



# Navigating November

RUTGERS SASHP NEWSLETTER

Wednesday, Nov. 2, 2022

Dear SAS Honors Program Students,

Welcome to your nightmare. I mean November. I'm hyperbolizing, of course, but I think we can all agree that November can be a bit... *much* sometimes. Arguably less festive than the two months that sandwich it, and encompassing the make-or-break portion of the semester (where you either get it together now or never), November can be a bundle of stress with little relief. And, as someone who has been getting meager amounts of sleep as of late, let's just say that my level of enthusiasm for the new month has not been very high. Nevertheless, I do think that there is a way that we can navigate November and come out on the other side relatively unscathed. It's all about having a game plan. So, whip out your planners and bullet journals, lay out all your monthly goals, deadlines, and expectations (maybe even throw in a mood board just for kicks), and brace yourself for the month ahead. November's got nothing on an honors student with a strategy.

Start the month off right with these exciting upcoming opportunities and events! Stop by the **Internship & Professional Development Workshop**. Drop-in with **Dean Kim-Lee** or **Dean Ackerman**. Tune into the upcoming **Scarlet Speakers** talk with **Matthew Stone** or the **Richard D. Heffner Open Mind Lecture**, "**The Big Money behind The Big Lie**." Attend the **Artists' Collective Interest Meeting & Paint** event. Catch up on the newest **SAS Honors Blog** posts, "**A Review of Library Study Spots on Campus**" and "**Waking Up From My Teenage Dream**." Check out this month's Honors Alumni Spotlight featuring Manan Parekh.

Warmest Regards,  
Noa DeOcampo  
Your Newsletter Editor

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# SASHP Newsletter

## Events/Announcements

### Internship & Professional Development Workshop

The **Internship & Professional Development Workshop** is **THIS Friday, Nov. 4** in the **LSC Collaborative Center**. From **2-3:30 PM**, students will have the chance to meet with **representatives from Career Explorations and Success** and **hear from student panelists** (featured this week on the Peer Mentor Instagram, **@hpmentor**) who have held **internships** and **experiences** in the following industries such as **business, technology, pre-health & research, education, law & public service**. Students can also have their **resumes reviewed**, and **network** with SASHP students on similar career paths. Bonus: those dressed in their business-casual-best will have the opportunity to get **professional headshots**.

*\*Open to all SASHP students*



### Dean Kim-Lee Drop In

Got an **advising question** that you need answered? With registration just around the corner, I'm sure many of you do. **Dean Kim-Lee** will be holding her monthly **drop-ins** **THIS Friday, Nov. 4**, from **10-11 AM** in the **McCormick Suites Lounge on Busch Campus**. All SASHP students are invited to stop by to have any quick queries answered on the spot!

ADVISOR

### Dean Ackerman Drop-In

Can't make it out to Busch, but still have a pressing advising question? **Dean Ackerman** will also be holding **drop-in honors advising** in the **Brett Hall Study Lounge (College Ave)** **THIS Friday, Nov. 4**, from **10 AM - 12 PM** & **NEXT Monday, Nov. 7**, from **10 - 11:30 AM**.





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### Scarlet Speakers With Matthew Stone

The **Scarlet Speakers** series continues **THIS Thursday, Nov. 3**, from **12-1 PM**. Tune in **virtually** to hear **computer science** professor, **Matthew Stone**, speak on the "**Challenges and Opportunities of Data Science Research and Education**." Click [here](#) for more information and to register for the event in advance!

### Scarlet Speakers

From the heart of New Brunswick

### Artists' Collective Interest Meeting & Paint

Calling all student artists, musicians, and fellow culture enthusiast! The Artists' Collective is BACK and ready to welcome new and old members alike at their Interest Meeting & Paint event on Nov. 14 from 5-6 PM in the parlor at 35 College Ave. Stop by to learn more about the Artists' Collective, win some SASHP swag, and (of course) paint!



Richard D. Heffner Open Mind Lecture

### The Big Money behind The Big Lie



**Jane Mayer**  
Chief Correspondent  
*The New Yorker*

### Open Mind Lecture: "The Big Money behind The Big Lie"

NEXT Wednesday, Nov. 9, at 7 PM, investigative journalist, Jane Mayer, will deliver the 7th annual Richard D. Heffner Open Mind Lecture, titled, "The Big Money behind The Big Lie." In it, The Open Mind Lecture series honors the late Professor Heffner with its aim to "identify how our sense of what it means to be human has been molded by history, politics, culture, and print, electronic, and cybernetic media." Click [here](#) to learn more and to register for the virtual event in advance.

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### New Blog Post: "A Review of Library Study Spots on Campus"

Feeling stuck studying behind your dorm room desk, but don't know which of the many **on-campus libraries** to make your escape to?

Read **Saniya Tasnim's** new post on the Honors Blog, "**A Review of Library Study Spots on Campus**" to learn about their **top-3 picks**.

*"Having a fresh perspective on your study locations might just spruce up your otherwise long and boring study sessions".* Read more [here!](#)



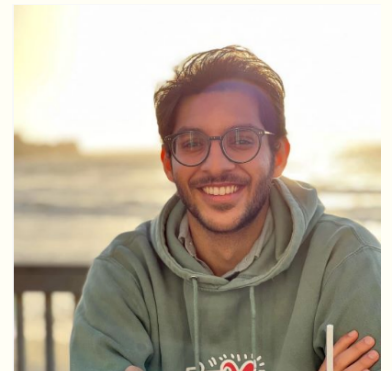
### Alumni Spotlight: Manan Parekh

This month's featured SASHP alum for the **Honors Alumni Spotlight** is **Manan Parekh**! Manan graduated with a major in **Cell Biology and Neuroscience**. A fourth year medical student at **Temple University**, Manan is currently completing research at the **University of Pennsylvania** in otorhinolaryngology. Click [here](#) to read more about Manan.

### New Blog Post: "Waking Up From My Teenage Dream"

Author Abbey Agapay writes: "How can I feel so relieved to leave my teenage years behind, yet dread the onslaught that is the rest of my life?"

The **anxiety** of **getting older** and moving steadily into the unknown future is something that I think we all can relate to, whether you are approaching 20 or way past that particular milestone. Click [here](#) to read Abbey's article, "**Waking Up From My Teenage Dream**" and get their optimistic take on the topic.



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