# THE HONORS WEEKLY



### **Final Issue of the Honors Weekly**

The Honors Weekly newsletter has been sent the past few semesters to share events and opportunities with the Honors Program. We will continue to send Updates in Honors weekly during fall and spring semesters. Furthermore, we will be increasing our social media contributions, especially on Instagram.

### Please follow us on Instagram:

@uconnhonorsprogram

Thank you to all contributors past and present!

### **IMPORTANT UPDATES**

INTERESTED IN TAKING A WINTER CLASS?

**CLICK HERE FOR MORE INFO** 

GRADUATING IN MAY OR AUGUST 2023?

CLICK HERE FOR GRADUATION
TIMELINE

HUMANITIES AND ARTS COUNCIL (HArCo) RELEASES THEIR FALL "ZINE" (SHORT FOR MAGAZINE)

**CLICK HERE FOR MORE INFO** 



### DISCOVERING AND DEVELOPING HOLISTIC WELLNESS

### Reducing Test Stress

As we approach finals week and wrap up the semester, here are 8 small changes you can implement to reduce stress on the day of an exam!

https://www.daniel-wong.com/2018/09/10/beat-exam-stress/



To effectively study, try the Pomodoro Technique. Set a 25 minute timer and work for the entire duration. Then, take a 5 minute break, Repeat 3x



Walk to your exams, rather than taking the bus. Even a 5 minute walk has been proven to reduce anxiety



Reduce your screen time before bed. Try reading a book or listening to an audiobook before you go to bed



Get enough Vitamin C! Studies show that Vitamin C reduces cortisol levels. Try eating peppers, oranges, kale, and strawberries



Try your best to regulate your sleep schedule, aiming for at least 7 hours a night



Find music that relaxes you. One staff favorite playlist is LoFI Beats on Spotify



Be kind to yourself!! Before an exam write 3 things you are proud of or 3 things that make you happy

### I can do this

Go in with a positive mindset!
Remind yourself how hard you have worked and acknowledge that this test is only one measure of your success



This Week's Topic: WtBldea 2022 Wrapped Discussions in Inclusion, Diversity, Equity, and Accessibility

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

### January 14 - April 8



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**MLK Day** 



**Stereotypes** 

Examples

What's the Big I.D.E.A.?



Microagressions



Colorism



**Claudette Colvin** 

Invisible Disabilities





Deaf vs deaf



Month of Ramadan

### Black Panther Disabilities Party Awareness Month



Autism Awareness Month

### **April 15 & September 16 - October 28**



Passover



International Day



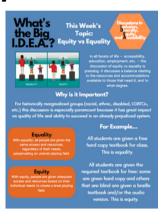
**AAPI** Mother Earth Heritage Month



Hispanic Heritaae



**Filipino** American Heritage Month



**Equity Equality** 



**Native American Heritage Month** 

This year, this space has allowed for the experiences of many groups to be highlighted, including differently-abled individuals and racial/ethnic minorities. Although this will be the last issue of "What's the Big IDEA?", you are strongly encouraged to continue learning, keep on fighting discrimination, and always love first.

#### COLOR = EVENTS OPEN TO ALL CAMPUSES

### <u> Categories:</u>

COLOR = AVERY POINT CAMPUS

COLOR = HARTFORD CAMPUS

COLOR = STAMFORD CAMPUS

COLOR = STORRS CAMPUS

COLOR = WATERBURY CAMPUS

- Academic & Interdisciplinary Engagement (Ac)
- Career, Professional, & Personal Development (Ca)
- Honors Community Development (Co)
- Multiculturalism & Global Citizenship (Mc)
- Social Change, Service, & Sustainability (Sc)
- \*Mc CISS Coffee Hour: Nigerian (CISS, 2019 Hillside Road, Storrs, CT 06269, 3:00 -4:00 PM)
- 12/4 UNIV 1784 Facilitator Application DEADLINE
- 12/5 \*Ac/Mc "The Conspiracy of Peace," (Oak 438 & Virtually, 12:15 1:30 PM)
  - Finding Summer Research Opportunities (WebEx, 4:00 5:00 PM)
  - \*Ca Honors In Business Association Etiquette Dinner (SU 310, 6:00 8:00 PM)
- Summer Undergraduate Research Fund (SURF) Info Session (WebEx, 2:00 5:00 PM)
- Entrepreneurship & Innovation Policy Research (Zoom, 11:00 AM 12:15 PM)
  - \*Mc/Sc Candle Vigil and Ceremony for Iran (McHugh 102, 6:30 7:30 PM)
- 12/8 \*Co/Ac Jonathan and Gingerbread (Gentry 144, 6:00 7:00 PM)
- 12/9 \*Mc/Ca Kwanzaa Dinner to Celebrate Dr. Price's Retirement (SU 330, 6:00 8:00 PM)
  - \*Ac/Sc Climate Change Cafe (Student Union 304, 4:00 6:00 PM)
  - \*Co HArCo x WHUS Open Mic Night (ITE C80, 7:00 9:30 PM)
  - Honors Final Plan of Study DEADLINE (Seniors)

### Scholarship and Research Opportunities

- Philip and Barbara Kaplan Scholarship DUE
- DAAD RISE Research Internships in Science and Engineering in Germany Application DUE (6:00 PM)
  - Allied Van Lines Scholarship DUE
- 12/31 ThinkSwiss Research Scholarship DUE
  - Neon Direct Scholarship DUE
- 1/10 Science Undergraduate Laboratory Internships (SULI) Application DYE (5:00 PM)
- 1/15 Cold Spring Harbor Laboratory Undergraduate Research Program 2023
   Application DUE
  - SENS Research Foundation (SRF) Summer Scholars Program Application DUE (12:00 PM PST)



# #HUMANSOFHONORS KARUS SABIO

UCONN STAMFORD: POLITICAL SCIENCE, 2023



What is a piece of advice you would give someone who wanted to get involved in Honors?

"For those interested in the Honors Program, I recommend leveraging a sense of urgency around academic and personal development. I personally was not aware of the program until Kaitlin [Heenehan] provided me with information and resources for getting involved. I thought that I had to originally apply to the UConn Honors Program. It was my junior year, and when talking with Kaitlin, I realized it was not too late. If you don't know, ask! There are a lot of resources on campus that I utilized and aided in my academic endeavors.

I have learned that opportunity is created when you inhibit people from putting limits on you, and when you do not put limits on yourself. I did not know my next turn after I graduated high school in 2018. I originally was going to attend a school in D.C., but I decided to take a gap year. I wanted to begin supplementing my professional development with academic pursuits, so I applied to UConn, and began commuting as a part-time student in 2019.

I thought that I would be at UConn for 5 years, however, I quickly found my passion points thanks to supportive professors and advisors that helped me bridge my academic and professional endeavors. Now I am graduating in the Spring of 2023, and I am thankful for the environment that I found at UConnenabling me to grow not only as a student, but as a global citizen: Everything is what you make it, and I have found that a few wrong turns may lead you to a better destination."



# WE WANT TO HEAR YOUR STORY!

take five minutes to submit here: honors.uconn.edu/humans

SHARE YOUR STORY - INSPIRE OTHERS - MAKE A DIFFERENCE!

### FREE STUFF FREE STUFF FREE STUFF FREE STUFF HONORS GPS TEAM DE-STRESS FEST! F F Stop by the Buckley Programming & Events Office F **During the Last Week of Classes** Monday (12/5) - Friday (12/9) F F 9:00 AM - 4:30 PM F 4 6 Pick up a **free** goodie bag! FREE STUFF FREE STUFF

FREE STUFF

FREE STUFF



# GPS Office Hours Fall 2022 NO APPOINTMENT NECESSARY!

THE BEST WAY TO REACH US IS THROUGH EMAIL AT HONORSGPS@UCONN.EDU. IF YOU WISH TO MEET WITH US VIA WEBEX, EMAIL US TO SET UP A TIME, THEN CHECK IN ON NEXUS

## STOP BY OUR OFFICES

### STORRS

IN-PERSON OFFICE HOURS
MONDAY-FRIDAY 9:00 AM - 4:30 PM
BUCKLEY
PROGRAMMING & EVENTS OFFICE

#### **STAMFORD**

IN-PERSON OFFICE HOURS
MONDAY 9:00 - 2:30 PM
THURS 9:00 -12:00 PM
IN OFFICE 3.46

VIRTUALLY, MONDAY-FRIDAY, 9:00 AM - 4:30 PM With generous support from the UCONN Humanities Institute, the Political Theory Workshop presents

### The Conspiracy of Peace

### Dana Miranda, Philosophy, UMASS Boston

In the 1968 documentary drama, Tell Me Lies, the Pan-African organizer Kwame Ture states: "There is a difference between peace and liberation, is there not? You can have injustice and have peace. Isn't that correct? You can have peace and be enslaved. So, peace isn't the answer. Liberation is the answer." Political orders free from disturbance or "at peace" have long served as the ideal. Yet, states can be functional, can even thrive, through the production of social interactions wherein some are subject to non-relations, or treated as nonbeings. The maintenance of nonrelations often requires the subjection and violent subordination of such groups. Peace is maintained through disorder. Drawing on the works of Martin Luther King, Jr, Frantz Fanon, Roseann Liu, and Savannah Shange, this work interrogates how "peace" functions in conspiracy with domination and oppression and describes the solidarities necessary to combat and upend dysfunctional orders.



12/5

12:15-1: 30pm Oak 438 & Zoom



August Shipman,
Political Science,
UCONN



Questions? Email jane.gordon@uconn.edu

Menu For Success



Join the Honors in
Business Association
for a dinner and learn
more about the
organization and how
to eat in a business
setting with a
professional!

December 5, 2022 6:00- 8:00 pm SU 310

Thanks to USG funding, this event is **Free** to attend and is open to the first 35 students that register. There will be catering from UConn dining! Please put any questions you would like the guest speaker to touch upon in the RSVP form

#### OPEN TO ALL STUDENTS

Please RSVP using the QR code above!







# JONATHAN AND GINGERBREAD

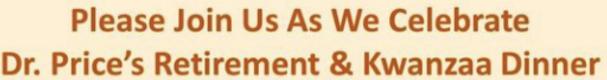
MEET JONATHAN THE
HUSKY AND COMPETE WITH
YOUR FRIENDS TO MAKE
THE BEST GINGERBREAD
HOUSE!

DECEMBER 8TH, 2021 @GPM GENTRY 144





WE'D LOVE TO SEE YOU THERE!



CAN AME

Friday, December 9<sup>th</sup>, 2022 6:00 PM @ Student Union Ballroom (RM 330)

This event will also be livestreamed!









# Open Mic Night

FRIDAY, DECEMBER 9 @ 1TE C80

MUSIC ~ SPOKEN WORD POETRY ~ STAND-UP





Counts as an Honors Event (but open to all!!)

Sign up to perform: <a href="https://bit.ly/HArCoxWHUS22">https://bit.ly/HArCoxWHUS22</a>





