



V e l k o m m e n !

Welcome, my name is Marius and I am a nontraditional, international student here at MNSU, Mankato. I am double majoring in Anthropology and History, with a focus on Archeology and World History, and working on a Certificate in Geoarcheology. In addition to this, I am also in the Accelerated Advanced Degree Program for Anthropology, which has let me start my Graduate degree while finishing up my Undergraduate degree. Lastly, I am also working on a Graduate Certificate Degree in GIS.

When I finish my degrees, I hope to get into a Ph.D. program for Anthropology, so that I can do both archeological research and teach and inspire future generations of anthropology students. Next to studying, I am also a MavPASS Leader, supporting MNSU Mankato's Introduction to Anthropology class, and Peer Mentoring other MavPASS Leaders. MavPASS is a Supplementary Instructions Program where high-achieving students sit in on a traditionally difficult gateway class that they have done well in previously. The MavPASS Leader then facilitates study sessions and holds office hours outside of the regular class time, to help the current students to tackle the difficult material and gain a deeper understanding.

M i s s i o n S t a t e m e n t

I seek to learn so that I can grow, and I develop myself so that I can help others thrive.





Throughout high school, I was very involved in the Student Government, being part of it all three years and sitting on the board of directors for the last two years. I further worked for the national student government organization of Norway (Elevorganisasjonen, EO) during those last two years of high school, sitting on the regional board for Telemark as the Vice President in Charge of Economics. Outside of school, I was also very active in a choir, and I volunteered as a Youth Drama Instructor for two years.

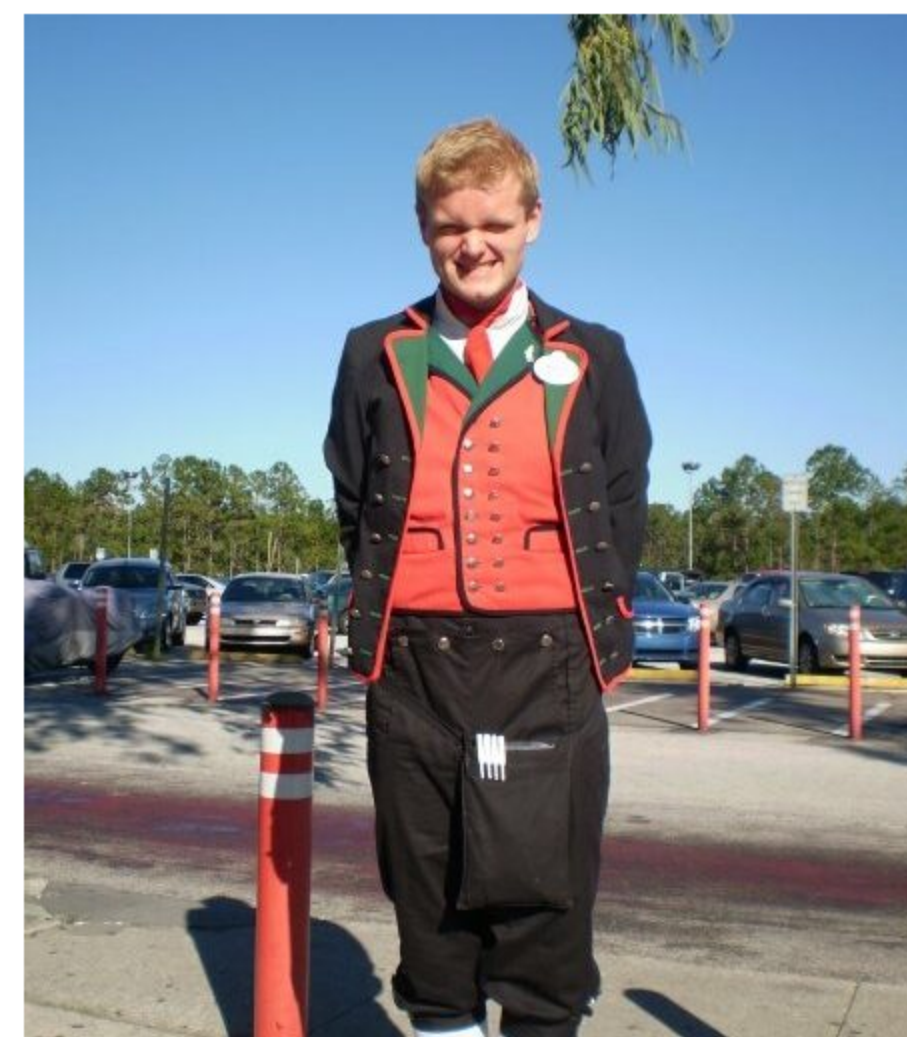
After high school, I decided to take some time off from school, moving to Oslo and working for a bakery and coffee chain (W.B. Samson) for a little while, before packing my suitcase in 2008 to go work for Walt Disney World in Florida (picture to the right), where I met my husband. After thirteen months of working for the mouse, I went back to Norway for a year to work as a Store Manager in one of W.B Samson's stores in Oslo, before returning to Disney in 2010 for another thirteen month-long program. During my time with the Disney Company, I became a certified Disney Trainer, and I was the recipient of the July-September 2011 Walt Disney World's Quarterly Awards, the UnaniMouse.



In January 2020 I started working on my Bachelor of Science degree, double majoring in Anthropology and History with a focus on Archeology and World History and with a Certificate in Georcheology, here at Minnesota State University, Mankato. My current plan is to graduate in the summer of 2022, and then go on to graduate school in pursuit of my end goal, a Ph.D. Though my college carer has been marked by the COVID-19 pandemic, I have not let that hold me back. I am part of the Honors Program, I work as a Leader in the Maverick Peer-facilitated Academic Support System (MavPASS) supporting my fellow students by offering extra help to tackle the difficult material in the Introduction to Anthropology Class (ANTH101), and I am part of the European Student Union (ESU). I have made the Dean's List each semester. I am a current recipient of the International Maverick Scholarship, as well as a recipient of the Anthropology Scholarship and the Department of History Scholarship. Some of my other achievements throughout my college carer are presenting a paper at two conferences and submitting a paper for the consideration of publication. Outside of school, I work on renovating my house in Downtown Mankato together with my husband and enjoy reading, running, going to the gym, playing my guitar and piano, writing, and, of course, a decent cup of coffee.

Biography

Growing up in the Norwegian city of Skien, I have always had a close relationship with my family while simultaneously being extremely independent. I was lucky enough to get to travel and see much of the world from an early age due to my dad's work. Some of my favorite memories include China (picture on the left), Israel, Palestine, Portugal, London, and New York. When I was five, after growing out of my "wanting to be a farmer" phase, I found my calling as an archeologist, dragging any family member with me to the museums and archeological digs in the places we were visiting. I even drew myself as an archeologist at a dig when I was six, and put it in a letter for my thirteen-year-old self to open upon graduating elementary school.



After this last Disney program, at the beginning of 2012, I returned to Norway with my husband and resumed working for W.B. Samson again, first as an Assistant Store Manager at one of the largest stores, before again becoming a Store Manager once the opportunity presented itself, and in 2013 I took on the additional responsibility of as the Company Head of Training for Coffee and Beverages. My responsibilities included being in charge of the barista training company-wide, buying and maintenance of coffee machines and equipment, picking and purchasing coffee and other beverage products, training of managers and assistant managers, partaking in the planning of new stores and the remodeling of old ones, and vendor meetings and collaboration. I am very proud and grateful for my time with W.B. Samson, who I left in 2019 to pursue my longtime dream of getting back to school and studying Archeology and History. Throughout my time there, I had the pleasure of working with some of the world leaders in coffee and baking, and got to go on business trips to places like Antigua in Guatemala (picture below) to visit coffee farms and coffee processing facilities, New York, Paris, and London. The company was also for the first time nominated as the Best Coffee Chain in Northern Europe by Allegra (a European organization) half a year after I took over the responsibility for coffee within the company, as well as every consecutive year, and the company saw a continuously high increase in coffee sales throughout my whole period in this position.

Honors Program Mission Statement

"The Honors Program at Minnesota State University, Mankato is committed to supporting motivated undergraduate students by providing them with exceptional learning opportunities, mentoring relationships, and a supportive community that fosters their personal, academic, and professional development. The program is grounded in three competencies: leadership; research, scholarly, and creative activity; and intercultural engagement." (4, Student Handbook)

Why Honors?

Overall, my college experience, including my time in the Honors Program, has been a bit unorthodox due to a mixture of the current COVID-19 pandemic mixed with my accelerated plan and my status as a nontraditional, international student who had barely been in Mankato for two months when we went into lockdown. I joined the Honors Program to boost my resume, develop my connection to the community here at the University, and gain further chances to challenge and develop myself academically and professionally.

Because I am on an accelerated path, Honors, like the rest of my academic career, has been kind of intensive. Still, I have appreciated each experience and I am grateful for the opportunities I have been given due to the program, as well as the things I have learned about myself due to the reflection aspect of the program. HONR 201, Introductions to Honors, allowed me to reflect on myself and my experiences, in addition to putting me in contact with several new people, thus broadening my social and professional networks.

Because the program was transferring into a new format, I had the opportunity to fulfill the general education part of my program by Contracting HIST 280 and doing an individual study in the Anthropology Program. These are experiences that have had a significant impact on my life, both professionally and personally. HIST 280, History in Black and White, is the only American History Class I have taken as part of my History degree, and, being a foreigner, I went in with limited knowledge and understanding of the history of racial relations in the United States. Not only was the class extremely informative and engaging, but the extra work I did for the Honors credits involved real, off-campus archival research as part of an ongoing community project that will have a real-life effect on people's lives. Thus, having the opportunity to partake in this due to my membership in the Honors Program has been rewarding on a deeply personal level.

My individual study in Anthropology, on the other hand, has let me build more professional connections within the discipline of Archeology and its related discipline of Geography, and has helped in setting up my thesis projects, both for my undergraduate and graduate degrees in Anthropology. By focusing on reading and understanding OSL dating and other Geoaarcheological methods, I have been able to develop a theoretical base that should help me to establish myself as a professional Archaeologist and potentially an expert within OSL and Remote sensing. I have even had the chance to meet and discuss my coming research with the new University President, and I have had the opportunity to apply for and receive a Foundational Grant from the Undergraduate Research Center here at MNSU, to help me with my senior thesis work.

Lastly, the program has given me the opportunity to mentor a couple of other Honors Students. Though this experience did not turn out to be as consistent as I hoped for due to my own limited availability, I did share a class with one of my mentees, and I feel that I did help her somewhat in her academic development and adjustment. Still, I was able to work with and help another Honors student to understand how to conduct historic research through my extra research project for the HIST 280 class.

All in all, I feel that my participation in the Honors Program has been well worth it. The opportunities that I have gained due to the program have given me a good academic basis for future success, and I have both come into contact with several people and been exposed to ideas that have helped in my personal development as well.

Leadership

"Upon graduation, honors students will have demonstrated the ability to utilize personal leadership values and guide groups toward a common goal." (20, Student Handbook)

Research

"Upon graduation, honors students will have demonstrated the ability to exhibit information literacy skills, synthesize and integrate ideas, produce original research or creative works, and contribute to knowledge." (21, Student handbook)

Global Citizenship

"Upon graduation, honors students will have demonstrated the ability to exhibit second language and communication competencies and exhibit cultural competency and awareness." (22, Student Handbook)



This is my Fall 2021 Plan of Study, for the Honors Program. This is the only Plan of Study I have made for the program, as I finished the program within the timeframe of three semesters.

Leadership

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For further information on the Honors Program please visit: <https://www.mnsu.edu/honors/missionsngoals>

Leadership is not restricted to those in charge, but is the ability to unite and bring out the best in people. A great leader knows when to listen, when to delegate, and when to make decisions. The Leadership value emphasizes the development of a personal leadership philosophy that emphasizes abilities such as how to divide work, how to work on equal footing in group situations, and how to set boundaries.

Leadership Summary Essay

The main takeout I have had from Honors is learning how to reflect on my own experiences both during their progression and in the aftermath. This is especially true with leadership, as it falls within one of the three basic Honor Program Competencies. For me, this has been a three-part process that I look at as *self-understanding, analysis, and implementation*.

When starting this journey out with HONR 201, I was forced to take a reflective look at my long background with different leadership roles, pick one, and reflect upon that experience, a process I later again reflected on in my HONR 201 – Past Leadership Experiences Reflection. Further, reflecting on how I work in a group by looking at my experience of Leading Two of the Class Lectures for ANTH/GEOG 417, I started to look at my place within group settings. This process of self-understanding helped me to identify my values, strengths, and weaknesses as a leader and how I worked in teams with others. In doing so, I became more self-aware of who I am as a leader and team player, an introspective view that formed a platform for my further development within the Honors Program's Competency of Leadership.

From there, I started the next step in my process of development, entailing the analysis of different roles within teams and forms of leadership. By analytically looking at my experiences as a MavPASS Leader and Peer Mentor, and with other people in group settings such as my HIST 280 class, I reflected on the work and roles of others and the success and failures of different leadership strategies. Through this analytical process, I was able to expand my views on leadership and further develop my own theory and philosophy regarding leadership. Subsequently, I developed my own leadership philosophy, where I stress communication, honesty, openness, and self-growth, as these are values that can both benefit me on an individual level and in my future work by creating an open and trusting atmosphere.

At this point in my journey, it was time for me to apply this knowledge, something that I did during my MavPASS Leader and Peer Mentor jobs. These experiences let me test my developing theory of leadership, namely that leadership entails supporting and helping others to grow in their abilities to perform the tasks at hand, to take responsibility when needed, while also giving room for others to share the burden. This philosophy has helped me with developing my team members as a MavPASS Peer Mentor and to lead students to success as a MavPASS Leader.

By reflecting on these experiences as part of my journey to fulfill the Leadership Competency of the Honors Program, I have not only taken another step towards reaching my academic goals and becoming a better leader, but I have also taken several steps in learning more about myself as a person. The new level of self-awareness that accompanies this has also helped me to better articulate my thoughts and ideas regarding leadership, and I now have a very clear concept of who I am as a leader and how I work with other people, an introspective viewpoint that I hope will let me help others grow in the future.

HONRS201 - Spring 2021

This is a Leadership reflection I wrote for my HONRS201 class about the time I spent working for the W.B. Samson Head Office Leadership Team as the Manager of Training Responsible for Coffee and Beverages.

ANTH/GEOG 417 - Spring 2021

In this Leadership reflection, I reflect on my experience with planing and leading two class lectures as part of two two-person teams, for my ANTH/GEOG 417 Quaternary Environments and Climatic Change class.

MavPASS Leader - 2020-2022

This reflection focuses on my experience with leadership as a MavPASS Leader, a supplementary instructor facilitating study sessions in support of classes with a high withdrawal and fail rate.



HIST280 - Fall 2021

This Leadership reflection explores my experience of working in a team during my HIST280 History in Black and White class.



MavPASS Peer Mentor - 2021-2022

In this Leadership reflection, I explore my Peer Mentor role within the MavPASS Program, where I guided a group of MavPASS Leaders with the goal of helping them develop as leaders and find ways to best facilitate learning amongst the students they supported.



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Research is about learning and understanding. Everyone naturally does research within their daily lives, whether it is reading the news, looking up a recipe, or making a grocery list. Out of the three values, this is the one I am the most passionate about. Being a naturally curious and driven person, few things get me as excited and involved to the point where I almost lose track of time as a good research project. Both prior to college and as an aspiring archeologist working on my BS, I have had the opportunity to gain a variety of research experiences, and I already have several more projects planned for the future.

Research Summary Essay

As an anthropology and history major, research is something that I am passionate about. The opportunities for research experiences extended to me through the Honors Program are, therefore, one of the major reasons I joined the program. Due to my participation in the Honors Program, I have been able to participate in both on-campus and off-campus research projects, dive deeper into different research methods, establish connections with more experienced researchers that I have had the opportunity to learn from, and present my work at several conferences. Further, through exploring the Research Competency, I have learned to assess and think of research, and my experiences with research, in a new way. The reflective process has had me looking more closely at what skills I have gained through different research projects I have participated in, and how this has helped me grow as a professional.

With so many experiences to pick from, it is hard to pick favorites. Still, when pressed, I would say that my favorites include my Individual Study into Geoarchaeological Research and Dating Methods, the research project I did as part of my contracting my HIST 280 class for Honors, and my Whitewater River Survey Experience.

Of these three experiences, the last and the first ones are tied together. For a time, I had been interested in learning more about geochronological dating methods and other tools I could use to establish a scientific basis for my archaeological toolkit. The Whitewater Field Survey Experience, done through the Geography Department, provided me with a hands-on learning experience in how to do geological surveys. This included how to extract different types of geochronological samples and geomorphological data in the field. My Individual Study, on the other hand, let me dive deeper into the technical and theoretical aspects and applications of some of these methods. I spent a lot of time specifically focusing on a dating method known as Luminescence Dating, a method that I am now specializing in. As a result of this Individual study, I am now writing both my Undergraduate and Graduate theses on the application of this dating method to Native American Burial Mounds. I hope to use this method to help descendent Native communities in their investigation of their ancestors and in further securing the preservation of these features and landscapes.

There are several reasons my HIST 280 experience stands out to me as well. Still, the main reason is connected to the spirit of the community project, known as the Mapping Project, for which my historic research was mainly aimed at helping to contextualize. The project is an ongoing one, focused on uncovering the history of systemic racism in the housing market here in Mankato to ultimately help address issues of systemic racism and inequality in the community. Much of my research centered around contextualizing instances of racially restrictive covenants in housing and grave deeds, as well as starting the investigation into the prominence of these covenants within Blue Earth County. Because this is a larger, ongoing, community project, and we were among the people first beginning it, I know that we have barely scratched the surface. Still, there is a certain personal satisfaction I can feel from knowing that others will continue to build on my work and use it to better the lives of the people within the community.

Succinctly, throughout the research experiences I have participated in through Honors, I have gained invaluable knowledge and experience in research that will greatly benefit my future professional career, as well as been lucky enough to do research that will make a real difference here in the community of Mankato. I have, thus, gained and grown both professionally and personally, and I know that no matter what type of research I do in the future, I hope to aim for it to be something that further helps people as well.

HONRS201 - Spring 2021

This is my Research Reflection for my HONR201 Class, reflecting on my Individual Research Project for ANTH260 – Folklore of Fear class, where I researched the relationship between Skinwalkers and Gender Roles in contemporary Creepypastas.

ANTH/GEOG 417 - Spring 2021

In this reflection, I explore my research experience performing a literature review on the topic of Doggerland for my ANTH/GEOG 417 Quaternary Environments and Climatic Change.

Whitewater Field Experience - Summer 2021

This Research Reflection analyzes my Whitewater field experience, where I received hands-on training in several geophysical research methods.



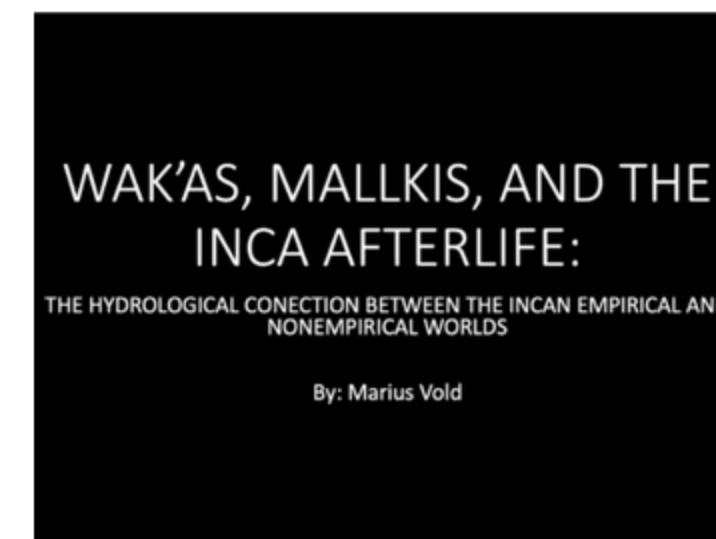
Honors Research Project - Fall 2021

This Research Reflection explores the extra research project I performed as part of me contracting my HIST280 History in Black and White class for Honors.



Individual Study - Fall 2021

Within this Research Reflection, I analyze what I learned from my Individual Study into geoarchaeological research methods and how this will benefit me in my future professional career.



History Capstone Project - Fall 2021

In this reflection, I explore my experience with research gained from my capstone for my history degree, where I explored the connection between the hydrological cycle and the Inca's empirical and non-empirical worlds.



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Global Citizenship entails acknowledging, respecting, and seeking to broaden one's understanding of both the cultures one is part of and those cultures different than one's own. By actively viewing other cultures through a culturally relativistic framework, one understands how to respect people from different backgrounds and how to communicate with them.

Global Citizenship Summary Essay

The myriad of diversity that exists between different cultures and how to interact with, understand, and appreciate them is something that deeply interests me, as both an international student and an anthropologist in training. Through my participation in the MNSU, Mankato Honors Program, I have had the chance to reflect upon my own interactions with different cultures, both prior to and during my time here at the university. From this reflective process, I have gained a new appreciation of myself as a global citizen and how to communicate with people from different backgrounds.

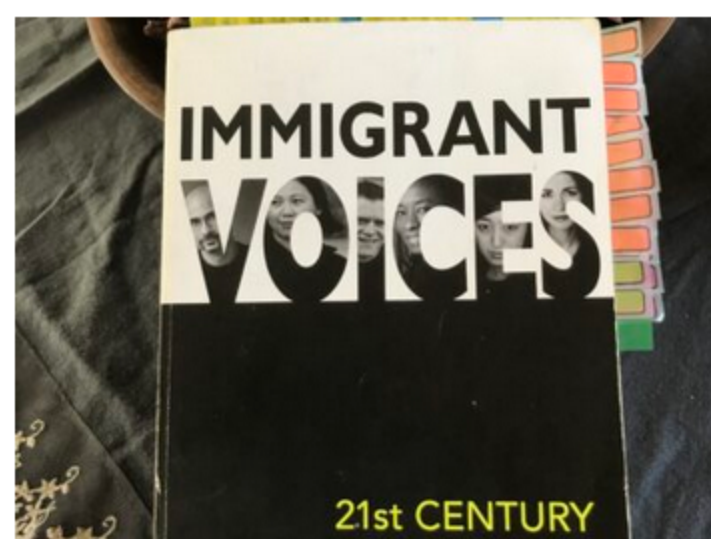
As an international student, just being in the U.S. is an experience filled with daily interactions with different cultures. Though one would think that the cultures of America and that of my native Norway were very similar, in many ways they are quite different. Though things like racism definitely exist in Norway, the degree of it and of its effect on the daily life of the population is quite different. As an aspect of American culture that I had limited knowledge and understanding of, the tension between racial relations has been a topic I have dived into while being here at MNSU, through activities such as participating in the History Department's Spring Lecture Series in 2021 and taking the class HIST 280 History in Black and White. Through these experiences, I was able to gain an understanding of how the current racial friction within the US developed over time, how this affects the daily lives of millions of Americans to this day, and how I can participate in the process to help mend some of these scars.

Of course, my journey has not been singularly focused on racial tensions found between the sub-cultures of American culture. I grew up traveling across the world and have migrated to the US three times. Therefore, gaining a deeper analytical understanding of the migrant and immigrant experiences, as I did through my HUM 281W Humanities and Traditions class, has been part of a larger self-reflective process of how to understand my own intercultural interactions. Further, my Anthropology classes, including ANTH 240 Language and Culture and ANTH 332 Anthropology of Religion, have let me break apart different aspects of culture, such as language and religion, to better understand how they affect the worldviews of different people.

By reflecting on these experiences, I have gained a deeper understanding and appreciation of not only how people are complex beings encompassing many different cultures, but also the cultures I am part of and interact with on a daily basis. Through this, I have developed my ability to empathize and interact with people from different cultural backgrounds. Lastly, it has also helped me to develop my ability to help mend rifts created by cultural frictions. I hope that the skills I have honed through this process will benefit both myself and others as I continue on my personal and academic journeys.

HONR201 - Spring 2021

This is my Global Citizenship reflection on racial discrimination and marginalization based on the Spring 2021 MNSU, Mankato History Department lecture event The Hunger Belt: Food Justice and Black Farmers in the Twentieth-Century South which I attended, class material from HONR201, and current events in the US.



HUM281W - Summer 2021

In this reflection, I contrast the subject matter of the immigrant experience, dealt with in my HUM281W Human Diversity and Humanities Traditions class, with my own experiences migrating at several points throughout my life.

ANTH332 - Spring 2021

In this reflection, I look at how my ANTH332 Anthropology of Religion class helped me grow in the Honors competency of Global Citizenship.



HIST280 - Fall 2021

Through this reflection, I explore my experience with Global Citizenship through the HIST280 History in Black and White class I took during the fall of 2021.

ANTH240 - Summer 2020

This reflection focuses on how my ANTH240 Language and Cultures class helped me to examine the connection between culture and the way people communicate.