IMPORTANT UPDATES

12/21 DUE FROM SENIORS:
HONORS FINAL PLAN
CLICK HERE FOR MORE

CANCELING AN HONORS
CONVERSION REQUEST
CLICK HERE FOR MORE

12/18 11:59PM RSVP DEADLINE:
SPRING 2021 LEADERSHIP
OPPORTUNITIES VIEW HERE

have a wonderful break, huskies!

SEE YOU NEXT SEMESTER!
# TOPIC: Burnout

Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress.

<table>
<thead>
<tr>
<th>Signs &amp; Symptoms</th>
<th>Causes of Burnout</th>
<th>Dealing with Burnout</th>
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<tbody>
<tr>
<td><strong>Physical</strong></td>
<td>Feeling tired &amp; drained most of the time</td>
<td>Feeling like you have little/no control over work</td>
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<td>Lowered immunity, frequent illnesses</td>
<td>Lack of recognition or reward for good work</td>
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<td>Change in appetite or sleep habits</td>
<td>Unclear or overly demanding job expectations</td>
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<td><strong>Emotional</strong></td>
<td>Sense of failure &amp; self-doubt</td>
<td>Monotonous or unchallenging work</td>
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<td>Feeling helpless, trapped, &amp; defeated</td>
<td>Chaotic / high pressure environment</td>
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<td>Detachment, feeling alone</td>
<td><strong>Lifestyle</strong></td>
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<td>Loss of motivation</td>
<td>Working too much, not enough relaxing</td>
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<td>Increasingly cynical &amp; negative</td>
<td>Lack of close, supportive relationships</td>
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<td><strong>Behavioral</strong></td>
<td>Withdrawing from responsibilities</td>
<td>Taking on too many responsibilities, without help from others</td>
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<td>Isolating yourself</td>
<td>Not getting enough sleep</td>
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<td>Procrastinating</td>
<td><strong>Personality Traits</strong></td>
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<td>Coping with food, drugs, or alcohol</td>
<td>Perfectionism</td>
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<td>Taking frustrations out on others</td>
<td>Pessimism</td>
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<td>Need to be in control</td>
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</table>

**Turn to Others**
- Reach out to those closest to you
- Be more sociable with coworkers
- Limit contact with negative people
- Connect to a cause or community that is personally meaningful

**Reframe your view of work**
- Find value in your work
- Find balance in your life
- Make friends at work
- Take time off

**Reevaluate Priorities**
- Set boundaries
- Take a technology break
- Set aside relaxation time
- Nourish your creative side

**Take Care of your Body**
- Exercise 30 minutes or more per day
- Minimize sugar & refined carbs
- Avoid nicotine & alcohol

You will get through this

"I chose to study physics, engineering, and mathematics for a few reasons. First and foremost, I've enjoyed the most basic aspects of STEM since I was a young kid in grade school learning algebra and simple natural sciences, always finding such classes interesting and engaging. I've always enjoyed fantasy and science fiction, but I particularly loved reading Iron Man comics when I had some allowance money to spend on books. I liked the idea of a hero that relies on their intelligence more than anything else. Later in life, I was inspired by my high school physics teacher. He was one of the best teachers I had the good fortune to learn from, and he always managed to combine fun and engaging labs and discussions with important information and connections to the real world. At a time in my life when I was feeling lost he inspired me to pursue engineering and science and do my best to change the world.”
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
Resources available for students in need of food, winter clothes & hygiene products

Please Contact:
Alex Katz: Alex.katz@uconn.edu

Sponsored by Uconn CCC and USG
Honors Seniors:
planning to apply to graduate programs for a MS or PhD degree?

Check out UConn's Department of Pharmaceutical Sciences!

Our three graduate programs have...
• translational relevance to areas such as drug discovery, mechanism of action, drug formulation & safety, chemical formulations, & cell signaling
• unique core courses providing fundamental concepts critical to basic & applied research
• significant success in placing our MS & PhD graduates both locally & nationally in government, industry, and academia

Grad School Application Portal: grad.uconn.edu

Department Contact: Deirdre McAvoy, deirdre.mcavoy@uconn.edu
OURFA²M²

Online Undergraduate Resource Fair for the Advancement in Academia of Marginalized Mathematicians

For underrepresented, marginalized, and underserved undergraduate mathematicians, it can feel difficult to gather the information you need to build your career. We’ve been there, and we’ve got your back.

December 19, 2020 on Zoom
11:00 am - 7:50 pm Eastern / 8:00 am - 3:50 pm Pacific
Registration and information at is.gd/ourfa2m2

This free event will include:
- Panel of directors of summer and semester opportunities
- Panel of students who’ve participated in such programs
- Crash courses in common undergraduate research fields
- Other talks and activities to network and share resources

Please register on or before December 11 to ensure you receive access to breakout session signups as soon as they’re available. Late registrations may be accepted conditionally. Contact us for more info.
$4,500 awards to support summer research & creative projects

OFFICE HOURS BY APPOINTMENT
Have a question about SURF?
- Want an advisor to review your draft proposal, budget, and/or timeline?
  Schedule a SURF appointment via Nexus!

ugradresearch.uconn.edu/surf
Click the schedule link in the sidebar
Pining 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
STEM Majors:

Check out the NIEHS Scholars Connect Program!
Seeking undergraduate students majoring in STEM fields with an interest in biomedical research at the National Institute of Environmental Health Sciences. Three semesters of paid research while you work on your degree:

Summer Connection: June 1, 2021-August 6, 2021,
Full-Time ~$2,300/Monthly stipend
Fall Connection: September 7, 2021-November 19, 2021, Part-Time ~$850/Monthly Stipend
Spring Connection: January 3, 2022-April 15, 2022,
Part-Time ~$850/Monthly Stipend

Learn More and Apply at:

Research Triangle Park, North Carolina
June 1, 2021

OAK RIDGE INSTITUTE FOR SCIENCE AND EDUCATION
Shaping the Future of Science
NIH National Institute of Environmental Health Sciences
Your Environment, Your Health.
Don’t miss your chance to gain global exposure, professional mentorship, and up to $2,000 for your project!

**Eligibility**
- You are a UConn student who has a voluntary, social enterprise or environmental project that you wish to scale up/develop/build
- Your project is not just an idea, but you have started to implement it in some way
- Your project directly addresses at least one of the United Nations Sustainable Development Goals
- Projects may be individual or group led. Where there is a large student group (e.g. a student society), a leadership group of up to 7 students should be identified as the main entrants.

**How to Apply**
- UConn students must submit the following to UConn’s Office of Global Affairs to be considered:
  - Complete an application form
  - Submit a 3-5 minute video pitch
- UConn will select up to 4 individuals or groups to nominate to the U21 RISE competition

**Timeline**
- **February 19, 2021** - Deadline for students to submit their materials to UConn’s RISE Committee
- **March 12, 2021** - UConn RISE Committee nominates 3-4 individuals or teams and their videos are submitted to the U21 RISE Showcase
- **April 2021** - Judging for RISE Awards
- **April 2021** - U21 winners to be announced

If you’re interested in participating or have questions, please email global@uconn.edu.
Grants for Undergrads Exploring Entrepreneurial Internships or Startups

10KENTREPRENEURS (www.10KEntrepreneurs.org) offers undergrads of US and Canadian colleges and universities a grant for summer internships or work at their own startup. The grants are designed to help ease the student’s financial burden of exploring an entrepreneurial venture. The application deadline is March 15, 2021.

Key Facts

1. **Grant Use.** Grants can be used to support either an internship at an entrepreneurial company or the student’s own startup. Students can be in the process of lining up an internship when they apply, though the grant is only given upon confirmation of the internship.

2. **Awards.** We're awarding 50 grants of $1,000.

3. **Criteria.** Students must be undergrads and residents of the US or Canada. We look for students with intellectual curiosity, entrepreneurial interest and drive, diverse backgrounds and experiences, and well-articulated goals for the internship/startup experience.

4. **Application.** To apply, students fill out an application on our website (www.10kentrepreneurs.org), which takes about 45 minutes.

5. **Deadline.** The deadline is March 15th, 2021.

6. **Our Ask.** We ask very little of students: let us publicize your participation and provide feedback on the program.

Apply Now