DUE 3/11 - APPLY TO BE AN HONORS GPS (PAID POSITION): CLICK HERE FOR MORE INFO

DUE 3/13 - APPLY TO BE A PATH MENTOR! CLICK HERE FOR MORE INFO

ON PAGE 2...
Learn more about Cognitive Behavioral Therapy

ON PAGE 3...
Learn more about Redlining

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

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

AND MUCH MORE!
Mental Health Matters

TOPIC: Cognitive Behavioral Therapy

COGNITIVE BEHAVIORAL THERAPY (CBT)
"is a form of psychological treatment that has been demonstrated to be effective for a range of problems including depression, anxiety disorders, alcohol and drug use problems, marital problems, eating disorders, and severe mental illness."

CORE PRINCIPLES:
1. Psychological problems are based, in part, on faulty or unhelpful ways of thinking
2. Psychological problems are based, in part, on learned patterns of unhelpful behavior
3. People suffering from psychological problems can learn better ways of coping with them, thereby relieving their symptoms and becoming more effective in their lives

EFFORTS TO CHANGE THINKING PATTERNS: STRATEGIES
- Learning to recognize one's distortions in thinking that are creating problems, and then to reevaluate them in light of reality
- Gaining a better understanding of the behavior and motivation of others
- Using problem-solving skills to cope with difficult situations
- Learning to develop a greater sense of confidence in one's own abilities

EFFORTS TO CHANGE BEHAVIORAL PATTERNS: STRATEGIES
- Facing one's fears instead of avoiding them
- Using role playing to prepare for potentially problematic interactions with others
- Learning to calm one's mind and relax one's body

TRY IT OUT!
There is no shame in working to improve your mental health—whether that be in CBT or otherwise. In fact, it is best to start therapy before you're actually in crisis, but you can start at any time.

Get started with SHAW Mental Health
Find a therapist on Psychology Today

The term "redlining" originated from government homeownership programs created as part of Roosevelt's New Deal during the Depression.

1930s

The term "redlining" became more common during the Civil Rights era leading up to the Fair Housing Act of 1968, and Home Mortgage Disclosure act of 1975.

Now

Thus, the creation of these maps influenced the development of urban areas from the 1900s to now. These "redlined" areas were starved of investment.

Disparities in the level of racial segregation, homeownership, home values, and credit scores are still apparent today along these boundary lines.

Racist government theory implied that the presence of any Black residents in an area declined its property value, thus barring Black home buyers from securing loans and mortgages.

Appraisers developed a grading system to assess the level of investment risk an area posed, A to D, with D being the most at risk. Properties with this "D" rating, were colored red on maps. These red zones often had high Black populations.

# Upcoming Events

* = COUNTS AS AN HONORS EVENT

<table>
<thead>
<tr>
<th>COLOR = EVENTS OPEN TO ALL CAMPUSES</th>
<th>Categories:</th>
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<tbody>
<tr>
<td>COLOR = AVERY POINT CAMPUS</td>
<td>• Academic &amp; Interdisciplinary Engagement (Ac)</td>
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<tr>
<td>COLOR = HARTFORD CAMPUS</td>
<td>• Career, Professional, &amp; Personal Development (Ca)</td>
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<td>COLOR = STAMFORD CAMPUS</td>
<td>• Honors Community Development (Co)</td>
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<td>COLOR = STORRS CAMPUS</td>
<td>• Multiculturalism &amp; Global Citizenship (Mc)</td>
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<tr>
<td>COLOR = WATERBURY CAMPUS</td>
<td>• Social Change, Service, &amp; Sustainability (Sc)</td>
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| 2/18 | *Ca - Introverted Leadership (Virtual, 2:00-3:00 PM) |
| 2/20 | UConn Psi Chi Application Deadline |
| 2/21 | *Ca/Ac - Explore Thesis Options for Business Students (Hybrid: BUSN Lounge 116 at Storrs / WebEx, 4:00-5:30 PM) |
| 2/23 | *Ca - Marketing Your Honors Experience (Virtual, 1:00-2:15 PM)  
Open to ALL UConn Regional Campus Students  
• ART+FEMINISM Wikipedia Edit-A-Thon (The William Benton Museum of Art, 3:00-5:00 PM)  
• Timely Topics - Riding the Rollercoaster of Entrepreneurship (Virtual, 5:00-6:00 PM)  
• *Ca/Sc - Creating Inclusive Spaces (Virtual, 6:00-7:00 PM)  
• *Ca/Mc - Meet a Genetic Counselor & M.D. in Molecular Pathology (Virtual, 6:00 - 7:00 PM)  
• *Mc - Black History Month Through Art (MONT 227, 7:00-8:00 PM)  
• *Mc/Sc - "Just Know I'm Not Slowing Down": Mental Health in a Black Athlete's World with Sha'Carri Richardson (SU Theater & Online, 7:00-8:00 PM)  
• *Ca/Mc - Women in Economics Symposium: Leading the Way in Challenging Times (Virtual, 7:00-9:00 PM) |
| 2/24 | *Ac/Mc - Guest Lecture in African American Literature - "The Two Phillis Wheatleys" (Room 333, 12:30 - 1:30 PM)  
• *Ca/Mc - Women in Economics Symposium: Leading the Way in Challenging Times (Virtual, 7:00-9:00 PM) |
| 2/25 | *Ca/Ac - Stay Whelmed Presents: Managing Expectations for High Achievers Series: Session 1: Proactive Planning and Study Skills (Virtual, 11:45 AM - 12:30 PM)  
• *Mc - ISSS Coffee Hour: South Asian Handicrafts and Spices (SU Ballroom, 2:00-4:00 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 2/18-2/25
"One extracurricular which I have found to be particularly fun is the Little I Show, which I have participated in for the last three years. My freshman year, all Animal Science students were assigned a farm animal to visit weekly in order to socialize and familiarize the animal with human contact, as well as learn how to interact with animals one usually does not encounter. I was assigned to a male pig, which I named Hamlet, and I had so much fun playing with him each week during the first half of the fall semester. I learned so much about him and myself, and felt it was a great way for first semester freshmen to really dive head-first into the program. Sending photos and videos of my pig back to my family and friends in New Jersey was so much fun and helped make my transition from home to college much less daunting, as it gave me a fun way to reach out to them and connect each day even though we were far apart. This fall, I was a herdsman for the pigs, so for a couple hours each week I went to the Swine Barn and helped the new freshmen acclimate to the program and answered any and all questions they had about not only Little I, but different classes and aspects of the Animal Science program that I have had experience with already. **I think the Little I program is a great way to build bonds across grade levels and shows each student very early on in their time at UConn just how great the Animal Science program is.**"
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/
Click on this image to RSVP
Click on this image to RSVP
JUSTICE NOW

ALICIA GARZA: "'THE MASTER'S TOOLS WILL NEVER DISMANTLE THE MASTER'S HOUSE': ACTIVISM IN THE 21ST CENTURY
FEBRUARY 2, 7PM

ABBY PHILLIP: "EMPOWERING BLACK VOICES IN JOURNALISM
FEBRUARY 9, 7PM

DR. REGINA BENJAMIN AND DR. JEROME ADAMS: "SEPARATE BUT UNEQUAL: HEALTHCARE ACCESS AND HEALTH DISPARITIES
FEBRUARY 16, 7PM

SHA'CARRI RICHARDSON: "'JUST KNOW I'M NOT SLOWING DOWN': MENTAL HEALTH IN A BLACK ATHLETE'S WORLD
FEBRUARY 23, 7PM

Click here to RSVP for one or more of the events!
BLACK HISTORY MONTH THROUGH ART

Wednesday, February 23
7PM in MONT 227
The UConn Institute for Systems Genomics Presents...
The Genome Ambassadors Program Seminar Series: Exploring Topics in Diversity, Advocacy, and Genetics

The Genome Ambassadors Program Seminar Series highlights the stories of distinguished speakers to provide students, alumni, and faculty with opportunities to learn about unique career paths, build skills in leadership and advocacy, and embrace diversity as professionals in the field of genetics and genomics.

Kira Dineen, MS, LCGC, CG(ASCP)CM
Genetic Counselor, Maternal Fetal Care PC
Podcast Host and Producer, DNA Today
Webinar Host, PhenoTips

Dr. Alexa Siddon, MD
Director, Molecular Diagnostics
Assoc. Director, Hematology
Laboratory Medicine
Yale School of Medicine

Join the conversation to enhance your DEI knowledge, learn how to serve as an ally for diverse groups, and meet with genetic counselors, scientists, physicians, and advocacy experts to grow your network.

Wednesday, February 23rd, 2022 at 6:00-7:00 pm EST

Scan the QR code to receive the Zoom link:

Questions? Email gillian.mcneil@uconn.edu or julie.hyland@uconn.edu
Guest Lecture
ENGL 2214: AFRICAN AMERICAN LITERATURE

The Two Phillis Wheatleys
On Archival Gestures & Black Women’s Poetries of Mutual Witness

Kirsten Lee
Ph.D. Candidate, University of Pennsylvania

Thursday
February 24
12:30-1:30pm

Co-sponsored by
UCONN Waterbury DEI Committee
UCONN English
UCONN Waterbury Faculty Fund
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.
Summer internships with UConn technology start-up companies

The TIP Innovation Fellows Program offers mentored summer research experiences for STEM and Business students with on-campus technology start-up companies.

- Undergrads and master's students & Dec 2021 / May 2022 alumni
- Paid, 10-weeks long, $4,000 stipend for undergrads; $5,000 masters
- Host TIP companies are located on-campus in UConn’s technology incubators in Farmington, Storrs and Stamford
- Onsite and Virtual fellowships available
- Workshops & seminars with in-Residence Entrepreneurs
- Networking and presentation opportunities
- Research can evolve into Independent Study or Honors Projects

Question? Drop-in to our virtual info session Thurs Feb 17 from 5-6 pm: [link](https://uconn-cmr.webex.com/meet/cnd04001)

Applications to 2022 summer program are open NOW and will be accepted until Feb 27

Apply at: TIP Innovation Fellows Program [link](https://innovation.uconn.edu/technology-incubation-program/summer-fellowship/)
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) 486-1165 OR COMMUNITYOUTREACH@UCONN.EDU 48 HOURS PRIOR TO THE EVENT
NEW SUMMER PROGRAM!

Racial and Social Justice in the Netherlands
A Comparative Analysis of Global Access and Equity in Higher Education

Earn 3 Honors credits
June 27 - July 5, 2022

Apply Now!

Application Deadline
March 1st
egl.uconn.edu

APPLY HERE BY MARCH 1ST
THE HONORS GPS TEAM

WE ARE NOW OFFERING 1-ON-1 APPOINTMENTS!

Have a question about Honors? Wondering how to graduate with the University Honors Laureate award? Make an appointment with an Honors GPS! Find a designated Honors GPS via Nexus.

For information on the Honors GPS team members, including their majors & years, scan the QR code!

Contact us at HonorsGPS@uconn.edu

To schedule an appt, navigate to: "Appointments" > "Schedule Appointment" > "Search by Name"
UConn's 5th Annual
Global Health Symposium
Connecting People, Place, and Health

March 25-27 2022
Virtual Modality
Free and Open to All!
Registration Now Open!

Register here by March 18th