Welcome December

Share your story!
Submit to Humans of Honors!
honors.uconn/edu/humans

See page 5 for more!
**TOPIC: Mindfulness Matters**

**Mindfulness:** a state of active, open attention to the present
observing one's thoughts & feelings without judging them as good or bad

---

**Settle in**
Find a quiet space. Using a cushion or chair, sit up straight but not stiff; allow your head and shoulders to rest comfortably.

**Breathe**
Close your eyes, take a deep breath, and relax. Don't control the breath but follow its natural flow.

**Stay focused**
Thoughts will try to pull your attention away from the breath. Notice them, but don't pass judgement; return your focus to your breath.

**Take 10**
A daily practice will provide the most benefits. It can be 10 minutes per day, however, 20 minutes twice a day is often recommended for maximum benefit.

---

**Mindfulness Benefits:**
- Lower stress levels
- Reduce harmful ruminating
- Protect against depression & anxiety
- Help cope with rejection & social isolation

---

https://www.psychologytoday.com/us/basics/mindfulness
# Upcoming Events

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Events</th>
</tr>
</thead>
</table>
| **12/4** | • *Ac* - Visioning Day (Virtual, 10:00 AM - 12:00 PM)  
• *Sc* - Social Entrepreneurship in the Time of Pandemic (Virtual, 1:00-2:30 PM) |
| **12/6** | • Snowman & Snow Fort Instagram Challenge (Virtual, 12:00 AM - 11:59 PM) |
| **12/7** | • SURF Information Session (Virtual, 4:00-5:00 PM)  
• Finals Prep Workshop (Virtual, 5:00-6:00 PM) |
| **12/8** | • *Ca* - Stay Whelmed - Readiness Reboot: Calm the Finals Chaos (Virtual, 8:15-9:15 AM)  
• *Ac/Ca* - An Inventor's Journey - Presented By Technology Commercialization Services (Virtual, 11:00 AM - 12:00 PM)  
• Finals Prep Workshop (Virtual, 3:00-4:00 PM)  
• PATH Virtual Game Night (Virtual, 7:00-8:00 PM) |
| **12/9** | • *Mc/Sc* - "Heal Us, See Us" Human Rights Day Celebration (Virtual, 9:30 AM - 12:00 PM)  
• *Ca* - Stay Whelmed - Readiness Reboot: Calm the Finals Chaos (Virtual, 10:00-11:00 AM) |
| **12/10** | • *Ca* - Stay Whelmed - Readiness Reboot: Calm the Finals Chaos (Virtual, 2:30-3:20 PM) |
| **12/11** | • *Ca* - Stay Whelmed - Readiness Reboot: Calm the Finals Chaos (Virtual, 11:00 AM - 12:00 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 12/4-12/11.
“As a recent immigrant from India, I have loved my move across the world to the University of Connecticut. Over here, I have experienced the true interdisciplinary nature of education, and I have really enjoyed taking courses in several interesting subjects, from cognitive anthropology to gospel music to data science. I deeply value the intellectual freedom I have gained at UConn, and I continuously try to take advantage of the wonderful, exciting opportunities the university provides.”

Nidhi Nair
Economics, Statistics, 2023
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
Stay well-hydrated this finals season and care for your mental & physical health by following some of these tips and tricks. Follow @UConnHonors on Instagram to be reminded of each day’s activities. Good luck on your finals!

12/8
Make a five-day study plan provided by the Academic Achievement Center for your first final! This is a great way to plan out what you’ll be studying every day leading up to your exam, reducing stress and helping you absorb the content.

12/9
Try the Pomodoro Technique (alternating 20 minutes of studying and five minute breaks) when studying today! If this isn’t your thing, try calling someone to teach them a piece of information you’re studying. These are both great ways to maximize your productivity when studying and save you time.

12/10
Music is a great way to keep you focused and ready to excel! Try making a playlist for your studying or a playlist that can get you raring and ready to go for your upcoming exams.

12/11
It’s important to get out and explore the world around you, so take some time to visit a place you’ve never been to before. This gives you a chance to go outside and take a break from studying while also checking out a new place or area.

12/14
Stress is part of the college experience, so luckily, SHaW has several videos up on their website that are designed to help you deal with stress in times like these. Check out at least one of them!

Additionally, try to go to bed early tonight or take a nap! Sometimes, sleep can be hard to come by, but it’s important to remember how important it is to your academic performance and mental & physical wellbeing.

12/15
Get mindfulness SHaW-Mental Health offers yoga sessions via Zoom Tuesdays and Thursdays, 5 - 6 pm and 4 - 5 pm respectively. Recordings of previous weeks’ sessions & the link to join can be found at: https://studenthealth.uconn.edu/yoga/

Apps like Calm or Headspace offer some free guided meditations, and there’s a wealth of totally accessible options on YouTube. Channels like Great Meditation and Goodful are good places to start.

12/16
Whether it’s with a friend, family member, professor/TA, your RA— whoever—reflecting on and expressing your gratitude for someone’s support this semester or presence in your life can set a positive tone for the week ahead. Remember, you are not on the stress-filled journey called college alone!

12/17
Give your brain cells a break today and put on a movie or show you love. If you want to share this time with someone, “Watch Party” browser extensions or streaming service features are a great social-distancing-friendly option.

12/18
Sleep always seems to be the first thing to go when we’re stressed and there is studying (or cramming) to be done. Now you can focus on healing that circadian rhythm by getting your sleep schedule back on track, or carve out time for a well-deserved nap. Congratulations on getting through
Hi! I'm Sierra. My passion is supporting student well-being. I'm a GA for the Honors and Enrichment Programs and can't wait to work with you.

To help me prepare, please make a note in Nexus with what support you need.

DECEMBER 9-11, 2020
BOOK ON NEXUS
Open to ALL Honors Students.
$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
STAY WHELMED
READINESS REBOOT: CALM THE FINALS CHAOS

Stay Whelmed during reading week! The Honors and Enrichment team invite you to participate in brief daily mindfulness and stress reduction sessions to prime your mind for finals week. You will be guided through various breathwork strategies, wellness rituals, mindful movement, and guided imagery to enhance focus and concentration as well as reduce stress and anxiety.

SESSION 1: ONE BREATH AT A TIME
Tuesday, December 8 @ 8:15am
• Breathing awareness & diaphragmatic breathing

SESSION 2: COOL, CALM & COLLECTED
Wednesday, December 9 @ 10:00am
• Guided imagery for calm and concentration
• Morning rituals for reset

SESSION 3: BRAIN POWER-UP
Thursday, December 10 @ 2:30pm
• Mindful movement to increase brain stimulation
• Bed-time rituals for retention

SESSION 4: ONE FOOT IN FRONT OF THE OTHER
Friday, December 11 @ 11:00am
• Progressive muscle relaxation
• Finals intention setting

Want to know more? Reach out to Sierra at smw3005@uconn.edu

JOIN ON WEBEX HERE.
Write Here, Write Now!

NEED AN EXTRA PUSH FOR THOSE FINAL ASSIGNMENTS?

Join one (or more!) of the Writing Center’s virtual power hours!

Dec 9, 10, and 11 @ 5 and 6 pm

Click attached link to register
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.
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.
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
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
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.

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

<table>
<thead>
<tr>
<th>Time/ Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00-10:30</td>
<td>Trail (Session 1 only)</td>
<td></td>
<td></td>
<td></td>
<td>Trail (Session 1 only)</td>
<td></td>
</tr>
<tr>
<td>9:00-10:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Dressage UL</td>
<td></td>
</tr>
<tr>
<td>10:30-11:30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Advanced Beginner</td>
<td></td>
</tr>
<tr>
<td>12:00-1:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Advanced</td>
<td></td>
</tr>
<tr>
<td>2:00-3:00</td>
<td>LI. Dressage</td>
<td>Advanced</td>
<td>LI. Dressage</td>
<td>Advanced</td>
<td>Polo Fundamentals</td>
<td></td>
</tr>
<tr>
<td>2:30-3:30</td>
<td>Intermediate 2</td>
<td>Intermediate 1</td>
<td>Intermediate 2</td>
<td>Intermediate 1</td>
<td>Polo Fundamentals</td>
<td></td>
</tr>
<tr>
<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>
<td></td>
</tr>
<tr>
<td>5:00-6:00</td>
<td>Polo Fundamentals</td>
<td>Polo Fundamentals</td>
<td>Polo Fundamentals</td>
<td>Polo Fundamentals</td>
<td>Polo Fundamentals</td>
<td></td>
</tr>
<tr>
<td>6:00-7:00</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For More Information and Registration Process Visit: [http://s.uconn.edu/uconnwinterriding](http://s.uconn.edu/uconnwinterriding)

UCONN complies with all applicable federal and state laws regarding non-discrimination, equal opportunity, affirmative action, and providing reasonable accommodations for persons with disabilities. Contact: Office of Institutional Equity; (860) 486-2943; equality@uconn.edu; http://www.eoe.uconn.edu. If you require an accommodation to participate in this event, please contact Alena Machtsam at alena.machtsam@uconn.edu at least 5 days in advance.
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
<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 8/31</td>
<td>1pm</td>
<td>Setting Up your Semester</td>
</tr>
<tr>
<td>Wed 9/9</td>
<td>7pm</td>
<td>Prioritization</td>
</tr>
<tr>
<td>Wed 9/16</td>
<td>7pm</td>
<td>Email Organization</td>
</tr>
<tr>
<td>Tues 9/22</td>
<td>1pm</td>
<td>Prioritization</td>
</tr>
<tr>
<td>Wed 9/30</td>
<td>5pm</td>
<td>Success in STEM</td>
</tr>
<tr>
<td>Thurs 9/3</td>
<td>3pm</td>
<td>Prioritization</td>
</tr>
<tr>
<td>Mon 9/14</td>
<td>1pm</td>
<td>Focusing to Get things Done</td>
</tr>
<tr>
<td>Thurs 9/10</td>
<td>3pm</td>
<td>Online Course Support</td>
</tr>
<tr>
<td>Mon 9/21</td>
<td>1pm</td>
<td>Secrets of Homer Babidge</td>
</tr>
<tr>
<td>Thurs 9/17</td>
<td>3pm</td>
<td>Test Taking Strategies</td>
</tr>
<tr>
<td>Mon 9/28</td>
<td>1pm</td>
<td>Online Course Support</td>
</tr>
<tr>
<td>Tues 9/29</td>
<td>3pm</td>
<td>Strategies for Deeper Learning</td>
</tr>
<tr>
<td>Thurs 10/1</td>
<td>3pm</td>
<td>Evaluating Your Semester</td>
</tr>
<tr>
<td>Silver 10/6</td>
<td>5pm</td>
<td>Success in STEM</td>
</tr>
<tr>
<td>Mon 10/12</td>
<td>5pm</td>
<td>Microsoft Excel Basics</td>
</tr>
<tr>
<td>Mon 10/19</td>
<td>1pm</td>
<td>Evaluating Your Semester</td>
</tr>
<tr>
<td>Mon 10/26</td>
<td>1pm</td>
<td>Talking to Professors</td>
</tr>
<tr>
<td>Tues 10/7</td>
<td>5pm</td>
<td>Test Taking Strategies</td>
</tr>
<tr>
<td>Wed 10/8</td>
<td>1pm</td>
<td>Strategies for Deeper Learning</td>
</tr>
<tr>
<td>Mon 10/14</td>
<td>3pm</td>
<td>How Major is your Major?</td>
</tr>
<tr>
<td>Wed 10/14</td>
<td>7pm</td>
<td>Talking to Professors</td>
</tr>
<tr>
<td>Mon 10/19</td>
<td>1pm</td>
<td>Where do I go for that?</td>
</tr>
<tr>
<td>Tues 10/20</td>
<td>7pm</td>
<td>Bouncing Back</td>
</tr>
<tr>
<td>Thurs 10/22</td>
<td>3pm</td>
<td>Secrets of Homer Babidge</td>
</tr>
<tr>
<td>Thurs 10/22</td>
<td>5pm</td>
<td>Looking Ahead, Selecting Courses</td>
</tr>
<tr>
<td>Mon 10/26</td>
<td>1pm</td>
<td>Talking to Professors</td>
</tr>
<tr>
<td>Wed 10/28</td>
<td>7pm</td>
<td>Where do I go for that?</td>
</tr>
<tr>
<td>Thurs 10/29</td>
<td>3pm</td>
<td>Test Taking Strategies</td>
</tr>
<tr>
<td>Mon 11/2</td>
<td>1pm</td>
<td>Looking Ahead, Selecting Courses</td>
</tr>
<tr>
<td>Tues 11/3</td>
<td>7pm</td>
<td>Strategies for Deeper Learning</td>
</tr>
<tr>
<td>Wed 11/4</td>
<td>4pm</td>
<td>How Major is your Major?</td>
</tr>
<tr>
<td>Mon 11/5</td>
<td>3pm</td>
<td>Evaluating Your Semester</td>
</tr>
<tr>
<td>Mon 11/9</td>
<td>3pm</td>
<td>Where do I go for that?</td>
</tr>
<tr>
<td>Wed 11/11</td>
<td>7pm</td>
<td>Testing Taking Strategies</td>
</tr>
<tr>
<td>Thurs 11/12</td>
<td>5pm</td>
<td>Strategies for Deeper Learning</td>
</tr>
<tr>
<td>Tues 11/17</td>
<td>5pm</td>
<td>Just Breathe</td>
</tr>
<tr>
<td>Tues 12/1</td>
<td>5pm</td>
<td>Strategies for Deeper Learning</td>
</tr>
<tr>
<td>Wed 12/2</td>
<td>7pm</td>
<td>Finals Prep</td>
</tr>
<tr>
<td>Mon 12/7</td>
<td>5pm</td>
<td>Finals Prep</td>
</tr>
<tr>
<td>Tues 12/8</td>
<td>3pm</td>
<td>Finals Prep</td>
</tr>
</tbody>
</table>

[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.

**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**
Managing an online course can be challenging. We will provide steps to consider when taking an online course.

**Setting up Your Semester**
Get help with starting your semester organized, prepared, and in the mindset to succeed.

**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.