THE HONORS WEEKLY
UPDATES, NEWS, & PROGRAMS

NOVEMBER 19, 2021

IMPORTANT UPDATES

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

ON PAGE 2...
Learn about sleep & how bettering your sleep habits can improve your mental health

ON PAGE 3...
Learn about underrepresented holidays

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

AND MUCH MORE!

ENJOY A RELAXING AND WELL DESERVED BREAK, HUSKIES!

MAY YOUR HOLIDAY BE FILLED WITH WARMTH AND GRATITUDE

Happy Thanksgiving to those who celebrate

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IMPORTANT UPDATES

(DUE TODAY) APPLY FOR A LIBRARY RESEARCH CARREL
CLICK HERE TO LEARN MORE

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Mental Health Matters

TOPIC: Sleep

"Sleep is closely connected to mental and emotional health and has demonstrated links to depression, anxiety, bipolar disorder, and other conditions."

Mental health disorders tend to make it harder to sleep well; at the same time, poor sleep can be a contributing factor to the initiation and worsening of mental health problems.

SLEEPING PROBLEMS MAY BE BOTH A CAUSE AND A CONSEQUENCE OF MENTAL HEALTH PROBLEMS

WAYS TO IMPROVE BOTH SLEEP & MENTAL HEALTH

Everyone is different, so the optimal treatment for mental health & sleep problems depends on the person. Here are some approaches that may be considered!

**Improve Sleep Habits**
- Stepping up sleep hygiene by cultivating habits and a bedroom setting that are conducive to sleep can go a long way in reducing sleep disruptions.
  - Having a set bedtime & maintaining a steady sleep schedule
  - Relaxation techniques as part of a standard routine before bedtime
  - Avoiding alcohol, tobacco, and caffeine in the evening
  - Dimming lights & putting away electronic devices before bed
  - Regular exercise & natural light during the daytime
  - Maximizing comfort and support from mattress, pillows, and bedding

**Cognitive Behavioral Therapy**
- "Talk Therapy" - works by examining patterns of thinking and working to reformulate negative thoughts in new ways.
  - Help from a trained counselor to reframe thinking can meaningfully improve sleep and mental state.

https://www.sleepfoundation.org/mental-health
We are all familiar with Halloween, Thanksgiving, and Christmas. But there are other celebrations during this holiday season that do not get as much love...

**This Week's Topic: Underrepresented Holidays**

**Native American Heritage Day**  
**November 26**  
- Celebrates the many contributions of the hundreds of Indigenous tribes of this land  
- Encourages listening to Indigenous voices and fostering pride  

[https://nationaldaycalendar.com/national-native-american-heritage-day-day-after-thanksgiving/](https://nationaldaycalendar.com/national-native-american-heritage-day-day-after-thanksgiving/)

**Hanukkah**  
**November 28 - December 6**  
- A.K.A The Festival of Lights  
- Commemorates the Maccabees' victory over the Syrian Greek Army & rededication of the Holy Temple in Jerusalem  

[https://www.myjewishlearning.com/article/hanukkah-2021/](https://www.myjewishlearning.com/article/hanukkah-2021/)

**Kwanzaa**  
**December 26 - January 1**  
- Founded in 1966 by Dr. Maulana Karenga  
- Means "first fruits" in Swahili  
- Focuses on 7 principles: Unity, Self-Determination, Collective Work and Responsibility, Cooperative Economics, Purpose, Creativity, and Faith  

[https://www.history.com/topics/holidays/kwanzaa-history](https://www.history.com/topics/holidays/kwanzaa-history)
Upcoming Events

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)

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11/19 • OUR Peer Advising (Virtual, 2:00-3:30 PM)

11/28 • Community Outreach Alternative Spring Break Application Deadline
• Meanings of "America" Multimedia Contest Deadline

11/29 • *Sc/Ac - Leadership for Social Good: Public Health Advocacy (Virtual, 6:00-7:00 PM)

11/30 • Info Session for Summer Internship and Study Abroad in London (ITE 125, 3:00-5:00 PM)
• Info Session for UConn Brain and Behavior in Tel Aviv (Bousfield Room A101, 5:00-6:00 PM)
• *Sc - Panel on Making UConn a Bike-Friendly Campus (MCHU 106, 6:00-7:00 PM)
• *Mc - Diwali Celebration (SU 319, 7:00-8:00 PM)

12/1 • *Ca - Let's Talk Leadership: Introverted Leadership (Virtual, 11:00 AM - 12:00 PM)
• Cohen Student Leadership Scholarship Info Session #2 (Virtual, 12:00-1:00 PM)
• *Ca/Ac - STEM Seminar Series - Exploring Geoscience Research (Virtual, 12:20-1:10 PM)
• Coffee Chat with Stephen Zoeller ’14 (Virtual, 2:00-3:00 PM)

12/2 • *Ca - Let's Talk Leadership: Self-Discovery Through Travel (Stamford Room 240, WebEx, 9:30-10:30 AM)
• *Sc/Ac - Teale Lecture Series: Public Participation and Policy-Making in an Environment and Climate Emergency (Patrick Devine-Wright) (Virtual, 4:00-5:00 PM)
• SURF Information Session (Virtual, 4:00-5:00 PM)
• *Co - (Rescheduled) Honors Lounge: Study Tips and Tricks (MCHU 110, 5:00-6:00 PM)

12/3 • Dr. Fernandez-Illescas (Honors STEM Scholar Advisor) Virtual Meet and Greet (Virtual, 3:00-4:30 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 11/19-12/3
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.
Apply for an Alternative Spring Break Trip

March 12, 2022 - March 20, 2022

Racial Justice and Civil Rights
Washington, D.C.

Healthcare Access and Education
Philadelphia, PA

Healthcare Access in Rural Communities
TBD

HIV/AIDS Awareness and Advocacy
New York City, NY

Food Security and Poverty
New Haven and Hartford, CT

Scan here for application

Due 11/28

Anticipated Participant Cost: UConn Storrs Students: $150; Regional Campus and Graduate Students: $225

In line with making trips affordable to all participants, if you need additional financial assistance, please contact us for a form to apply for one of our financial scholarships.

UCONN
Student Activities
Community Outreach

For more information and to apply visit: communityoutreach.uconn.edu
or email Staff Coordinator Carl Soares, carl.soares@uconn.edu

If you require accommodations to participate in this program, please contact carl.soares@uconn.edu or call the Student Activities office: (860) 486-3338, 48 hours prior to the program.
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/NeurosciMinor/ 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 courthouses, 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
STUDENT-LED PANEL ON BIKING AT UCONN STORRS

Phoebe Mrozinski
BOLD Scholar: Bold Women Bike

Gaston Neville
USG Chair of the Transportation and Recreation Subcommittee

Dr. Norman Garrick
UConn Civil and Environmental Engineer

MCHUGH 106

NOV 30
6 PM

UCONN PRAXIS

RSVP
Happy Diwali!

Join us for an evening of celebration
Color your own rangoli
Take home your own diya (first-come, first-serve)

SU 319 | 7:00–8:00 PM | November 30th

Hosted by the Jain Student Association
@UCONN Jain Student Association  @jainsofuconn
Exploring Geoscience Research

An Online Panel Discussion

DEC
1

12:20-1:10PM

Ran Feng
Assistant Professor
Geosciences
Hydrological Cycle in a Changing World

Clay Tabor
Assistant Professor
Geosciences
Climate Modeling Research

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.
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 ZOESELLER '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.
HONORS LOUNGE: STUDY TIPS AND TRICKS

THURSDAY DECEMBER 2
5-6 PM IN MCHU 110

Join us for study strategies, stress balls, snacks, and more!

Open to all years and majors!

RSVP HERE
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, UK
Public Participation & Policy-making in an Environment & Climate Emergency

SPRING 2022

10 February
ANDREA DUTTON
Professor, Department of Geoscience, University of Wisconsin-Madison
The View from Here: A Geologist’s Perspective on Living Through Climate Change

24 March
PROFESSOR 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
Performance at Jorgensen Auditorium, Rod Rock, Director
Intersection of culture, music & environmental issues
https://www.smallislandbigsong.com

21 April
DR. SARAH COOLEY
Director of Climate Science, Ocean Conservancy, Washington, DC
The Promise & the Peril of Ocean-based Solutions to Climate Change
NEW SPRING COURSE & PAID LEADERSHIP POSITIONS!

LEADERSHIP IN COMMUNITY-BASED CONSERVATION

Interested in authentic community engagement, culturally relevant environmental education/mentorship, equitable & inclusive practices, & environmental issues relevant to local communities?

ENROLL IN NRE 4695 SEC 003 (1 CREDIT)
Course prerequisite for paid leadership position.
Learn more on next page...

email: laura.cisneros@uconn.edu | visit: nrca.uconn.edu
follow: @UConnNRCA
SPRING COURSE
NRE 4695 sec 3 (1 credit): Leadership in Community-Based Conservation
Open to undergrads from diverse majors who want an intro to:
- Instinctual leadership & leading for change;
- Authentic community engagement;
- Co-designing community conservation with (not for) community stakeholders;
- Culturally relevant environmental education;
- Trauma informed mentorship approaches &
- CT community conservation issues.

LEADERSHIP POSITION
NRCA Difference Maker Mentor
Mentor teens working on community conservation projects & gain environmental education & leadership experience:
- Competitive paid 10-month positions (June 2022-March 2023)
- Put course skills & knowledge into action!
- Help teens make a difference in their community!

Questions? Email Dr. Laura Cisneros at laura.cisneros@uconn.edu
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
(siemra.trudel@uconn.edu)
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