



# Wake-Up Call

RUTGERS SASHP NEWSLETTER

Wednesday, Sept. 7, 2022

Dear SAS Honors Program Students,

Is anyone else's sleep schedule still all out of whack from summer break? Between traveling from timezone to timezone and indulging in more than a handful of late starts to my day during the summer months, my inner clock is definitely just starting to fall back into rhythm with my school schedule. Heading to bed at a reasonable hour and waking up before noon has been a daily struggle during this past week. However, what helps me shake off the sleep on those mornings when I need an earlier start is one simple thought: *coffee*. Just thinking about the options I have for my morning caffeinated concoctions (Iced or hot? Flavor or none?) sparks enough excitement to have me crawling out of bed and into the kitchen. It's my tried and true wake-up call. But it's not my intention to peddle you my coffee-drinking habits in this newsletter. Instead, my advice to you this lovely Monday is that you discover your own wake-up call during this first full week of classes. If your caffeine addiction isn't like mine, then find another energizing thought that sparks excitement for your day. Perhaps thinking about the plans you have later today or even the outfit you're going to put together (and absolutely rock) is what activates your brain into "awake" mode. This day (and week & semester) is yours. Here's your wake-up call to make it a great one.

Here's a few upcoming opportunities that you shouldn't sleep on. Help pick the book for next year's incoming students at the **Summer Reading Committee** kick-off meeting. Lend some knowledge and sharpen your leadership skills by volunteering as a **Peer Tutor**. Take over the SASHP Instagram for a week as a **HIPster**. Paint a pot and make a new friend (or two) at the first **Honors Peer Leader event** of the semester. Catch up on the latest **SASHP Blog Post**.

Warm Regards,  
Noa DeOcampo  
Your Newsletter Editor

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Post: 'Stop Taking  
Things So Seriously'

# SASHP Newsletter

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### Peer Tutor Applications

Do you think you know your introductory courses so well that you could recite their syllabi from memory? Or do you have an arsenal of mnemonic devices to help you memorize your course material? Pass on the academic knowledge that you've accumulated over the years to fellow honors students by applying to become a Fall 2022 Peer Tutor [here!](#) The deadline to apply is next Monday, Sept. 19.



### Summer Reading Committee Kick-Off Meeting

Want to help choose the 2023 summer reading book? The Summer Reading Committee is meeting at 3 PM next Friday, Sept. 23 to begin on their journey of choosing the reading material for next year's incoming students. Join them in the parlor of the iconic 35 College Ave. to talk books at the kick-off meeting.



### SASHP Peer Leader 'Paint a Pot' Event

Does making art while making a friend sound like your idea of a fun time? If so, stop by the SASHP Peer Leader 'Paint a Pot' event on the Voorhees Mall Lawn this Thursday, September 15, to paint some succulents and meet some new people! Note: be sure to bring something to sit on so you can create in comfort.



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## Events/Announcements

### HIPster Applications

Take over the SASHP Instagram page during the fall 2022 semester by applying to become a HIPster—i.e. an Honors Instagram Poster! Interact with the Honors community and give fellow students a glimpse into your everyday life through posts and stories. Plus, you can make your own creative mark on the SASHP grid. Click [here](#) to apply.



### New Blog Post: 'Stop Taking Things So Seriously: Summer Reflections & A Cure for Start-of-Semester Scaries'

Already feeling the pressure from the start of the semester? I was, too, until I remembered a lesson that I learned after getting stranded in the Philippines for a week because of a lost passport. Read my new blog post [here](#) to learn more about how I'm trying to take the pressure off of living and stop taking things so seriously.



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