Upcoming Events

**12/10**
- Orientation Leader Application Deadline
- **Co/Ca** - WHUS/HArCo Open Mic Night (ITE C80, 7:00-10:00 PM)

**12/13**
- **Ca** - Stay Whelmed Finals Session 2: Cool, Calm & Collected (Virtual, 10:00-11:00 AM)

**12/16**
- **Co** - Jonathan and Gingerbread (Gentry 144, 6:00-7:00 PM)

**12/17**
- Global Health and Innovation Conference Attendance Application Deadline

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 12/10-12/17

**IMPORTANT UPDATES**

**DUE TODAY: APPLY TO BE AN ORIENTATION LEADER!**

Click here to learn more

**BEST OF LUCK ON FINALS!**

**CONGRATULATIONS ON A GREAT SEMESTER!**

**AND HAVE A WONDERFUL WINTER BREAK!**
It's that time of year again… FINALS.

According to MentalHelp, college students report being stressed about finals more than any other topic (including job prospects and finances!)

Here are some key tips to manage finals stress:

1) Plan Ahead

Creating a schedule and writing down all of your exam times and assignments can help you stay "whelmed" and pace yourself. Prioritize the soonest and most difficult exams, and take it one step at a time!

2) Take Care of Yourself

You can't succeed academically without taking care of yourself first—physically and mentally. Try to incorporate a good night's sleep, fruits and vegetables, a bit of exercise, and time for relaxation into your daily routine.

3) Utilize Your Resources

UConn has a variety of resources that may be useful to you while you prepare for finals season.

SHaW Mental Health - CLICK HERE
Academic Achievement Center - CLICK HERE
Dean of Students - CLICK HERE

YOU GOT THIS!
What's the Big I.D.E.A.?

This Week's Topic: Semester Wrapped

Let's take a look back at all we've explored so far...

Aug-September

- Multiculturalism
- Medical Gaslighting

Hispanic Heritage Month

Deaf Awareness Week

Accessibility

October

- Food Insecurity
- Educational Inequality

LGBT+ History Month

Intersex Awareness Day

Native American Heritage Month

Multiculturalism is the process of or support for the presence of several distinct ethnic groups within a society. It encourages the development of cultural autonomy of all, which contributes to our understanding of the world around us. It also acknowledges the diverse experiences and perspectives that each individual brings to the table.

Medical Gaslighting takes place when doctors/patients dismiss symptoms as being non-existent or in their head.

HOW TO HANDLE IT
- Seek out a different physician.
- Share your symptoms with someone else.
- Bring a friend to your next visit.

WHAT'S THE BIG I.D.E.A.?

- History
- Purpose
- Resources
- Factsoids

Hispanic Heritage Month

Deaf Awareness Week

Accessibility

September 15 was designated as the start of National Hispanic Heritage Month due to the significant presence of the Hispanic and Latino community.

Purpose

International Week of the Deaf was established as a way to bring awareness to deaf culture globally, and it is an excellent way to learn about hearing loss within society. Throughout the world, hearing loss is considered a critical problem, and it affects many people.

Resources

- National Hispanic Heritage Month (November 1-30)

Intersex Awareness Day

Native American Heritage Month
This semester we've covered a plethora of topics, allowing space for the voices of indigenous peoples, the LGBTQ+ community, differently-abled individuals and racial/ethnic minorities to shine through. Let's continue to strive for a deeper and better understanding of each other. Take what you've learned home and spread the love for what makes us all different and unique.
“As a member of the Honors community, I appreciate the friends I have made, especially at my building (Buckley!). I am so happy to work with them and our professors that go above and beyond to make sure we are on the right track, and also even help with the little things we may not know such as how to find the Honors courses, requirements, etc. I am also happy to have amazing Honors facilitators because as a first-generation student here, I have lots of questions and they are always there to help.”
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
STAY WHELMED

READINESS REBOOT: CALM THE FINALS CHAOS

Stay Whelmed during finals week! The Honors and Enrichment team invite you to participate in brief daily mindfulness and stress reduction sessions to prime your mind for finals week. You will be guided through various breath-work strategies and wellness rituals to enhance focus and concentration as well as reduce stress and anxiety.

SESSION 1: ONE BREATH AT A TIME
Thursday, December 9 @ 5:30pm
- Breathing awareness & diaphragmatic breathing
- Bed-time rituals for learning retention

SESSION 2: COOL, CALM & COLLECTED
Monday, December 13 @ 10:00am
- Guided imagery for calm and concentration
- Morning rituals for reset

JOIN ON WEBEX HERE.

Want some 1:1 support? Reach out to Sierra at smv13005work@uconn.edu to schedule a meeting.
OPEN MIC NIGHT

Friday, December 10th
7PM–10PM ITE C80

MUSIC – SPOKEN WORD POETRY – STAND UP

sign up to perform at:
bit.ly/WHUSandHArCoopenmic

HONORS EVENT!!
EXCITING OPPORTUNITY!
APPLY TO ATTEND THE

GLOBAL HEALTH & INNOVATION CONFERENCE

2022 Virtual Conference

MUST BE AVAILABLE TO ATTEND APRIL 21 & 22, 2022.

If you have questions please email Sierra
(smvl3005@uconn.edu)

Applications due December 17th!

Click here to learn more about GHIC
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)
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