THE HONORS WEEKLY
UPDATES, NEWS, & PROGRAMS

IMPORTANT UPDATES

APPROVED HONORS CONVERSIONS DEADLINE EXTENDED - NOW DUE 2/10
CLICK HERE FOR MORE INFO

APPROVED THESIS PLAN DEADLINE EXTENDED - NOW DUE FROM SENIORS 2/10
CLICK HERE FOR MORE INFO

RESEARCH & INTERNSHIP EXPERIENCE: A DISCUSSION WITH HONORS PEERS ON 2/12
CLICK HERE FOR MORE INFO

TOMORROW, 2/6: ONE HEALTH CONFERENCE 2021
CLICK HERE FOR MORE INFO

Honors Lounge
Thursday, 2/11 5-6pm: Astrology
Thursday, 2/11 5-6pm: Astrology

Honors Community Development Series
Friday, 2/5 4-5pm: Charades
Fridays, 4:00-5:00 PM

CLICK HERE FOR MORE INFO

THE H. FRED SIMONS AFRICAN AMERICAN CULTURAL CENTER PRESENTS

IN FEBRUARY WE CELEBRATE BLACK HISTORY MONTH

CLICK HERE TO LEARN MORE ABOUT AACC EVENTS!

In February we celebrate Black History Month. Click here to learn more about AACC events!

Honors Lounge
Thursday, 2/11 5-6pm: Astrology

Honors Community Development Series
Friday, 2/5 4-5pm: Charades
Fridays, 4:00-5:00 PM

CLICK HERE FOR MORE INFO
### TOPIC: Napping

<table>
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<tr>
<th>BENEFITS OF NAPPING</th>
<th>DRAWBACKS OF NAPPING</th>
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<tr>
<td>Relaxation</td>
<td>Sleep inertia (feeling groggy)</td>
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<td>Reduced fatigue</td>
<td>Nighttime sleep problems</td>
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<tr>
<td>Improved mood</td>
<td>- Might worsen existing insomnia or poor sleep quality at night</td>
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<tr>
<td>Improved performance</td>
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<td>- Quicker reaction time</td>
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<td>- Better memory</td>
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### WHEN SHOULD I CONSIDER A NAP?

- If you experience new fatigue or unexpected sleepiness
- If you are about to experience sleep loss (i.e. a long work shift)
- If you want to make planned naps part of your daily routine

### WHAT'S THE BEST WAY TO NAP?

- Keep naps short: aim to nap only ~20 minutes
  - The longer you nap, the more likely you are to feel groggy
- Take naps in the early afternoon
  - Napping after 3pm can interfere with your nighttime sleep
- Create a restful environment

https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/napping/art-20048319
## Upcoming Events

* = COUNTS AS AN HONORS EVENT

**Categories:**
- Academic & Interdisciplinary Engagement (Ac)
- Career, Professional, & Personal Development (Ca)
- Honors Community Development (Co)
- Multiculturalism & Global Citizenship (Mc)
- Social Change, Service, & Sustainability (Sc)

<table>
<thead>
<tr>
<th>Date</th>
<th>Events</th>
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| 2/5  | *Co - Honors Community Development Series - Charades (Virtual, 4:00-5:00 PM)  
*Ac/Mc - Virtual Exhibition Walk-Through - Käthe Kollwitz: Activism Through Art (Virtual, 5:30-6:30) |
| 2/6  | *Ac/Sc - One Health Conference 2021 (Virtual, 11:00 AM - 5:00 PM) |
| 2/8  | Test Taking Strategies (Virtual, 1:00-2:00 PM)  
IRC Month: Letters of Recommendation: Who and How to Ask (Virtual, 2:00-3:00 PM) |
| 2/9  | Critical LOOKing: A Virtual Dialogue (Virtual, 6:00-6:30 PM)  
Prioritization Techniques (Virtual, 7:00-8:00 PM) |
| 2/10 | *Ca/Ac - STEM Seminar Series: Maximizing Research Experiences (Virtual, 12:20-1:10 PM)  
*Ca/Sc - Debunking the Myths of Working in a Non-profit (Virtual, 6:30-8:00 PM)  
Innovation Quest Kickoff Workshop (Virtual, 6:30-8:00 PM) |
| 2/11 | *Ca/Co - Stay Whelmed: Use your (Clifton) Strengths! (Virtual, 3:30-5:00 PM, please note that the RSVP deadline for this event has passed)  
*Ac/Sc - Edwin Way Teale Lecture Series (Virtual, 4:00-5:00 PM)  
*Co - Honors Lounge - Astrology (Virtual, 5:00-6:00 PM) |
| 2/12 | IRC Month: Getting Start in Undergraduate Research (Virtual, 12:15-1:15 PM)  
*Ca - Research & Internship Experience: A Discussion with Honors Peers (Virtual, 2:00-3:00 PM)  
*Co - Honors Community Development Series - Among Us (Virtual, 4:00-5:00 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 2/5-2/12
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
The Wellness Points Challenge

Want rewards for doing healthy activities? Then join the Wellness Points Challenge!

Submit photos of yourself engaging in healthy behaviors and earn points. The more points, the more prizes you win!

Spring 2021 Registration & Info: Free Stickers upon Registration!

studenthealth.uconn.edu/wellness-points/
Virtual Exhibition Walk-Through: Friday, February 5, 5:30-6:30pm

Käthe Kollwitz: Activism Through Art

For more information: Click Here

To register: Click Here
ONE HEALTH
CONFERENCE

SATURDAY
FEBRUARY 6, 2021
11AM-5PM
WEBEX MEETING #:
120 372 0099
PASSWORD: OHC2021

11am-12pm: One Health Topics
12pm-1pm: How to Live Sustainability
1pm-2pm: Getting Involved in One Health
2pm-3pm: Guest Speaker Deborah Thomson, DVM
'From Music Major to Science Policy Advisor on Capitol Hill'
3pm-4pm: One Health Documentary

OPEN TO ALL UNIVERSITY UNDERGRADUATES

ANY QUESTIONS, EMAIL:
MADISON.BRITTING@UCONN.EDU
Maximizing Research Experiences

An Online Panel Discussion

FEB 10

12:20 - 1:10PM

Alfredo Angeles-Boza
Associate Professor
Chemistry

Kristen Govoni
Associate Professor
Animal Science
Faculty Director
WiMSE Learning Community

Rob Huggins
Assistant Research Professor
Kinesiology
President of Research & Athlete Performance and Safety
Korey Stringer Institute

The series is open to all undergraduate and graduate students and is designed especially for students conducting (or interested in conducting) STEM research.

For the access link & more information, visit ugradresearch.uconn.edu/stem-seminar-series

If you require an accommodation to participate in a STEM Seminar event, please contact Jodi Eskin at jodi.eskin@uconn.edu at least 5 business days prior to the seminar.

This is an Honors Event. Categories: Career, Professional, & Personal Development or Academic & Interdisciplinary Engagement.
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:
https://www.zintelllect.com/Opportunity/Details/NIH-NIEHS-ScholarsConnect-2021
Nature and the Environment
The Edwin Way Teale Lecture Series 2020-2021
https://cese.uconn.edu/the-edwin-way-teale-lecture-series/

All lectures are free and open to the public. Due to COVID-19, all lectures for the Spring 2021 semester will be presented VIRTUALLY. "Watch Live" links will be posted when available, usually within 48 hours of the event. New recordings may take up to a week to post.

All Lectures will be presented at 4:00 p.m. (*except the lecture on 22 April will be presented at 12:00 p.m.)*

**FALL 2020**

24 September

**CHRIS FIELD**

Perry L. McCarty Director of the Stanford Woods Institute for the Environment, Melvin and Joan Lane Professor for Interdisciplinary Environmental Studies

Stanford University

*Frontiers in Climate Change Adaptation*

11 March

**ROBERT BULLARD**

Distinguished Professor of Urban Planning & Environmental Policy at Texas Southern University

*The Quest for Environmental and Climate Justice*

22 April (Earth Day)

*NOTE: This event will be held from 12:00 p.m.-1:30 p.m. and will include a presentation and panel discussion. This event is cosponsored with the UConn Reads Program thematically focused in 2020-21 on Environmental Justice and Human Rights.*

**SPRING 2021**

11 February

**DAVID LINDENMAYER**

Australian Research Council Laureate Professor

Australian National University, Canberra

*A Multi-decadal Landscape Experiment Leads To New Perspectives On The Effects Of Multiple Landscape Transformations*

**AMITAV GHOSH**

Acclaimed international author, Fellow of the Royal Society of Literature, and Distinguished Professor

Wolfson College, University of Oxford

*The Great Derangement: Climate Change and the Unthinkable*
WANT TO LEARN ABOUT RESEARCH AND INTERNSHIPS?

RESEARCH AND INTERNSHIP EXPERIENCE: A DISCUSSION WITH HONORS PEERS

Learn from other Honors students about their previous career experiences

2/12 @ 2PM

See Updates in Honors for more info
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
#UHLEVENT853

DEBUNKING THE UHL

Find the WebEx link and more information in the Honors Program Calendar

NAVIGATING THE UNIVERSITY HONORS LAUREATE W/ HONORS GPS AND STUDENT SPEAKERS!

Tuesday
February 23, 2021
7 pm - 8 pm