Wednesday, Nov. 9, 2022

Dear SAS Honors Program Students,

At this point in the semester, telling someone, "I'm stressed" is kind of a universal greeting. Open a conversation by saying, "I've been pretty stressed lately," and you're more than likely to get, "Yeah, same, dude" (do people still say "dude"?) in response. It's also a great bonding topic: I hadn't seen my roommates in a few days, and the first thing we caught up on was how stressed we were. Count on stress to keep a group together. Jokes aside, I've always found these stress-based interactions to be therapeutic. To me, simply venting your stress and knowing that someone (or many someones) can empathize with you is one of the most underrated forms of stress-reduction. Because of this, I thought I'd take a moment to relate a recent "stress dream" of mine here— you know the stress is reaching a new high when it's leaking into your subconscious and sleeping hours. I'm hoping to not only get it off my chest by writing it here, but perhaps even to provide a little comic relief in your day. Here it is. I had a dream that I was attending a family wedding at a hotel, and that part of the ceremony required us to hold onto this giant helium balloon with a large positive sign on it. The bride exclaimed, "Positive for COVID! Get it?" I did get it. Everyone got it. But then, the balloon started lifting all of the wedding party into the air over the hotel, and we had to start swinging in unison to get it back on the ground. If you know my family, you know doing anything in unison is a huge task. I woke up mid frustration-groan.

Don't sleep on these upcoming events and opportunities! Attend the Artists' Collective Interest Meeting & Paint event. Head back to the '90s at the upcoming PMP event. Tune into the webinar, "The Spanish Legacy: From Creole Patriotism to Chicano Power." Apply for the Learning Assistant Program or First Year Fellowship!

Catch up on the newest SAS Honors Blog posts!

Warmest Regards,
Noa DeOcampo
Your Newsletter Editor
Events

Back to the 90s PMP Event
NEXT Thursday, Nov. 17, the Peer Mentor Program will be holding a "Back to the 90s" event in the McCormick Lounge (Busch). Stop by starting at 7 PM to decorate CDs, take pics in the photo booth, and be transported back to the era of boy bands, denim-on-denim, and the birth of "The Macarena" (who would've known it was a millennial?)
*** Open to members of the Peer Mentor Program ONLY

Artists' Collective Interest Meeting & Paint
Calling all student artists, musicians, and fellow culture enthusiasts! 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!

"The Spanish Legacy: From Creole Patriotism to Chicano Power"
The next talk in the "Let's Talk About the Humanities" webinar series will be held on Tuesday, Nov. 15 @ 1 PM. It will feature Ignacio Martínez, Associate Professor of History and Ph.D Program Director at the University of Texas El Paso. Titled, "The Spanish Legacy: From Creole Patriotism to Chicano Power," the talk will center around the aim to "analyze and interpret the modern legacy of Spain throughout Hispanic–America." Click here to register.

Let's Talk About the Humanities
The Spanish Legacy: From Creole Patriotism to Chicano Power
November 15, 2022 at 1 PM ET with Ignacio Martínez, University of Texas, El Paso
This webinar will provide an overview of Spain and the Hispanic World. The central aim of this project is to examine the history of Spanish American North America by identifying major intellectual and historical figures, and their work, over the past five hundred years. For one, the revolution and the independence movements of the 19th and early 20th centuries, the struggle of Hispanics and Native Americans for their rights, and the role of Hispanics in the New World will be examined. The talk will focus on the role of Spain in the modern history of Hispanic and American societies. This talk will feature Dr. Ignacio Martínez, Associate Professor of History and Ph.D Program Director at the University of Texas El Paso. Titled, "The Spanish Legacy: From Creole Patriotism to Chicano Power," the talk will center around the aim to "analyze and interpret the modern legacy of Spain throughout Hispanic–America."
**Student Learning Assistant Application**

The student **Learning Assistant** application for select **spring 2023** courses is now open! With over **90 positions** available, this program is a great opportunity to get some **hands-on experience helping** out in the classroom and **sharpening your leadership skills**. Students in the program will do everything from **work with small groups** of students answering clicker questions in lectures to **independently leading recitations**. The **deadline** for the application is **THIS Friday, Nov. 11 @ 11:59 PM**. Click [here](#) for more information and for the application!

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**First Year Fellowship Application**

Are you a **first-year** or **transfer student** looking to develop and apply your leadership skills, receive mentorship, PLUS earn credits while doing so? Apply for the **First Year Fellowship**, an **8-week long course** "designed for emerging leaders to cultivate their skills and become the next generation of change agents, on campus and beyond!" The application deadline for the First Year Fellowship is **NEXT Friday, Nov. 18**. Click [here](#) to apply today!
New Blog Post: "How to Avoid Getting Overwhelmed as a Freshman"

As Honors Blog writer, Amna Dar, puts it, "Being a freshman is hard." It's true. Learning to balance a schedule of college-level courses, socializing, and navigating a newfound sense of independence makes freshman year a series of constant obstacles. Even as a senior, I'm not quite sure I have the confidence to go back and repeat it all with grace. However, there are ways to ensure that everything that makes freshman year difficult doesn't get in the way of you enjoying your initiating experience as a college student. Check out Amna's new post, "How to Avoid Getting Overwhelmed as a Freshman" here to get her tips and tricks to keep your mind, body, and soul in shape as a freshman.

New Blog Post: "Don't Psyche Yourself Out of Finals"

We all know that after November hits, you've gotta start thinking about finals. Even though there's over a month left in the semester, the weeks in November leading up to finals seem to fly faster than you can catch them. But not to worry: Honors Blog writer, Paula Sholander's got your back. Click here to check out Paula's new post, "Don't Psyche Yourself Out of Finals" and read up on some note-taking and study strategies to ready yourself for that final countdown.