IMPORTANT UPDATES

(DUE 11/19) APPLY FOR A LIBRARY RESEARCH CARREL
CLICK HERE TO LEARN MORE

DUE 11/24: APPLY TO BE A UNIV FACILITATOR!
CLICK HERE FOR MORE INFO

UPCOMING HONORS GPS UHL LEADERSHIP WORKSHOPS
CLICK HERE FOR MORE INFO

ON PAGE 2...
Learn about depression and how it can be treated

ON PAGE 3...
Learn about Wilma Rudolph's impact

ON PAGE 4-5...
Check out some upcoming events!

AND MUCH MORE!
Depression (major depressive disorder):

- is a common and serious medical illness that negatively affects how you feel, the way you think, and how you act
- causes feelings of sadness and/or a loss of interest in activities you once enjoyed
- can lead to a variety of emotional & physical problems and can decrease your ability to function in your everyday life
- is TREATABLE

Depression Symptoms:

- Feeling sad / depressed mood
- Loss of interest/pleasure in activities once enjoyed
- Changes in appetite; weight loss/gain
- Trouble sleeping or sleeping too much
- Loss of energy, fatigue
- Slowed movements or speech
- Thoughts of death or suicide

Symptoms must last at least two weeks and must represent a change in your previous level of functioning for a diagnosis of depression

Depression affects an estimated 1 in 15 adults (6.7%) in any given year.

- Can occur at any time, but on average, first appears during late teens to mid-20s
- Women are more likely than men to experience depression; some studies show that one-third of women will experience a major depressive episode in their lifetime
- High degree of heritability (~40%)

Depression is among the most treatable of mental disorders

80-90% of people with depression eventually respond well to treatment
Depression is commonly treated with medication and/or psychotherapy

CLICK HERE FOR MORE INFORMATION

CLICK HERE FOR UCONN'S MENTAL HEALTH RESOURCES (SHAW MENTAL HEALTH)

CLICK HERE FOR IMMEDIATE HELP OR CALL 911

https://www.psychiatry.org/patients-families/depression/what-is-depression
What's the Big I.D.E.A.?

This Week's Topic: Remembering Wilma Rudolph

Despite a history of childhood illness, including bouts of polio and Scarlett Fever, Wilma Rudolph went on to become The Fastest Woman in the World during her time.

After competing in the 1956 Olympics and winning bronze in the women's 4x100, Rudolph returned to the 1960 summer Olympics in Rome and became the first [Black] American woman to win 3 gold medals in the same Olympic game.

Rudolph refused to attend her homecoming parade unless it was integrated. In 1961, she won the Associated Press Female Athlete of the Year award. She was inducted into the US Olympic Hall of Fame. She also became the first woman to win the NCAA Silver Anniversary Award. On November 12, 1994 she died of a brain tumor.

https://www.womenshistory.org/education-resources/biographies/wilma-rudolph
## 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)

* = COUNTS AS AN HONORS EVENT

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<tr>
<th>COLOR = EVENTS OPEN TO ALL CAMPUSES</th>
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### 11/12

- Biomedical Entrepreneurship Course Spring 2022 - Application Open
- Spring Traction Application Opens
- *Ca* - Let’s Talk Leadership: Does Your Degree Define You (Stamford - Virtual, 9:00-10:00 AM)
- *Ac/Mc* - HURS Informational Panel on Getting Involved in Humanities Research as an Undergraduate Student (Homer Babbidge Library 4th Floor, 11:30 AM - 12:30 PM)
- Global Entrepreneurship Speaker Series (BUSN 106 or WebEx, 12:00-1:00 PM)
- OUR Peer Advising (Virtual, 2:00-3:30)
- *Ac/Mc* - HURS Informational Panel on Futures in the Humanities (Homer Babbidge Library 4th Floor, 3:00-3:45 PM)
- UConn IDEA Grant Information Session (Virtual, 3:30-4:00 PM)
- *Ac/Mc* - HURS Keynote Speech by Dr. Boylan (Homer Babbidge Library 4th Floor, 6:00-7:00 PM)
- *Sc* - Zero Waste Movie Night: Think Blue. Go Green! (Chemistry A120, 8:00-10:00 PM)

### 11/13

- *Ac* - The State of Free Speech on Campus (SU 304, 9:30 AM - 5:30 PM)
- *Sc/Mc* - Global Cultures Conference (Werth Forum, 1:00-4:00 PM)

### 11/15

- U21 RISE Showcase Drop-in Hours (Virtual, 10:00-11:00 AM)
- Pre-Medical and Pre-Dental Group Advising Session (Virtual, 12:00-1:30 PM)
- *Sc* - Recycling with HSLB Stamford (Stamford Campus, 12:00-3:00 PM)
- Huskies for Haiti: Global Health Panel (Virtual, 8:00-9:00 PM)

### 11/16

- U21 RISE Showcase Drop-in Hours (Virtual, 10:00-11:00 AM)
- Getting Started in Undergraduate Research (Virtual, 12:30-1:30 PM)
- *Ca* - Job Negotiations, Salary, and More Online (Virtual, 12:30-1:30 PM)
- U21 RISE Showcase Drop-in Hours (Virtual, 2:00-3:00 PM)
- SURF Information Session (Virtual, 4:00-5:00 PM)
- Pathways to Graduate School in Environmental Sciences (Ratcliffe Hicks 201, 5:00-6:00 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 11/12-11/19.
**Upcoming Events**

* = COUNTS AS AN HONORS EVENT

**Categories:**
- Academic & Interdisciplinary Engagement (Ac)
- Career, Professional, & Personal Development (Ca)
- Honors Community Development (Co)
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**COLOR = EVENTS OPEN TO ALL CAMPUSES**
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**COLOR = STORRIS CAMPUS**
**COLOR = WATERBURY CAMPUS**

11/16
- *Ca/Ac* - Diverse Economics Conference (Virtual, 5:00-7:30 PM)
- *Co/Ac* - Skill Scramble (Gentry 144, 6:30-7:30 PM)
- OUR Peer Advising (Virtual, 7:00-8:30 PM)

11/17
- U21 RISE Showcase Drop-In Hours (Virtual, 10:00-11:00 AM)
- U21 RISE Showcase Drop-in Hours (Virtual, 2:00-3:00 PM)
- *Ac* - Provost’s Distinguished Speaker Series: Osteoarthritis of Mice and Humans from Bench to Bedside (Virtual, 4:00-5:00 PM)
- Letters of Recommendation: Who and How to Ask (Virtual, 4:00-5:00 PM)
- *Ca* - Let’s Talk Leadership: Say Yes to Everything (Stamford Room 218/WebEx, 4:40-5:55 PM)
- *Ca/Ac* - Diverse Economics Conference (Virtual, 5:00-7:30 PM)
- *Ca/Ac* - UConn CLAS Humanities and Social Sciences Research Student Panel (MCHU 206, 5:30-6:45 PM)
- Info Session for PhD in Economics from the University of Pittsburgh (Virtual, 6:00-7:00 PM)
- *Mc/Sc* - What You Need to Know About the Afghanistan Refugee Crisis (Schenker Hall, 6:30-7:30 PM)
- Chat with Alumni Series (Virtual, 7:00-8:00 PM)

11/18
- *Ca/Ac* - Diverse Economics Conference (Virtual, 10:00-11:00 AM)
- U21 RISE Showcase Drop-in Hours (Virtual, 10:00-11:00 AM)
- *Mc/Ac* - Discriminating Data: Wendy Chun in Conversation with Yohei Igarashi (Virtual, 1:00-2:30 PM)
- U21 RISE Showcase Drop-in Hours (Virtual, 2:00-3:00 PM)
- *Ca/Mc* - Pandemics and Portals: Rights in an Era of Technological Innovation (Virtual, 4:00-5:30 PM)
- Honors GPS Leadership Workshop (Virtual, 5:00-6:00 PM)
- *Ca* - Let’s Talk Leadership: Values that Lead Us (Virtual, 5:30-6:30 PM)
- *Ca/Ac* - The Princeton Review: MCAT Strategy Session (Virtual, 6:30-8:00 PM)
- *Mc* - Cultural Showcase (SU 303, 7:00-8:00 PM)

11/19
- U21 RISE Showcase Drop-in Hours (Virtual 10:00-11:00 AM)
- OUR Peer Advising (Virtual, 2:00-3:30 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 11/12-11/19
Spring 2022 Course Offering!

Honors Human Flourishing

UNIV 1995-003

OPEN TO HONORS STUDENTS
WEDNESDAYS 10:10-11:00AM

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)
“Becoming a music teacher has always been a career that excited me. Many of my role models have been my music teachers, and I aspire to embody their kindness, work ethic, and empathy in my future as a choir director. Singing in choir helped me form bonds with my closest friends, and I never tire of hearing the beautiful energy and sounds that are created when students work hard toward a common goal. This goal can be purely musical, related to the text of the piece, social justice, or anything else; music is a universal language that can take students places they never dreamed of going. I hope to make a meaningful impact on my future students in whatever way they need most, and show them that the music community is a place where they belong.”
THE HUMANITIES UNDERGRADUATE RESEARCH SYMPOSIUM

FRIDAY NOVEMBER 12, 2021
9:50AM - 7PM
THE HUMANITIES INSTITUTE, 4TH FLOOR OF HOMER BABBIDGE LIBRARY

Find more information about the schedule at:
@UCONNHURS via Instagram
https://humanitiesundergraduate.symposium.uconn.edu/
ZERO WASTE MOVIE NIGHT

Location: CHEM A120
Date: November 12th
Time: 8pm - 10pm

Come join Zero Waste for an informative movie screening of Seaspiracy!!!
THE STATE OF FREE SPEECH ON CAMPUS

• UCONN - STORRS
• STUDENT UNION - ROOM 304
NOV. 13, 2021 • 9:30 AM - 5:30 PM
Global Cultures Conference 2021

November 13 from 1-4PM
Werth Forum/Idea Lab

JOIN OUR PANELISTS TO DISCUSS
REFUGEE MOVEMENT FROM
2010-PRESENT

and how it affects the areas of
Business & Economics
Government, Health, & the Environment

Register here!
Huskies for Haiti presents:

VIRTUAL

GLOBAL HEALTH PANEL

NOVEMBER 15TH, 2021
8–9 PM
Join via Zoom (Use QR Code or link in description)

Join us in hearing from medical professionals on public health, sustainability, and global awareness.
Upcoming WERTH COFFEE CHATS
FALL 2021 SEMESTER

NOVEMBER 10 | STEWART SMITH '03
HEAD OF CONSUMER AUGMENTED REALITY AT
UNITY TECHNOLOGIES

NOVEMBER 15 | ANTHONY HOOD
EVP AND CHIEF DIVERSITY, EQUITY AND INCLUSION OFFICER
AT FIRST HORIZONS BANK

NOVEMBER 17 | TRAVIS BLOOM '13
CO-FOUNDER AND CTO OF Pawlicy Advisor-
THE PET INSURANCE MARKETPLACE

DECEMBER 1 | STEPHEN ZOELLER '14
COO AT PLATESCRAPe

DECEMBER 6 | LINDSAY ROLFE
CYBERSECURITY AWARENESS COORDINATOR
AT PFIZER INC.

DECEMBER 8 | BREANN FOSTER '09
HEAD OF RECRUITING PROGRAMS & STRATEGY
AT PINTEREST

WERTH COFFEE CHATS TAKE PLACE VIRTUALLY AT
2:00 PM ET AND REQUIRE AN RSVP. SCAN THE QR
CODE TO REGISTER AND LEARN MORE.

UCONN WERTH INSTITUTE WERTH COFFEE CHATS
The UConn NRE Dept Presents:

Pathways to Grad School in Environmental Sciences

Panelists

Moderator
Madeleine Meadows-McDonnell
she/her

Dr. Beth Lawrence
she/her

Raul Flamenco
he/him

Alison Baranovic
she/her

Anika Agrawal
she/her

Ariana Dionisio
she/her

Sarah Klionsky
she/her

Interested in graduate school? Looking to apply? Come hear our panelists share their academic journey.

Tuesday, November 16th from 5:00 - 6:00 PM in Ratcliffe Hicks 201

Open to all STEM Undergrads
Getting Involved in Humanities and Social Sciences Research

Wednesday, November 17
5:30 – 6:45 p.m.
McHugh Hall, Room 206

Curious about research as an undergraduate?

Come learn from a panel of student researchers who work in underrepresented areas, such as economics, human rights, and political science! Panelists will share their experiences in their fields and offer advice for how to get involved in undergraduate research.

This event is sponsored by the CLAS Student Leadership Board.

RSVP by Monday, November 15

To RSVP for this event or if you require an accommodation to participate, please email clas_alumni@uconn.edu.
Discriminating Data

Wendy Hui Kyong Chun
New Media, Simon Fraser University
in conversation with Yohei Igarashi

Live • Online • Registration required
November 18, 2021, 1:00 pm

REGISTER HERE
2021 Annual Economic and Social Rights Lecture

PANDEMICS AND PORTALS: RIGHTS IN AN ERA OF TECHNOLOGICAL INNOVATION

SUSHMA RAMAN
Executive Director
Carr Center for Human Rights Policy

Thursday, November 18, 2021
4:00pm – 5:30pm
Virtual Event

S.UCONN.EDU/ESRG

Event co-sponsored by the Research Program on Economic and Social Rights at the Human Rights Institute.
MCAT® STRATEGY SESSION

An expert instructor will cover the content of the test, walk you through sample questions, and share some examples of our proven test-taking strategies.

THURSDAY, NOVEMBER 18TH
6:30 PM - 8:00 PM EST

CLICK HERE OR SCAN CODE TO REGISTER!

Questions?
Cara Morris
Outreach Specialist, NY & CT
Cara.morris@review.com

All registered students will be automatically entered into our Score Guarantee Course raffle!
CULTURAL SHOWCASE
#UHLEVENT1121

Thursday, 11/18 in SU 303 at 7 PM

Join us to learn more about cultures that may be different from our own. Students are encouraged to prepare and share traditional dances, music, clothing as well as food!

RSVP Here:
UNIV facilitator apps are now open!

- Grow as a leader
- Challenge yourself
- Help first-year Honors students

Apply by 11/24
honors.uconn.edu/univ-1784/

Applicants must have successfully completed UNIV 1784 to be eligible for this position. Applications will be reviewed over winter break. Students who are selected to become facilitators will be notified in January and provided a permission number to enroll in EGEN 3200. EGEN 3200 is a 3-credit honors course about leadership and peer mentoring that we use to train future facilitators.

This course is required for all facilitators, and it will take place on Wednesdays from 2:30-5:00pm next semester. Interested applicants should ensure that this time slot is available on their schedules. EGEN 3200 is in the Social Sciences category for the University Honors Laureate distribution requirement.
Tel Aviv – ranked: the world’s “most fun city” “2nd for food & drink” “8th overall” (Time Out, 2021)

2021 In-Person Undergrad Summer Program
UCONN Brain & Behavior in Tel Aviv

Learn in Israel in English and get credit!

Psych/ PNB/CogSci/Neurosci Minors/PreMed – also non-UCONN students

15 June – 14 July 2022

Take 2 classes

1. UCONN class: Learning & Memory: From Brain to Behavior
Area II/Neurosci Minor/ Honor’s credit!

2. TA Univ class: Choose! Tel Aviv history/culture; Middle East history/politics or Hebrew… Lots of options!

• Stay in TA Univ dorms
• English speaking RAs on call 24/7
• Organized trips & tours
• Israeli cooking (& eating) classes

Information Session
Tues, 30th Nov. @5pm Psychology Rm A101

“Being right in the city was such an amazing experience. The dorms are just a short (and inexpensive) bus ride away from all the major attractions such as great restaurants, the beach, the park, and shopping centers. The beaches are astounding. They are the perfect place to spend your time after class or on Shabbat. After you hit the beach, you can walk a few blocks and find some of the best authentic Israeli food in the world on major streets such as Frishman and Dizengoff.”
SUMMER INTERNSHIP & STUDY ABROAD IN LONDON
SUMMER 2022 INFORMATION SESSION

An Honors Core Experience

WHEN: Tuesday, November 30
3:00-5:00pm
WHERE: ITE 125

Presentation from Faculty and Experiential Global Learning Staff: 3:00-3:30pm
Drop-in questions: 3:30-5:00pm

INTERN ABROAD - Work with some of the most innovative corporations in London. Gain valuable experience with companies in marketing, economics, finance, business, international relations, journalism, law, public relations or other fields.

STUDY ABROAD - Earn nine credits in eight weeks. Study human rights and geopolitics. Learn how the legal environment of business can make a positive difference in a globalized world. Attend site visits to courtrooms, centers of finance and insurance, the US Embassy, and the Royal Society of the Arts. Absorb the city by visiting museums and businesses as well as walking tours of historic and contemporary districts.

EXPLORE EUROPE - Spend eight weeks in one of the most vibrant commercial cities in the world. Enjoy numerous clubs, more than 200 museums and galleries, and some of the best theatres in Europe. Take advantage of excursions to Stonehenge, Liverpool, and Stratford-Upon-Avon, or wherever you want to go. Visit the Harry Potter studios. Eat haggis in Scotland if you dare. Paris and Europe are a train ride away.

LIVE IN LONDON - Reside in London for eight weeks (June 18 to August 13). The courses have no prerequisites.

WHO SHOULD APPLY - Anyone with an interest in global commerce and ethical conduct and a desire to work with international companies. Sophomores, juniors, and seniors are eligible with a minimum 2.75 GPA. Application deadline is in February 2022. Three credits of this program qualify for Honors Core credit.

LEARN MORE – http://s.uconn.edu/4lw

CONTACT – Robert Bird, Professor of Business Law and Eversource Energy Chair in Business Ethics, robert.bird@uconn.edu
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
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