APPLY FOR A HIPS COORDINATOR POSITION!

The Honors Program developed the Honors Initiative for Prospective Students (HIPS) student organization to assist with the recruitment of prospective Honors students. If you are interested in working closely with Honors Program staff and improving your leadership skills, please consider applying for one of the student coordinator positions. As a student coordinator, you will play an integral role in the organization and development of the Honors Program’s recruitment activities. You will gain valuable leadership skills through working with Honors volunteers, coordinating recruitment events, and communicating with prospective students and their families.

APPLICATIONS DUE NOVEMBER 4, 2021 AT 11:59 PM

CLICK HERE TO APPLY | EMAIL UCONNhips@GMAIL.COM WITH QUESTIONS

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
What is Mindfulness?

Mindfulness exercises are ways of paying attention to the present moment using techniques like meditation, breathing, and yoga. Training helps people to become more aware of their thoughts, feelings, and body sensations so that instead of being overwhelmed by them, they're better able to manage them.

Mindfulness can help you:
- Understand your emotions better
- Cope better with difficult thoughts
- Boost your attention & concentration
- Improve your relationships
- Improve anxiety and depression
- Feel calmer and less stressed

What are the Benefits of Mindfulness?

How can I practice Mindfulness?

FORMAL COURSES:
- Mindfulness-Based Cognitive Therapy (MBCT): designed to help people with recurring depression; combines mindfulness with cognitive behavioral therapy (CBT) to help break negative thought patterns
- Mindfulness-Based Stress Reduction (MBSR): mindfulness meditation and yoga; can help participants deal with stress, depression, anxiety, and pain

SELF-GUIDED RESOURCES:
- "How to look after your mental health using mindfulness" - click here
- UConn SHAW Mindfulness - click here

STAY MINDFUL
Pick a regular time to be mindful; incorporate mindfulness into your daily routine

"Our life is shaped by our mind, for we become what we think." - Buddha
What's the Big I.D.E.A.?

This Week’s Topic: National Intersex Awareness Day

Discussions in Inclusion, Diversity, Equity, and Accessibility

"People who are **intersex** were born with a genetic, genital, reproductive, or hormonal configuration that isn't easily categorized as 'male' or 'female' (see the website below for more information)."

**OCT. 26**

Intersex Awareness Day celebrates the protests at the 1996 American Academy of Pediatrics Convention against invasive gender-based surgeries on infants.

Resources for more information and ways to engage

**Intersex Awareness Day - Planned Parenthood**

https://intersexday.org/en/
# Upcoming Events

* = COUNTS AS AN HONORS EVENT

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<thead>
<tr>
<th>COLOR = EVENTS OPEN TO ALL CAMPAUSES</th>
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<tbody>
<tr>
<td>COLOR = AVERY POINT CAMPUS</td>
<td>• Academic &amp; Interdisciplinary Engagement (Ac)</td>
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<td>COLOR = HARTFORD CAMPUS</td>
<td>• Career, Professional, &amp; Personal Development (Ca)</td>
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<td>COLOR = STAMFORD CAMPUS</td>
<td>• Honors Community Development (Co)</td>
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<td>• Multiculturalism &amp; Global Citizenship (Mc)</td>
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<tr>
<td>COLOR = WATERBURY CAMPUS</td>
<td>• Social Change, Service, &amp; Sustainability (Sc)</td>
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### 10/22
- OUR Peer Advising (Virtual, 2:00-3:30 PM)
- *Ca* - Zoom Room: Mini Grad School Fair #1 (Virtual, 2:00-4:00 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)

### 10/23
- *Ca/Ac* - Mathematics Continued Conference (MCC) (Hybrid: UConn-Storrs McHugh 101/102 and Online, 9:00 AM - 4:00 PM)
- *Co* - Hike for HASB (Horse Barn Hill, 1:00-4:00 PM)

### 10/24
- IFC Be the Match Registry (Fairfield Way, 2:00-6:00 PM)

### 10/25
- *Ca* - Listen to the Experts: Medical Programs Admissions Panel (Virtual, 3:30-5:00 PM)
- *Ca* - Interning In A Non-Profit Can Be Profitable (Virtual, 5:30-6:30 PM)
- *Ca* - Pre-Med Q&A (McHugh 109, 8:00-9:00 PM)

### 10/26
- *Ca* - Let's Talk Leadership: Overcoming the Second-year Slump (Virtual, 10:30-11:30 AM)
- *Ca/Ac* - Experience Innovation Expo (Student Union Ballroom, 3rd Floor - SU 330, 1:30-4:30 PM)
- *Mc/Sc* - Irish Traveller Folktales: Oein DeBhairduin (Virtual, 2:00-3:00 PM)
- *Ca* - From Husky to Hire: The Resume (Virtual, 3:30-4:00 PM)
- *Co* - Honors Lounge: Halloween Bash! (MCHU 110, 5:00-6:00 PM)
- *Co* - The Honors Experience for New Admits (MCHU 101, 6:00-7:00 PM)
- OUR Peer Advising (Virtual, 7:00-8:30 PM)

### 10/27
- *Ca* - Zoom Room: Mini Grad School Fair #2 (Virtual, 10:00 AM - 12:00 PM)
- Letters of Recommendation: Who and How to Ask (Virtual, 3:30-4:30 PM)
- *Ca/Ac* - Pathways to Healthcare (Virtual, 3:30-5:00 PM)
- *Ac* - The Problem of Hate Speech (McHugh 101, 6:00-7:30 PM)
- Chat with Alumni Series (Virtual, 7:00-8:00 PM)
- Honors GPS Leadership Workshop (MONT 420, 7:00-8:00 PM)
- *Co/Ac* - Honors in STEM Trivia Night (MCHU 306, 7:30-8:30 PM)

### 10/28
- Getting Started in Undergraduate Research (Virtual, 2:00-3:00 PM)
- UConn IDEA Grant Information Session (Virtual, 4:00-5:00 PM)

### 10/29
- APHL-CDC Fellowship Application Deadline
- OUR Peer Advising (Virtual, 2:00-3:30 PM)
- UConn Health Biomedical Science PhD Program Annual Fall Open House (Virtual, 2:00-4:00 PM)
- Applying for Summer Research Programs (Virtual, 3:30-4:30 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 10/22-10/29.
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
Earn Points, Get Prizes!
MONTH OF DISCOVERY
DISCOVERY QUEST
OCTOBER 1-31, 2021
SCAN THE QR CODE BELOW TO START YOUR QUEST!

UCONN MONTH OF DISCOVERY
MATHMATICS CONTINUED

A CONFERENCE FOR UNDERGRADUATE STUDENTS

OCTOBER 23, 2021
IN PERSON AT UCONN

POSTER ABSTRACT SUBMISSION:
OCTOBER 1, 2021
REGISTRATION:
OCTOBER 10, 2021

PLENARY SPEAKERS

SANDRA KINGAN
BROOKLYN COLLEGE, CUNY

LING XIAO
UNIVERSITY OF CONNECTICUT

UCONN UNIVERSITY OF CONNECTICUT
MCC.MATH.UCONN.EDU
HASB is a student-run service organization that focuses on combining education, service, and community engagement to work towards long-term change.

Hike for HASB

Saturday, October 23rd
1:00pm - 4:00pm
Horsebarn Hill

Registration is free, but donations are always welcome :) Link in bio to register and/or donate!

In partnership with Positive Tracks!
UCONN HUSKIES
JOIN THE BE THE MATCH REGISTRY

Join The Movement!

YOU HAVE THE POWER
TO SAVE A LIFE!

Registering only takes
5 minutes!

There is a cure for patients battling blood cancers and diseases. A blood stem cell transplant from an ideally matched donor can save a patient’s life. Join the existing 9 million individuals on the registry!

2 - DAY DONOR REGISTRATION DRIVE!

Thursday, October 21 & Sunday, October 24
Fairfield Way
2pm - 6pm

THANK YOU!

If you cannot make it in-person, please text UCONN to 61474 in order to request a swab kit!
HUSKIES FOR HAITI PRESENTS:

PRE-MED Q&A

Find valuable insight & Med School tips from guest medical student speakers from UConn, UMass, and UCLA!

Honors Event - Bring a friend!

OCTOBER 25TH
8-9 PM
MCHUGH 109
EXPERIENCE INNOVATION EXPO

TUESDAY, OCTOBER 26TH
1:30 PM - 4:30 PM
STUDENT UNION BALLROOM
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!
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!
Save the Date!
Friday, October 29, 2021
2:00 - 4:00 PM

UConn Health Biomedical Science Ph.D Program
Annual Fall Open House-Virtual

Join us virtually to learn more about what our program has to offer!

Our online event features:
Program Overview
RFRT: Rapid Fire Research Talks
Panel Discussion with Current Students
Breakout Rooms with our seven Areas of Concentration:
Cell Biology, Genetics & Developmental Biology, Immunology, Molecular Biology & Biochemistry, Neuroscience, Skeletal Biology & Regeneration, and Systems Biology

To RSVP to this event, please register here:
https://uconn.co1.qualtrics.com/jfe/form/SV_eOYnL0gn7fM4KWi
by Wednesday, October 27th
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
- Armed Forces

*tech support volunteers also welcome!
PEER ADVISING

HAVE QUESTIONS ABOUT HOW TO GET STARTED IN RESEARCH?

Talk with a Peer Research Ambassador!

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Virtual Drop-In Advising

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

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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

INSTITUTIONAL 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
Submit to Humans of Honors

Share your UConn Honors experience

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