Give Me a Break!

RUTGERS SASHP NEWSLETTER

Wednesday, November 14, 2018

Dear SAS Honors Program Students,

Are you feeling tired, overworked, or stretched out? Fear not, because fall break is on the horizon! In just a few short days we’ll all have a much-needed breather from classes. Working hard is a requirement to be here at Rutgers, but we also need to know the importance of pacing ourselves and taking short breaks.

Here are a few events to help you rest and relax this week. Express yourself creatively! The Artists Collective will be hosting a **salon** and **generative writing & zine workshop**. Pick up tickets for the **Opera at Rutgers** for an exciting performance. Become more involved in the SASHP by applying to be an **Honors Ambassador**!

Sometimes, I just know that I need a break to refresh myself for the next few weeks. Here at the SASHP, we encourage you to stay well and practice self-care.

With warmest regards,
Julianna Rossano
Student Director of Honors Media

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Rutgers Food Pantry

If you’re running low on cash and meal swipes, make sure to get the food you need from the Rutgers Food Pantry. Located on 39 Union St of College Ave. Find out more at http://ruoffcampus.rutgers.edu/food/.
Artists Collective Events
Take an opportunity to talk about and make art at the Artists Collective Salon. Modeled after Parisian salons, these are venues for artists (of any level of skill) to gather and work on projects. Pizza will be served. Nov 16, 3 – 5 PM in 35 College Ave Parlor, College Ave Campus. Can’t make it? How about the Artists Collective Generative Writing & Zine Workshop. Come out to try a few writing exercises, then make a zine! Cookies will be served. Contact Flannery, fmrollins@gmail.com, with questions. Nov 19, 8 – 10 PM at 35 College Ave Parlor, College Ave Campus.

Opera at Rutgers
Attend the Opera at Rutgers! This performance offers a retrospective of great American operas of the 20th and early 21st centuries, including works by Leonard Bernstein, Carlisle Floyd, Kurt Weili, Robert Livingston Aldridge, Jake Heggie, and Michael Ching. Pick up tickets at 35 College Ave (SASHP Main Office). Nov 17, 7:30 PM at Nicholas Music Center, Douglass Campus.

Apply to be an Honors Ambassador!
Do you want to be an integral part of recruitment for the SASHP? Apply to be an honors ambassador! Training begins in spring semester for participation in the SASHP Scholars day serving as panelists and luncheon hosts. Click here for more information and to apply (deadline 5 PM Dec 7). Email knagy@sas.rutgers.edu with any questions. For more information about the program, visit sashonors.rutgers.edu.

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JUNIOR ACADEMIC MEETING #1

HONORS SCHOLAR REQUIREMENTS
SENIOR CAPSTONE OPTIONS
THESIS PROJECT STARTER
STUDENT PANEL DISCUSSION

FRIDAY, NOV. 16 @ 1 - 3 PM
COLLEGE AVE CAMPUS
ACADEMIC BUILDING, ROOM 1180

For more information about the SAS Honors Program, visit us at sashonors.rutgers.edu