THE HONORS WEEKLY
UPDATES, NEWS, & PROGRAMS

MARCH 2021

WOMEN'S HISTORY MONTH
CLASS REGISTRATION BEGINS
MARCH MADNESS - GOOD LUCK
UCONN BASKETBALL!

IMPORTANT UPDATES

*UPDATED* 3/19 DEADLINE: PATH
MENTOR APPLICATION DEADLINE
CLICK HERE FOR MORE INFO

DUE TODAY: NOMINATIONS SOUGHT
FOR FACULTY MEMBER OF THE YEAR!
CLICK HERE FOR MORE INFO

DUE TODAY: NOMINATIONS SOUGHT
FOR ADVISOR OF THE YEAR
CLICK HERE FOR MORE INFO

Warmer Days Ahead...
Mental Health and Physical Health are closely allied. Yoga practice is a relatively low-risk, high yield approach to improving both!

**BENEFITS OF YOGA:**

**Natural Anxiety & Stress Relief**
Research suggests that yoga practices can reduce the impact of stress responses and may be helpful for both anxiety & depression.

**Pain Management**
Research has shown that yoga practitioners have higher pain tolerances and lower pain-related brain activity - by helping a person regulate stress responses, yoga can also help regulate pain.

**Promotes Inner Awareness and a Better Body Image**
Yoga focuses your attention inward and promotes positive body image.

**Enhances Fitness**
Yoga can help to increase muscle strength, endurance, flexibility, and cardio-respiratory fitness.

**HOW TO GET STARTED:**

- UConn Rec provides free yoga classes in-person and virtually!

- Student Health and Wellness provides free virtual yoga & breathwork classes!

- YouTube has thousands of free yoga videos for everyone from beginners to experts!

### Upcoming Events

<table>
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<th>Date</th>
<th>Event Details</th>
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<tr>
<td><strong>3/12</strong></td>
<td>RSVP Deadline: Start Smart Salary Negotiation (Event: Virtual, 3/16/2021, 6:00-8:30 PM)</td>
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| **3/14** | *Mc/Sc* - Good Neighbors in the Middle East: Eyal Dror at UConn (Virtual, 2:00-3:00 PM)  
Community Outreach Student Leader Application Deadline (11:59 PM) |
| **3/15** | Focusing To Get Things Done - Attention Management (Virtual, 1:00-2:00 PM)  
*Co* - Honors in STEM: Kahoot Trivia Night on Anatomy & Physiology (Virtual, 7:00-8:00 PM)  
10K Entrepreneurs Grant Application Deadline (11:59 PM) |
| **3/16** | *Mc/Ac* - A Festival of Irish Women's Writing: Alex Mika (Virtual, 12:30-1:30 PM)  
Start Smart Salary Negotiation (Virtual, 6:00-8:30 PM)  
*Ca/Ac* - STEM Seminar Series: Pathways Into STEM Research (Virtual, 12:20-1:10 PM) |
| **3/17** | *Ca/Mc* - Fresh Check Day - Regional Campuses (Virtual, 2:00-4:00 PM)  
*Ca/Mc* - Rewriting the Rules of the Game: Conscious Resistance with Samhita Mukhopadyay (Virtual, 6:00-7:15 PM)  
*Ac* - A Look Into the Coronavirus Vaccines (Virtual, 7:00-8:00 PM) |
| **3/18** | UConn Part-Time MBA Information Session (Virtual, 12:00-1:00 PM)  
*Mc/Ac* - A Festival of Irish Women's Writing: Meadhbh McHugh (Virtual, 12:30-1:30 PM)  
*Ca/Mc* - Fresh Check Day - Regional Campuses (Virtual, 2:00-4:00 PM)  
*Ca* - Pathways to Healthcare (Virtual, 3:30-5:00 PM)  
*Co* - Honors Lounge: Topic To Be Announced (Virtual, 5:00-6:00 PM)  
*Mc* - Asians in America: Anti-Asian Violence & the Fight Against Invisibility (Virtual, 5:00-6:30 PM)  
*Ca/Ac* - Debunking UHL Series: Values and Leadership (Virtual, 7:00-8:00 PM) |
| **3/19** | *Co* - Honors Community Development Series: Topic To Be Announced (Virtual, 4:00-5:00 PM)  
*Ca/Ac* - Final Day of the UCONN Healthcare Management Society Public Health Response Challenge (Virtual Case Competition) |

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 3/12-3/19.
This information is for Storrs students. Stamford students should stay tuned for more information on PATH Stamford coming soon.
"My favorite part of the UConn Honors Program has absolutely been the community. In my first couple of years, I had the privilege of living in Shippee Hall and H20 (in Werth Tower) where I was surrounded by driven and like minded peers. One thing I have learned about the Honors students is they work hard but play harder! In all seriousness, I have gained the best of friends through this experience that continue to motivate me in my academic and personal endeavors. Along with the friendships I have made, the group that has had the most profound impact on me are the members of UConn Honors for Diversity. They have allowed me to gain a network of support that I am beyond grateful for. Throughout this year, we have had so many difficult, but necessary conversations that I feel could have been less feasible in this online environment, but the passion from our members allows us to continue to build a sense of community regardless of any barriers. UConn H4D has allowed me to learn so much about and empathize with people of different backgrounds and that is something invaluable that I will carry with me beyond my undergrad experience."
Share your UConn Honors experience

SUBMIT TO HUMANS OF HONORS

Your story will be featured on Honors social media!

WE WANT TO HEAR YOUR STORY!

take five minutes to submit here:
honors.uconn.edu/humans

SHARE YOUR STORY - INSPIRE OTHERS - MAKE A DIFFERENCE!

# HUMANS OF HONORS
LIEUTENANT COLONEL (RES.) EYAL DROR BEGAN OPERATION GOOD NEIGHBOR, A HUMANITARIAN PROJECT THAT PROVIDED TREATMENT TO SICK AND INJURED SYRIANS, BUILT HOSPITALS AND TRAINED DOCTORS NEAR THE BORDER AND EVACUATED CIVILIANS FROM BOMBINGS DURING THE SYRIAN CIVIL WAR. JOIN US TO HEAR ABOUT HIS WORK THAT BUILT BRIDGES AMONGST THE PEOPLE OF TWO COUNTRIES IN CONFLICT.

Follow the link in @Uconnhillel’s bio on Instagram to register
Fresh Check

MARCH 17 & 18, 2-4pm

Pet Therapy ★ Meditation ★ Campus Connection
Body Positivity ★ Yoga ★ Sound Healing

New activities begin every 30 minutes - the more you attend, the more prizes you win!
JOIN AT ANY TIME!

First 50 students to sign up get a t-shirt & gift bag!

Plus a chance to win UConn swag:
★ Fire tablet ★ water bottle ★ blanket ★ self-care kit ★ towel
LOCAL NETWORK. GLOBAL REPUTATION.

PART-TIME MBA VIRTUAL INFOSESSION

Join us to learn more about completing an MBA at your own pace. Hear from PMBA staff about the flexibility and personalization the PMBA Program has to offer. Learn more about the student experience from a recent undergraduate student, who is currently active in the PMBA Program.

THURSDAY, MARCH 18
12 P.M. - 1 P.M.

Intended for current UConn undergraduates looking to transition directly into an MBA Program

Please register via link: https://s.uconn.edu/marchpmba
THUR 18TH MAR 2021

ASIANS IN AMERICA: ANTI-ASIAN VIOLENCE & THE FIGHT AGAINST INVISIBILITY

A Festival of Irish Women's Writing

Hosted by UConn's current Irish Literature Honors Class (ENGL 3122)

March 4: Sean Forbes (UConn) discusses Boland & Hartnett & his Irish-themed work
March 9: Myles Dungan (RTE broadcaster & historian) on "The Alpha Male in Irish History"
March 16: Alex Mika on Meadhbh McHugh*: "Dramatic Readings as Performance"
March 18: Meadhbh McHugh on her drama adaptation of Louise O'Neill's *Asking for It*
April 1: Caoilinn Hughes on her novel, *The Wild Laughter*
April 8: Claire Kilroy on her novel, *The Devil I Know*
April 20: Claire Bracken (Union College) survey talk on Irish Women's Writing

*Trigger Warning: Play portrays the fallout from the upload of footage of rape

All events are free, open, and from 12:30-1:30 PM at the same WebEx "classroom."
Contact host Prof. Mary Burke re: admittance and accommodations:
mary.burke@uconn.edu

Sponsored by Irish Studies / Department of English
The Honors GPS Team presents:

DEBUNKING UHL SERIES

Debunking UHL
TUES, FEBRUARY 23
7-8PM

Tackling Your Honors Timeline
WED, MARCH 3
5-6PM

UHL and Future You
WED, MARCH 10
6-7PM

Values & Leadership
THURS, MARCH 18
7PM-8PM
VALUES & LEADERSHIP

“How do I pick a Leadership Experience that works for me? Find out more during this workshop to learn ways you can incorporate your own values into your experience!”

March 18
7PM-8PM
#UHLevent914

https://uconnvtc.webex.com/meet/honorsgps
UConn Health Care Management Society

CASE COMPETITION

- Solve a public health response challenge
- Teams of 1-2
- Registration closes February 23, 2021
- The topic will be: The Opioid Crisis
- Live virtual presentations for a panel of judges will be held during the third week of March
- Top 3 teams will be awarded cash prizes
- 1st place will receive $100, 2nd place $50, 3rd place $25
- All are welcome to participate regardless of year or major

Register at: https://linktr.ee/uconnhcms
Contact us at: uchealthcare@gmail.com
Elizabeth C. Hanson Scholarship
provides up to $1,500 to support students who are pursuing an internship in an international setting or in an organization deeply engaged in international matters.

Application Deadline: March 15, 2021

For more information, please contact the Individualized and Interdisciplinary Studies Program

iisp.uconn.edu/hanson-scholarship

iisp@uconn.edu | iisp.uconn.edu
DO YOU HAVE A STELLAR RESEARCH MENTOR?

NOMINATE YOUR MENTOR

FOR A MENTORSHIP EXCELLENCE AWARD
BY MARCH 15, 2021

ugradresearch.uconn.edu
Writing
The Rules of the Game
Conscious Resistance with Samhita Mukhopadhyay

Wednesday, March 17, 2021 @ 6:00 PM
Register here: https://bit.ly/2PmAIpW

Feminism • Gender • Policy • Race • Social Media

Samhita Mukhopadhyay is the executive editor of Teen Vogue. Previously she was the senior editorial director of culture and identities at Mic.com and an editor at Feministing.com. Samhita is an activist, a rabble-rouser who is deeply passionate about feminism, race, entrepreneurship, technology, existential dating dilemmas, online movement-building, and racial justice.
Pathways Into STEM Research

An Online Panel Discussion

MAR 17

12:20 - 1:10PM

Robert Bagchi
Assistant Professor
Ecology and Evolutionary Biology

Aoife Heaslip
Assistant Professor
Molecular and Cell Biology

Till Frank
Associate Professor
Psychological Sciences

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.
SOCIAL MEDIA INTERN

WORK TO HELP MEET THE GOALS OF THE UNIVERSITY COMMUNICATIONS DEPARTMENT

- Create and share posts on social media platforms in coordination with various departments
- Assist in creating graphics and visuals for social media posts
- Capture real-time moments for social media in the form of videos and photos
- Help in the ideation and execution of social campaigns
- Gather and analyze digital and social analytic reports during, and at the conclusion of, campaigns
- University Communications is especially interested in candidates who can contribute to the diversity and excellence of the academic community

TO LEARN MORE & APPLY, CONTACT
EMILY.ZANGARI@UCONN.EDU

MULTIMEDIA INTERN

PROVIDE TECHNICAL & CREATIVE SKILLS IN AUDIO/VIDEO PRODUCTION AND ASSIST MULTIMEDIA PRODUCERS IN CARRYING OUT A WIDE RANGE OF VIDEO PRODUCTION ACTIVITIES

- Includes pre-production, scheduling, shooting and editing video, and publishing/promoting videos on social media
- Have the opportunity to collaborate and be mentored by multimedia producers and serve as an assistant on video shoots
- University Communications is especially interested in candidates who can contribute to the diversity and excellence of the academic community

TO LEARN MORE & APPLY, CONTACT
BRET.ECKHARDT@UCONN.EDU
What's the Tea?

With STEM Scholars

Join us over Webex for a chill hour of studying!

Prizes are available for attending!

DATES:
FRI 3/05 @ 1PM: JON
TUES 3/09 @ 1PM: QINGLI
WED 3/17 @ 12PM: REI
THURS 3/25 @ 2PM: TAYLOR
FRI 4/02 @ 11AM: LING
TUES 4/06 @ 3PM: SUCIKA
WED 4/21 @ 12PM: REI
THURS 4/29 @ 2PM: TAYLOR
FRI 5/07 @ 12PM: ASHITI

Click for Webex link!
Stay Welmed & STEM Skills Series Present: Flourishing Through Failure

When: Wednesday, March 24
Time: 1:00 – 2:00pm
Where: WebEx (RSVP for link)

In this 1-hour workshop, Flourishing Through Failure, you will:

- Get curious about failure and how to make the SWITCH
- Learn strategies to foster agility and resilience to perform with purpose
- Enroll your dream team
- Tool: Flourishing Through Failure Handbook

Questions? Email Sierra (smv13005work@uconn.edu)

Let us know you're coming! RSVP here.
VIRTUAL SCREENING OF 2040
FRIDAY MARCH 26TH @ 6 PM

Come see a screening of the climate change documentary 2040! This film takes a deep look at how the world may look in the year 2040 based on current predictions by asking one core question: “what if we used every best possible option available right now to fight climate change?” Followed by a screening of a Q&A with the production crew on intersectionality and climate justice.

https://uconn-cmr.webex.com/meet/cto18002
UCONN'S 4TH ANNUAL GLOBAL HEALTH SYMPOSIUM

DECOLONIZING GLOBAL HEALTH

This year we will be focusing on the impact of colonialism, how it manifests itself in current local and global health disparities, and amplifying the voices of communities we seek to serve.

MARCH 26TH-28TH 2021
VIRTUAL CONFERENCE

Scan or visit glohsoc.uconn.edu to REGISTER NOW!
The STEM Scholar EBoard Presents:

Diversity in STEM Panel

WHEN:

Wednesday, March 31st, 6 - 7:30 PM

WHAT:

Join us for a virtual panel discussion followed by a live Q&A to see how diverse cultural upbringings can shape the scientific development of a professional scientist!

WHERE:

Attend the event on Webex by clicking on the link embedded here.

Honors Event (Multiculturalism and Global Citizenship) and STEM Scholars Network Activity
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*
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.