Have a Great Spring Break!
ENJOY THE WEEK OFF, HUSKIES!

Upcoming Events

4/9
• *Mc/Sc - Global Health and Innovation Conference (Virtual, 8:00 AM - 5:00 PM)
• *Mc/Ac - Life-Transformative Education (LTE) Speaker Series: A Discussion with Pam Eddinger (Virtual, 9:00 - 11:00 AM)

4/10
• *Mc/Sc - Global Health and Innovation Conference (Virtual, 9:00 AM - 5:00 PM)

4/11
• *Mc/Sc - Global Health and Innovation Conference (Virtual, 9:00 AM - 3:00 PM)
People who struggle with imposter syndrome believe they are undeserving of their achievements, that they aren't as competent or intelligent as others think.

Imposter syndrome is largely driven by personality traits (self, efficacy, perfectionism, and neuroticism) and competitive environments.

~25-30% of high achievers may suffer from imposter syndrome; around 70% of adults may experience imposter syndrome at least once in their lifetime.

Imposter syndrome is most prevalent among women, specifically women of color, however men are also susceptible.

Imposter syndrome can be closely related to perfectionism.

Overcoming Imposter Syndrome

Imposter syndrome can stifle development & meaning by preventing people from pursuing new opportunities for growth. Confronting & overcoming it can help people continue to grow and thrive.

- Try not to compare yourself to others
- Share your feelings with a loved one
- Reflect on your concrete achievements
- Praise effort, not outcome in yourself and others
- Expect to make mistakes at the beginning of a new experience
- Seek out a mentor who has had similar experiences

What’s the Big I.D.E.A.?

This Week’s Topic: Asian American and Pacific Islander (AAPI) Heritage Month

Discussions in Inclusion, Diversity, Equity, and Accessibility

Although Asian American and Pacific Islander (AAPI) Heritage Month is not officially until May, the UConn community celebrates it in April as the spring semester ends early in May.

Why May?

May was chosen for AAPI Heritage Month for two major reasons. The first reason was to celebrate the immigration of the first Japanese people to the United States on May 7th, 1843. The second reason was to mark the anniversary of the completion of the transcontinental railroad on May 10, 1869 since the majority of the workers were Chinese immigrants.

Information gathered from the second link in the resources section

AAPI Voices

Check out these vignettes from UConn students of AAPI background!

Events

- April 9th
  - JSA movie night
- April 10th
  - VSA fundraiser
- April 14th
  - BSA Pohela Boishakh

Resources

- Asian American Cultural Center
- Asian Pacific Heritage
“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
Join us!

For a focus group to gain student input on how to best build a new working group in UConn's Alcohol and Other Drugs Collaborative: Student Voices on Alcohol & Other Drugs (AOD)!

Each focus group will brainstorm ways to make student concerns about substance use at UConn heard and strategize for recruiting the 2021-2022 regular group.

Sign up at: s.uconn.edu/studentvoices

Students who attend one focus group will receive a $5 Starbucks gift card!

For more information, please email Annika at ara15109work1@uconn.edu

Be well. Feel well. Do well.
Join us for the inaugural Get Seeded Demo Day, where the top 5 student business ideas from the Get Seeded Program will pitch for additional funding. Winners will be decided by an independent panel of judges as well as the audience vote.

Get Seeded Demo Day Prizes:
1st Place: $5,000
2nd Place: $2,500
3rd Place: $1,000

Register to Attend

In Partnership with the UConn Foundation.

The Get Seeded program provides UConn students with the opportunity to pitch their ideas to an audience of their peers. Teams that are selected to pitch have an opportunity to earn up to $1,000 in seed funding for their idea, mentorship, as well as support from other students who may be interested in joining their team. At the end of the academic year, students that have pitched at one of the five Get Seeded Pitch Nights are eligible to apply to pitch at Get Seeded Demo Day.
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 @ 5PM: SUCIKA
WED 4/21 @ 12PM: REI
THURS 4/29 @ 2PM: TAYLOR
FRI 5/07 @ 12PM: ASHITI
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
RISING 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
Leadership Programs Coordinator,
The Werth Institute

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