IMPORTANT UPDATES

INFORMATION ABOUT FALL 2021 FROM THE PROVOST
CLICK HERE FOR MORE INFO

TODAY: LAST DAY OF THE HUMAN RIGHTS SYMPOSIUM!
CLICK HERE FOR MORE INFO

TODAY: HONORS COMMUNITY DEVELOPMENT SERIES: STUDY TIPS FOR FINALS
CLICK HERE FOR MORE INFO
Mental Health Matters

TOPIC: Ecotherapy

Experts have found that spending time in nature can have a positive impact on your mental health. **Ecotherapy** is an emerging field that promotes connecting with nature and the environment to improve one's wellbeing.

**Benefits of Ecotherapy:**
- Fairly inexpensive & easily accessible
- More opportunities for social connection
- Motivation to exercise
- Increased mindfulness

**Types of Ecotherapy:**
- Community
- Gardening/Farming
- Wilderness/Adventure Therapy
- "Park Prescriptions" - spending a specific amount of time each week visiting a park or spending time outside
- Animal-Assisted Therapy
- Outdoor Meditation & Yoga

**Research Says...**
- Existing evidence suggests a link between nature therapy and improved mental health
- Time outdoors can promote resilience to stress, improved concentration and creativity, and higher levels of self-worth
- Nature therapy has potential benefits for symptoms of PTSD
- Sounds of nature may help the nervous system recover faster
- Gardening has been shown to promote emotional well-being, better moods, increased calm, feelings of belonging, & improved mental health

"Look deep into nature, and then you will understand everything better."  
-Albert Einstein

What's the Big I.D.E.A.?

This Week's Topic: Intersectionality

What is it?

Intersectionality is a term coined by Kimberlé Crenshaw, law professor and social theorist, which is defined as "the interconnected nature of social categorizations such as race, class, and gender, regarded as creating overlapping and interdependent systems of discrimination or disadvantage; a theoretical approach based on such a premise (Oxford Dictionary)."

Visible vs. Invisible

Within intersectionality, some categories have visible cues while others generally cannot be determined by looking at a person. Here are a few examples.

**Visible**: Race, Age

**Invisible**: Sexual Orientation, Gender Identity, Religion, and Socioeconomic Status

Something to think about: What are your categories of intersectionality? Are they visible or invisible?

Additional Resources

What is intersectionality, and what does it have to do with me?

Kimberlé Crenshaw TED Talk
# Upcoming Events

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<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
<th>Category(s)</th>
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<tr>
<td>4/23</td>
<td>*Mc/Sc - University Forums on Race, Policing, and Justice: The Chauvin Trial (Virtual, 10:00-11:30 AM)</td>
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<td>Critical LOOKing: A Virtual Dialogue (Virtual, 12:15-12:45 PM)</td>
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<td>*Mc/Sc - Keynote Address by Lieutenant Governor Susan Byziewicz (Virtual, 12:30-1:30 PM)</td>
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<td>*Co - Honors Community Development Series: Study Tips for Finals (Virtual, 4:00-5:00 PM)</td>
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<td>*Co/Ac - STEM Scholar Senior Showcase Session #4 (Virtual, 5:00-6:00 PM)</td>
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<td>4/26</td>
<td>Coffee Chat: Gay Crowley, Social Impact Entrepreneur and Youth Mentoring Professional (Virtual, 2:00-3:00 PM)</td>
<td>*Ac/Mc</td>
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<td>*Ac/Mc - Antisemitism Today (Virtual, 6:30-7:30 PM)</td>
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<td>4/28</td>
<td>*Ca/Sc - Empowering Young Women: A Panel Discussion (Virtual, 4:00-5:30 PM)</td>
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<td>*Mc/Sc - University Forums on Race, Policing, and Justice: The Chauvin Trial (Virtual, 4:00-5:30 PM)</td>
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<td>*Mc - ISSS Coffee Hour: Iraq (Virtual, 4:00-5:30 PM)</td>
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<td>*Sc - Eating Ethically: Food Sustainability in Surrounding UConn Communities (Virtual, 5:00-6:00 PM)</td>
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<td>4/29</td>
<td>Stay Whelmed: Readiness Reboot (Virtual, 9:00-9:15 AM)</td>
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<td>*Co - Virtual Study Hall (Virtual, 9:00-10:00 PM)</td>
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<td>4/30</td>
<td>Werth Innovator Application Due</td>
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<td>Stay Whelmed: Readiness Reboot (Virtual, 10:00-10:15 AM)</td>
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<td>*Co - Honors Community Development Series: Watching the Office (Virtual, 4:00-5:00 PM)</td>
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Visit the Honors Program Calendar for more information and to access event registration details and links.
New Course Offering for Fall 2021!

HONORS HUMAN FLOURISHING

UNIV 1995

OPEN TO HONORS STUDENTS
WEDNESDAYS 1:25-2:15PM

COURSE DESCRIPTION:
Honors Human Flourishing focuses on the exploration and application of well-being research. This course is designed to get you acquainted with a range of well-being research topics and engaged in strategies and practices to put the research into action.

COURSE OBJECTIVES:
By the end of the semester, you will be able to:

1. Recognize foundational theories of well-being research.
2. Explain how theories of well-being are studied and measured.
3. Apply strategies supported by well-being research to your own life.
4. Measure and evaluate personal well-being growth.
5. Create a toolbox of strategies to foster personal well-being.

Please email Sierra Trudel with any questions (sierra.trudel@uconn.edu)
Since I am graduating this semester, I am looking forward to my next step after UConn. I will be pursuing a Master's of Public Policy most likely at the University of Southern California. While I am looking forward to moving to a new state and starting this new chapter of my life, it has really made me reflect on my past four years at UConn in the Honors Program. The Honors Program has helped me develop academically and personally, and through organizations like Honors Across State Borders, I have been able to learn about and do things I never imagined that I would when I started undergrad. As cheesy as it sounds, the pillars of the Honors Program have helped me grow as a person, and I have learned to explore, create, and lead through studying abroad, planning service trips, writing my thesis, and teaching other students about privilege and diversity. I am really looking forward to bringing these UConn Honors values and lessons with me into the next step in my academic journey. Go Huskies!
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
WERTH COFFEE CHATS
MONDAY, APRIL 26, 2021
2 PM EDT

Gay Crowley, Social Impact Entrepreneur and Youth Mentoring Professional, will be joining us for a Werth Coffee Chat to discuss her career journey as well as lessons students can deploy in their own endeavors.
Antisemitism Today
Monday, April 26th at 6:30

What is antisemitism? How is it unique from other forms of hate?
How has antisemitism transformed today?
What can we do about it?

In collaboration with the Academic Engagement Network (AEN), UConn Hillel presents "Antisemitism Today," featuring a panel of experts who will discuss these exact questions and more.

The Panel:

Professor Miriam Elman Academic Engagement Network Executive Director
Dr. Susan Herbst, Professor of political science, President Emeritus, UConn
Dr. Avinoam Patt Doris and Simon Konover Chair of Judaic Studies, Director, Center for Judaic Studies and Contemporary Jewish Life
Moderated by Gianna Michaelson UConn Senior and Hillel Intern

Find us on Zoom:
Meeting ID: 922 4118 4988
Password: 183072
Eating Ethically

Food Sustainability in Surrounding UConn Communities

Join us to discuss...
Sustainability efforts, community programs, tips for sustainable college living

April 28 at 5 PM
In Webex

https://uconn-cmr.webex.com/meet/jrt15102
EMPOWERING YOUNG WOMEN

WEDNESDAY, APRIL 28TH AT 4:00-5:30PM

XINYU LIN  TANYA MILLER  THALIA FUENTES

Link to Zoom: s.uconn.edu/BOLDfellows

PANEL MODERATED BY DR. JENNIE WEINER, ASSOCIATE PROFESSOR OF EDUCATIONAL LEADERSHIP

For questions or if you require an accommodation to participate in this event, please email Thalia Fuentes at thalia.fuentes@uconn.edu.
HONORS AND ENRICHMENT INVITE YOU TO JOIN

STAY WHELMED: READINESS REBOOT

Brief daily mindfulness and stress reduction sessions during Reading Days

THURSDAY, APRIL 29 9-9:15AM
FRIDAY, APRIL 30 10-10:15AM
MONDAY, MAY 3 9-9:15AM
TUESDAY, MAY 4 8:30-8:45AM

These brief mindfulness and stress reduction sessions will prime your mind for that last push on your thesis, final exams, and final projects. Time will be available at the end of each session to talk through any challenges.

ALL ARE WELCOME! CLICK HERE TO JOIN.
UCONN JAIN STUDENT ASSOCIATION
virtual study hall
4/29 | 9 PM EST | Join via Webex (link in bio)
RISEING SOPHOMORE & JUNIOR INNOVATORS - APPLY NOW!

BECOME A WERTH INNOVATOR

Are you a rising sophomore or junior and would describe yourself as:

- Curious
- Passionate
- Courageous
- Persistent
- Motivated
- Empathetic
- Explorative
- Flexible
- Creative
- Limitless
- Innovative
- Resilient

If so, apply to join the Werth Innovators Leadership Development (WILD) Program at The Werth Institute, where you will develop leadership skills and dive into the world of entrepreneurship at UConn and beyond. As a Werth Innovator, you will create something that impacts the future driven by your passion to solve a problem.

HIGHLIGHTS:

- Develop your entrepreneurial mindset and skillset
- Join a community of creative people
- Build leadership skills & confidence
- Earn $3k in one-time scholarship funds
- Experience unique activities & travel opportunities
- Network with successful alumni

APPLY AT
ENTREPRENEURSHIP.UCONN.EDU/WILD

APPLICATION DEADLINE
APRIL 30TH, 2021

Questions?

katie.britt@uconn.edu
Leaderhip Programs Coordinator,
The Werth Institute
WE'RE BACK!

Come Ride with Us!

UConn Summer Riding Program

OFFERED FOR ALL LEVELS OF RIDERS

- Hunt Seat
- Western
- Dressage
- Trail Riding
- Polo

Visit www.uconnsummerriding.uconn.edu for details including session dates, registration, fees, and new protocols.