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!
THANKS FOR READING!

THW content will be transitioning to INSTAGRAM!

Follow us! @uconnhonorsprogram

https://www.instagram.com/uconnhonorsprogram/
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!


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

January 14 - April 8

12 Week Topic: WtBldea
2022 Wrapped

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

MLK Day
Stereotypes
Microaggressions
Colorism

Claudette Colvin
Redlining
Black Panther Party
Disabilities Awareness Month

Invisible Disabilities
Deaf vs deaf
Month of Ramadan
Autism Awareness Month

And...
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.

Happy Holidays Huskies!
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)

**COLOR = EVENTS OPEN TO ALL CAMPUSES**
**COLOR = AVERY POINT CAMPUS**
**COLOR = HARTFORD CAMPUS**
**COLOR = STAMFORD CAMPUS**
**COLOR = STORRS CAMPUS**
**COLOR = WATERBURY CAMPUS**

12/2
- *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)

12/6
- Summer Undergraduate Research Fund (SURF) Info Session (WebEx, 2:00 - 5:00 PM)

12/7
- 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**

12/9
- Philip and Barbara Kaplan Scholarship DUE

12/15
- 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 DUE (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)

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 for December!
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 UConn—enabling 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."
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!

# HUMANS OF HONORS
HONORS GPS TEAM  
DE-STRESS FEST!

Stop by the Buckley Programming & Events Office  
During the Last Week of Classes

Monday (12/5) - Friday (12/9)  
9:00 AM - 4:30 PM

Pick up a **free** goodie bag!
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
THURSDAY 9:00 -12:00 PM
IN OFFICE 3.46

VIRTUALLY, MONDAY-FRIDAY,
9:00 AM - 4:30 PM
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 non-relations 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.

Commentator:
August Shipman,
Political Science,
UCONN

Questions? Email jane.gordon@uconn.edu
Menu For Success

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

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!

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!
HOSTED BY THE STEM SCHOLAR EBOARD

JONATHAN AND GINGEBREAD

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

DECEMBER 8TH, 2021 @ 6PM
GENTRY 144

HONORS EVENT: HONORS COMMUNITY DEVELOPMENT

WE'D LOVE TO SEE YOU THERE!
Please Join Us As We Celebrate
Dr. Price’s Retirement & Kwanzaa Dinner

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

This event will also be livestreamed!

RSVP Link
Open Mic Night

FRIDAY, DECEMBER 9 @ ITE C80
MUSIC ~ SPOKEN WORD POETRY ~ STAND-UP

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

Sign up to perform: https://bit.ly/HArCoxWHUS22