Dear SAS Honors Program Students,

Coffee is brewed, ambience is on, the study space is littered with pencils, pens, and crumbled paper, and faculty and students alike are hyper-focused on two things: finals season and the wave of assignment deadlines that come before. Now that we are approaching the final stretch before that oh-so-sweet winter break, I wanted to check in with everybody. As someone who went a bit too crazy with work the past week (and paid the price), there are a few fail-safes I intend on abiding by as we enter the thick of it: 1. Schedule out the work in advance so you don't jump between assignments, 2. Get at least 6.5 hours of sleep/night, and 3. Spend a little more on groceries this week and get snacks to treat yourself. Stay strong out there, everyone!

Treat yourself by looking into some of these events/announcements. Ease the transition from college to the real world by looking into the recently opened Honors Alumni-Student Directory. Let someone help you manage the stress of planning the next semester by stopping by the next monthly Advising Drop-In. Learn more about Talia Waltzer in this month's Honors Alumni Spotlight.

Warm Regards,
Justin Confalone
Your newsletter editor

In this Newsletter:

*Honors Alumni-Student Directory
*Honors Advising Drop-Ins
*December Honors Alumni Spotlight: Talia Waltzer
Honors-Alumni Student Directory
Want to ease the transition from college to a full-blown career? Take a look at the **Honors-Alumni Student Directory**. If the honors alumni spotlights have been any indication, SASHP alums are all over the professional world. The RU Honors Alumni-Student Directory is a tool that current SASHP students can use to seek advice or ask questions to a network of honors alumni from a wide variety of professional industries and post-graduate work. The directory can now be accessed through your Canvas account.

Honors Advising Drop-Ins
Can’t quite figure out what makes the most sense for the spring 2022 semester? Use your resources and stop by the upcoming **Honors Advising Drop-In with Dean Kim-Lee** to have any advising questions answered. This next drop-in takes place this Fri, Dec from 10 am - 11 am in the McCormick Lounge. Be sure to use this resource! And don’t forget you can still book advising appointments with your dean on the SASHP website.

Honors Alumni Spotlight: Talia Waltzer
Talia Waltzer is December’s **Honors Alumni Spotlight**! After graduating from Rutgers with a dual degree in psychology and cognitive science in 2015, Talia went on to a PhD program studying Psychology at the University of California, Santa Cruz. Talia recently received a postdoctoral research fellowship from the National Science Foundation, and will be studying dishonesty in adolescence from 2022-2024. Learn more about Talia [here](#).

---

**Follow Us!**

- @RutgersSASHP
- @RUSASHP
- rutgershonorsblog.wordpress.com
- SASHonors
- @RU_SASHP