Happy Fall!

ON PAGE 2...
Learn about time management and its impact on your mental health

ON PAGE 3...
Check out some upcoming events

ON PAGE 4...
Learn about accessibility!

AND MUCH MORE!
TOPIC: Time Management

Time management is not about having everything done; it's about having enough time for what matters most to you - and it's a skill critical for your mental health & quality of life.

Don't Sacrifice Your Sleep

- Many people think they can manage time effectively by just tagging a few hours onto the end of the night--sometimes forgetting sleep in the process.
- BUT, people need on average 7-8 hours of sleep to let their body & mind restore.
- 73% of Americans don't get enough sleep - 54% naming stress as the main reason why.
- Getting enough sleep can increase productivity and therefore maximize your time.

Effective time management can reduce stress & anxiety, increase productivity, and improve relationships, sleep, & quality of life.

How to take your time back:

Know your personal style.
Ditch the long to-do list and identify your values & priorities.
Each day focus on your "Top 3."
Have a place for everything and everything in its place.
Watch your time carefully - and prioritize where it's going.
Give yourself a break now & then!

You got this! 🕒🧠

https://www.psychologytoday.com/us/blog/understand-other-people/201507/developing-time-management-skills
## Upcoming Events

* = COUNTS AS AN HONORS EVENT

<table>
<thead>
<tr>
<th>COLOR = EVENTS OPEN TO ALL CAMPUSES</th>
<th>COLOR = AVERY POINT CAMPUS</th>
<th>COLOR = HARTFORD CAMPUS</th>
<th>COLOR = STAMFORD CAMPUS</th>
<th>COLOR = STORRS CAMPUS</th>
<th>COLOR = WATERBURY CAMPUS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Categories:</strong></td>
<td><strong>Academic &amp; Interdisciplinary Engagement (Ac)</strong></td>
<td><strong>Career, Professional, &amp; Personal Development (Ca)</strong></td>
<td><strong>Honors Community Development (Co)</strong></td>
<td><strong>Multiculturalism &amp; Global Citizenship (Mc)</strong></td>
<td><strong>Social Change, Service, &amp; Sustainability (Sc)</strong></td>
</tr>
</tbody>
</table>

### 9/24
- OUR Peer Advising (Virtual, 2:00-3:30 PM)

### 9/27
- Werth Innovator Application Deadline (Extended to This Date)
- Getting Started in Undergraduate Research (Virtual, 3:30-4:30 PM)
- *Sc/Ac - What's Going On: Water Crisis in Flint, MI (Virtual, 7:00-8:00 PM)

### 9/28
- *Ca - Pre-Med Co-Curricular Engagement Workshop (Virtual, 2:00-3:00 PM)
- Inside Look: Connecting With Faculty (Virtual, 4:00-5:00 PM)
- *Co - Honors Lounge: UConn Trivia Night (FSB 103, 5:00-6:00 PM)
- Neag School of Education Teacher Certification Information Session (Room 316, 6:00-7:00 PM)
- OUR Peer Advising (Virtual, 7:00-8:30 PM)
- *Mc - ISSS Coffee Hour: Party in the USA with Huskies International (Virtual, 8:00-9:00 PM)

### 9/29
- *Ac/Ca - STEM Seminar Series - Interdisciplinary Engineering Research (Virtual, 12:20-1:10 PM)
- Developing a Research Plan Statement for NSF GRFP (Virtual, 1:00-2:00 PM)
- *Ca - Let's Talk Leadership: Peer Supervision & Feedback (Virtual, 2:00-3:00 PM)

### 9/30
- Information Session: UConn Master of Public Administration, Master of Public Policy, and Fast-Track (4+1) Programs (Virtual, 12:00-12:30 PM)
- *Sc/Ac - Teale Lecture Series: The History and Future of Conservation (Michelle Nijhuis, Virtual, 4:00-5:00 PM)
- Honors GPS Leadership Workshop (MONT 420, 6:00-7:00 PM)

### 10/1
- Congressional Internship Program Application Deadline
- OUR Peer Advising (Virtual, 2:00-3:30 PM)
- *Mc/Sc - Salon at the Benton: An Immigrant’s Vision (North Reading Room of Wilbur Cross Building, 5:00-6:30 PM)

---

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 9/24-10/1
What's the Big I.D.E.A.?

This Week's Topic: Accessibility

What does it mean to be accessible?
When a person with a disability, invisible or otherwise, is afforded the opportunity to gain the same access and information as someone who is fully abled.

What do examples of accessibility look like?
- Closed captions on recorded events
- Sign Language interpreters for live and virtual events
- Functional wheelchair accessible ramps and doorways
- Being conscious of the readability of presentation slides & visual aids
- Accommodating service animals

Resources and More Information
UConn Center for Students with Disabilities
Americans With Disabilities Act Website
Office of Institutional Equity - Accommodations
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!

# HumansOfHonors
HONORS LOUNGE:
UCONN TRIVIA

TUESDAY,
SEPTEMBER 28,
5-6PM
FAMILY STUDIES
BUILDING ROOM 103

JOIN US FOR
UCONN THEMED
TRIVIA, PRIZES,
AND MORE!

RSVP BY SCANNING!
Virtual and in-person!

Honors GPS are hosting Leadership Workshops

Sign up through Nexus
1. Click on Events Tab
2. Select GPS to narrow search
3. Register for a workshop
When and Where?
Dates, times and locations for Leadership Workshops Fall 2021

Wed. September 8th 6-7pm MONT 420
Mon. September 13th 7-8pm Virtual
Tue. September 21st 7-8pm MONT 420
Thu. September 30th 6-7pm MONT 420
Wed. October 6th 5-6pm Virtual
Tue. October 12th 6-7pm Virtual
Mon. October 18th 6-7pm MONT 420**
Wed. October 27th 7-8pm MONT 420
Tue. November 9th 5-6pm MONT 420
Thu. November 18th 5-6pm Virtual

**this is the last Leadership Workshop offered for students anticipating graduating with University Honors Laureate in Spring 2022
PEER ADVISING

HAVE QUESTIONS ABOUT HOW TO GET STARTED IN RESEARCH?

Talk with a Peer Research Ambassador!

------------------

Virtual Drop-In Advising

TUESDAYS - 7-8:30 PM
FRIDAYS - 2-3:30 PM
AUGUST 31 - NOVEMBER 19

------------------

OR Make a One-on-One Appointment
INSIDE LOOK
CONVERSATIONS WITH UNDERGRAD RESEARCHERS

MY RESEARCH JOURNEY
WED 9/22 • 6-7PM

CONNECTING WITH FACULTY
TUE 9/28 • 4-5PM

ugradresearch.uconn.edu/workshops
CONGRESSIONAL INTERNSHIP PROGRAM
Washington, DC - Spring 2022

APPLICATIONS DUE OCT. 1

PROGRAM OVERVIEW:

- Full-time internship with member of Connecticut’s Congressional delegation in Spring 2022
- Gain first-hand knowledge about our federal government and a distinctive professional experience, while meeting UConn Alumni & D.C. "insiders"
- 15 UConn Credits
  (12 ungraded, 3 Honors Graded)
- Open to ALL upper division UConn students with a 3.0 GPA or higher
- Apply by October 1, 2021

View the recording from the Spring 2022 Information Session here.

TO LEARN MORE & APPLY:
HONORS.UCONN.EDU/HCIP/
ISSS COFFEE HOUR

PARTY IN THE USA WITH HUSKIES INTERNATIONAL

Tuesday, September 28th, 2021
8:00 - 9:00 PM on Webex

https://uconnvtc.webex.com/uconnvtc/j.php?MTID=m5eafbc573953003f76225a9c847e86

Fun
Prizes
Trivia

Explore the World at UConn through Coffee, Culture, Conversation
Sponsored by International Student and Scholar Services
An Online Panel Discussion

Derek Aguiar
Assistant Professor
Computer Science and Engineering
An Interdisciplinary Tour of Machine Learning in Biology, Law, and More

Necmi Biyikli
Assistant Professor
Electrical and Computer Engineering
Atomic Layer Engineering: Building Devices One Atomic Layer at a Time

Ramesh Malla
Professor
Civil and Environmental Engineering
Building Human Habitats on the Moon and Its Extreme Environments

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.
All Lectures will be presented at 4:00 p.m.

FALL 2021

30 September
MICHIEL NISHUIJ
Journalist and Author of Beloved Beasts: Fighting for Life in an Age of Extinction
The History & Future of Conservation

21 October
JANE OSULLIVAN
Honorary Senior Research Fellow, School of Agriculture & Food Sciences, The University of Queensland, Australia; Co-convener of The Overpopulation Project
Ending Population Growth: A Race Against Ecological limits

2 December
PATRICK DEVINE-WRIGHT
Professor of Human Geography, University of Exeter, United Kingdom
Public Participation & Policy-making in An Environment & Climate Emergency

SPRING 2022

24 March
DORCETA E. TAYLOR
Senior Associate Dean for Diversity, Equity, & Inclusion Yale School of the Environment
Understanding Institutional Diversity & Lack of Transparency in Environmental Organizations

12 April
SMALL ISLAND BIG SONG
Collaboration with Jorgensen Auditorium, & Rod Rock, Director - intersection of culture, music & environmental issues

21 April
SARAH COOLEY
Director of Climate Science, Ocean Conservancy Washington, DC
The Promise & the Peril of Ocean Carbon Dioxide Removal
SUBMIT YOUR RESEARCH OR CREATIVE PROJECT BY OCTOBER 4th
ugradresearch.uconn.edu/fallfrontiers2021

FALL FRONTIERS
UNDERGRADUATE RESEARCH POSTER EXHIBITION

IN-PERSON EXHIBITION: OCTOBER 20, 2021, 5-7PM
ONLINE EXHIBITION OPENS OCTOBER 20, 2021
1. ABOLISH THE 1033 PROGRAM
2. REMOVE REFUGEE CAPS
3. DECLARE RACISM A PUBLIC HEALTH CRISIS

#RallyForAPeacefulPlanet

WEAR SOMETHING BLACK
12PM- OCT 6. - STUDENT UNION LAWN
Why you should join UConn STEMTalk

Contribute to the scientific field

Collaborate with your UConn community

Get pre-med and coursework mentoring

STEMTalk
The Conversation Starts Here

Choose your own passion!

- Become a writer
- Help edit articles
- Join the graphic designing team
- Take photographs

Visit our website!

REACH US AT UCONNSTEMTALK@GMAIL.COM
Greetings future UConn Alum,

Congratulations on your upcoming Graduation from the University of Connecticut! Graduating with your Bachelor's degree is a major accomplishment, especially during a pandemic! We recognize that the world you are entering is full of challenges, especially now as you look toward the future and your next steps. With all of the uncertainty in the world right now, one thing is for sure, it's never too early to start thinking about an advanced degree.

By combining two in-demand skill sets with a business focus, the MS in Business Analytics and Project Management degree prepares students to launch their careers in the digital age, and enter the job market with valuable experience and expertise. We offer the flexibility of full-time or part-time study options with world-class faculty and many experiential learning opportunities to enhance your resume while in the program.

If you would like to learn more about what the program can offer and how our dedicated career coaches can help you take the next step in your career, please join us at an upcoming information session or email us to get in touch with one of our program advisors. Otherwise, we welcome you to submit an application before one of our upcoming deadlines: Spring 2022 - December 16th | Fall 2022 - June 28th
It's never too early to start thinking about your future at UConn and beyond, including pursuing an advanced degree

The Masters in Business Analytics and Project Management (MSBAPM) program combines two in-demand skill sets with a business focus and prepares students to launch their careers in the digital age and enter the job market with valuable experience and expertise. With the **4+1 Analytics Track program** available to students like you, you can get a jump start on your Graduate studies while completing your undergraduate degree.

**What is the 4+1 Analytics Track Program?**
The 4+1 Analytics Track program provides students the opportunity to take a minimum of two Graduate Level OPIM courses included with their tuition as an undergraduate student. With acceptance in the 4+1 Analytics track and successful completion of these two required courses with a 3.0+ GPA, students will be **guaranteed admission** to the MS in Business Analytics and Project Management graduate program with a reduced plan of study after graduation, providing both time and financial benefits.

Click on the video above to learn more about the benefits of the 4+1 Analytics Track and how it can help you kick-start your journey with Business Analytics and Project Management now!
INNOVATE AT UNIVERSITY TODAY, DISRUPT THE WORLD TOMORROW

WHAT IS RED BULL BASEMENT?
Red Bull Basement empowers student innovators in all areas of study to kickstart their ideas using technology to drive positive change. Participants open their opportunities with an inside track to networking, collaboration and expert mentor workshops, supporting their aim to innovate at university today and disrupt the world tomorrow.

WHAT TYPES OF IDEAS?
All ideas with the potential to drive positive change are welcome. Technology can be the whole focus, or simply part of the solution. Ideas can touch on a variety of themes, including:

- BODY & MIND
- CAREER
- CLEAN WATER
- CLIMATE ACTION
- EDUCATION
- EMPOWERMENT
- ENERGY
- SMART CITIES

APPLY BY OCT 24TH

#redbullbasement
redbullbasement.com
HOW IT WORKS

TIMELINE:

SEP 1ST – OCT 24TH
APPLICATION & COMMUNITY SHOUT-OUTS
Brainstorm your idea and describe it in a max. 60-second video. Then upload the video on the website. A team can consist of one or two people. Make sure that everyone is at least 18, an enrolled student and able to speak English. The public can then give your idea a shout-out, so make sure to show that the world needs this idea, and get support from your friends, family and others around you.

OCT 26TH – NOV 1ST
SELECTION
A panel of local judges will select the finalists based on the criteria of feasibility, impact, creativity and community shout-outs.

NOV 2ND – DEC 9TH
DEVELOPMENT
This phase is all about bringing your idea to life! Each Finalist team, one from each participating country, will get access to a workspace, brainstorm sessions with international mentors in relevant fields, and a global network of innovators.

DEC 13TH – DEC 15TH
GLOBAL FINAL
This is it: three immersive days in Istanbul, Turkey with workshops, mentorship sessions and much more, culminating in the big Final Pitch. One idea will be declared Global Winner 2021, but everyone goes home with sharpened skills, fresh insights and an expanded network. Where will their ideas take them next?

MEET LAST YEAR’S WINNERS
LAVA AQUA X FROM THE UK

The UK team with the top idea of 2020 created a revolutionary clothes-washing machine that recycles shower water: Lava Aqua X. The product uses a third of the water a regular washing machine uses and is faster. As reference, if every student in London were to use the Aqua X, we could save enough water to fill 700 Olympic-sized swimming pools a year!