IMPORTANT UPDATES

LOOKING FOR MORE IN-PERSON EVENTS? CHECK OUT UKINDNESS
CLICK HERE FOR DETAILS

CONGRESSIONAL INTERNSHIP APPLICATIONS DUE OCTOBER 1
SEE DETAILS ON PAGE 6

PLEASE CHECK YOUR HONORS CONVERSION REQUESTS!
CLICK HERE FOR DETAILS

SENIORS GRADUATING IN DECEMBER 2020: CLICK HERE FOR IMPORTANT INFORMATION

See page 3 for a list of upcoming Honors Events and many new event flyers beyond that page.

For example, you can find out information about becoming a Holster Scholar as well as events in October for the Month of Discovery!
TOPIC: Managing a Busy Schedule

Especially with online classes, at this point in the semester it can be challenging to manage and keep track of your schedule. Planning ahead can be very useful in staying organized and managing a busy schedule.

Managing stress is VERY important for your mental health.

- create a daily schedule
- organize your due dates
- make the most out of lecture
- change up your study methods
- avoid multitasking

CLICK HERE for more great AAC (Academic Achievement Center) resources!
## Upcoming Events

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

### 9/28
- Hartford Pre-Law Society Meeting (Virtual, 11:00 AM - 12:00 PM)
- Online Course Support Workshop (Virtual, 1:00-2:00 PM)
- *Mc* - "Siempre Tienes Que Estar Pendiente": Parenting and Adolescent Adjustment in Latinx Families (Virtual, 5:00-6:30 PM)

### 9/29
- Holster Scholar Program Information Session (Virtual, 12:00-1:00 PM)
- Strategies for Deeper Learning Workshop (Virtual, 3:00-4:00 PM)
- *Ac* - Neuro Night Number One with Dr. LoTurco (Virtual, 7:00-8:00 PM)

### 9/30
- *Ca/Ac* - STEM Seminar Series (Virtual, 12:20-1:10 PM)
- Success in STEM Workshop (Virtual, 5:00-6:00 PM)
- *Ca* - Online Success Workshop (Virtual, 7:30-8:00 PM)

### 10/1
- *Sc/Mc* - InCHIP Lecture Series: Deborah Carr, "Interpersonal and Institutional Discrimination among U.S. Adults with Disability" (Virtual, 12:30-1:30 PM)
- Evaluating Your Semester Workshop (Virtual, 3:00-4:00 PM)
- *Ca* - Asking for a Good Letter of Recommendation (Virtual, 3:30-4:15 PM)
- Getting Started in Undergraduate Research (Virtual, 4:00-5:00 PM)

### 10/2
- Holster Scholar Program Information Session (Virtual, 12:00-1:00 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 9/25-10/2]
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

Tuesday, Sept. 29 @ noon
Friday, Oct. 2 @ noon
Webex

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

To learn more, visit honors.uconn.edu/holster-scholars
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.
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=e88021a0de746b6b0b6eb06e887f7b31
Questions? Contact us at honorsevents@uconn.edu
HOLSTER SCHOLAR SARAH MARZE
PRESENTS:

VIRTUAL CONCERT
AND PRESENTATION

"SONGS OF SALEM, 1692"

October 4, 2020
7pm-8pm

FEATURING PERFORMANCES BY UCONN
STUDENTS AND FACULTY

PRE-REGISTER HERE: HTTPS://MAILCHI.MP/ECDA9E0AF844/SONGS-OF-
SALEM-ZOOM-PARTY-REGISTRATION
Month of Discovery
#discoveruconn this October

**Week 1**
10/5 - 10/9
Opening Speaker

**Week 2**
10/12 - 10/16
Experience Innovation Expo

**Week 3**
10/19 - 10/23
Research Connections

**Week 4**
10/26 - 10/30
Fall Frontiers

Learn more at s.uconn.edu/discovery
EXPLORE. CREATE. LEAD.

HOLSTER SCHOLAR PROGRAM
VIRTUAL SYMPOSIUM

October 6-7, 2020 | 6:00PM-7:45PM

Join us for this virtual Honors Event @ honors.uconn.edu/holster-scholars
SUBMIT YOUR RESEARCH OR CREATIVE PROJECT BY OCTOBER 12th

ugradresearch.uconn.edu/fallfrontiers2020

FALL FRONTIERS

UNDERGRADUATE RESEARCH ONLINE EXHIBITION

OCTOBER 26-30, 2020
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.
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
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
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/
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
<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 8/31</td>
<td>1pm</td>
<td>Setting Up your Semester</td>
</tr>
<tr>
<td>Tues 9/1</td>
<td>7pm</td>
<td>Online Course Support</td>
</tr>
<tr>
<td>Thurs 9/3</td>
<td>3pm</td>
<td>Prioritization</td>
</tr>
<tr>
<td>Tues 9/8</td>
<td>5pm</td>
<td>Setting up Your Semester</td>
</tr>
<tr>
<td>Wed 9/9</td>
<td>7pm</td>
<td>Prioritization</td>
</tr>
<tr>
<td>Thurs 9/10</td>
<td>3pm</td>
<td>Online Course Support</td>
</tr>
<tr>
<td>Mon 9/14</td>
<td>1pm</td>
<td>Focusing to Get things Done</td>
</tr>
<tr>
<td>Tues 9/15</td>
<td>3pm</td>
<td>Talking to Professors</td>
</tr>
<tr>
<td>Wed 9/16</td>
<td>7pm</td>
<td>Email Organization</td>
</tr>
<tr>
<td>Thurs 9/17</td>
<td>3pm</td>
<td>Test Taking Strategies</td>
</tr>
<tr>
<td>Mon 9/21</td>
<td>1pm</td>
<td>Secrets of Homer Babbage</td>
</tr>
<tr>
<td>Tues 9/29</td>
<td>3pm</td>
<td>Strategies for Deeper Learning</td>
</tr>
<tr>
<td>Wed 9/23</td>
<td>7pm</td>
<td>Focusing to Get things Done</td>
</tr>
<tr>
<td>Mon 9/28</td>
<td>1pm</td>
<td>Online Course Support</td>
</tr>
<tr>
<td>Tues 9/29</td>
<td>3pm</td>
<td>Strategies for Deeper Learning</td>
</tr>
<tr>
<td>Wed 9/30</td>
<td>5pm</td>
<td>Success in STEM</td>
</tr>
<tr>
<td>Thurs 10/1</td>
<td>3pm</td>
<td>Evaluating Your Semester</td>
</tr>
<tr>
<td>Tues 10/6</td>
<td>5pm</td>
<td>Success in STEM</td>
</tr>
<tr>
<td>Wed 10/7</td>
<td>5pm</td>
<td>Test Taking Strategies</td>
</tr>
<tr>
<td>Thurs 10/8</td>
<td>1pm</td>
<td>Strategies for Deeper Learning</td>
</tr>
<tr>
<td>Mon 10/12</td>
<td>5pm</td>
<td>Microsoft Excel Basics</td>
</tr>
<tr>
<td>Tues 10/13</td>
<td>3pm</td>
<td>Where do I go for that?</td>
</tr>
<tr>
<td>Wed 10/14</td>
<td>4pm</td>
<td>How Major is your Major?</td>
</tr>
<tr>
<td>Wed 10/14</td>
<td>7pm</td>
<td>Talking to Professors</td>
</tr>
<tr>
<td>Mon 10/19</td>
<td>1pm</td>
<td>Evaluating Your Semester</td>
</tr>
<tr>
<td>Tues 10/20</td>
<td>7pm</td>
<td>Bouncing Back</td>
</tr>
<tr>
<td>Thurs 10/22</td>
<td>3pm</td>
<td>Secrets of Homer Babbage</td>
</tr>
<tr>
<td>Thurs 10/22</td>
<td>5pm</td>
<td>Looking Ahead, Selecting Courses</td>
</tr>
<tr>
<td>Mon 10/26</td>
<td>1pm</td>
<td>Talking to Professors</td>
</tr>
<tr>
<td>Wed 10/28</td>
<td>7pm</td>
<td>Where do I go for that?</td>
</tr>
<tr>
<td>Thurs 10/29</td>
<td>3pm</td>
<td>Test Taking Strategies</td>
</tr>
<tr>
<td>Mon 11/2</td>
<td>1pm</td>
<td>Looking Ahead, Selecting Courses</td>
</tr>
<tr>
<td>Tues 11/3</td>
<td>7pm</td>
<td>Strategies for Deeper Learning</td>
</tr>
<tr>
<td>Wed 11/4</td>
<td>4pm</td>
<td>How Major is your Major?</td>
</tr>
<tr>
<td>Thurs 11/5</td>
<td>3pm</td>
<td>Evaluating Your Semester</td>
</tr>
<tr>
<td>Mon 11/9</td>
<td>3pm</td>
<td>Where do I go for that?</td>
</tr>
<tr>
<td>Wed 11/11</td>
<td>7pm</td>
<td>Testing Taking Strategies</td>
</tr>
<tr>
<td>Thurs 11/12</td>
<td>5pm</td>
<td>Strategies for Deeper Learning</td>
</tr>
<tr>
<td>Tues 11/17</td>
<td>5pm</td>
<td>Just Breathe</td>
</tr>
<tr>
<td>Tues 12/1</td>
<td>5pm</td>
<td>Strategies for Deeper Learning</td>
</tr>
<tr>
<td>Wed 12/2</td>
<td>7pm</td>
<td>Finals Prep</td>
</tr>
<tr>
<td>Mon 12/7</td>
<td>5pm</td>
<td>Finals Prep</td>
</tr>
<tr>
<td>Tues 12/8</td>
<td>3pm</td>
<td>Finals Prep</td>
</tr>
<tr>
<td>Workshop Description</td>
<td>Description</td>
<td></td>
</tr>
<tr>
<td>----------------------</td>
<td>-------------</td>
<td></td>
</tr>
<tr>
<td>Bouncing Back, Academic Resilience</td>
<td>Reflect on a prior struggle, learn what to do when getting feedback, and apply new strategies when getting a critique.</td>
<td></td>
</tr>
<tr>
<td>Email Organization</td>
<td>Come learn strategies how to organize your UConn Gmail inbox so you never feel inbox stress again!</td>
<td></td>
</tr>
<tr>
<td>Evaluating Your Semester</td>
<td>With midterms and finals around the corner, this is the place to get organized, discover ways to study and create a plan.</td>
<td></td>
</tr>
<tr>
<td>Finals Prep</td>
<td>With finals week around the corner, this is the place to get organized, discover ways to study, and create a plan.</td>
<td></td>
</tr>
<tr>
<td>Focusing to get Things Done, Attention Management</td>
<td>Discuss the issue of focusing on tasks. Then discover strategies that will help you focus in the future.</td>
<td></td>
</tr>
<tr>
<td>How Major is Your Major?</td>
<td>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.</td>
<td></td>
</tr>
<tr>
<td>Just Breathe, Stress Management</td>
<td>Did you know there are multiple kinds of stress? Come talk about ways to combat the negative results of stress.</td>
<td></td>
</tr>
<tr>
<td>Looking Ahead, Selecting Courses</td>
<td>Come reflect about your previous experiences and use this information to select courses for next semester.</td>
<td></td>
</tr>
<tr>
<td>Microsoft Excel Basics</td>
<td>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.</td>
<td></td>
</tr>
<tr>
<td>Prioritization Techniques</td>
<td>Come and explore strategies to organize your priorities.</td>
<td></td>
</tr>
<tr>
<td>Online Course Support</td>
<td>Managing an online course can be challenging. We will provide steps to consider when taking an online course.</td>
<td></td>
</tr>
<tr>
<td>Secrets of Homer Babidge</td>
<td>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.</td>
<td></td>
</tr>
<tr>
<td>Setting up Your Semester</td>
<td>Get help with starting your semester organized, prepared, and in the mindset to succeed.</td>
<td></td>
</tr>
<tr>
<td>Strategies for Deeper Learning</td>
<td>Learn ways to be successful in your STEM courses including how to approach your assignments and studying.</td>
<td></td>
</tr>
<tr>
<td>Success in S.T.E.M.</td>
<td>Where do I go for that? Learn about resources on campus and how to ask the right questions when you go there for support.</td>
<td></td>
</tr>
<tr>
<td>Test Taking Strategies</td>
<td>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.</td>
<td></td>
</tr>
</tbody>
</table>

[ACHIEVE.UCONN.EDU](http://ACHIEVE.UCONN.EDU)