THE HONORS WEEKLY
UPDATES, NEWS, & PROGRAMS

IMPORTANT UPDATES

- LOOKING FOR MORE IN-PERSON EVENTS? CHECK OUT UKINDNESS
  CLICK HERE FOR DETAILS
- FEELING ISOLATED? UTILIZE THE GUIDE FOR PEER SUCCESS (GPS) TEAM
  SEE DETAILS ON PAGES 6 AND 12
- HONORS COURSE CONVERSION DEADLINE IS FRIDAY, SEPTEMBER 18
  CLICK HERE FOR DETAILS

FEATURED EVENT:
COMMUNITY SERVICE PROJECT: TRASH DASH
KEEP AMERICA BEAUTIFUL
Plogging for our Planet

Participate in Stamford or in Your Own Community

This is an Honors Event. Categories: Social Change, Service, & Sustainability.
#UHLevent732

Grab a bag, gloves, and a litter picker if you have one and pick up litter in your neighborhood, local park, or on a nearby trail or beach. Once completed, share your experience on Instagram #DoBeautifulThings #TrashDash

For more information, and to register, click here!
Mental Health Matters

TOPIC: Telehealth - Socially Distanced Therapy and Support

Just because we are physically separated, doesn't mean you can't get the help and support you need!

telehealth

noun
the provision of healthcare remotely by means of telecommunications technology

UCCONN CONSULTATION & SUPPORT PROGRAM

Monday-Friday, 1:00-3:00pm

Not sure where to begin? Want to know what therapy is like? Want help/advice/resources?

- free, informal, confidential consultation with therapists from SHAW Mental Health
- support, coaching, & connection to campus resources

Take care of your mental health, now more than ever

Click here for more!
Upcoming Events

9/18 • Education Abroad Virtual Expo Week (Virtual, 9:30 AM - 5:00 PM)
  • *Ac/Ca - Diverse Economics Conference (Virtual, 10:00 AM- 2:30 PM)
  • *Mc - Social Identity Awareness Activity (Virtual, 1 hr time slots, 12:00-5:00 PM)

9/20 • *Sc - 2nd Annual Keep America Beautiful TrashDash - A Plogging Fun Run Event (Virtual/In-Person Option in Stamford, 8:30-10:30 AM)

9/21 • Getting Started in Undergraduate Research (Virtual, 10:00-11:00 AM)
  • Secrets of Homer Babbidge Workshop (Virtual, 1:00-2:00 PM)
  • *Mc - Social Identity Awareness Activity (Virtual, 1 hr time slots, 1:00-7:00 PM)
  • Strategies for Deeper Learning Workshop (Virtual, 5:00-6:00 PM)

9/22 • Prioritization Workshop (Virtual, 1:00-2:00 PM)
  • *Mc - Social Identity Awareness Activity (Virtual, 1 hr time slots, 1:00-7:00 PM)

9/23 • Critical Looking: A Virtual Dialogue (Virtual, 12:15-12:45 PM)
  • *Mc - Social Identity Awareness Activity (Virtual, 1 hr time slots, 1:00-8:00 PM)
  • Attention Management Workshop (Virtual, 7:00-8:00 PM)
  • *Ac - Logic and Decision Making of the Brain (Virtual, 7:00-8:00 PM)

9/24 • *Ca - Online Success Workshop (Virtual, 12:30-1:00 PM)
  • *Mc/So - #ThisIsAmerica: Social Disparities Facing Marginalized Communities (Virtual, 1:00-2:15 PM)
  • Thursdays with the Benton: Drawing Workshop (Virtual, 6:30-7:30 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 9/18-9/25.
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<thead>
<tr>
<th>Mon 8/31 at 1pm</th>
<th>Tues 9/1 at 7pm</th>
<th>Thurs 9/3 at 3pm</th>
<th>Tues 9/8 at 5pm</th>
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<tbody>
<tr>
<td>Setting Up your Semester</td>
<td>Online Course Support</td>
<td>Prioritization</td>
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<td>Wed 9/9 at 7pm</td>
<td>Thurs 9/10 at 3pm</td>
<td>Mon 9/14 at 1pm</td>
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<td>Prioritization</td>
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<td>Focusing to Get things Done</td>
<td>Talking to Professors</td>
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<td>Wed 9/16 at 7pm</td>
<td>Thurs 9/17 at 3pm</td>
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<td>Email Organization</td>
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<td>Secrets of Homer Babidge</td>
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<td>Tues 9/22 at 1pm</td>
<td>Wed 9/23 at 7pm</td>
<td>Mon 9/28 at 1pm</td>
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<td>Success in STEM</td>
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<th>Thurs 10/1 at 3pm</th>
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<tr>
<td>Evaluating Your Semester</td>
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<td>Mon 10/12 at 5pm</td>
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<td>Wed 10/14 at 7pm</td>
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<td>Microsoft Excel Basics</td>
<td>Where do I go for that?</td>
<td>How Major is your Major?</td>
<td>Talking to Professors</td>
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<tr>
<td>Mon 10/19 at 1pm</td>
<td>Tues 10/20 at 7pm</td>
<td>Thurs 10/22 at 3pm</td>
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<td>Evaluating Your Semester</td>
<td>Boucing Back</td>
<td>Secrets of Homer Babidge</td>
<td>Looking Ahead, Selecting Courses</td>
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<td>Mon 10/26 at 1pm</td>
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<td>Talking to Professors</td>
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<th>Mon 11/2 at 1pm</th>
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<th>Wed 11/4 at 4pm</th>
<th>Thurs 11/5 at 3pm</th>
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<td>Where do I go for that?</td>
<td>Testing Taking Strategies</td>
<td>Strategies for Deeper Learning</td>
<td>Just Breathe</td>
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[ACHIEVE.UCONN.EDU](https://achieve.uconn.edu)
<table>
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<tr>
<th>Workshop Description</th>
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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. |
| **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. |
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.
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/
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=e88021a00e746b6bd0d6e88787f7b31
Questions? Contact us at honorsevents@uconn.edu
ELECTION PSYCHOLOGY HONORS EVENT

We are experiencing what will likely be the most consequential election in United States history! What better time to take a look at the psychology of elections and examine the messy concept of human decision-making?!

Join UConn Stamford Honors alum, Dr. Kathleen Linnane, JD, PhD at this interactive event, which will explore a range of topics at the intersection of psychology and elections. We will examine principal theories and participate in small-group discussions and activities where we will put our learning to work!

Thursday, October 22nd
3:30pm-5:00pm
Online via Webex
(Link will be sent to all confirmed attendees)

RSVP for this event by Thursday, October 15th
https://honors.uconn.edu/electionpsychrsvp/

HONORS EVENT CATEGORIES:

• MULTICULTURALISM & GLOBAL CITIZENSHIP
• SOCIAL CHANGE, SERVICE, & SUSTAINABILITY

If you require an accommodation to participate in this event, please contact Kaitlin.heenehan@uconn.edu by 10/15.
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!
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
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 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
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 HONORS PROGRAM

WE NEED YOUR PHOTOS!

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

SEND YOUR PHOTOS TO HONORSEVENTS@UCONN.EDU
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