



MEDIA RELEASE

Fresno Pacific University's Collaborative Research Team Wins \$2,500 Prize

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LITTLE ROCK, Ark.—Alpha Chi National College Honor Society is pleased to announce that its California Zeta chapter at Fresno Pacific University recently won the \$2,500 second place prize in the 2025 Trisha Yarbrough Collaborative Research Competition for their project titled, “Literature as Medicine: Bibliotherapy’s Effects on Burnout in Undergraduate Students of a Liberal Arts College.”

Held in conjunction with Alpha Chi’s national convention, the competition carried the theme, “New Frontiers in Academia and Beyond” and was judged by a multidisciplinary panel of professors who assessed five collegiate teams submitting a written research paper, a slide presentation, and a live national convention presentation that concluded with a question-and-answer period involving judges.

As a multidisciplinary honor society, Alpha Chi fosters collaboration among student members from various academic fields, and this annual competition is one way the society actively promotes interdisciplinary undergraduate research. It encourages students to focus on creating solutions for real-world issues, thus exemplifying the Society’s long-standing commitment to making “scholarship effective for good.”

California Zeta’s interdisciplinary student team was comprised of Brooke Barham, a senior marketing major; Jan Bialecki, a senior studying political science; Jasmine Sirvent, a senior pursuing degrees in mathematics and English; Fatima Torres-Sanchez, a senior psychology major; and Safaa Umar, a junior studying biology and health sciences.

The team conducted research to determine the impact that the restorative reading practice of bibliotherapy had on the mental health of students experiencing stress and burnout on their campus. Their research led them to conclude that “by slowing down and implementing the age-old practice of reading into our campuses and communities, we can better understand and reconnect with both ourselves and the people around us. Since high school and college students are particularly at risk for burnout and mental health struggles, universities have the unique opportunity to support students who are most at risk by reconnecting them with reading, their emotions, and their community through restorative practices such as bibliotherapy.”

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Alpha Chi National College Honor Society invites to membership juniors, seniors, and graduate students from all disciplines in the top ten percent of their classes at its member institutions. Chartered on more than 300 campuses nationwide, chapters induct approximately 8,000 students annually. Since the Society's founding in 1922, Alpha Chi members, charged with upholding the tenets of Truth and Character, have dedicated themselves to "making scholarship effective for good." Alpha Chi is a certified member of the Association of College Honor Societies.

For more information on Alpha Chi National College Honor Society and the Collaborative Research Competition, please visit <https://alphachihonor.org/collaborative-research-competition>.

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