

Monday, February 28, 2022

Dear SAS Honors Program Students,

As we approach the middle of the spring semester, now is a great time to check in. Pretty much everybody I've talked to over the past few days has mentioned how their workload ramped up recently and they suddenly have a mountain of assignments due. If you find yourself in a similar situation, take a breath, have a hot drink, and write down every assignment due in the next week. Something about taking due dates out of your head and putting them down on paper externalizes the problem, so write down everything you've got. Hopefully, it'll help make the middle of the semester a bit more bearable.

Interrupt the constant workflow with some of these upcoming events/announcements. Network with fellow students and honors alums at the upcoming Young Honors Alumni & Student Virtual Mixer. Think about ways you can be more engaged on campus during the upcoming Involvement and Leadership Week. Rising juniors interested in pursuing a career giving back and social service should apply for the Lloyd C. Gardner Fellowship Program. Tomorrow is the last day to get in your Study Abroad Application. Apply to be a member of the Leader Corps! Keep an eye on the @hpmentor Instagram account for #PMPWellnessWednesday posts throughout March.

Warm Regards, Justin Confalone Your newsletter editor

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SASHP Newsletter

Events/Announcements

Young Honors Alumni & Student Virtual Mixer

Something the SASHP does very well is giving students plenty of opportunities to connect with alumni from a number of professional fields. The next such event is the **Young Honors Alumni & Student Virtual Mixer**.

Students will have the opportunity to one-onone speed video chat with other Rutgers students and young alumni from the classes of 2017-2021 on the Glimpse platform. Meet a new friend, grow your professional network, or both by attending this **Thurs, Mar 3 at 8 pm EST via Zoom**. Register here by **tomorrow**, **Mar 1**.



Lloyd C. Gardner Fellowship Application

Rising juniors with an interest in pursuing careers in leadership and service should apply for the **Lloyd C. Gardner Fellowship**. The year-long Gardner program will take 12-15 SAS juniors under its wing and focus on major global issues, develop strong leadership skills, and take a prominent stance in addressing these issues in the coming decades. Apps are due **March 11** and can be found here.



Involvement and Leadership WeekThe upcoming Involvement and **Leadership**

Week is the perfect time to think about ways to be more engaged on campus! Whether you would like to join a student organization, become a Student Center manager, or develop as a campus leader, now is the best time to learn how you can get involved and make a difference. Visit any of the Student Centers anytime between Feb 24-Mar 6 for tips, helpful resources, and leadership opportunities on campus!



SASHP Newsletter

Events/Announcements

Study Abroad Deadline

The **Study Abroad Deadline** for summer/fall 2022 is **tomorrow**, **Mar 1**! Students interested in a semester (or more) abroad can view a full list of the programs offered <u>here</u> and learn about health and safety policies <u>here</u>. Studying abroad is a one-of-a-kind experience, so treat this as a last reminder to get the application material together!





Leader Corps Application

Apply today to be a member of the Rutgers

Leader Corps! Leader Corps students have
the unique opportunity to help coordinate
the MARK Conference, lead Alternative
Breaks, facilitate Leadership Retreats, or
leave a lasting legacy as a Leadership Intern.
The Leader Corps is currently looking for
LEAD Interns, RUAB Executive Board
members, Alternative Break Site Leaders, and
MARK Conference Captains. For more
information on how to apply, contact

Lawrence.owens@rutgers.edu and visit
go.rutgers.edu/leadercorps.

#PMPWellnessWednesday

Speaking of mid-semester stress, the #PMPWellnessWednesday social media campaign begins in March. The Peer Mentor Program is bringing you wellness tips, advice & resources every Wed on the programming board-led @hpmentor on Instagram. Check it out for some peace of mind amidst the chaos.



