IMPORTANT UPDATES

DUE 11/10: HONORS PRELIMINARY PLAN FOR CURRENT JUNIORS
CLICK HERE FOR MORE INFO

HONORS GPS LEADERSHIP WORKSHOPS
CLICK HERE FOR MORE INFO

CRITICAL LANGUAGE SCHOLARSHIPS & BOREN AWARDS
CLICK HERE TO LEARN MORE

2022-2023 FINANCIAL AID APPLICATION NOW AVAILABLE
CLICK HERE TO LEARN MORE

ON PAGE 2...
Check out tips on managing midterm stress

ON PAGE 3...
Learn about LGBT+ History Month

ON PAGE 4...
Check out some upcoming events!
TOPIC: Managing Midterm Stress

As hard as it is to believe, we are officially halfway through the semester - and that means it's time for midterm exams!

While midterms can induce stress, anxiety, and even panic - it doesn't have to be that way. By prioritizing your mental health and taking steps to prepare, you can cope with the challenges that arise during midterm season.

STRATEGIES FOR MIDTERM SUCCESS:

1. Make a monthly assignment calendar
Write out all of your assignments, exams, and due dates, and place your calendar somewhere where you will see it to prevent surprises. Mentally prepare yourself.

2. Talk to your professors
Go to office hours, check-in, and/or communicate via email about any questions or concerns you have. Your professors are there to help you and they can't help you if they don't know you're struggling!

3. Take care of yourself
Give your body and mind the tools it needs to succeed: eat fresh fruits, vegetables, and protein; try to get at least 7 hours of sleep each night; avoid alcohol and drugs; exercise regularly; and try to relax and take breaks!

4. Use your resources
UConn provides a wide array of resources for students. Click on a link below for more info:
- Academic Achievement Center
- Q Center
- W Center
- SHAW Mental Health

Hang in there, Huskies. You got this!

Each day of LGBT+ History Month celebrates the achievements of an LGBT historical icon.

Today, October 15, we celebrate Janis Ian, a singer-songwriter who came out as a lesbian in 1993 with her Grammy nominated album Breaking Silence.

Individuals already recognized this month:

14. Jerry Herman
13. Bob Hattoy
12. LZ Granderson
11. R.C. Gorman
10. Althea Garrison
9. Carlos Elizondo
8. Alice Dunbar-Nelson
7. Ashley Diamond
6. Mart Crowley
5. David Cicilline
4. Frederic Chopin
3. Frank Bruni
2. W.H. Auden
1. Susan B. Anthony

For a list of the rest of the month, visit LGBThistorymonth.com
For more information on Janis Ian, visit https://www.janisian.com/
Upcoming Events

* = COUNTS AS AN HONORS EVENT

COLOR = EVENTS OPEN TO ALL CAMPUSES
COLOR = AVERY POINT CAMPUS
COLOR = HARTFORD CAMPUS
COLOR = STAMFORD CAMPUS
COLOR = STORRS CAMPUS
COLOR = WATERBURY CAMPUS

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

10/15
- UConn Middle School Science Bowl Student Leadership Team Volunteer Application Deadline
- *Mc - Rainbow Center Symposium (Student Union 403, 8:30 AM - 5:15 PM)
- OUR Peer Advising (Virtual, 2:00-3:30 PM)
- *Ca/Ac - Research Connections (Peter J. Werth Residence Tower, 2:00-4:00 PM)
- Orientation Leader Information Session (MCHU 206, 3:00-4:00 PM)
- Orientation Leader Information Session (MCHU 206, 5:00-6:00 PM)

10/18
- *Ca/Ac - UConn Stamford Interdisciplinary Research Panel: Discover What Our UConn Stamford Faculty Are Researching (Stamford Campus, DWTN 109 Gen Re Auditorium, 12:20-1:30 PM, also live-streamed)
- Getting Started in Undergraduate Research (Virtual, 4:00-5:00 PM)
- *Ca - Internship or Co-op Search (Virtual, 5:00-6:00 PM)
- Orientation Leader Information Session (MCHU 206, 5:00-6:00 PM)
- Honors GPS Leadership Workshop (MONT 420, 6:00-7:00 PM)
- Neag School of Education Teacher Certification Program for College Graduates (TCPCG) Information Session (Avery Point Campus, CPB 302, 6:30-7:30 PM)
- Orientation Leader Information Session (MCHU 206, 7:00-8:00 PM)

10/19
- *Ca - Internship or Co-op Search (Virtual, 2:00-3:00 PM)
- *Ac/Mc - Island-wide Literary Expeditions in Haiti and the Dominican Republic (Dodd Center, Konover Auditorium, 4:00-5:30 PM)
- OUR Peer Advising (Virtual, 7:00-8:30 PM)

10/20
- *Ca - Job Negotiations, Salary, and More (Virtual, 4:30-5:30 PM)
- *Ac - Fall Frontiers 2021 (Wilbur Cross, North Reading Room, 5:00-7:00 PM)
- *Ca - Let’s Talk Leadership: Stepping Outside of Your Comfort Zone to Lead (Virtual, 5:00-6:00 PM)
- *Co - The Honors Experience for New Admits (Virtual, 6:00-7:00 PM)
- *Ac - UConn Stamford Honors Interdisciplinary Seminar Series: Mark Rolf (Stamford Campus, 6:20-8:50 PM)

10/21
- UConn IDEA Grant Information Session (Virtual, 2:00-3:00 PM)
- *Sc/Ac - Teale Lecture Series - Ending Population Growth: A Race Against Ecological Limits (Jane O'Sullivan, Virtual, 4:00-5:00 PM)
- *Mc - ISSS Coffee Hour: PERU (Virtual, 6:00-7:00 PM)

10/22
- OUR Peer Advising (Virtual, 2:00-3:30 PM)
- UConn IDEA Grant Information Session (Virtual, 3:30-4:30 PM)
- *Ac - Fall Frontiers 2021 Live Online Presentation Session (Virtual, 4:30-5:30 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 10/15-10/22
Earn Points, Get Prizes!

MONTH OF DISCOVERY

DISCOVERY QUEST

OCTOBER 1-31, 2021

SCAN THE QR CODE BELOW TO START YOUR QUEST!

UCONN
“UConn is an amazing public school where I knew I would get a quality education. Being accepted into the Honors Program made me more comfortable with the idea of going here because I knew that I would be surrounded by ambitious and determined people, like me. I went to a tiny high school, so I was intimidated at first to come here. But, the Honors community provides a smaller community within the larger one. I am appreciative of that since the transition of coming to college has been going smoothly. Also, as a nursing student, I wanted to do things surrounding my major, and UConn allowed me to do that starting this year. So far, the nursing students I have met are amazing and I am glad to be in classes with them starting now.”

Karyme Baranda
Nursing
2025
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
RESEARCH CONNECTIONS

Friday, October 15
2:00-4:00pm
Peter J. Werth Residence Tower

AVENUES TO RESEARCH

#DiscoverR1
S.UCONN.EDU/DISCOVERY
Apply to be a 2022 ORIENTATION LEADER
Help New Huskies Find Their Pack!

Working as an Orientation leader allowed me to develop greater leadership skills by practicing confident public speaking, problem solving, effectively working with a team, adapting to changing plans & being able to choose my attitude to bring the same energy for every session.

Orientation Leader (OL) Information Sessions:

10/11 3:00 pm MCHU 206
10/11 7:00 pm MCHU 206
10/12 5:00 pm MCHU 110
10/12 8:00 pm MCHU 302
10/13 3:00 pm MCHU 206
10/13 6:30 pm MCHU 206
10/14 5:00 pm MCHU 302
10/14 8:00 pm MCHU 206
10/15 3:00 pm MCHU 206
10/15 5:00 pm MCHU 206
10/18 5:00 pm MCHU 206
10/18 7:00 pm MCHU 206
UNDERGRADUATE RESEARCH POSTER EXHIBITION

UCONN
ENRICHMENT PROGRAMS
OFFICE OF
UNDERGRADUATE RESEARCH

9th Annual
FALL FRONTIERS

WEDNESDAY, OCTOBER 20, 2021
5:00 to 7:00 p.m.
Wilbur Cross North Reading Room
UNDERGRADUATE RESEARCH ONLINE EXHIBITION

UCONN
ENRICHMENT PROGRAMS
OFFICE OF
UNDERGRADUATE RESEARCH

FALL FRONTIERS

VIEW THE ONLINE EXHIBITION ON WEDNESDAY, OCTOBER 20, 2021
ugradresearch.uconn.edu/fallfrontiers2021

LIVE PRESENTATIONS ON WEBEX
FRIDAY, OCTOBER 22, 2021 - 4:30-5:30PM
The Honors Experience for New Admits

**Focus on new Honors Sophomores and Juniors

VIRTUAL
(Find WebEx Link in Honors Event Calendar)
Wed. October 20th
6PM – 7PM
#UHLevent1110

IN PERSON
MCHU 101
Tues. October 26th
6PM – 7PM
#UHLevent1111

Come join The Honors GPS to learn about the Honors Program and connect with other students like you!
VIRTUAL ISSS COFFEE HOUR
PERU
Thursday, October 21, 2021
6pm–7pm
https://isss.uconn.edu/coffee-hour/ to join and for more information

Contact nadine.boudissa@uconn.edu for more information

Explore the World through Coffee, Culture, Conversation
Sponsored by International Student and Scholar Services
All lectures are free and open to the public. Due to COVID-19, all lectures for the Fall 2021 semester will be presented VIRTUALLY. “Watch Live” links will be posted when available, usually within 48 hours of the event. New recordings may take up to a week to post.

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

**FALL 2021**

**30 September**

**MICHELLE NIJHUIS**
Journalist and Author of Beloved Beasts: Fighting for Life in an Age of Extinction
**The History & Future of Conservation**

**21 October**

**JANE O’SULLIVAN**
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 Jorgenson Auditorium, & Rod Rock, Director - intersection of culture, music & environmental issues
**https://www.smallislandbigsong.com**

**21 April**

**SARAH COOLEY**
Director of Climate Science, Ocean Conservancy Washington, DC
**The Promise & the Peril of Ocean Carbon Dioxide Removal**
HONORS LOUNGE:

HALLOWEEN BASH!

Join us for free candy, Halloween music, spooky arts and crafts, and trivia on your favorite Halloween movies!

October 26, 2020 | 5 PM - 6 PM | STORRS CAMPUS: MCHU 110

This is an Honors Event. Categories: Honors Community Development #UHLevent1098

CLICK HERE TO RSVP!
VOLUNTEERS NEEDED

Wildest Dreams

a virtual career fair for inner-city 12th graders

Are you from an **inner-city** or **low-income** background?

sign up to share resources, experiences, and your career journey with underserved students!

REGISTER

November 6
10 am - 12:30 pm

see next page for more information

Organizer: Danielle Livingston (UConn Honors Program)
Volunteers Needed
professionals & students who have/are pursuing careers in these fields:

Law • Criminal Justice
General Medicine • Psychology • Dentistry
Veterinary Medicine • Sports Medicine
Teaching • Mathematics • Journalism
Audio Engineering/Music • Engineering
Architecture • Graphic Design/Digital Media
Computer Science/IT
Mechanics • Aircraft Piloting • Cosmetology
Management • Finance • Accounting
Entrepreneurship • Sports Management
Armmed Forces

*tech support volunteers also welcome!
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
NO TRICKS, JUST TREATS.
FILE YOUR 2022-2023 FINANCIAL AID APPLICATION

FAFSA: studentaid.gov
Federal School Code 001417

INSTUTIONAL AID APPLICATION:
financialaid.uconn.edu/undocumented_students/

CONTACT:
financialaid@uconn.edu
860.486.2819

APPLICATION AVAILABLE OCT. 1
REQUIRES 2020 TAX INFORMATION

USE THE IRS DATA RETRIEVAL TOOL (FAFSA ONLY)

FILE BY FEBRUARY 15, 2022 FOR MAXIMUM AID CONSIDERATION

UConn