Monday, March 18, 2024

Dear SAS Honors Program Students,

I hope you all had a satisfying, momentous, and restful spring break! I know I did. As some of you might know, Ramadan began last Monday, so I have been fasting from dawn to sunset every day, during which I don’t eat or drink. Yes, not even water. It was difficult at first to force myself to eat that early in the morning, so I would be sustained enough for the day, but by now, my body has gotten adjusted. Although I do feel the longing for food when I stumble into the kitchen, I remind myself that this is an act of gratitude and appreciating what we have. Plus, we Muslims know that during Ramadan, there are the best feasts. This will be my second Ramadan at college, and it can be difficult. I’m saddened to be unable to break my fast with my family’s company, but I will try to recreate our traditional foods to emulate the feeling and I’m excited to celebrate the month with the community here at Rutgers.

Some events to look out for as you get back into the groove. Apply to be a Peer Mentor. Attend an Honors Alumni Q&A: Pre-med or Pre-PA edition! Donate to the SASHP Cares Food Drive. Attend International Children’s Book Day. Enter the DLS Research Reel Contest.

Warmest welcome back,
Halima Niazi
Your Newsletter Editor
EVENTS & ANNOUNCEMENTS

'24-'25 Honors Peer Mentor Applications

The '24-'25 Honors Peer Mentor applications are now open and will run until Sunday, Mar. 24. All SASHP students in good standing are encouraged to volunteer and be matched to an incoming honors student. Peer Mentors will offer guidance and advice and be invited to exclusive PMP events throughout the year. Follow @hpmentor to learn more!

Additionally, there are a few seats open to join the PMP Programming Board, which works to create PMP events throughout the year. Apply here.

Honors Alumni Q&A: Pre-PA Edition

Honors alumna Alison Christian SAS '23 will be hosting a virtual Honors Alumni Q&A for all the aspiring physician assistants on Tuesday, Mar. 26 @ 6:30 PM. Alison will discuss her pre-PA journey, gap year, and acceptance to George Washington University. RSVP here.

Honors Alumni Q&A: Pre-Med Edition

Calling all pre-med students! Honors alumni Matthew Dilloian SAS '23 and Riddhi Jadhav SAS '23 will be co-hosting an Honors Alumni Q&A on Wednesday, Apr. 3 @ 7:15 PM on College Ave Campus. Pizza will be served. Seats are limited, so RSVP here.
EVENTS & ANNOUNCEMENTS

International Children's Book Day

Alexander Library is hosting a local event on April 2 to celebrate International Children’s Book Day! It will feature people reading stories in their original languages, often accompanied by pictures, as well as some culturally-relevant performances. Learn more about the program here.

SASHP Cares: Food Drive

The Honors Peer Leaders are launching the SASHP Cares: Rutgers Food Pantry Donation Drive! They are accepting all canned food donations, with drop-off locations on all campuses and at 35 College Ave (see flyer for details). One item donated will equal one ticket entered into the raffle to win an oversized SASHP crewneck!

DLS Research Reel Contest

If you are a student majoring in biological sciences, cell biology & neuroscience, genetics, molecular biology & biochemistry, or exercise science and conducting life science research with Rutgers-New Brunswick faculty, then enter the Division of Life Sciences Research Reel Contest! Share your research in a 3-minute video and a chance to win prizes! The deadline to submit is April 10. Learn more here.