Opportunity Knocks

RUTGERS SASHP NEWSLETTER

Wednesday, September 15, 2021
Dear SAS Honors Program Students,

To keep with the trend of pseudo-dramatic advice about college that carries over into life outside of five campuses, I want to talk about taking on opportunities. Freshmen and sophomores might miss this, but most seniors will get that Rutgers offers us the unique opportunity to take on far too much if we feel so inclined. It is easy to preach the non-stop, 3-4 hours of sleep, on the grind, hustle mentality that US colleges have helped popularize. And it’s easier still to preach the party from Thursday to Sunday, no clubs, no involvement, just do your classwork mentality that has become equally popular. Yet in my experience, the real joy of these four years comes from the sweet spot. There is a great feeling you get by working until 2 am, but spending a Friday night with friends sometimes is also good. I think the real secret to maximizing enjoyment is to have a thorough understanding of your limits: how often you need breaks, mental capacity, necessary nights off, etc, but then to also have the self-discipline necessary to bend those limits when the proper opportunity presents itself.

Get out there and bend your own limits with some of our upcoming events. Rub elbows with potential employers at the upcoming Virtual Career and Internship Fair. Do some good while meeting fellow SASHP students by joining the Scarlet Day of Service SASHP Team. Take the first steps towards cycling across the country in a life-changing charity opportunity by attending the Dream Project Info Session. Check out the September Honors Alumni Spotlight. Catch up on some blog posts released over the summer by reading our Senior Speaker Remarks.

Warm Regards,
Justin Confalone
Your newsletter editor

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Virtual Career and Internship Fair

Nothing drills the importance of career-building quite like being a senior in college with the real world looking you dead in the eye. Get ahead of the curve at the upcoming Virtual Career and Internship Fair which runs from 12 - 4 pm EST on Sep 17. Even if nothing catches your eye, learning to rub elbows with potential employers is a skill that will serve you for your entire career. Different fields are offered on different days, so find the right one and register here.

Scarlet Day of Service: SASHP

Join the Peer Mentor Program as they lead the SASHP team at the upcoming Scarlet Day of Service. This event, running from 9 am - 5 pm on Sat, Sep 25, gives students an excellent opportunity to meet fellow SASHP members all while doing some real good. The deadline to register for the SASHP team is tomorrow, Sep 16 at noon. Students can sign up here.

Dream Project Info Session

The Dream Project, an honors alum-founded cycling trip that raises money for charity, is BACK. As a former Dream Project rider myself (I went from New Jersey to Oregon in 2019) this is an experience like no other. Do some good across the states as you fundraise money for charity and volunteer with dozens of incredible organizations. Attend the info session on Sep 23 at 7 pm in the fourth-floor lounge of the College Ave Student Center. A virtual session is also available here on Sep 28.
**September Honors Alumni Spotlight**

Make some room for our first **Honors Alumni Spotlight of the semester**, ‘18 alum **Alexander Lopez-Perez**! I had the opportunity to meet Alex on the return ride of this year’s Dream Project team and his passion for his English major/education minor is apparent immediately. Alex is currently working as a high school English teacher in Somerset County (he also teaches film and creative writing). His time in the SASHP also inspired Alex to become a Fulbright Scholar! Read the rest of his profile [here](#).

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**Senior Speaker Remarks: Let Us Meet Again in Spring**

“Few could understand what we have gone through in the past year—the capstone projects that we somehow finished in the corner of our bedrooms; the Zoom schedules that we somehow managed while the world was falling apart; the sadness of not knowing when we will see our friends or acquaintances again,” writes author **Xiangyue Max Wang**. Read the rest [here](#).

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**Senior Speaker Remarks: My Top 5 Treasures of “Ithaka”**

“I have heard the poem many times during Scholars Day, but it is only recently that I am able to fully reflect on my own experiences and appreciate the treasures I have acquired through my Honors Program journey,” writes author **Anny Lu**. Read the rest [here](#).