THE HONORS WEEKLY
UPDATES, NEWS, & PROGRAMS

See page 3 for a list of upcoming Honors Events!

IMPORTANT UPDATES
OPEN OFFICE HOURS WITH HONORS STAFF MEMBERS
CLICK HERE FOR MORE

PRE-MED/PRE-DENTAL GROUP ADVISING SESSIONS & APPTS
CLICK HERE FOR MORE

FEELING CREATIVE? SEEKING HONORS SOCIAL MEDIA POST IDEAS!
EMAIL IDEAS TO HONORSEVENTS@UCONN.EDU

HONORS PROGRAM CORONAVIRUS UPDATES
CLICK HERE TO VIEW

Welcome to Fall 2020
UCONN HONORS PROGRAM

Want to be featured on UConn Honors Social Media?
Share your experiences in UConn Honors and submit a photo to be featured in #humansofhonors
Visit honors.uconn.edu/humans for info!
Distance learning and online classes are useful tools to continue education while trying to spread the slow of the virus. But, this new way of learning can also make it more difficult for students to maintain their mental health.

**Tips for Online Learning:**

**Set a Regular Schedule**
This makes it easier to balance the new stressors of online classes with the rest of your life.

**Avoid Schoolwork Before Bed**
The blue light from your screen could negatively affect your circadian rhythm. Getting enough sleep is crucial for mental health, so avoiding schoolwork before bed can help both.

**Virtually Connect With Classmates**
Something as simple as a video chat can help lessen feelings of loneliness and isolation during this time.

**Utilize Online Mental Health Resources**
UConn provides great resources for managing mental health during the pandemic. Visit counseling.uconn.edu for more.

https://www.rtor.org/2020/03/30/how-students-can-maintain-their-mental-health-while-engaging-in-online-learning-during-the-coronavirus-pandemic/.
Upcoming Events

8/28  •  **Ca** - Your Introduction to Enrichment Programs (Virtual, 1:30-3:00PM)

8/30  •  **Co** - Honors Live! (Virtual, 9:00-11:00AM)
  •  **Co** - Honors Reception (Virtual, 3:00-4:00PM)

9/4  •  **Co** - Online Honors Meet & Greet - UConn Stamford (Virtual, 1:00-2:00PM)

Visit the Honors Program Calendar for more information and to access event registration details and links

Click here to see the schedule in the calendar from 8/28-9/2
VIRTUAL HONORS EVENT
CATEGORY: CAREER, PROFESSIONAL, & PERSONAL DEVELOPMENT
#UHLevent720

Your Introduction to Enrichment Programs

Meet representatives from various Enrichment Programs offices and learn about the resources they offer and how they can contribute to your UConn experience.

Office of Undergraduate Research
Office of National Scholarships & Fellowships
Pre-Medical & Pre-Dental Advising Office
Individualized & Interdisciplinary Studies Program
Pre-Law Advising Office

FRIDAY, AUGUST 28
1:30-3:00 PM

FOR MORE INFO AND TO RSVP, GO TO S.UCONN.EDU/EPINTRO

WELCOME TO THE HONORS PROGRAM!
Open Office Hours with Honors Staff

The Honors Programming and Events professional staff is here to connect with students, answer questions, and get to know you!

Greg Champion
Program Assistant
Thurs 9/3: 1-4 PM
Thurs 9/10: 1-4 PM

Brittany Engert
Program Assistant
Wed 9/2: 2-5 PM
Friday 9/11: 9 AM-12 PM

Dr. Leigh Fine
Assistant Director for Residential Communities and Programming
Mon 8/31: 1-3 PM
Tues 9/8: 11 AM-1 PM

Kristen Dostaler
Coordinator for Peer Leadership Programs
Tues 9/1: 10 AM-12 PM
Wed 9/9: 2-4 PM

Click here for more information and instructions on how to make an appointment!
Fall 2020 - Virtual Internship in London

- Earn 4 UConn Credits
- Utilize resume and interview guidance
- Gain professional experience
- Understand how companies operate in the United Kingdom

Internships are available in Business, Finance, Marketing, Computer Science/Technology, and History

Click for more information and to apply!
GETTING STARTED
IN UNDERGRADUATE RESEARCH

FALL ONLINE WORKSHOPS

FRI 9/4 - 12:15-1:15pm
TUE 9/8 - 4-5pm
WED 9/16 - 4-5pm
MON 9/21 - 10-11am
THU 10/1 - 4-5pm
WED 10/7 - 11:15am-12:15pm
FRI 10/16 - 3:30-4:30pm
MON 10/19 - 4-5pm
TUE 10/27 - 11am-12pm
THU 11/5 - 2-3pm
FRI 11/13 - 11:15am-12:15pm
MON 11/16 - 12:15-1:15pm

ugradresearch.uconn.edu/workshops/
PEER ADVISING

HAVE QUESTIONS ABOUT HOW TO GET STARTED IN RESEARCH?

Talk with a Peer Research Ambassador!

Online Group Drop-In Advising & One-on-One Appointments

TUESDAYS - 7-9 PM
FRIDAYS - 2-4 PM
AUGUST 25 - NOVEMBER 20
UCONN HUMANS OF HONORS

WANT TO BE FEATURED ON UCONN HONORS SOCIAL MEDIA?

Share your experiences in UConn Honors and submit a photo to be featured in #humansofhonors!

honors.uconn.edu/humans
A NATIONAL POLL WORKER SHORTAGE NEEDS YOU!

The opportunity for every American to vote in a free and fair election is at risk. Because of COVID-19, the older Americans who typically carry most of the burden of keeping our polling places open must stand down this year to protect their health.

Unless younger Americans step up, the resulting shortage of poll workers could mean closed polling places and long delays in communities across the country.

How you can help?

Visit workelections.com to check if you are eligible to work in your district

APPLY AT POWERTHEPOLLS.ORG/CAMPUS

Perks of being a poll worker:
- Protecting democracy
- Usually a paid position
- Great resume booster!

*This is a completely nonpartisan position
This November we have the opportunity to elect national, state, and local leaders who will be making important decisions that impact all of us. CONNPIRG is working with the student government and other student groups this fall to make sure no one misses Election Day. We have volunteer and internship opportunities doing outreach, organizing events, and spreading the word through media and social media.

Learn skills, build your resume, and work with issues that matter.

Click here to apply