Hope everyone had a great first week back to in-person instruction and isn’t too exhausted from all of the bus riding and time management. I for one am super excited to be back but also sore from a week of way more movement than pandemic-era me was used to (not to mention both the gyms and rock wall are open and most likely contributing to that soreness). Given my soreness and the excessive amounts of metaphors in this intro section, it only makes sense to talk about the importance of stretching and general flexibility (both literally and figuratively with all of the walking) for students. Be it clubs, hopping between campuses, the busses, assignments, or just about any time-sink here at Rutgers, college requires incredible amounts of flexibility. In the same way that stretching promotes flexibility and recovery for sore body muscles, a sore mental muscle is fixed by taking some time to yourself. Embrace the inherent crazy of Rutgers but also let yourself recover and come back stronger.

Stretch your time with these upcoming events. Kick-back for an evening of board games and sweets at the upcoming Honors Ice Cream Bar. Get crafty before Valentine’s Day at the Peer Mentor/Mentee exclusive Ride or DIY Event. Expand your knowledge of random knowledge games at the upcoming Artists Collective Pop Culture Trivia Event. Give a huge congratulations to this year’s Senior Leader Awardees. Missed out on honors alumnus Ed Vergalasov’s presentation? Get all of the relevant information by sending Dean Kim-Lee an email. Show some love to this month’s Honors Alumni Spotlight: Courtney Berger Levinson.

Warm Regards,
Justin Confalone
Your newsletter editor
**Honors Ice Cream Bar**
In the mood for some ice cream and early-semester socializing? Stop by the Honors Peer Leader hosted Honors Ice Cream Bar! Students will be able to choose from a variety of toppings and flavors of ice cream and play tabletop games with peers. This event takes place this **Thurs, Feb 10 at 8pm EST in the McCormick Lounge (on Busch Campus)**. This is a great opportunity to meet some fellow SASHP students!

**Peer Mentor Program Ride or DIY**
Make cards, coasters, and (beaded) jewelry with your peer mentor, mentee or with other students just in time for Valentine’s Day at the upcoming **Peer Mentor Program Ride or DIY event! *This event is for Peer Mentor Program members only* and will take place this **Fri, Feb 11 at 7:30pm EST in Busch Student Center Room 120 ABC**. Getting crafty is a great way to take a much-deserved break from academia, so be sure to stop by!

**Artists Collective Pop Culture Trivia**
Have a renewed love for classic knowledge games after Wordle? Stop by the upcoming **Artists Collective Pop Culture Trivia Event!** This event takes place this **Fri, Feb 11 at 12 pm EST (room TBD)** and will allow students to flex their pop culture knowledge in a Jeopardy-style game about all of the latest. Registration is required to attend. Both the registration and updated information on the location will be found [here](#).
Senior Leader Awardees Announced
Show some love to this year’s Senior Leader Awardees: Steven Arnold, Jusleen Basra, Fiona Chen, Khushi Gandhi, Ahri Han, Samantha Lee, Thomas Newton, Kishan Patel, Aishwarya, Ramaswamy, Shruthi Thiyagarajan, Monica Tschang, Anna Zhang, and Franchesca Zilinski. Congratulations everyone! The Senior Leader Award is one of the highest honors the SASHP can give! Check out the next page of this newsletter for a full breakdown of the awardees' majors.

Edward Vergalasov Presentation
Honors Alumnus Ed Vergalasov SAS ’21 hosted an informative Zoom last week about his post-Rutgers journey and career at Lockton Re. Students who could not attend can contact Dean Kim-Lee at jmkim@sas.rutgers.edu for the presentation deck. Interested JUNIORS should apply for the Reinsurance Broking Internship through Handshake.

Honors Alumni Spotlight: Courtney Berger Levinson
Show some love to this month's Honors Alumni Spotlight: Courtney Berger Levinson! After graduating from Rutgers with a double major in political science and history, Courtney taught middle school for six years before going back to get her Master's degree at Harvard. Courtney now works as a research scientist for the University of Washington in their Office of Educational Assessment. Read all about Courtney here.
Senior Leader Award
Class of 2022

Steven Arnold
Cell Biology & Neuroscience

Thomas Newton
Molecular Biology & Biochemistry

Jusleen Basra
Anthropology

Kishan Patel
Cell Biology & Neuroscience

Fiona Chen
Biological Sciences

Aishwarya Ramaswamy
Supply Chain Management & Marketing

Khushi Gandhi
Business Analytics and Information Technology & Marketing

Shruthi Thiyagarajan
Cell Biology & Neuroscience

Ahri Han
Molecular Biology & Biochemistry

Monica Tschang
Cell Biology & Neuroscience

Samantha Lee
Computer Science & Cognitive Science

Anna Zhang
Molecular Biology & Biochemistry

Franchesca Zilinski
Genetics