ON PAGE 2...
Learn more about coping with change and major life transitions

ON PAGE 3...
Learn more about microaggressions

ON PAGE 4...
Check out some upcoming events

ON PAGE 5 & 6...
Read about Honors student Melissa in this week’s Humans of Honors, and learn how to submit your own story!

AND MUCH MORE!
A big life transition or change can impact your mental health and well-being.

Learning to manage the way you deal with situations including transition and change will benefit your mental health.

**UNCERTAINTY BIAS**

Uncertainty bias impacts how you deal with change. When a major life change happens, your brain automatically sees it as negative. This can influence your decision-making process and increase feelings of anxiety and depression.

Learning the right techniques to deal with new or unexpected situations (healthy coping mechanisms) will allow your mental health to thrive.

**FIND SOMETHING FAMILIAR**

No matter how small, search for something stable (a grounding point) that you can focus on to guide you through unfamiliar moments and feelings. Examples: performing daily habits, rewatching your favorite TV series, eating your favorite comfort food.

**BE FLEXIBLE**

Learn to accept the unpredictability of the world to help deal with unexpected events in your life. Letting go of expectations and restrictions in your life may make a new routine seem less scary.

**SEEK OUT THOSE WHO UNDERSTAND**

During a new transition, it is good to talk to a trusted person in your life. Being supported by people you care about will help to make new experiences easier to handle.

For more information on coping with change, click here. For mental health resources from UConn, click here.
**What’s the Big I.D.E.A.?**

This Week’s Topic: Microaggressions

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**Definition**

Microaggressions are thinly veiled, seemingly innocuous comments or actions that speak to the larger presence of racism, sexism, homophobia, ableism and other forms of discrimination. Oftentimes people do not even realize the implications of their words or actions as they come from both conscious and unconscious biases.

**Examples**

- Commenting on how well an Asian American speaks English.
- Presuming that a Black person is dangerous or violent.
- Using someone’s legal name rather than the name the person prefers.

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**Effects of Microaggressions**

- low self-esteem
- increased stress levels
- anxiety and/or depression
- suicidal thoughts
- feelings of sadness, anger, and hopelessness

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**Ways to handle them**

*When having difficult dialogues:*

- Educate yourself on the experiences of marginalized groups.
- Set realistic expectations of what you want from these conversations; are these conversations actually helping?
- Hold yourself and your friends accountable to what you say. Think about your role and your positionality.

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**The Underlying Problem**

Because people are often unaware that they are engaging in microaggressions and the negative impact on others, they can become defensive if called out on the discriminatory undercurrents of their behavior.

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**For More Information**

- NPR - Microaggressions Are A Big Deal: How To Talk Them Out And When To Walk Away
- Gender Microaggressions - We’re All Guilty Of Them
- The Detrimental Effects of Microaggressions
Upcoming Events

* = COUNTS AS AN HONORS EVENT

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1/28 • Getting Started in Undergraduate Research (Virtual, 12:15-1:15 PM)
       • Office of Undergraduate Research Virtual Drop-In Hours (Virtual, 2:00-4:00 PM)

1/31 • The US Department of Energy Energy Tech University Prize Application Deadline
       • Health Research Program Application Deadline

2/1  • *Ca - Toybox Leadership (Virtual, 2:00-3:00 PM)

2/2  • *Co - Welcome Back Event: Stop By For Games and Hot Chocolate To-Go (Schreiber Reading Room, dwtn 253, 11:30 AM - 2:00 PM)

2/3  • Finding Summer Research Opportunities (Virtual, 4:00-5:00 PM)
       • First Thursday Open House (The William Benton Museum of Art, 4:30-7:00 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 1/28-2/4
“In my Honors courses here at UConn, the class sizes are much smaller and more intimate, allowing me to make connections with people who are in the same program as me. While the Honors program itself has presented me with a range of opportunities to get involved, meet new people, and develop myself as an individual. For my Introduction to Animal Science class, all students are paired up with a farm animal, and are then tasked to train their animal for the Little International Livestock Show, or Little I. The program is intended to socialize young animals with humans, while also giving students the opportunity to work with animals they have never been exposed to before. Personally, I got to train a sheep. I named her "Dumpling." but through the two months of getting to know her and her feisty personality, she was better referred to as, "Spicy Dumpling." The process was truly like no other, and I am so thankful that I was able to have this experience during my undergraduate career.”
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
APPLY NOW FOR SUMMER 2022

TEGRADRESEARCH.UCONN.EDU/HRP

HEALTH RESEARCH PROGRAM
DEADLINE: MONDAY 1/31/22

• 36 PAID SUMMER RESEARCH OPPORTUNITIES AT UCONN HEALTH REPRESENTING A RANGE OF FIELDS & METHODS

• RESEARCH CONTINUES FOR CREDIT DURING THE 2022-23 ACADEMIC YEAR; MUST BE GRADUATING NO SOONER THAN MAY 2023
TOYBOX LEADERSHIP

Feb 1 | 2pm
Virtual

CLICK HERE FOR MORE INFORMATION AND TO REGISTER
Experiential Global Learning

Upcoming Deadlines

Summer 2022
February 15th

Fall/Academic Year Exchanges
February 22nd

Earn Honors Credit
Study, Internships, Field Study, Community Engagement

Programs offered during the Semester, Summer and Winter

Scholarships Available

To learn more & make an appointment, visit egl.uconn.edu
CLICK HERE FOR MORE INFORMATION AND TO REGISTER
LC TALKS 2022
SHINING LIGHT ON IDENTITY & MENTAL HEALTH
THURSDAY, 3/3
6:30 PM
JORGENSEN THEATER
DOORS OPEN 6:00PM
LC.UCONN.EDU/LCTALKS
Celebrating twenty years of the UConn Humanities Institute with Pulitzer-Prize winning journalist

Nikole Hannah-Jones

in conversation with Manisha Sinha

March 30, 2022, 2:00pm, Student Union Theater

Cosponsored by the Office of the Provost, the College of Liberal Arts & Sciences, the UConn Foundation, the Neag School of Education, the Africana Studies Institute, the Human Rights Institute, the History Department, and the Journalism Department.
Are you an entrepreneur with a cleantech solution?

Launch your company with the world's oldest and largest cleantech accelerator and business plan competition.

APPLY HERE FOR THE 2022 ACCELERATOR

Final application deadline is April 17, 2022. Apply by February 28 for the Early Bird discount.

Gain access to world class mentoring services, a 12-week series of intensive workshops, investor networking exposure, opportunities to win cash and in-kind prizes, and more!
What is Cleantech Open?

WE TRANSFORM INNOVATORS INTO ENTREPRENEURS AND HELP GROW THE CLEANTECH ECONOMY

The Northeast covers New England, NY, NJ, PA & Eastern CANADA

The average cohort consists of up to 50 teams

Early-stage startups with bright ideas work best


ACCELERATOR PROGRAM: The accelerator runs May to October. Each startup admitted to the program is matched with mentors, based on mentor expertise and geography. There are online course materials and written deliverables due almost every week. In 2022 the program will commence with a 2-day Academy (read: boot camp), followed up by 5 virtual business clinics throughout the summer. These clinics will feature feedback and guidance from experts in the cleantech community regarding customer discovery, financial modeling, pitching, social impact, and more! The accelerator culminates in the Regional Finals competition:

All startups present to a panel of expert judges

Investors meet 1-on-1 with startup teams

Regional Finalists present to a live audience

Regional Winners earn cash and in-kind prizes

COMPLETE A MENTOR APPLICATION HERE
COMPLETE A STARTUP APPLICATION HERE

www.cleantechopen.org
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