See page 3 for a list of upcoming Honors Events!

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

CONVERTING A COURSE TO HONORS CREDIT
CLICK HERE FOR MORE

LEARN MORE ABOUT THE HONORS PROGRAM AT HONORS 101! (SEPTEMBER 8, 7:00-8:00)
RSVP HERE

HONORS ORGANIZATIONS INTEREST FORMS
CLICK HERE TO VIEW

Want to be featured on UConn Honors social media? #humansofhonors
Visit honors.uconn.edu/humans to submit your photo & Honors experience!

Honors Guide for Peer Success (GPS)
Fall 2020 availability announced
See details on page 14!
TOPIC: Sleep

The CDC recommends that adults get at least 7 hours of sleep per night - but college students, on average, only get about 6 hours of sleep.

**Potential Consequences of Sleep Loss for College Students:**

- reduced cognitive performance, memory capacity, and social competence
- increased mental health issues, such as depression & anxiety
- lowered immune system function & more illness
- feeling more stressed out
- lowered GPA & academic performance

**TIPS FOR BETTER SLEEP:**

- avoid caffeine 3-4 hours before sleep
- have a comfortable mattress topper and bedding to entice sleeping
- use earplugs and fans if roommates are loud
- limit use of electronics before bedtime
- exercise regularly, but not 2-3 hours before bedtime

Source: https://www.collegiateparent.com/wellness/sleep-and-the-college-student/
## Upcoming Events

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<tr>
<th>Color = AVERY POINT CAMPUS</th>
<th>Color = HARTFORD CAMPUS</th>
<th>Color = STAMFORD CAMPUS</th>
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**Categories:**
- Academic (Ac)
- Career (Ca)
- Community (Co)
- Multiculturalism (Mc)
- Social Change (Sc)

**Counts as an Honors Event**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
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<tbody>
<tr>
<td>9/4</td>
<td>Getting Started in Undergraduate Research (Virtual, 12:15-1:15PM)</td>
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<td></td>
<td>*Co - Online Honors Meet &amp; Greet - UConn Stamford (Virtual, 1:00-2:00PM)</td>
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<td>9/8</td>
<td>UConn IDEA Grant Information Session (Virtual, 11:00AM-12:00PM)</td>
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<td>Getting Started in Undergraduate Research (Virtual, 4:00-5:00PM)</td>
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<td></td>
<td>Setting Up Your Semester (Virtual, 5:00-6:00PM)</td>
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<tr>
<td>9/9</td>
<td>*Co/Ca - Honors 101 (Virtual, 7:00-8:00PM)</td>
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<tr>
<td>9/10</td>
<td>UConn IDEA Grant Information Session (Virtual, 2:00-3:00PM)</td>
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<td>Online Course Support (Virtual, 3:00-4:00PM)</td>
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<td>Change Grant Information Session (Virtual, 4:00-5:00PM)</td>
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<tr>
<td>9/11</td>
<td>Change Grant Information Session (Virtual, 12:15-1:15PM)</td>
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<tr>
<td></td>
<td>UConn IDEA Grant Information Session (Virtual, 3:30-4:30PM)</td>
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</table>

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 9/4-9/11](#)
It's An Honor To Meet You!

HONORS FOR DIVERSITY
HONORS COUNCIL
HONORS IN STEM
PEER ALLIES THROUGH HONORS
HONORS INITIATIVE FOR PROSPECTIVE STUDENTS
HONORS ACROSS STATE BORDERS
HONORS IN BUSINESS ASSOCIATION
HUMANITIES AND ARTS COLLECTIVE
HONORS STUDENT LEADERSHIP BOARD

Sign up to get involved with UConn Honors Organizations!!
s.uconn.edu/honorsorgs2020
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!
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/
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
$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=e88021a00e746f6bbdbd06e88787f7b31
Questions? Contact us at honorsevents@uconn.edu
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!

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!

Campus Compact SAFE ELECTIONS PROJECT

*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