The Honors Community remembers those who lost their lives on this tragic day nineteen years ago. Our thoughts are with them and their loved ones today and always.
TOPIC: Suicide Prevention

September is National Suicide Prevention Awareness Month

Suicide is the 2nd leading cause of death among people aged 10-34 in the U.S.

90% of people who die by suicide have experienced symptoms of a mental health condition.

How You Can Help

Know the Warning Signs
- Increased alcohol & drug use
- Aggressive behavior
- Withdrawal from friends and family
- Dramatic mood swings
- Impulsive or reckless behavior

Crisis Resources
- If you or someone you know is in an emergency, call 911 immediately.
- If you are in a crisis or are experiencing difficult or suicidal thoughts, call the National Suicide Hotline at 1-800-273 TALK (8255).
- If you're uncomfortable talking on the phone, you can also text NAMI to 741-741 to be connected to a free, trained crisis counselor on the Crisis Text Line.

Suicide is not the answer

Suicidal thoughts are a symptom, just like any other - they can be treated, and they can improve over time.

For more information, visit nami.org
Upcoming Events

Color = AVERY POINT CAMPUS
Color = HARTFORD CAMPUS
Color = STAMFORD CAMPUS
Color = WATERBURY CAMPUS

*COUNTS AS AN HONORS EVENT

Categories:
Academic (Ac)
Career (Ca)
Community (Co)
Multiculturalism (Mc)
Social Change (Sc)

9/11 • Change Grant Information Session (Virtual, 12:15-1:15 PM)
  • UConn IDEA Grant Information Session (Virtual, 3:30-4:30 PM)

9/14 • Holster Scholar Program Information Session (Virtual, 12:00-1:00 PM)
  • Attention Management Workshop (Virtual, 1:00-2:00 PM)

9/15 • *Ca - Online Success Workshop (Virtual, 1:00-1:30 PM)
  • Talking to Professors Workshop (Virtual, 3:00-4:00PM)

9/16 • Email Organization Workshop (Virtual, 7:00-8:00 PM)

9/17 • Holster Scholar Program Information Session (Virtual, 12:00 - 1:00 PM)
  • Test Taking Strategies Workshop (Virtual, 3:00-4:00PM)

9/18 • *Ac/Ca - Diverse Economics Conference (Virtual, 10:00 AM- 2:30 PM)

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
9/11-9/18
$2,000 grants for social impact projects
ugradresearch.uconn.edu/change

be the change

ONLINE INFO SESSIONS
THURS 9/10 - 4-5PM
FRI 9/11 - 12:15-1:15PM
Congressional Internship Program

Spring 2021

• Internships with Connecticut Congressional Representatives and Senators
• 15 UConn Credits (12 ungraded, 3 Honors Graded)
• Community Service Project
• Meet UConn alumni & D.C. "insiders"
• Open to ALL upper division UConn students with 3.0 GPA or higher
• Applications due October 1st

Information Session
Friday, September 11th @3pm
WebEx Meeting: https://uconn-cmr.webex.com/uconn-cmr/onstage/g.php?MTID=e88021a00e746b6bbbd06e88787f7b31
Questions? Contact us at honorsevents@uconn.edu
UConn IDEA Grant
INFORMATION SESSIONS

TUES 9/8 • 11AM-12PM
THU 9/10 • 2PM-3PM
FRI 9/11 • 3:30PM-4:30PM

ugradresearch.uconn.edu/idea
EDUCATION ABROAD
VIRTUAL EXPO WEEK

ALL NEXT WEEK!
SEPTEMBER 14-18, 2020

In collaboration with our partners abroad and across campus! We will introduce students to UConn’s global experiential opportunities and share details on the application process, academic plans of study, scholarships, internships, and more!

For more information, visit our website abroad.uconn.edu or email abroad@uconn.edu

CLICK HERE TO RSVP
<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Workshop Title</th>
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<tbody>
<tr>
<td>Mon 8/31</td>
<td>1 pm</td>
<td>Setting Up your Semester</td>
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<tr>
<td>Tues 9/1</td>
<td>7 pm</td>
<td>Online Course Support</td>
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<td>Thurs 9/3</td>
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<td>Prioritization</td>
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<td>Tues 9/8</td>
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<td>Thurs 9/17</td>
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<td>Test Taking Strategies</td>
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<td>Mon 9/21</td>
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<td>Secrets of Homer Babbage</td>
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<td>Tues 9/22</td>
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<td>Focusing to Get things Done</td>
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<td>Online Course Support</td>
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<td>Strategies for Deeper Learning</td>
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<td>Success in STEM</td>
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<td>Thurs 10/1</td>
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<td>Evaluating Your Semester</td>
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<td>Success in STEM</td>
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<td>Strategies for Deeper Learning</td>
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<td>Mon 10/12</td>
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<td>Microsoft Excel Basics</td>
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<td>Tues 10/13</td>
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<td>Where do I go for that?</td>
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<td>How Major is your Major?</td>
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<td>Evaluating Your Semester</td>
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<td>Tues 10/20</td>
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<td>Bouncing Back</td>
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<td>Looking Ahead, Selecting Courses</td>
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<td>How Major is your Major?</td>
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<td>Thurs 11/5</td>
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<td>Mon 11/17</td>
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| **Bouncing Back, Academic Resilience**  
Reflect on a prior struggle, learn what to do when getting feedback, and apply new strategies when getting a critique. |
| **Email Organization**  
Come learn strategies how to organize your UConn Gmail inbox so you never feel inbox stress again! |
| **Evaluating Your Semester**  
With midterms and finals around the corner, this is the place to get organized, discover ways to study and create a plan. |
| ** Finals Prep**  
With finals week around the corner, this is the place to get organized, discover ways to study, and create a plan. |
| **Focusing to get Things Done, Attention Management**  
Discuss the issue of focusing on tasks. Then discover strategies that will help you focus in the future. |
| **How Major is Your Major?**  
Anxious about choosing a major? Feel like you’re in the wrong major? Worried about how certain majors lead to careers? Explore FACT vs FICTION when it comes to choosing a program of study. |
| **Just Breathe, Stress Management**  
Did you know there are multiple kinds of stress? Come talk about ways to combat the negative results of stress. |
| **Looking Ahead, Selecting Courses**  
Come reflect about your previous experiences and use this information to select courses for next semester. |
| **Microsoft Excel Basics**  
Want to track your grades in your classes in one single place? Need Excel basics and want some assistance? This is the place for you. Be sure to bring your laptop. |
| **Prioritization Techniques**  
Come and explore strategies to organize your priorities. |
| **Online Course Support**  
Managing an online course can be challenging. We will provide steps to consider when taking an online course. |
| **Secrets of Homer Babidge**  
Do you know where to go if you need research help? Learn about ebooks, streaming videos and more online resources available at the UConn Library. |
| **Setting up Your Semester**  
Get help with starting your semester organized, prepared, and in the mindset to succeed. |
| **Strategies for Deeper Learning**  
Have one go to study strategy? Want more effective techniques in your tool belt? Come to discuss methods to approach your coursework. |
| **Success in S.T.E.M.**  
Learn ways to be successful in your STEM courses including how to approach your assignments and studying. |
| **Test Taking Strategies**  
Realize things to consider when preparing for an upcoming exam to then create a plan. Learn exam format tactics to best approach different types of test questions. |
| **Where do I go for that?**  
Learn about resources on campus and how to ask the right questions when you go there for support. |

[ACHIEVE.UCONN.EDU](http://ACHIEVE.UCONN.EDU)
JOIN THE HONORS GPS TEAM FOR:

ONLINE SUCCESS WORKSHOPS

Feeling stressed? Worried about falling behind? Learn about how you can stay on top of coursework, effectively manage your time, and de-stress! This is an Honors Event.

TUE. 9/15, 1:00PM-1:30PM
THURS. 9/24, 12:30-1:00PM
WED. 9/30, 7:30-8:00PM

Find the WebEx links and more information in the Honors Program calendar.
BECOME A HOLSTER SCHOLAR

The Holster Scholar Program is a selective enrichment opportunity available only to first-year Honors students. The program provides up to $4,000 in support to a small number of students who pursue independent research, design, or creative projects during the summer.

The deadline for applying is November 5, 2020.

UPCOMING INFORMATION SESSIONS

Monday, Sept. 14 @ noon
Thursday, Sept. 17 @ noon

Webex

https://uconn-cmr.webex.com/meet/vgm07001

To learn more, visit honors.uconn.edu/holster-scholars
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/
CONVERTING A COURSE TO HONORS CREDIT

If you are enrolled in the Honors Program, there are cases in which you may earn Honors credits in a non-Honors course.

For more information, visit https://honors.uconn.edu/honors-course-conversions/.

Approved conversion requests are due in the online system by Friday, September 18th.
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!
UCONN HONORS PROGRAM

WE NEED YOUR PHOTOS!

HAVE PHOTOS OF UCONN HONORS STUDENTS, EVENTS, OR CAMPUS LIFE?

SEND YOUR PHOTOS TO HONORSEVENTS@UCONN.EDU
PEER ADVISING

HAVE QUESTIONS ABOUT HOW TO GET STARTED IN RESEARCH?

Talk with a Peer Research Ambassador!

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

TUESDAYS - 7-9 PM
FRIDAYS - 2-4 PM
AUGUST 25 - NOVEMBER 20
HONORS GPS: VIRTUAL DROP-IN HOURS

Ask about Honors courses, UHL co-curricular experiences & Portfolium, online learning tips, or something else!

Monday-Friday 9 am - 4:30 pm

1) Log onto nexus.uconn.edu
2) Go to "Check In"
3) Choose "Storrs" then Honors GPS
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 POWERTHEPOLLSS.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
University of Connecticut Police Department's

CITIZEN POLICE ACADEMY

TUESDAYS
OCTOBER-NOVEMBER
6 PM TO 7:30 PM

The purpose of this academy is to create better understanding and communication between the police department and the community through education.

TO REGISTER:
https://publicsafety.uconn.edu/CitizenPoliceAcademy

FOR MORE INFO
EMAIL Lt. Mark Bouthillier at mark.bouthillier@uconn.edu

UCONN STUDENTS, STAFF, FACULTY, AND TOWN OF MANSFIELD RESIDENTS ARE ELIGIBLE TO APPLY. THE ACADEMY IS OPEN TO A LIMITED NUMBER OF PEOPLE AND WE ENCOURAGE THOSE INTERESTED TO APPLY AS SOON AS POSSIBLE.
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