HAPPY HALLOWEEN HUSKIES!

See page 3 for more great Honors Events coming up and remember to vote by Election Day Tuesday, November 3 (more info about voting is on pages 4-5)!

IMPORTANT UPDATES

11/4 DUE FROM JUNIORS:
HONORS PRELIMINARY PLAN
CLICK HERE TO VIEW

12/11 DUE FROM SENIORS:
HONORS FINAL PLAN
CLICK HERE TO VIEW

HOLSTER SCHOLAR APPLICATION
DEADLINE: NOVEMBER 5
CLICK HERE FOR DETAILS

CLICK HERE!

2020 HALLOWEEN EVENTS
TOPIC: "FOMO" - The Fear of Missing Out & Mental Health

Three quarters of all young people experience the fear of missing out (FOMO). Not just a meme: feelings of missing out are amplified by social media use and can negatively affect mental health.

Frequent Social Media Use → Feelings of "FOMO" → Reduced self-esteem, increased depression

How to Reduce Your FOMO:
- Reduce time on social media
- Practice mindfulness
- Avoid comparisons
- Remember the positive
- Practice gratitude
- Be kind to yourself

https://www.psychologytoday.com/us/blog/media-spotlight/201611/the-fomo-health-factor
Upcoming Events

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

*COUNTS AS AN HONORS EVENT

10/30
- Global Health & Innovation Conference (GHIC) Application Deadline
- Biomedical Science PhD Program Annual Fall Open House (Virtual, 2:00-3:00 PM)
- Everything on the November 3rd Election, Live Virtual Panel (Virtual, 4:00-5:00 PM)
- Southern New England Middle School Science Bowl Application Deadline (5:00 PM)

10/31
- Trick-O-Trash (Virtual)

11/2
- *Ca/Sc - Healthcare Management Society’s Virtual Case Competition: Final Presentations (Virtual)
- Looking Ahead, Selecting Courses Workshop (Virtual, 1:00-2:00 PM)
- *Sc - Sustainable Food and Healthy Diet Workshop (Virtual, 5:00-6:00 PM)

11/3
- Strategies for Deeper Learning Workshop (Virtual, 7:00-8:00 PM)

11/4
- RSVP Deadline: 2nd Annual Global Health Hackathon: Vaccine Victory
- RSVP Deadline: One Health Week Webinar: Dr. Deborah Thomson, DVM
- Critical Looking: A Virtual Dialogue (Virtual, 6:00-6:30 PM)
- *Sc - Careers in Advocacy Panel (Virtual, 6:00-7:30 PM)
- *Co - Honors in STEM: Technology Trivia Night! (Virtual, 7:00-8:00 PM)

11/5
- Getting Started in Undergraduate Research (Virtual, 2:00-3:00 PM)
- Evaluating Your Semester Workshop (Virtual, 3:00-4:00 PM)
- *Sc - One Health Week Webinar: Dr. Deborah Thomson, DVM (Virtual, 6:00-7:00 PM)
- *Ca - Delta Phi Lambda Sorority, Inc. Presents Keynote Speaker Suzan Nguyen (Virtual, 7:00-9:00 PM)

11/6
- *Ac/Sc - 2nd Annual Global Health Hackathon: Vaccine Victory (Virtual)

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 10/30-11/6
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

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

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

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
UCONN HONORS PROGRAM

CALLING ALL HONORS FIRST-YEAR STUDENTS

Apply to become a UNIV 1784 peer facilitator for your future Honors peers!
Don't miss out on this exciting opportunity for Storrs and Stamford Honors students to gain valuable leadership skills and earn Honors credit at the same time!

APPLICATIONS DUE BY 5:00 PM ON FRIDAY, NOVEMBER 20, 2020

To apply go to https://honors.uconn.edu/univ-1784
Contact Dr. Leigh Fine (leigh.fine@uconn.edu) or Kristen Dostaler (kristen.dostaler@uconn.edu) with questions
Winter 2021 Trail

In this class, you will develop safe techniques for trail riding, ride the UConn trail system, become comfortable outside the arena and learn best practices for trail riding. We may have some wildlife sightings! On past trail rides we have seen deer and owls. In inclement weather, you will work on equitation, negotiate various trail obstacles or play gymkhana games in the indoor arena. Indoor riding time will be one hour. Please plan to arrive at the horse barn by 8:30 AM to get your horse ready so that we can head out on the trail promptly at 9:00 AM. Actual riding time on trail days will be one to one and a half hours. Participants should have intermediate or higher riding experience and may ride English or Western. Not suitable for beginners. No sneakers or sandals, boots with a heel should be worn. Long pants are required as well.

Registration will be on a first come, first served basis, space is limited to 4 participants. Please email Dr. Nadeau, Jenifer.nadeau@uconn.edu before signing up to determine eligibility. A trail test will be given for those who have not previously ridden with us.

*2 Lessons per week for 3 weeks = $240
Time 8:30 AM
Mondays and Fridays November 30-December 11, 2020
LEARN TO RIDE!
New! English and Western Beginner Classes
2020-2021 Winter Riding Practicum

LESSONS OPEN TO ONLY UCONN STUDENTS, FACULTY, AND STAFF THIS YEAR.

Session I:
Week 1: November 30 – December 5, 2020
Week 2: December 7 – December 12, 2020
Week 3: December 14 – December 19, 2020

Session II:
Week 1: January 4 – January 9, 2021
Week 2: January 11- January 16, 2021
Week 3: January 19-January 22, 2021

Lessons scheduled on Martin Luther King Day, Monday, January 18, 2021 will be held on Friday, January 22nd
Week 4: January 25-January 30, 2021

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For More Information and Registration Process Visit: [http://s.uconn.edu/uconnwinterriding](http://s.uconn.edu/uconnwinterriding)
This practice-based course will introduce students to the use of human rights archival materials in documentary storytelling. In the first part of the course students will study the technique and aesthetics of documentary treatments utilizing archival materials, while also gaining exposure to archival best practices, specifically looking at the Thomas J. Dodd Nuremberg Trial collections held in the University of Connecticut Library Archive. Later in the course students will produce a collaborative documentary film project that integrates primary archival materials from the Nuremberg collections, filmed interviews, and their own student generated graphics, animations, and audio treatments. In addition, students will develop individual creative projects on a human rights-related theme using archival collections to enable them to reflect on the importance of history, witnessing, and memory in human rights film practice.

FOR REGISTRATION INFORMATION CONTACT: catherine.masud@uconn.edu
## Schedule

### Data Visualization

**Chat**
- October 27
- 6:30 - 7:30 PM

**Workshop**
- October 29
- 6:30 - 8:00 PM

**Facilitator:** Leo Pellerin

### Smart Tech

**Chat**
- November 3
- 6:30 - 7:30 PM

**Workshop**
- November 5
- 6:30 - 8:00 PM

**Facilitator:** Angelo Morello

### Cybersecurity

**Chat**
- November 10
- 6:30 - 7:30 PM

**Workshop**
- November 12
- 6:30 - 8:00 PM

**Facilitators:** John Doyle & Shayn Ronis

### AI/Robotics

**Chat**
- November 17
- 6:30 - 7:30 PM

**Workshop**
- November 19
- 6:30 - 8:00 PM

**Facilitators:** Robert Buehler, Tomasz Siemaszko

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**Register Here**
Save the Date!
Friday, October 30, 2020
2:00-3:30 PM

UConn Health Biomedical Science Ph.D Program
Annual Fall Open House

Join us virtually to learn more about what our program has to offer!

Our online event features:
  Program Overview
  RFRT: Rapid Fire Research Talks
  Panel Discussion with Current Students
  Breakout Rooms with our seven Areas of Concentration:
  Cell Biology, Genetics & Developmental Biology, Immunology, Molecular Biology & Biochemistry,
  Neuroscience, Skeletal Biology & Regeneration, and Systems Biology

To RSVP to this event
email PhdBiomed@uchc.edu by Wednesday, October 28th
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/tXFZpDn64kDocz8j8
For more info, visit mssb.uconn.edu or email connmssb@gmail.com
UCONN GLOBAL HEALTH HACKATHON

GLOH H Hack 2020

VACCINE VICTORY!

This year's theme focuses on innovation surrounding vaccine development, distribution, and administration.

November 6th to 8th
A virtual event

Cash prizes given to each winning team! Open to all undergraduate students.

Email glohsoc@gmail.com to learn more
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 at 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!
STEM Skills Series:

Character Strengths and Problem Solving

When: Thursday, November 12
Time: 3:00 – 4:00pm
Where: WebEx
(RSVP for link)

In Workshop 2: Character Strengths and Problem Solving, you will:

- Learn what character strengths are
- Utilize character strengths to enhance collaboration and problem solving
- Deep dive into the character strength of Creativity
- Tool: Character Strength Guide and Reflection Sheet

Prior to attending students must take the VIA Character Strengths Survey (www.viacolor.org)

Questions? Email Sierra (smv13005work@uconn.edu)

Let us know you're coming!
RSVP here.
UYGHUR AWARENESS
ART COMPETITION

Help us spread awareness about the Uyghur concentration camps in China by participating in our art competition.

$50 CASH PRIZE
STICKER PRIZES

TO SUBMIT ART

- Fill out the Google Form located in @uconnmsa
  Instagram bio

- Submission is due by Sunday, November 15th, at midnight
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.
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
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<td>Mon 8/31</td>
<td>1pm</td>
<td>Setting Up your Semester</td>
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<tr>
<td>Tues 9/1</td>
<td>7pm</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>Focusing to Get things Done</td>
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<td>Tues 9/15</td>
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<td>Talking to Professors</td>
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<td>Wed 9/16</td>
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<td>Email Organization</td>
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<td>Test Taking Strategies</td>
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<td>Secrets of Homer Babidge</td>
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<td>How Major is your Major?</td>
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<td>Looking Ahead, Selecting Courses</td>
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[ACHIEVE.UCONN.EDU]
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.

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.

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