

Routine Life

RUTGERS SASHP NEWSLETTER

Wednesday, December 8, 2021

Dear SAS Honors Program Students,

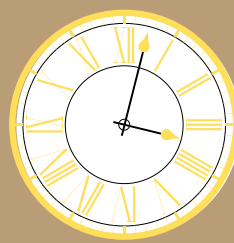
I know I've talked about study tips and productivity a lot over the past few newsletters, but let's be honest, it's very much on everyone's minds right now. So, in celebration of finals season, I wanted to talk about the importance of not just planning out your study times, but also the importance of routines for getting you into the study mood. A friend of mine has this pre-finals routine where he will go to Dunkin Donuts in the morning of an exam/project due date to get a pumpkin coffee and a donut. This routine achieves two things to help prep his brain for a study day: provide a buffer between waking up and working and preoccupy his hands with a drink and food. For me, it is usually making a coffee in the morning and cleaning the dishes before even touching any work. That's kind of the takeaway here, routines reset our minds for work and help us feel more prepared.

Make some new routines with our upcoming events/announcements. Relax this finals season by attending the upcoming **Artists Collective: End of Year Celebration**. Forget your finals stress with a free hot chocolate bar at the upcoming **SASHP x Jameson H Hot Cocoa/Decorating Holiday Party**. Treat your mental health this finals season by attending the upcoming **Destress the Night Away Event**. Get your own shoutout in this newsletter by applying to be featured in a **Senior Spotlight**. Want to serve alongside your peers, gain valuable experience, and receive a \$1000/semester stipend? Apply to be an **Honors Peer Leader**.

Warm Regards,
Justin Confalone
Your newsletter editor

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SASHP Newsletter

Events/Announcements

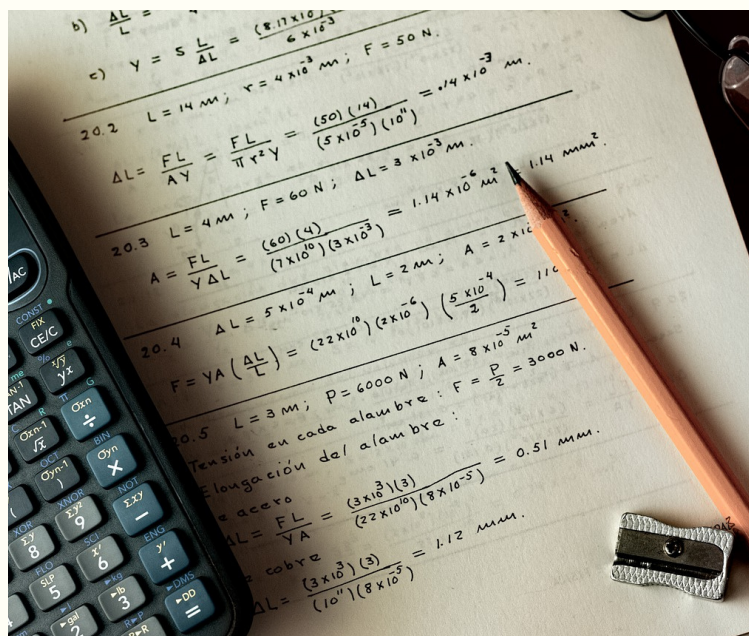
Artists' Collective: End of Year Celebration

Destress this finals season by stopping by the upcoming **Artists Collective: End of Year Celebration**. In addition to music, painting, games, and socializing, this event will feature an open mic. The celebration will take place **today, Dec 8 at 6 pm EST in Lucy Stone Hall Room A215**. Reserve your spot at the event [here](#), and sign up to perform at the open mic [here](#).



SASHP x Jameson H Hot Cocoa/Decorating Holiday Party

Despite drinking coffee every day, something about hot chocolate continues to put me in such a deep state of relaxation. Enjoy a complimentary hot chocolate bar and an opportunity to take your mind off finals at the upcoming **SASHP x Jameson Hot Cocoa/Decorating Holiday Party**. This event, taking place **tomorrow, Dec 9 at 7:30 pm in the Jameson H Lounge**, will feature paper snowflakes, socializing, and of course, hot chocolate.



De-Stress the Night Away Event

It's time: after weeks of prep, we're finally approaching the start of finals. When it comes to exam seasons like this, the most important thing is your health. The **Peer Mentor Program** is hosting its next event of the semester, the **Destress the Night Away Event**, to help keep your mind, body, and soul in check. Come out to the **Busch Student Center Multipurpose Room B** next **Mon, Dec 13 at 8 pm EST** for a night of Just Dance, hot chocolate, and holiday crafts! Be sure to **wear your ugly holiday sweaters!**



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Events/Announcements

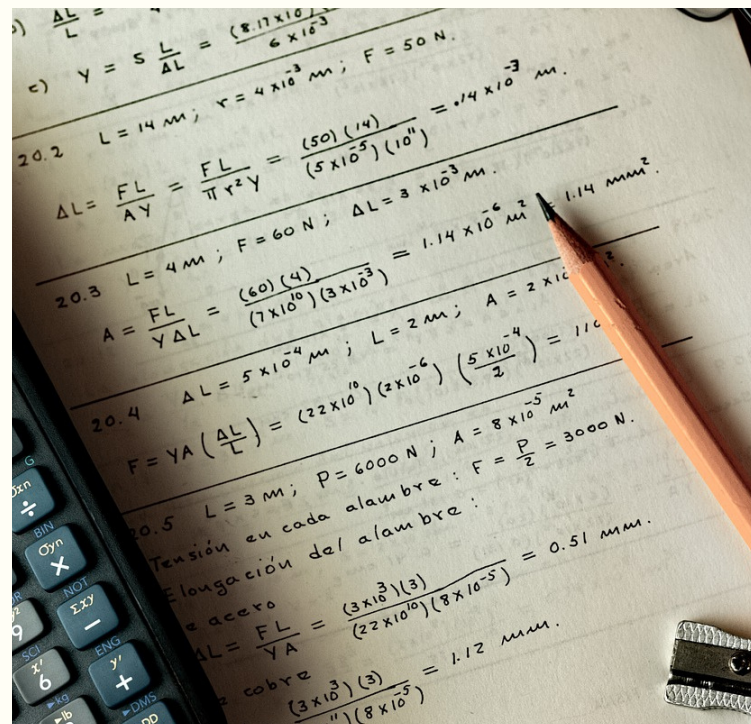
Senior Spotlight Application

Share your SASHP and Rutgers experience by applying for a **Senior Spotlight feature**. In addition to tons of bragging rights and a spot in this very newsletter, Senior Spotlights are also featured on the honors blog, potentially featured on the SASHP YouTube channel, AND will be considered as a speaker for the SASHP Virtual Senior Brunch in the spring. Show what you've learned, how you've grown, and how you have connected with the honors community by **filling out the newly revised application [here](#)**.



Honors Peer Leader App is OPEN

College Ave (Brett), Busch (McCormick Suites), Livi (Lynton Towers) are looking for Honors Peer Leaders in their respective areas for the '21-'22 academic year. The SASHP Honors Peer Leader (HPL) serves alongside their peers by designing, promoting, and executing engaging academic and co-curricular programs/initiatives that aim to build community and collaboration. This position offers students a **stipend of \$1000 dollars** at the end of every semester. Interested students can apply [here](#).



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