Burnout is real. And it’s easy to catch. It’s like the gifted kid flu. We ignore the signs of it until it reaches a point of detriment, until we can’t work any longer and have to tend to our worn out brains. As honors students, I’m sure we care about our grades, and I’m sure we have experienced burnout before. Well, as your unlicensed and definitely uncredentialed doctor, I am here to tell you to listen to your body. To take a break when you need it. With exams already here, it can be easy to ignore the symptoms of burnout and let them fester. However, if we take our medicine (walks, shows, hangouts with friends, etc.), then we won’t have to suffer from painful migraines, hours wasted away in bed, or feelings of nausea just at the thought of work. Now, I am in no way a master of evading burnout, so take my words with a grain of salt. But, as with any sickness, the best treatment is to notice it early.

If you need some events to take your mind off your studies, that’s exactly what I’m here for! Enjoy a McCormick Movie Night. Attend Passport to Student Success. Watch a BFA Senior Solo & Duet Dance Concert. Meet author Monica Youn.

Warmest Regards,

Halima Niazi
Your Newsletter Editor
EVENTS/ANNOUNCEMENTS

Passport to Student Success

Passport to Student Success is here! **Open to all SASHP students**, the annual, **honors resource fair**, is being held on **Friday, Oct. 13 @ 1:30-3 PM** in the **BSC International Lounge**. There will be Peer Mentors from various majors & minors, as well as offices like the **Health Professions Office, Pre-Law, Career Explorations & Success, Graduate School of Education, SASHP** and more to help students plan for the spring and beyond.

Recruiting Panelists!

The Peer Mentor Program is recruiting panelists for their **Internship & Professional Development Workshop**. From conducting research at a non-Rutgers organization to participating in a job, internship, or shadowing program, if you think your experience is something other SAS Honors students should know about, then fill out [this form](https://example.com) by **Wednesday, Oct. 11**.

McCormick Movie Night

Want to relax after a stressful week? Then, join the HPL in McCormick for pizza, snacks, and a movie night, featuring *The Glass Castle*. This event will take place on **Friday, October 13 @ 7 PM** in the **McCormick Suites Lounge** and is **open to all SASHP students**.
EVENTS/ANNOUNCEMENTS

BFA Senior Solo & Duet Dance Concert

Come watch the new choreographic works by Bachelor of Fine Arts senior dance majors, in collaboration with composers from the music department. Shows will span from Nov. 1-5 in the Loree Dance Theater. Limited FREE tickets are available to SASHP students. Secure one here by Oct. 23.

Eagleton Undergraduate Associates Program

Join the Eagleton Undergraduate Associates Program! This is a 3-semester interdisciplinary certificate for juniors. Earn 9 credits through a series of three unique courses and a summer/fall internship, in which you will develop your political, leadership, and professional skills. Apply here by Oct. 23. Eagleton also has many exciting events to explore here.

Writers at Rutgers featuring Monica Youn

Monica Youn, the author of From From and other poetry collections, as well as a finalist for the National Book Award, will be starred in a reading, Q&A session, book sale and signing, and catered reception on Wednesday, Oct. 11 @ 7:30 PM in the College Ave Student Center MPR. I will likely be in attendance, so maybe I’ll see some of you there!