IMPORTANT UPDATES

HONORS GUIDES FOR PEER SUCCESS
INTERACTIVE HANDOUT
CLICK HERE TO VIEW

HOLSTER SCHOLAR APPLICATION
DEADLINE: NOVEMBER 5
CLICK HERE FOR DETAILS

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

See page 3 and 4 for more great Honors Events coming up!
Mental Health Matters

TOPIC: Journaling

the practice of keeping a journal that explores thoughts and feelings surrounding the events of your life

Proven Benefits of Journaling:

• improves cognitive functioning
• can counteract many negative effects of stress
• can strengthen immune system response
• decreases symptoms of health conditions such as asthma and arthritis

Journaling Strategies:

Gratitude Journal: list three or more aspects of each day for which you are grateful

Emotional Release: write about emotional responses to events that have happened throughout the day

Bullet / Planning Journal: track what you need to do, goals you have, and other things you don't want to forget

create positivity, relieve stress, build resilience
cope with stress, process feelings, maximize positivity
declutter mind, relieve stress, stay organized

10/23  •  **Ca/Ac** - Healthcare Management Society's Virtual Case Competition: Prompts Released Electronically
    •  **Ca/Ac** - Mapping the Brain: A Window Into Neuroscience & Genetics (Virtual, 3:30-5:00 PM)
    •  **Co** - Honors Field Day (South Volleyball Courts, 4:30-6:00 PM)
    •  **Ac/Mc** - The Pandemic Policython -- A Policy Writing Event for Students! (Virtual, 10/23 5:00 PM - 10/25 5:00 PM)

10/24  •  **Ca/Ac** - Mathematics Continued Conference: A Research Conference for Undergraduates (Virtual, 9:00 AM - 5:00 PM)
    •  **Mc** - Mehndi Masterclass (Virtual, 6:00-8:00 PM)

10/25  •  **Sc** - Hike for HASB Closing Ceremony (Virtual, 6:00-7:00 PM)

10/26  •  Pre-Law Society Meeting (Virtual, 11:00 AM - 12:00 PM)
    •  Talking to Professors Workshop (Virtual, 1:00-2:00 PM)
    •  **Ac** - Fall Frontiers Live Student Presentations Session 1 (Virtual, 6:00-7:00 PM)
    •  **Ac/Mc** - Damali Abrams the Glitter Priestess (Virtual, 4:00-5:00 PM)
    •  **Ca/Sc** - Green Careers Panel (Virtual, 5:30-7:00 PM)
    •  **Ca/Ac** - Why We're Hooked: The Truth Behind Addictive Technology (Virtual, 7:00-8:30 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 10/23-10/30
### Upcoming Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>10/27</td>
<td>Education Abroad Virtual Global Internship Launch (Virtual)</td>
<td><em>(Virtual, 11:00 AM - 12:00 PM)</em></td>
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<td></td>
<td>Getting Started in Undergraduate Research</td>
<td><em>(Virtual, 11:00 AM - 12:00 PM)</em></td>
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<tr>
<td>10/28</td>
<td>Education Abroad Virtual Global Internship Launch (Virtual)</td>
<td><em>(Virtual, 3:30-5:00 PM)</em></td>
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<td></td>
<td>*Ca/Ac - Pathways to Healthcare (Virtual)</td>
<td><em>(Virtual, 7:00-8:00 PM)</em></td>
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<td></td>
<td>Where Do I Go For That? Workshop (Virtual)</td>
<td><em>(Virtual, 7:00-8:00 PM)</em></td>
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<tr>
<td></td>
<td>*Ca/Ac - Neuro Night with Dr. Elan Markus (Virtual)</td>
<td><em>(Virtual, 7:00-8:00 PM)</em></td>
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<tr>
<td>10/29</td>
<td>HArCo Quaranzine Submission Deadline (Virtual)</td>
<td><em>(Virtual, 11:00 AM - 12:00 PM)</em></td>
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<td>Test Taking Strategies Workshop (Virtual)</td>
<td><em>(Virtual, 3:00-4:00 PM)</em></td>
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<td></td>
<td>*Ac - Fall Frontiers Live Student Presentations Session 2</td>
<td><em>(Virtual, 5:00-6:00 PM)</em></td>
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<td></td>
<td>Thursdays with the Benton (Virtual)</td>
<td><em>(Virtual, 6:30-7:30 PM)</em></td>
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<tr>
<td></td>
<td>*Co - Cinema and Chat (Virtual)</td>
<td><em>(Virtual, 6:30-8:30 PM)</em></td>
</tr>
<tr>
<td>10/30</td>
<td>Global Health &amp; Innovation Conference Application Deadline (GHIC)</td>
<td><em>(Virtual, 4:00-5:00 PM)</em></td>
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<td></td>
<td>Everything on the November 3rd Election, Live Virtual Panel</td>
<td><em>(Virtual, 4:00-5:00 PM)</em></td>
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<tr>
<td></td>
<td>Southern New England Middle School Science Bowl Application</td>
<td><em>(Virtual, 5:00 PM)</em></td>
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<tr>
<td></td>
<td>Deadline (5:00 PM)</td>
<td><em>(Virtual, 5:00-6:00 PM)</em></td>
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</tbody>
</table>

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

*Counts as an Honors Event*

Visit the Honors Program Calendar for more information and to access event registration details and links.
If you plan to vote by mail:

- Request an absentee ballot by November 2nd
  - If you were registered, you would have gotten an absentee ballot request automatically this year
  - Request at your town hall that you are registered to vote for (in person)
  - Request by mail: send this document to the office of the Town Clerk where you are registered to vote for
- Return your ballot by October 27th (recommended by USPS)
  - Mail the ballot back
  - Drop it off at your town hall

If you plan to vote in person:

- Look up your polling location here
- Vote at your polling location on November 3rd

Register to vote here by October 27th (same day registration available before 7pm on 11/3)

Voting from UConn?
You can mail from USPS at downtown Storrs or USPS drop box at the West hall bus stop

Voting out of state?
Specific instructions might be different, but should be similar. For more information on your state visit vote.org

For more information on the voting process, click here!
IT'S ALMOST ELECTION DAY
Do you know who you're voting for on/before November 3?

Click Here to find out who is on your ballot

Tips for Researching Candidates:

- Think about who YOU care about the most. Find a candidate that aligns with your beliefs. You can find websites that let you take a quiz to see whose views align with you!
- Go to the candidate's website, Facebook, and other social media sites to see what they're promising
  - Presidential and Congressional candidates usually have issues sections on their website
- Be wary of common distortion techniques including attacking opponents on irrelevant status, spreading misinformation and rumors, guilt by association, use of catchwords, passing the blame, promising something no one can fulfill, and evading real issues
- Remember! Your vote will change more than just who gets to live in the White House. All aspects of your life such as infrastructure, COVID, racial justice, police reform, environment, climate change, healthcare, gun policy, the economy, immigration, education, voter reform, and more are directly impacted by your vote, especially at the local level, so do your best to engage with the change you want to see in the world. No matter how you vote, we hope you do (if you're legally permitted to vote in the United States)!

Provided by Zongqi (Angela) Wang, class of 2020
EXPANDING HORIZONS

RESEARCH CONNECTIONS
October 19 - 23

One week. Six panels. So many ways to DiscoverR1!

MONDAY 10/19
4:00pm EDT

BEYOND THE CLASSROOM:
Discovering Entrepreneurship Through Research

TUESDAY 10/20
6:30pm EDT

LIFE ON EARTH:
Environmentalism & Human Rights

WEDNESDAY 10/21
4:00pm EDT

TWO-WAY STREET:
The Reciprocal Relationship Between Community Engagement & Research

6:30pm EDT

MAKING GOOD CHOICES:
How Health Behaviors Affect the Human Condition

THURSDAY 10/22
6:30pm EDT

MAKING IT WORK FOR THE WORLD:
Problem-Solving with Innovation

FRIDAY 10/23
3:30pm EDT

MAPPING THE BRAIN:
A Window Into Neuroscience & Genetics

Each student-moderated panel will include the option for breakout discussion with researchers.

JOIN US ON S.UCONN.EDU/DISCOVERY
Policy for the People: The Pandemic Policython

42 hours of researching, writing, learning, and enacting change.

Apply at bit.ly/policythonapp
Honors Field Day

Volleyball
Corn Hole
Can Jam
Capture the Flag
Hot Apple Cider & Donuts Provided

Get to know residents from McMahon, Buckley, Shippee, H2O & Snow.

This event will be an Honors Event - make sure to complete the journal

Friday, October 23
4:30 PM
South Quad
A CONFERENCE FOR UNDERGRADUATE STUDENTS

OCTOBER 24 2020 • ONLINE

PLENARY SPEAKERS

LAN-HSUAN HUANG • UNIVERSITY OF CONNECTICUT
MISHA E. KILMER • TUFTS UNIVERSITY

ORGANIZERS

ALYSSA GENSCHAW • ANASTASIIA MINENKOVA • LISA NAPLES

MCC.MATH.UCONN.EDU
Honors Across State Borders:
UConn club dedicated to service and social change

Hike for HASB
One of HASB's main fundraisers - virtually!

- Virtual kickoff: Sunday, 10/18 @ 6:00pm
- Virtual closing: Sunday, 10/25 @ 6:00pm
- Duration: 1 week
- GOAL: 1450 miles collectively (distance from UConn to New Orleans)
- Acts of service: 1 hour = 2 miles
- Positive Tracks matching donations up to $100
- Daily challenges posted on ig (@uconnhasb)
- REGISTER: (https://forms.gle/ZVHHEcxUDAIiSjaKU8)
- Questions? Email uchasb@gmail.com
- Honors event: Social change, service, and sustainability, #UHLevent780
Artist, reiki practitioner, and educator Damali Abrams discusses the intersections of self-care and Black feminism in her work, among other topics followed by a short Q&A.

Hosted by UConn’s Women’s, Gender, and Sexuality Studies Program

Zoom Link
Meeting ID: 957 2428 0818
Passcode: Glitter
GREEN CAREERS PANEL

Presented by the UConn Office of Sustainability

PROFESSIONALS FROM:
- CT Green Bank
- Hartford Office of Sustainability
- Water Resources Engineering and Environmental Science
- AECOM
- Dept. of Energy and Environmental Protection
- Community Foundation for Greater New Haven

OCTOBER 26, 2020
5:30 PM - 7 PM
VIRTUAL

PANEL FOLLOWED BY Q&A AND NETWORKING OPPORTUNITY

RSVP HERE!
WHY WE'RE HOOKED
THE TRUTH BEHIND ADDICTIVE TECHNOLOGY

ADAM ALTER
OCT 26 | 7PM EDT
WEBEX

Leadership Legacy Experience
UConn Student Activities
Leadership & Organizational Development
Virtual Global Internship Launch

October 27 & 28, 2020

Work Global, Stay Local

abroad.uconn.edu  abroad@uconn.edu
NEURO NIGHTS
Hosted by UCONN Nu Rho Psi
FEATURING
DR. ETAN MARKUS
OCTOBER, 28, 2020
7pm - 8pm
Sign Up Here
https://uconn-cmr.webex.com/uconn-cmr/j.php?
MTID=m97714cdObba8Ob5bhcddbO5e835729ad
Password: dpXsGMm983Y
Contact
uconnnurhopsi@gmail.com
for questions
ACCEPTING ZINE SUBMISSIONS!

Are you a writer? An artist? Neither, but picked up a hobby in quarantine and want to share it? GREAT!! We're looking for:
- Short stories/poems
- Photography/paintings/drawings
- Conspiracy theories

to feature in our semiannual zine
THEME: ~the Quaranzine~
DEADLINE: Thursday, October 29th

USE THIS LINK TO SUBMIT :)

bit.ly/2020quaranzine
OR you can always email it to us at uconnharco@gmail.com
UConn Honors Presents

CINEMA AND CHAT

THURSDAY
OCTOBER 29, 2020
6:30 - 8:30

RSVP HERE:

/the social dilemma

QR Code
EXCITING OPPORTUNITY!
APPLY TO ATTEND THE

GLOBAL HEALTH & INNOVATION CONFERENCE

This year the event will be held virtually.

MUST BE AVAILABLE TO ATTEND APRIL 8-11.

If you have questions please email Sierra
(smv13005work@uconn.edu)

Applications due: October 30th. Click here to learn more about GHIC
STUDENT ORGANIZERS NEEDED!

SOUTHERN NEW ENGLAND MIDDLE SCHOOL SCIENCE BOWL 2021

A fast-paced, STEM-based quiz bowl competition for middle school students from Connecticut and Rhode Island.

We're seeking UConn students to help organize the event! Apply for a position on the Student Leadership Team by Oct. 30!

Apply at: https://forms.gle/tXFzDn64kDocz8j8
For more info, visit mssb.uconn.edu or email connmssb@gmail.com
Undergrad Posting

The REINVENT-PT lab (REhabilitation INnoVations & Emerging Novel Technologies in Physical Therapy, PI: Dr. Sudha Srinivasan) at the University of Connecticut (UConn) is interested in understanding developmental trajectories of individuals with developmental disabilities including Autism, Cerebral Palsy, Down syndrome, etc. across the lifespan.

Specifically, we are interested in studying how infants and children with developmental disabilities explore their physical and social environment compared to typically developing infants and the cascading effects of motor difficulties on a child’s social communication and cognitive development. Our lab develops novel, movement-based interventions for school-age children with Autism Spectrum Disorder (ASD) and assesses the effects of these play and creative movement-based interventions on children’s motor, social communication, behavioral, and cognitive skills. We are also interested in assessing health-related outcomes in adolescents and young adults with developmental disabilities including their physical activity and physical fitness levels. Based on our understanding of the developmental trajectories of individuals with disabilities, our goal is to develop multisystem, evidence-based, behavioural interventions and assistive technologies to empower the lives of people with disabilities.

At present, the lab has 2 ongoing research projects – (1) assessing the effects of 8-week, telehealth-based creative movement interventions on social communication, motor and cognitive skills of school-age children with ASD, and (3) assessing physical activity and physical fitness levels in adolescents and adults with developmental disabilities and development of novel, engaging group-based intervention programs to improve health-related outcomes in this population.

We are looking for passionate, energetic, and empathetic undergraduate students interested in working on projects involving infants, children, and adults with disabilities. Students can pursue research at the lab for credit, for work study, and with the potential of converting a subset of the research into a thesis. Students are required to commit to pursuing research in the lab for at least 2 semesters in order for the experience to be meaningful for students. Students from diverse backgrounds including but not limited to psychology, physiology and neurobiology, biology, exercise science, communication sciences, allied health, and education are encouraged to contact Dr. Sudha Srinivasan at sudha.srinivasan@uconn.edu.
FALL FRONTIERS
UNDERGRADUATE RESEARCH ONLINE EXHIBITION
OCTOBER 26-30, 2020
LIVE PRESENTATIONS: 10/26 6PM & 10/29 5PM
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
UCONN HONORS PROGRAM

HOLSTER SCHOLAR PROGRAM

The Holster Scholar Program provides $4,000 in funding to first year Honors students interested in pursuing an independent research, design, or creative project the summer following their first year.

APPLICATION DEADLINE

THURSDAY, NOV. 5 @ NOON

Use Nexus (nexus.uconn.edu) to schedule an appointment with Dr. Vin Moscardelli, Director of the Office of National Scholarships & Fellowships, to discuss your application before it’s too late!

Learn more at honors.uconn.edu/holster-scholars
Apply to be a 2021 New Student ORIENTATION LEADER

Help New Huskies Find Their Pack!

All Interested Applicants Need to:

✔ View a short online presentation to learn about the qualifications and expectations of the Orientation Leader position.

* The short information presentation is available online only, and can be accessed any time from Oct. 26, 2020 to Nov. 6, 2020.

✔ Be a 2nd semester or above, undergraduate student enrolled full time at Storrs through August 2021. Must be at least 2nd semester by spring, 2021 to apply. We need students of ALL undergraduate semester standings.

✔ Must be able to work May 11 through July 20 and from August 21 to August 27, 2021.

Applications will be available online starting Monday October 26th, 2020

Visit orientation.storrs.uconn.edu/join-the-team/ to Apply.

Applications are due on Friday November 6th, 2020!
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
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
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/
### FALL 2020 WORKSHOP SCHEDULE

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<th>September</th>
<th>October</th>
<th>November</th>
<th>December</th>
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<tbody>
<tr>
<td><strong>Mon 8/31 at 1pm</strong></td>
<td><strong>Thurs 9/3 at 3pm</strong></td>
<td><strong>Wed 9/30 at 5pm</strong></td>
<td><strong>Mon 11/2 at 1pm</strong></td>
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<tr>
<td>Setting Up your Semester</td>
<td>Prioritization</td>
<td>Success in STEM</td>
<td>Looking Ahead, Selecting Courses</td>
</tr>
<tr>
<td><strong>Wed 9/9 at 7pm</strong></td>
<td><strong>Thurs 9/10 at 3pm</strong></td>
<td><strong>Mon 10/12 at 5pm</strong></td>
<td><strong>Mon 11/9 at 3pm</strong></td>
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<tr>
<td>Prioritization</td>
<td>Online Course Support</td>
<td>Microsoft Excel Basics</td>
<td>Where do I go for that?</td>
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<tr>
<td><strong>Wed 9/16 at 7pm</strong></td>
<td><strong>Thurs 9/17 at 3pm</strong></td>
<td><strong>Wed 10/6 at 5pm</strong></td>
<td><strong>Tues 12/1 at 5pm</strong></td>
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<tr>
<td>Email Organization</td>
<td>Test Taking Strategies</td>
<td>Success in STEM</td>
<td>Strategies for Deeper Learning</td>
</tr>
<tr>
<td><strong>Tues 9/22 at 1pm</strong></td>
<td><strong>Wed 9/23 at 7pm</strong></td>
<td><strong>Wed 10/13 at 3pm</strong></td>
<td><strong>Tues 12/2 at 7pm</strong></td>
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<tr>
<td>Prioritization</td>
<td>Focusing to Get things Done</td>
<td>Where do I go for that?</td>
<td>Finals Prep</td>
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<tr>
<td><strong>Mon 9/14 at 1pm</strong></td>
<td><strong>Mon 9/21 at 1pm</strong></td>
<td><strong>Wed 10/14 at 4pm</strong></td>
<td><strong>Mon 12/7 at 5pm</strong></td>
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<tr>
<td>Focusing to Get things Done</td>
<td>Secrets of Homer Babridge</td>
<td>How Major is your Major?</td>
<td>Finals Prep</td>
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<td><strong>Mon 9/21 at 5pm</strong></td>
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<td>Talking to Professors</td>
<td>Strategies for Deeper Learning</td>
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<tr>
<td><strong>Thurs 9/8 at 5pm</strong></td>
<td><strong>Mon 9/28 at 1pm</strong></td>
<td><strong>Thurs 10/22 at 3pm</strong></td>
<td><strong>Mon 11/17 at 5pm</strong></td>
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<tr>
<td>Setting up Your Semester</td>
<td>Online Course Support</td>
<td>Secrets of Homer Babridge</td>
<td>Just Breathe</td>
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<tr>
<td><strong>Mon 9/29 at 3pm</strong></td>
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<td>Finals Prep</td>
</tr>
</tbody>
</table>
Workshop Descriptions

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.