Interested in becoming an Honors RA for the 2021-2022 School Year?

Information Sessions:
Friday, November 13, 2:00-3:00 PM
Click Here
Thursday, November 19, 4:00-5:00 PM
Click Here

November is Native American Heritage Month

Click Here for more information & NAHM events!

See page 4 for more great Honors Events coming up!
TOPIC: Coping with Stress

**Signs of Severe Stress**
- sleep deprivation
- frequent headaches / pain
- anger & mood swings
- difficulty concentrating

"When stressful life events happen, we may not be able to change the situation or eliminate our stressors, but we can learn to manage our stress levels in a healthy way"  

**Methods for Managing Stress**

**Problem-focused Coping**
- when a person directly confronts a stressor or tries to find a solution to the stressor

**Emotion-focused Coping**
- when a person focuses on regulating their reaction to a stressor

**Wellness-focused Coping**

- **Physical**: any form of exercise
- **Intellectual**: activities that engage your mind (ex: reading)
- **Financial**: money management resources, strategies & solutions for money related stress
- **Environmental**: spending time in nature & green spaces
- **Spiritual**: connecting with yourself & the world through meditation, prayer, etc

- **Social**: staying in touch with family & friends, engage with your community
- **Occupational**: do work that you're passionate about, establish boundaries
- **Emotional**: detach from stressors, practice relaxation & reframe thoughts

UCONN HUMANS OF HONORS

SUBMISSIONS NEEDED

Want to connect with your Honors peers? Want to share your UConn experience?

WE WANT TO HEAR YOUR STORY!

Submit to #HumansofHonors at honors.uconn.edu/humans
Upcoming Events

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

**Color = DEADLINE**

*COUNTS AS AN HONORS EVENT*

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>11/13</td>
<td>Getting Started in Undergraduate Research (Virtual, 11:15 AM -12:15 PM)</td>
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<td></td>
<td><em>Mc</em> - ISSS Coffee Hour: Cuba (Virtual, 2:00-3:30 PM)</td>
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<tr>
<td>11/15</td>
<td>Submissions Due for Uyghur Genocide Awareness Art Competition (11:59 PM)</td>
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<tr>
<td>11/16</td>
<td>Getting Started in Undergraduate Research (Virtual, 12:15-1:15 PM)</td>
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<td><em>Ac</em> - Provost's Distinguished Speaker Series: C. Michael White (Virtual, 4:00-5:00 PM)</td>
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<tr>
<td></td>
<td><em>Sc/Ac</em> - Sexual Citizens: A Landmark Study of Sex, Power, and Assault on Campus (Virtual, 4:00-6:00 PM)</td>
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<tr>
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<td><em>Mc</em> - Huskies for Haiti Global Health Panel (Virtual, 7:00-8:00 PM)</td>
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<tr>
<td>11/17</td>
<td>Just Breathe Workshop (Virtual, 5:00-6:00 PM)</td>
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<td><em>Sc</em> - Poverty in the Pandemic Panel (Virtual, 6:00-8:00 PM)</td>
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<td><em>Mc</em> - Holodomor Remembrance (Virtual, 7:00-8:00 PM)</td>
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<td>11/18</td>
<td>SURF Information Session (12:00-1:00 PM)</td>
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<td>Critical Looking: A Virtual Dialogue (Virtual, 12:15-12:45 PM)</td>
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<td></td>
<td><em>Ca/Ac</em> - Neuro Night with Dr. Ketan Bulsara (Virtual, 6:00-7:00 PM)</td>
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<td><em>Mc</em> - ISSS Coffee Hour: A Happy Thanksgiving with Huskies International (Virtual, 8:00-9:00 PM)</td>
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<tr>
<td>11/19</td>
<td><em>Co</em> - The Honors Experience for New Admits (Virtual, 7:00-8:00 PM)</td>
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<td><em>Mc/Sc</em> - Decolonizing Thanksgiving (Virtual, 7:30-8:30 PM)</td>
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<tr>
<td>11/20</td>
<td>Global Health &amp; Innovation Conference (GHIC) Application Deadline (Extended, 11:59 PM)</td>
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<td></td>
<td>Huskies for Charity: Kids in Crisis Awareness Campaign Scavenger Hunt (Virtual, 11/20-11/29)</td>
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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 11/13-11/20
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
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
C. Michael White
Board of Trustees Distinguished Professor of Pharmacy Practice; Department Head of Pharmacy Practice
"Shining Light in the Shadows: My Work in Dietary Supplements"

Sandra M. Chafouleas
Board of Trustees Distinguished Professor of Educational Psychology; NEAG Endowed Professor
"Well-Being in School, Child, and Community: Advancing the Whole, Not the Sum of Its Parts"

Pamir Alpay
Board of Trustees Distinguished Professor of Materials Science and Engineering; Associate Dean for Research and Industrial Partnerships; GE Professor in Advanced Manufacturing; Executive Director, UConn IPB/TECH PARK
"The Iron Man Approach: Accelerating Materials Development using Atomistic Models"

Sergio Luzzatto
Emiliana Pasca Noether Chair in Modern Italian History
"Looking into a Name: The Emiliana Pasca Noether Chair, and World History"

Katharina Von Hammerstein
Board of Trustees Distinguished Professor of Literatures, Cultures, and Languages
"Voices of Genocide: From German Colonialism in Africa to the Southern District Federal Court of New York"

For more details, visit the website.
Meet the authors and learn about the groundbreaking study that changes how we understand — and prevent — sexual assault on campus.

Monday, November 16, 2020 at 4:00pm
via Zoom
CLICK HERE TO REGISTER

This talk will address sensitive content including graphic descriptions of sexual violence.

Organized by the Thomas J. Dodd Research Center, the Human Rights Institute and the Research Program on Global Health & Human Rights at HRI
Co-sponsored by: Department of Anthropology, Institute for Collaboration on Health, Intervention, and Policy (InCHIP), Office of Institutional Equity, Office of the Provost, Women Gender and Sexuality Studies, Women’s Center, Department of Sociology, UConn Panhellenic Council, Center for Fraternity and Sorority Development, American Association of University Women (AAUW/CT)

If you are an individual who requires an accommodation to participate, please e-mail: doddcnter@uconn.edu.
Huskies for Haiti Presents

Diversity and Inclusion in Healthcare: Panelist Event

Discuss the importance of multicultural and diversity awareness in the medical profession with Dr. David Harrison and Dr. Vatsala Kirtani at this virtual Q&A Honors Event.

MON. 11/16
7-8pm via zoom
POVERTY IN THE PANDEMIC
AN EDUCATIONAL PANEL

SAVE THE DATE!
Tuesday
NOVEMBER 17
6 pm - 8 pm
https://zoom.us/j/962589432457
pwd=WkVPonYyVGxWU9LSHJrL2U5TkYwUT09

Key panelists will provide data-driven, intersectional insight on the complexities of food, housing, and health deficiencies in the context of COVID-19.

The panel includes...
An overview of hunger and homelessness in CT; a deep dive into poverty in the pandemic from an intersectional lens with President of UConn’s NAACP chapter Mason Holland and NACP student coordinator Sage Phillips to identify racial health disparities and lapses in equal opportunities for healthcare; Information on SNAP with a representative from End Hunger CT; and Connecticut’s plan moving forward with UConnPIRG’s Public Health Campaign Coordinators, Julia Ward and Leah LePage.

We are anticipating a thought-provoking evening around the facets of poverty in our current social and economic climate, and we hope you join us to be a part of the conversation!
11/17/2020 @ 7pm via Zoom

Holodomor Remembrance

Join Ukrainian Student Association in remembrance of the Famine-Genocide of 1932-33 in Ukraine
$4,500 awards to support summer research & creative projects

INFO SESSIONS

WED 11/18 • 12-1 PM • WEBEX
THU 12/3 • 4-5 PM • WEBEX
MON 12/7 • 4-5 PM • WEBEX

ugradresearch.uconn.edu/surf
COFFEE Chats
A 30-60 minute moderated conversation between a professional and up to 10 students, where the presenter will share their career experience and the students can ask questions. Seats are limited and registration is required.

INNOVATE Workshops
An interactive, moderated 60-90 minute open lesson focusing on skill building techniques where students can walk away with a deeper understanding of a specific topic. Registration is preferred, but the workshop is open to all students.

Schedule

**DATA VISUALIZATION**  With Leo Pellerin

<table>
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<th>WORKSHOP</th>
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<td>OCTOBER 27</td>
<td>OCTOBER 29</td>
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**SMART TECH**  With Angelo Morello

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<td>NOVEMBER 5</td>
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<tr>
<td>6:30 - 7:30 PM</td>
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**CYBERSECURITY**  With John Doyle & Shayn Ronis

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**AI/ROBOTICS**  With Robert Buehler  With Tomasz Siemaszko

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REGISTER HERE
Thanksgiving Scavenger Hunt in Support of Kids in Crisis

Contact us: uconnhuskiesforcharity@gmail.com

When: November 20th - 29th
Where: Goosechase Mobile App
Registration: FREE!

Complete missions for a chance to win prizes!

Kids in Crisis
Nonprofit organization that provides:
- emergency shelter
- crisis counseling
- and education programs for children of all ages and families facing crisis.

About the Game
An awareness campaign for Kids in Crisis
- 20 teams, up to 5 players per team
- Sign up is on a "first-come, first-serve" basis

Register on this Google form
https://forms.gle/1Ya6d5Wdv4EUQDy7 (LINK IN BIO)
Hello Huskies!

We hope you are all staying healthy and socially distanced! Throughout quarantine, many of us have had more time to spend with our pets. To celebrate these special animals in our lives, we would like to include you and your pets in our magazine for the fall semester! If you're interested, submit a picture of you and your pet (all pets are accepted!), your name, your pet's name, and something fun you've been doing together recently. I know my dog and I have been taking lots of naps!

Please submit to:

petpagezine@gmail.com

Thank you everyone! Stay well, and we hope you enjoy the rest of the semester!
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
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 gymnkhana 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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<tr>
<th>Time/Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tr>
<td>9:00-10:30</td>
<td>Trail (Session 1 only)</td>
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<td>Advanced</td>
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<td>2:00-3:00</td>
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<td>Advanced</td>
<td>LI. Dressage</td>
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<td>Polo Fundamentals</td>
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<td>2:30-3:30</td>
<td>Intermediate 2</td>
<td>Intermediate 1</td>
<td>Intermediate 1</td>
<td>Intermediate 2</td>
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<td>3:30-4:30</td>
<td>English Beginner</td>
<td>Western Beginner</td>
<td>English Beginner</td>
<td>Western Beginner</td>
<td>Polo Fundamentals</td>
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For More Information and Registration Process Visit: [http://s.uconn.edu/uconnwinterriding](http://s.uconn.edu/uconnwinterriding)
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.
Pine-ning for a better planet? Apply for

THE UDALL SCHOLARSHIP

Campus Deadline: January 19, 2021

The Udall Foundation awards scholarships to college sophomores and juniors for leadership, public service, and commitment to issues related to Native American nations or to the environment.

Learn more at http://onsf.uconn.edu/udall
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/
<table>
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<tr>
<th>Date</th>
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<th>Topic</th>
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<tbody>
<tr>
<td>Mon 8/31</td>
<td>1 pm</td>
<td>Setting Up your Semester</td>
</tr>
<tr>
<td>Tues 9/1</td>
<td>7 pm</td>
<td>Online Course Support</td>
</tr>
<tr>
<td>Thurs 9/3</td>
<td>3 pm</td>
<td>Prioritization</td>
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<tr>
<td>Tues 9/8</td>
<td>5 pm</td>
<td>Setting up Your Semester</td>
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<td>Wed 9/9</td>
<td>7 pm</td>
<td>Prioritization</td>
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<td>Thurs 9/10</td>
<td>3 pm</td>
<td>Online Course Support</td>
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<tr>
<td>Mon 9/14</td>
<td>1 pm</td>
<td>Focusing to Get things Done</td>
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<tr>
<td>Tues 9/15</td>
<td>3 pm</td>
<td>Talking to Professors</td>
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<tr>
<td>Wed 9/16</td>
<td>7 pm</td>
<td>Email Organization</td>
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<tr>
<td>Thurs 9/17</td>
<td>3 pm</td>
<td>Test Taking Strategies</td>
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<td>Mon 9/21</td>
<td>1 pm</td>
<td>Secrets of Homer Babbidge</td>
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<tr>
<td>Tues 9/22</td>
<td>3 pm</td>
<td>Strategies for Deeper Learning</td>
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<tr>
<td>Wed 9/23</td>
<td>7 pm</td>
<td>Focusing to Get things Done</td>
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<td>Mon 9/28</td>
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<td>3 pm</td>
<td>Strategies for Deeper Learning</td>
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<td>Wed 9/30</td>
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<td>Success in STEM</td>
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<td>Thurs 10/1</td>
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<td>Evaluating Your Semester</td>
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<td>Tues 10/6</td>
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<td>Success in STEM</td>
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<td>Wed 10/7</td>
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<td>Test Taking Strategies</td>
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<td>Strategies for Deeper Learning</td>
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<tr>
<td>Mon 10/12</td>
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<td>Microsoft Excel Basics</td>
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<td>Tues 10/13</td>
<td>3 pm</td>
<td>Where do I go for that?</td>
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<td>Wed 10/14</td>
<td>4 pm</td>
<td>How Major is your Major?</td>
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<td>7 pm</td>
<td>Talking to Professors</td>
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<td>Mon 10/19</td>
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<td>Tues 10/20</td>
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<td>Bouncing Back</td>
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<td>Secrets of Homer Babbidge</td>
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<td>Looking Ahead, Selecting Courses</td>
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<td>Wed 11/4</td>
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<td>How Major is your Major?</td>
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<td>Thurs 11/5</td>
<td>3 pm</td>
<td>Evaluating Your Semester</td>
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<td>Mon 11/9</td>
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<td>Where do I go for that?</td>
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<td>Wed 11/11</td>
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<td>Testing Taking Strategies</td>
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<td>Strategies for Deeper Learning</td>
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<td>Tues 11/17</td>
<td>5 pm</td>
<td>Just Breathe</td>
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<tr>
<td>Tues 12/1</td>
<td>5 pm</td>
<td>Strategies for Deeper Learning</td>
</tr>
<tr>
<td>Wed 12/2</td>
<td>7 pm</td>
<td>Finals Prep</td>
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<tr>
<td>Mon 12/7</td>
<td>5 pm</td>
<td>Finals Prep</td>
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<tr>
<td>Tues 12/8</td>
<td>3 pm</td>
<td>Finals Prep</td>
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**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.

**Prioritization Techniques**
Come and explore strategies to organize your priorities.

**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.

**Secrets of Homer Babbidge**
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.

**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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