THE HONORS WEEKLY
UPDATES, NEWS, & PROGRAMS

Upcoming Events

5/13  Political Science Peer Advisors Application Due

5/14  NRCA Difference Maker Mentor Application Due

5/16  *Sc - Walk to Cure Arthritis

CLICK HERE TO VIEW THE HONORS EVENT CALENDAR

IMPORTANT UPDATES

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

RESEARCH STUDY ON CREATIVITY IN HONORS STUDENTS
CLICK HERE FOR MORE INFO

SUMMER HONORS CONVERSION OPPORTUNITY: EPSY 1830
CLICK HERE FOR MORE INFO

MAY 7, 2021

CONGRATULATIONS ON A GREAT SEMESTER!

HAVE A GREAT SUMMER!
Mental Health Matters

TOPIC: Burnout

WHAT IS BURNOUT?
A severe stress condition that leads to severe physical, mental, and emotional exhaustion.
Burnout can make it challenging for a person to cope with stress and handle day-to-day responsibilities.

WHAT ARE SIGNS OF BURNOUT?
Exhaustion, isolation, escape fantasies, irritability, frequent illnesses.

THE 12 PHASES OF BURNOUT
- Excessive drive/ambition
- Pushing yourself to work harder
- Neglecting your needs
- Displacement of conflict
- No time for non-work related needs
- Denial
- Withdrawal
- Behavioral Changes
- Depersonalization
- Inner emptiness / anxiety
- Depression
- Mental or physical collapse

HOW CAN YOU PREVENT BURNOUT?
- Exercise - it can give you an emotional boost!
- Eat a balanced diet - add food rich in omega-3 fatty acids!
- Practice good sleep habits - our bodies need time to rest & reset
- Ask for help - it's important to reach out for help when you need it.

Resources: SHAW Mental Health
More info on Burnout
Need help? Call 911. For less immediate concerns:
Pride Month is not until June, but we feel it is important to honor this month, so this week's page will be dedicated to it. Although Pride Month is a time of celebration, it is also a time to spread awareness of the injustice happening to the LGBTQ+ community all across the world.

Why June?

Pride Month is celebrated in June to commemorate the Stonewall riots that began June 28, 1969 to protest the police raid of Stonewall Inn, a gay bar, in New York City. Pride Month is now celebrated all across America and the world during June.

Events

NYC Virtual Pride
Ridgefield Pride in the Park
You can find local events near you too!

Resources

UConn Rainbow Center
UConn Queer Collective
The Trevor Project

Year Recap

Since "What's the Big I.D.E.A.?" began about 2 months ago, these have been the topics:

AAPI Ally
Women’s History Month
AAPI Heritage Month
Intersectionality
Jewish Heritage Month
UK-Ireland Scholarships Information Session

View Recording on YouTube

Are you interested in learning more about postgraduate study opportunities in the U.K. or Ireland? If so, join the University's Office of National Scholarships and Fellowships (ONSF) for our information session about six highly competitive scholarships:

- Gates Cambridge Scholarship
- Rhodes Scholarship
- Marshall Scholarship
- George J. Mitchell Scholarship
- Churchill Scholarship
- Fulbright UK

All of these scholarship opportunities are open to rising seniors and recent graduates and fund one, two, or three years of study. All but the Churchill (which is geared toward STEM candidates) are open to students in any academic discipline. The session provides information about eligibility requirements, focus of the scholarships, the campus nomination process/timeline, and what makes a competitive candidate. Pre-applications for some of these awards are due to ONSF by May 31, so now is the time to begin planning.

This information session, featuring staff from ONSF, originally aired on April 22, but you can access it on ONSF’s YouTube channel.

Click here to view a recording of this webinar.
Mindful Sexuality – A Self-Awareness Workshop for Women of All Ages

Outdoor workshop hosted in Hebron, CT

Tuesday, May 18th, 6:30-8:30PM (Rain date: Thursday, May 20, 6:30-8:30PM)

Your sexuality contributes to your overall physical and mental wellbeing. Mindfulness involves being in the present moment, without judgment, with a mindset of awareness, acceptance, curiosity and kindness. Sexual mindfulness extends this definition to your relationship with your body. Learning how to remain mindful in this context can help build self-confidence and boost overall health.

For more information and to RSVP, click here!
INTRODUCING THE 2021 HOLSTER SCHOLARS

Ananya Aggarwal | Synthesizing a Cisplatin Loaded Mesoporous Silica Nanoparticle for the Intraperitoneal Treatment of Ovarian Cancer | Prof. Xiuling Lu, Pharmaceutical Sciences

Jackson Ayers | Identification of Secretion Factors that Restructure Neural Tissue in a Model of Low Grade Glioma | Prof. Joseph LoTurco, Physiology & Neurobiology

Charlotte Chen | A Novel Silk-based Antibacterial Coating for Urinary Catheters | Prof. Kelly Burke, Chemical & Biomolecular Engineering

Christian Chlebowski | The Rostrum and the Resident: Comparing the Agendas of the United States Senate and Populace | Prof. Thomas Hayes, Political Science

Olivia Ferrigno | 3D Light Sheet Microscopy of Cartilage Growth Plate Regeneration | Prof. Liisa Kuhn, Biomedical Engineering

Aveline Mills | Creating an Adaptable Heat Sink for Small Motor Applications | Prof. Julian Norato, Mechanical Engineering

Sanjana Nistala | The Effect of Degree of Acetylation on Sustained Release of Curcumin from Injectable Glycol Chitosan | Prof. Lakshmi Nair, Orthopedic Surgery

Hari Patchigolla | Determining the Primary DNA Substrates of SHLD2's OB-fold Domains | Prof. Dmitry Korzhnev, Molecular Biology & Biophysics

Sameeksha Sharma | Friend or Foe? Transpositional Activity of SSTI and its Implications on Stem Cell Reprogramming | Prof. Rachel O'Neill, Molecular & Cell Biology

Rylee Thomas | The Film Adaptation as an Essay on Feminism in the Victorian Novel | Prof. Eleni Coundouriotis, English

Lyla White | Can 3D Printers Create Viable Personalized Therapy in the Treatment of Diabetes? | Prof. Bodhi Chaudhuri, Pharmaceutical Sciences

Ethan Wicko | Assessing the Feasibility of a Belt Based Continuously Varied Transmission for Bicycles | Prof. David Pierce, Mechanical Engineering

Learn more at https://s.uconn.edu/holster
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)
NUSC 1165 - Fundamentals of Nutrition

Learn the basis of nutrition with emphasis on the nature and function of carbohydrates, fats, proteins, minerals and vitamins, and their application to humans

3 credits
10-week (May 10-July 26)
Instructor: Dr. Christopher Blesso, Associate Professor christopher.blesso@uconn.edu
No prerequisites

For registration info, summersession.uconn.edu
Students will explore food habits and behaviors from other cultures and also learn how world history, economics, and geography have shaped food habits of different populations around the world. Information about health beliefs, nutritional status, and intercultural communication will be covered in the course. For UConn undergraduate students, this course meets the Content Area 4 Diversity and Multiculturalism International requirement under the university’s general education requirements.

3 credits
6-week during Alternative Session I (June 1-July 9)
Instructor: Dr. Molika Chea (molika.chea@uconn.edu)
No prerequisites

For registration info, summersession.uconn.edu
An introductory level course for students interested in the application of science to food. Nutritional and functional attributes of various food constituents are discussed. Issues concerning food processing and food safety are covered.

3 credits
5 weeks during Summer Session 1, from June 1st until July 2nd
Instructor: Dr. Yangchao Luo (yangchao.luo@uconn.edu)

No prerequisites

For registration info, summersession.uconn.edu
Apply to be on the E-board for the Political Science Peer Advisors!

The Political Science Peer Advising Program is currently accepting applications for the E-board and Peer Advisors for 2021-22.

Peer advisors are current undergraduate political science students from a diverse range of disciplines (International Relations, American Politics, Race, Gender, and Ethnic Politics, etc.) We desire candidates who have had experience in related research, internship, and/or scholarship. We especially encourage students who identify as underrepresented students such as first generation, non-Native English speakers, LGBTQ+ and minority students to apply for the E-board and advising chairs.

APPLY HERE!
Application Deadline: May 13, 2021

Peer advisors will provide one-on-one mentoring and advising to peers, using their own experience in political science studies to build meaningful connections amongst each other. Primarily, the advisors will be responsible for providing insight about the structure and themes of the courses and extracurricular activities they have taken thus far in their disciplines. They will also serve as liaisons between the faculty advisors and political science students to assist in identifying and utilizing appropriate resources present at UConn.

Additional details on the position and other questions can be directed to our team: pspeeradvising@uconn.edu

We look forward to embarking on this initiative with you in 2021-2022!
Want to mentor teens working on community conservation projects & gain environmental education experience?

Become a NRCA Difference Maker Mentor!

- Paid 8-month position (June 2021 – March 2022)
- Gain leadership & mentorship experience
- Help teens make a difference in their community!

Learn More & Apply (short online app due May 14): s.uconn.edu/nrca-diff-maker-mentor-2021
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.
“After moving into Buckley, being surrounded by hard working, driven students like myself pushed me to investigate further to see just how involved I could become. I quickly learned there is so much room to grow personally and academically through Honors. I began fleshing out my previously-lacking first year experience by joining every group and applying for every posting that enticed me, and broadening my reach has allowed me to reflect on subjects outside my majors' coursework, connect with a plethora of individuals leading full lives, and build my confidence and competence. As my first year comes to a close, I look forward to continuing to run after every opportunity I come across to better my academic journey and the Honors Community as a whole. This summer I will be fortunate enough to try my hand in independent research, and I hope this prompts an enmeshed relationship with research over my remaining years in school. I am excited to share all I've learned with similarly-clueless newcomers as a PATH mentor in the fall, and to continue doing my part to enrich the Honors Community through events and encouragement to go after all you can!”
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!

# HUMANSOFHONORS