



Coffee Breaks

RUTGERS SASHP NEWSLETTER

Wednesday, October 20, 2021

Dear SAS Honors Program Students,

I know coffee has been a pretty frequent topic in recent newsletters, but, I have an excuse... a Mr. Coffee machine has recently made its way into my kitchen. See, I've started to understand the value of the famous coffee break. During class or a shift, it almost becomes a routine to take five minutes to grind the beans, measure out the right amount of water depending on the preferred strength, and evenly distribute the grounds across a filter. Though brief, this routine totally works to reset my mind and brings us to the main takeaway here: work some breaks into your midterm schedule. Powering through it is romanticized by students when in reality, breaks greatly improve the quality of work.

Speaking of breaks, take some time to yourself at some of these upcoming events. Celebrate the **Classes of 2020 and 2021** with one of the biggest names of a gen z childhood, **Snoop Dogg**. Get the information you need about your academic journey at the upcoming **Program Outreach Month**. Help recruit the next generation of SASHP students by applying to become an **Honors Program Ambassador**.

Warm Regards,
Justin Confalone
Your newsletter editor

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SASHP Newsletter

Events/Announcements

Snoop Dogg Celebrates the Classes of 2020 and 2021

Have you all heard that we got **Snoop Dogg** for the upcoming **Class of 2020 and 2021 Celebrations**? Like major artist/cultural figure from our childhood Snoop Dogg? 2020 and 2021 grads (and all current Rutgers students) can claim their concert tickets here. From **Oct 21 - 25**, Rutgers will be hosting a number of events for their most recent and upcoming graduating classes. Learn more about the events planned [here](#).



Program Outreach Month

Hear from faculty and SASHP students from the life sciences, computer science, Aresty, and more during the upcoming **Program Outreach Month**. Running on select days from **Mon, Nov 1 to Mon, Nov 29**, Program Outreach Month will feature a series of speakers from multiple fields as they give advice and provide some reassurance on their assigned days. Find all of the information you need, including dates and speakers, [here](#).

Honors Program Ambassador Application

Want to be part of SASHP outreach and recruitment? The **Honors Program Ambassador Application** is now open! Honors Ambassadors will participate in a variety of virtual recruitment events in the coming months. They serve as the Honors Program's representatives to provide answers to many of the questions that new students may have about life at Rutgers and The Honors Program. Those interested can apply [here](#) until **Fri, Nov 19 at 5 pm**.



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