethically and effectively

January 29th 12:30pm - 1:30pm
Webb Center, Hampton-Newport News Room

41st Annual Martin Luther King, Jr. Observance

Reflect. Celebrate. Be Inspired.

January 29th 6:30pm - 7:30pm
Chartway Arena, Big Blue Room

Donuts with the Dean

Virginia House Community Room (1st floor)

7:30AM - 8:30AM



Dr. Zaryab Iqbal
Dean, Perry Honors College

Hello Students!

- Please join me and PHC staff for Donuts with the Dean on **Wednesday, January 28**, from **7:30 a.m. - 8:30 a.m.** in **Virginia House Community Room (1st floor)**
- We'll have **donuts, bagels, fruit, water, juice, and more.**
- **All honors students are welcome.** You do not need to live in Virginia House to attend. Staff will be available to help with building access.

OLD DOMINION UNIVERSITY
Center for Career and Leadership Development

CCLD Crown Your Career Series

CONTROL + ALT+ CAREER

From AI tools to professional platforms, technology plays a major role in today's jobs. This workshop gives you the chance to learn, practice, and build tech skills that support your career goals.

Lunch will be provided!

What You'll Learn:

- Choosing the right technology for academic and career tasks
- Using digital tools, including AI, ethically and effectively
- Tech skills that boost career readiness and productivity

Thursday, January 29

12:30PM - 1:30PM
Webb Center, Hampton-Newport News Room

Center for Career and Leadership Development
757.683.4388 | 2202 Webb Student Center | odu.edu/career-leadership

Register on Handshake

OLD DOMINION UNIVERSITY Perry Honors College

41st Annual Martin Luther King, Jr. Observance

Reflect. Celebrate. Be Inspired.
January 29th 6:30pm - 7:30pm
Chartway Arena, Big Blue Room

PHC students are invited to meet PHC staff members at the Perry Honors College Office (Monarch Hall 1126) at 6pm and then at 6:15pm we will leave and walk together to this event at the Chartway Arena.

Walking as a group is a great way to connect with fellow honors students while participating in this meaningful campus tradition honoring the legacy of Dr. Martin Luther King, Jr.



Erin Suit

Coordinator for Academic Services

Emily Harmon sat down with Erin Suit, the Coordinator for Academic Services, to learn more about her interests, her journey, and how she supports Honors students. Read the interview below:

Emily: What's one class, book, or experience that changed how you think?

Erin: I was on the yearbook staff in high school and designed a senior ad for a classmate. I noticed butterflies on her binder, backpack, so I included them in the design. When she saw it, she was thrilled. That moment taught me how much noticing small details can shape someone's experience.

Emily: What's your go-to way to reset after a long day?

Erin: Music. Immediately. On the drive home, I'll put on Ice Nine Kills, Nothing More, or In This Moment. It helps me decompress and reset.

Emily: What are you currently binge-watching or binge-reading?

Erin: I really enjoy reading memoirs. I'm currently reading the Definitive Edition of The Diary of a Young Girl by Anne Frank.

Emily: Tell me about your academic and professional journey.

Erin: I graduated from ODU with a Bachelor of Fine Arts Degree with a concentration in Graphic Design. Along the way, I've worked in optometry and even for a toy company. Before coming to the Perry Honors College, I spent seven years at EVMS supporting students and faculty in the Physician Assistant program. Being here at PHC is an exciting new chapter in my professional story.

Emily: What does your role within the Perry Honors College entail?

Erin: My role is centered on helping students stay on track to complete their honors requirements. I also connect students with resources, information, and partnerships that can support their academic goals and overall success at ODU.