Happy Valentine's, Huskies!

ON PAGE 2...
Learn more about meditation & mental health

ON PAGE 3...
Learn more about Civil Rights Movement pioneer Claudette Colvin

ON PAGE 4...
Check out upcoming events and opportunities

ON PAGE 5 & 6...
See this week's Humans of Honors student, Zach, & learn how to submit your own story

AND MUCH MORE!
Clinical evidence demonstrates that meditation can help individuals sleep better, cope with symptoms associated with depression & anxiety, improve cognitive and behavioral functions, and more.

1 SLEEP
"Mindfulness meditation appears to have a role in addressing the prevalent burden of sleep problems among older adults by remediating their moderate sleep disturbances and deficits in daytime functioning."

2 DEPRESSION & ANXIETY
"Evidence suggests that mindfulness meditation programs could help reduce anxiety, depression, and pain in some clinical populations."

3 BRAIN FUNCTION
Mindfulness meditation may physically change numerous parts of the brain. "These changes in the brain were detectable after participating in a mindfulness training program for just eight weeks, and could theoretically impact cognitive faculties that include learning and memory processes, emotion regulation, self-referential processing, and perspective taking."

MORE INFO ON MEDITATION & MEDITATION PRACTICES:
- UConn Health: click here
- Student Health & Wellness: click here
- Mindful.org: click here
- Mayo Clinic: click here
On March 2, 1955, 15-year-old Claudette Colvin made a brave stand against discriminatory racial segregation practices in the Montgomery Public Transportation system, 9 months before Rosa Parks. After refusing to give up her seat to a white woman on the bus, Colvin was dragged out by two police officers and arrested. She was eventually charged with assault and battery, disruption of the peace, and violation of the city segregation law - her subsequent record only just expunged in December 2021.

Colvin was also one of four women representatives in the 1956 Brown v. Gayle case that overturned bus segregation laws in Alabama.
## Upcoming Events

* = COUNTS AS AN HONORS EVENT

**Categories:**
- Academic & Interdisciplinary Engagement (Ac)
- Career, Professional, & Personal Development (Ca)
- Honors Community Development (Co)
- Multiculturalism & Global Citizenship (Mc)
- Social Change, Service, & Sustainability (Sc)

### 2/11
- **U21 RISE Submission Deadline**
- Foundation Medicine DEI Internship Application Deadline

### 2/14
- **Mc/Ca** - Chris Cloud: In This White Man's World, We The Ones Chosen: On Working While Black In Cultural Spaces (Virtual, 5:00-6:00 PM)

### 2/15
- **Co/Ac** - STEAM Bowl! (MCHU 306, 6:00-7:00 PM)
- UConn's 2022-23 Free Application for Federal Student Aid (FAFSA) Deadline

### 2/16
- **Ca/Ac** - STEM Seminar - Exploring Physics Research (Virtual, 12:20-1:10 PM)
- **Ac/So** - Rights Beyond Words: Mapping Human Rights Scholar-Organization Partnerships (Virtual, 2:00-3:30 PM)
- Dos and Don'ts: Social Media Launch Strategy (Virtual, 5:00-6:00 PM)
- **Mc/So** - "'Separate but Unequal': Healthcare Access and Health Disparities" with Dr. Regina Benjamin and Dr. Jerome Adams (Virtual, 7:00-8:00 PM)

### 2/17
- Getting Started in Undergraduate Research (Virtual, 2:00-3:00 PM)
- **Ac/Mc** - Saving the Nut Museum, and Other Nutty Adventures in Art History (Virtual, 5:30-7:00 PM)
- Game Night led by Jain Student Association--All Are Welcome (SU 324, 7:30-8:30)

### 2/18
- **Ca** - Introverted Leadership (Virtual, 2:00-3:00 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 2/11-2/18.
“I chose to come to UConn after I visited the school for the first time as a junior in high school, and something about the sense of community here just stood out to me. I also have always been a huge basketball fan, so the history of great basketball teams was a plus. It felt like home to me. I chose my career path as my grandfather was an engineer in the army—when I was younger I would always spend time with him building things. Those experiences with him made me want to be creative and use these skills in the real world.”

Zach Marshall
Civil Engineering, 2024
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
HONORS GUIDE FOR PEER SUCCESS (GPS)

NOW ACCEPTING APPLICANTS

APPLY FOR THE 2022-2023 SCHOOL YEAR

Are you interested in developing your leadership skills by becoming a mentor to your peers? Apply to be an Honors GPS today!

RESPONSIBILITIES

Honors GPS team members support University of Connecticut Honors students in collaboration with Honors staff to help students understand Honors graduation requirements. Honors GPS team members will guide peers in planning their Events, Leadership, and Academics in Action Co-Curriculars as well as provide feedback on progress.

QUALIFICATIONS

- Rising sophomore, junior, and senior Honors students in good standing at UConn and in Honors, at Storrs or Stamford campuses.
- Honors students who will be continuing study at UConn next year in a graduate or professional program are also invited to apply.
- We are seeking students from diverse backgrounds. All majors welcome!
- Appointments are for the upcoming academic year (August 26th, 2022 – May 12th, 2023).
- Compensation for this position is $15.40 per hour for up to 10 hours per week.

APPLY TODAY!

For more information and to apply, visit: https://honors.uconn.edu/gpsapplication/
DIVERSE PERSPECTIVES IN DIGITAL MEDIA AND DESIGN 2022 SPEAKER SERIES

IN THIS WHITE MAN’S WORLD, WE THE ONES CHOSEN: ON WORKING WHILE BLACK IN CULTURAL SPACES

Monday, February 14, 2022, 5:00 PM EST

Chris Cloud
Director, Communications and Marketing at the Museum of Contemporary Art San Diego in California

Info & Register: dmd.uconn.edu/diverse
# Experiential Global Learning

## Upcoming Deadlines

<table>
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<th>Deadline</th>
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<td>Summer 2022</td>
<td>February 15th</td>
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<td>Fall/Academic Year Exchanges</td>
<td>February 22nd</td>
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## 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
Hosted by the
STEM Scholar EBoard

STEAM BOWL

Click here to RSVP

February 15th, 2022, 6-7pm, MCHU 306

Compete with friends in teams up to 4 people by answering STEAM-themed trivia! Prizes for the top scorers!

Honors Event and Network requirement
Exploring Physics Research

An Online Panel Discussion

FEB 16

Daniel Anglés-Alcázar
Assistant Professor, Physics
Associate Research Scientist, Flatiron Institute
Simulating the Universe in a Supercomputer

Cara Battersby
Assistant Professor, Physics
Uncovering Hidden Star Formation in our Galaxy’s Extreme Center

Menka Jain
Associate Professor, Physics & Institute of Materials Science
Exploring Materials for Functional Devices

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.
HUMAN RIGHTS INSTITUTE COLLOQUIUM SERIES

"RIGHTS BEYOND WORDS: MAPPING HUMAN RIGHTS SCHOLAR-ORGANIZATION PARTNERSHIPS"

DR. SHAREEN HERTEL & DR. ZEHRA ARAT

Wednesday, February 16, 2022
2:00 p.m.
Virtual Event
Click here to RSVP for one or more of the events!
JAIN STUDENT ASSOCIATION

GAME Night

Thursday, February 17
at SU 324 Findell Room
from 7:30 - 8:30 PM

We are hosting a game night where we will be playing cards, board games, and online games.

If you have game supplies, we would appreciate you bringing them for attendees to enjoy!

@jainsofuconn   @UCONN Jain Student Association
Click on this image to RSVP
HIGHLIGHTING BLACK VOICES
WITH DR. KARA-ARETHA GRAHAM
MONDAY FEBRUARY 28TH 1:00-2:00 PM EST

THIS IS A WEBEX LIVE EVENT
IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT MYA JOHNSON MYA.L.JOHNSON@UCONN.EDU
IF YOU REQUIRE ACCOMMODATIONS TO PARTICIPATE IN THIS PROGRAM, PLEASE CONTACT THE STUDENT ACTIVITIES OFFICE AT (860) 486-1365 OR COMMUNITYOUTREACH@UCONN.EDU 48 HOURS PRIOR TO THE EVENT
STAY WHELMED PRESENTS:

Managing Expectations for High Achievers Series

SESSION 1: PROACTIVE PLANNING AND STUDY SKILLS
Friday, February 25th
11:45-12:30pm
This session takes you beyond checklists and reading notes, you will be introduced to strategies for effectively retaining complex material and making sure you never miss a due date. You’ll learn about “Eating the Frog,” Proactive Planning, Mirror Method, and Deliberate Practice.

SESSION 2: REDEFINING ACHIEVEMENT
Friday, March 4th
1:30 – 2:15pm
Achievement can often be associated with successfully accomplishing an end goal. The truth is the magic of achievement is in the process. This session will help you pivot your thinking, so you don’t get derailed by setbacks, and provide you with strategies to sustain motivation, prevent procrastination, and stay grounded through your long-term goals.

SESSION 3: GETTING CURIOUS ABOUT COMMUNICATION
(ASKING FOR HELP AND OTHER HARD CONVERSATIONS)
Monday, March 7th
1 – 1:45pm
Impactful communication starts with candor and confidence, yet these two skills don’t manifest from thin air. This session guides you through the components of speaking with candor to clearly articulate needs, interpret feedback with grace, and practices for planning real conversations confidently.

PLEASE REACH OUT TO SIERRA TRUDEL WITH ANY QUESTIONS
(SMV13005WORK@UCONN.EDU)

JOIN ON WEBEX HERE.