IMPORTANT UPDATES

Fall 2022 Grad Course: ENGL 5650 - Intro to Digital Humanities
Email yohei.igarashi@uconn.edu for a permission # and more info

Due by 4/29: Approved Honors Theses from Graduating Seniors
Click Here for More Information

GOOD LUCK ON FINALS!

YOU GOT THIS!

Have a wonderful summer!
Mental Health Matters

TOPIC: Managing Finals Stress

It's finals season—which usually means an increase in stress levels. Be sure to follow these tips to manage your stress during this time!

HOW STRESS AFFECTS YOU
- Headaches
- Trouble sleeping
- Jaw pain
- Changes in appetite
- Mood swings
- Difficulty concentrating
- Feeling overwhelmed

LONG TERM STRESS...
...causes increased levels of cortisol in the brain, which weakens your immune system, making it easier for you to get sick. Long-term stress can also worsen symptoms of mental illness.

WAYS TO REDUCE STRESS


ACCEPT YOUR NEEDS
Recognize what your triggers are—avoid them when it is reasonable to, and cope when you can't

MANAGE YOUR TIME
Prioritize your activities and follow a planner; take things one at a time to avoid feeling overwhelmed

PRACTICE RELAXATION
Try calming yourself through deep breathing, meditation, and progressive muscle relaxation

EXERCISE DAILY
Schedule time to exercise (walk, bike, dance, whatever you find enjoyable!) daily to increase the production of stress relieving hormones and improve your physical health

EAT WELL
Eating whole grains, vegetables, fresh fruit, and protein provides a healthy foundation, and doing so can help stabilize your mood

PRIORITIZE SLEEP
Try to get at least seven hours of sleep a night; getting too little sleep can trigger symptoms of mental illness and worsen stress

UTILIZE RESOURCES:
Click on each one for more info -->

AAC
Academic Achievement Center

USG
Undergraduate Student Government

SHAW
Student Health and Wellness
May is Asian American and Pacific Islander (AAPI) Heritage Month, a celebration of AAPI individuals in the United States. This commemoration was first proposed in 1977 for the recognition of AAPI accomplishments. In 1978, President Jimmy Carter made it a week-long event. In 1992, President George H.W. Bush extended it to the full month.

Did You Know?

- **24 million** people self-identified as Asian in the 2020 US census.
- **588,531** AAPI-owned businesses existed in the US as of 2019.

The theme for AAPI Heritage Month 2022, chosen by the Federal Asian Pacific American Council (FAPAC) is **Advancing Leaders Through Collaboration**. This is a continuation of the "Advancing Leaders" series started in 2021. The goal highlights FAPAC's efforts to increase AAPI representation in leadership opportunities.

"Organizations that are led by leaders who have been supported and advanced through collaboration foster transparency. This transparency allows for a culture of openness and trust, which further fosters diversity and inclusion, a variety of opinions and a robust discussion of ideas and approaches, which are all the foundational traits of a thriving organization that is at the forefront of leading change." - FAPAC Press Release 1/3/2022

For a list of events and ways to engage visit: https://asianpacificheritage.gov/
# Upcoming Events

* = COUNTS AS AN HONORS EVENT

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4/29
- Oaklawn Scholarship Application Deadline (11:59 PM)
- William P. O'Hara Endowed Scholarship Application Deadline (11:59 PM)
- Baked Goods for Good Books (Student Union - Union Street, 12:30-4:30 PM)
- UConn Summer Riding Registration Opens

4/30
- Honors Medals Ceremony (in person event is invite-only, 10:00 AM) - livestream available via https://honors.uconn.edu/medals-ceremony

5/1
- 2022 CHESLA Scholarship Deadline

5/2
- Crossword Hobbyist Scholarship Deadline
- Destress Fest (Buckley 117, 9:30 AM-4:30 PM)

5/3
- Destress Fest (Buckley 117, 9:30 AM-4:30 PM)

5/4
- Destress Fest (Buckley 117, 9:30 AM-4:30 PM)

5/5
- Destress Fest (Buckley 117, 9:30 AM-12:30 PM)

5/9
- OUR Peer Research Ambassador Application Deadline

5/18
- CCEI Timely Topics — Commercializing Big Ideas: How to Push Yourself to Think Bigger (Virtual, 5:00-6:00 PM)

5/31
- Leon Bradley Scholarship Program Application Deadline

6/1
- Scholarship for Future Entrepreneurs Deadline
- UConn Student Athlete Success Program (SASP) Tutor Application Deadline

6/4
- Out to Innovate Scholarship Application Deadline

6/30
- The Chairish "Design Your Future" Scholarship Deadline

7/1
- Horsman Holdings Scholarship Deadline

7/5
- Cleanup Expert's 2022 Scholarship Program Deadline
- Scholarship for [Incoming and Current] Law Students Application Deadline

7/30
- Sportifies Scholarship Deadline

8/30
- Application Deadline: InsurTech Venturing Course

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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 4/29-5/6 and beyond!
"I'm really passionate about everything related to education and personal development. During my time here at UConn, I have naturally found myself being drawn to roles in which I play a role in others' personal development, whether it be in career and leadership development or in mentoring roles. To be honest, I can somewhat attribute my chosen path to my own experiences in which I wished that someone was there, telling me this information, when I was younger. Now, I want to be that person advocating for students like me. Currently, I assist with the development of career-related programs and initiatives as an intern at the Center for Career Development. I am also on the executive board of Residence Hall Association in which I oversee 18 sub-organizations called Hall Councils and their leadership development, in addition to being the Vice President of Marketing for Ascend UConn, a chapter of North America's largest Pan-Asian professional organization, and a mentor for The Major Experience."
Share your UConn Honors experience

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!
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"
BAKED GOODS FOR GOOD BOOKS

BAKE SALE AND BOOK DRIVE!

Support childhood literacy in inner city schools by donating a book and receiving a baked good!

When: April 29 12:30 PM - 4:30 PM
Where: Student Union - Union Street

Baked goods are *FREE* with a book donation or:
$3 per cupcake
$1.50 per cookie
$3 for 3 cookies
$2 per cereal-marshmallow treat
HONORS GUIDES FOR PEER SUCCESS Presents:

Destress Fest!

01 Where? Buckley Programming and Events Office

02 When? 9am-4:30pm May 2nd-4th and 9am-12:30pm May 5th

03 What? Grab some FREE treats and destress coloring pages

04 Why? Meet the GPS team and take a study break

05 How? Stop by any time and introduce yourself to the Honors GPS Team
Are you involved in research, scholarship, or creative activity? Would you like to help other students get involved?

**B E C O M E A**

**P E E R R E S E A R C H A M B A S S A D O R**

- Share your experiences via OUR workshops and panels
- Guide other students through peer advising
- Represent OUR at open houses and other events
- Serve on an informal advisory board, sharing feedback with OUR administrators about how to improve outreach efforts and programming

**Apply on JobX (Job ID 12766) by 5/9**

Contact the Office of Undergraduate Research at our@uconn.edu with any questions
DRESSAGE, HUNT SEAT, POLO AND WESTERN RIDING
Must be 11 years of age or older
All Levels: Beginner through Advanced

**Session I:** May 16 - June 3 No class May 30th (3 weeks) – No Polo
**Registration Deadline:** May 2, 2022

**Session II:** June 6 - 23 (3 weeks) – No Polo
**Registration Deadline:** May 23, 2022

**Session III:** July 3 - 22, No class July 4th (3 weeks)
**Registration Deadline:** June 20, 2022

**Session IV:** August 8 – 26 (3 weeks)
**Registration Deadline:** July 25, 2022

TRAIL RIDING
Offered to Intermediate or Advanced level riders. Riders should be proficient at walk, trot, canter.
Must be 11 years of age or older.
Space is limited to 6 participants per session.

**Session I:** May 2, 4, 16, 18, 23, 25
**Registration Deadline:** April 29, 2022

**Session II:** June 1, 6, 15, 20, 22, 27, 29
**Registration Deadline:** May 23, 2022

**Session III:** July 11, 13, 18, 20, 25, 27
**Registration Deadline:** June 20, 2022

**Session IV:** Aug 8, 10, 15, 17, 22, 24
**Registration Deadline:** July 25, 2022

For more information and to register, please visit:
[http://www.uconnsummerriding.uconn.edu/](http://www.uconnsummerriding.uconn.edu/)
7 WAYS TO REDUCE FOOD WASTE

BE SMART ABOUT SHOPPING
Plan ahead, make a list. See what you already have before buying. Buying in bulk is only useful if you actually use all of it.

PICKING PRODUCE
"Imperfect" or "ugly" produce is just as safe & nutritious as unblemished produce.

MEAL PREP
Keep a list of meals and ingredients you already enjoy.

YOUR FREEZER IS YOUR FRIEND
Store food there that won’t be eaten in time.

"BEST BUY" dates indicate quality, not whether food is edible.

START WITH SMALLER PORTIONS
You can always go back for more. Smaller & shallower dishes can help with portions.

FIRST IN THE FRIDGE, FIRST OUT THE FRIDGE
Put older food in front and newer food in the back.

TIPS ON PROPER FOOD STORAGE:

TIPS FOR MEAL PREPPING:
A Fall 2022 graduate course open to undergraduates:
ENGL 5650 (Mondays 9:30-12)

What does it mean to study literature and culture today, in the digital age?

How can data be used to study literature and culture?

How are digital technologies and computation changing how we read and write?

Email Prof. Yohei Igarashi for a permission #: yohei.igarashi@uconn.edu
Scholarship Opportunities

Below is a listing of scholarship opportunities shared with us by the UConn Office of Financial Aid. Visit the websites below for more information.

**Chairish Scholarship Program**
- **Name of scholarship**: The Chairish "Design Your Future" Scholarship
- **Deadline**: June 30, 2022
- **Description**: Preference to those pursuing Design and Engineering-related field
- **Value of scholarship**: $2,500
- **Qualifications**: see website

**Chapman/Albin**
- **Name of scholarship**: Scholarship for Law Students
- **Deadline**: July 5, 2022
- **Description**: Open to Law students
- **Value of scholarship**: $1,000
- **Qualifications**: see website

**Clean up Expert Scholarship Program**
- **Name of scholarship**: Cleanup Expert’s 2022 Scholarship Program
- **Deadline**: July 5, 2022
- **Description**: Video or Essay Contest - Open to all current or entering Undergraduate Students
- **Value of scholarship**: 1st place $3,500 and 2nd place $2,000
- **Qualifications**: see website

**CHESLA Scholarship Program**
- **Name of scholarship**: 2022 CHESLA Scholarship
- **Deadline**: May 1, 2022
- **Description**: For students pursuing a healthcare or manufacturing program, Expected Family Contribution less than $6,000
- **Value of scholarship**: $3,000 (Fulltime student), $1,500 (part-time)
- **Qualifications**: see website

**AASPA Program**
- **Name of scholarship**: Leon Bradley Scholarship Program
- **Deadline**: May 31, 2022
- **Description**: To aid minorities or persons of color to enter the field of teaching and school leadership
- **Value of scholarship**: $3,500
- **Qualifications**: see website