Welcome Back Huskies!!!

IMPORTANT UPDATES

HONORS LIVE! - SUN 8/29, 9-10AM
MORE DETAILS ON PAGE 3

HONORS RECEPTION: SUN 8/29
3-4PM, STUDENT UNION TERRACE
(OUTSIDE PATIO NEAR THE UNION STREET MARKET FOOD COURT)

NEED AN HONORS CONVERSION? VISIT THIS SITE FOR INSTRUCTIONS

FALL INVOLVEMENT FAIR
IN PERSON: MON 9/13, 2-7PM
VIRTUAL: FRI 9/17, 12-2PM

Hello from Gus! If you ever see him and his human Anabelle McDonald, Buckley/Shippee's new Hall Director, feel free to say hi!

*Photos above/to the right taken pre-COVID*
Mental Health Matters

TOPIC: Staying "Whelmed"

The Honors Program Hopes You Are:

...Not Overwhelmed

What does being overwhelmed look like?
- Feeling stressed; being unable to focus on tasks
- Feeling guilty or angry for taking on additional tasks
- Being unable to fully commit to one activity

Helpful Strategies to Consider:
Prioritize your schedule and tackle one task at a time.
Utilize the Academic Achievement Center or talk to an Honors Guide for Peer Success (GPS) about other UConn resources.

...Not Underwhelmed

What does being underwhelmed look like?
- Feelings of boredom
- Feeling as though you are not being challenged enough with your academics, co-curricular activities, or hobbies
- Lack of motivation to get things done

Helpful Strategies to Consider:
Discover new hobbies and spend time with your peers. Find fresh things to enjoy. Talk to your UNIV facilitator or resident assistant (RA).

...But Simply...Whelmed

So what exactly is being "whelmed"?
- Able to carryout your daily tasks without feeling spread thin
- Having time for self-care and relaxing activities
- Able to enjoy each day, even if your work load is heavy
Upcoming Events

Categories:

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

8/29

- *Co - Honors Live! - First Year Students (McHugh 102, 9-10AM)
- *Co - Honors Live! - Second Year Students (McHugh 101, 9-10AM)
- PATH Reception - Event is for students who registered for a PATH mentor over the summer (Meet next to Mirror Lake, 10:15-11:30AM)
- Honors Reception (Student Union Terrace, Outside Patio Near the Union Street Market Food Court, 3-4PM)

8/30

- UConn Fall Riding Practicum - Mandatory Meeting (Young Building Room 100, 7-8:30PM)

8/31

- Food Truck POP UP: Free Donut - (HTB Atrium, 8:30-11:30AM)

9/1

- Business Admissions Information Session - (HTB 209, 12-1PM)

9/2

- Food Truck POP UP: Free Dairy Bar Ice Cream (HTB Atrium, 11:30AM-2PM)

9/3

- Getting Started in Undergraduate Research (Virtual, 12:15 PM - 1:15 PM)
- *Co - Honors at Stamford Meet and Greet: Pop By for an Ice Pop (Whitey Heist Park, 12:30 PM - 2:00 PM)

See future Honors Weekly issues for events at the UConn Avery Point and Waterbury campuses

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 8/27-9/3
**What’s the Big I.D.E.A.?**

**This Week’s Topic:** Multiculturalism

**Discussions in Inclusion, Diversity, Equity, and Accessibility**

*Multiculturalism* supports an inclusive environment for all students. Regardless of your background, you are welcome at UConn. This community is composed of many students that have both distinct and overlapping racial, ethnic, cultural, gender, religious, socioeconomic status/class, and (many!) more identities. At UConn, it is important that all walks of life are heard and represented in order to foster safe and inclusive environments. Not to mention the wonderful experiences gained through interaction with different communities!

**Get Involved**

UConn has many programs and organizations dedicated to the inclusion and celebration of the diverse voices that make up the student body. Check out UConntact and go to the Involvement Fair to find the group for you!

**Resource Links**

- Cultural Centers
- International Student & Scholar Services
- Office for Diversity and Inclusion
- UConn Faith Group Directory
- Division of Student Affairs
What do you find interesting about your courses?

I find it interesting how I have perfectly curated a schedule that spans a multitude of fields. I am a Biological Sciences major, but I am also a Spanish minor who loves to learn about history and how it affects us now. I made sure to enroll in science classes that teach me about bodily processes, as well as Spanish classes that will allow me to enhance my speaking skills. I also have gotten into an internship and research that examines health disparities in a historical context. I am excited to nourish all of my interests this semester, as opposed to having a solely science-oriented schedule.

What are you looking forward to?

I am definitely looking forward to in-person classes this semester. Not only do I think I will be much more engaged in the material I am learning, which will then reflect in my overall performance, I am also extremely excited to meet new people and collaborate in class. Last year was lonely, so I am eager to cultivate some sort of community with my classmates and professors.
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
BECOME A HOLSTER SCHOLAR

The Holster Scholar Program is a selective enrichment opportunity available only to first-year Honors students. The program supports a small number of students who pursue independent research, design, or creative projects during the summer.

The deadline for applying is November 11, 2021.

UPCOMING INFORMATION SESSIONS

Wednesday, Sept. 15 @ noon
Thursday, Sept. 16 @ noon
Friday, Sept. 17 @ noon

Webex

https://uconn-cmr.webex.com/meet/vgm07001

To learn more, visit honors.uconn.edu/holster-scholars
Come Ride with Us!

The Practicum is a professional improvement, non-credit program. Lessons in dressage, hunt seat, western, polo, drill and trail are offered.

Mandatory Fall Riding Practicum Meeting:
August 30, 2021, 7:00-8:30 PM, Young Building Room 100

All individuals interested in riding lessons during the fall semester must attend the mandatory practicum meeting.

PRACTICUM GROUPS FORMING NOW!
Send in your registration forms to secure a slot. Spaces are limited and on a first come, first served basis. Schedule created based on rider interest.

PRACTICUM REGISTRATION DEADLINE:
September 3, 2021

TEAM TRYOUTS/TRAIL TEST
Fee: $45 per tryout/test date.
TEAM TRYOUTS/TRAIL TEST REGISTRATION DEADLINE:
August 31, 2021

Payment Online by Credit Card Only.
Farm Bike Tour of Mansfield

SAT, SEPT. 11, 1-3:30 PM

JOIN US FOR A GROUP RIDE THROUGH MANSFIELD BIKE ROUTES

WITH Stops at the Red Barn Creamery, Shunadai Farm, and Mansfield Farmer’s Market

MEET AT UCONN SEAL

BRING:
• BIKE
• HELMET
• BACKPACK

*DON’T HAVE A BIKE? WE’LL PROVIDE FREE RENTALS FOR THIS EVENT*

RSVP HERE:
HTTPS://FORMS.GLE/LVNV6TAGHRWFRX39A

SUPPORTED BY:

BOLD UCONN RECYCLE SHARE

QUESTIONS? CONTACT PHOEBE.MROZINSKI@UCONN.EDU