As we rush towards the end of the semester, it’s important to pace ourselves. Projects and exams have started piling up. We’re almost in the home stretch. If you find yourself lost in work, it might be a good idea to give yourself something to look forward to every night or at the end of the week. In his tips on isolation, NASA astronaut Scott Kelly recommends picking up a hobby, having a movie night, or keeping a journal. These small acts can give you a creative outlet and put you in a new mindset.

Here are some remote opportunities and events coming up. If you are interested in a graduate program for politics, join the UNMA Info Session livestream. Questions about advising or just want to chat? Drop by Dean Keeton’s Webex room. Read this week’s Senior Spotlight featuring Leah Stone. Sign up for the Artists Collective Virtual Coffeehouse. Hear about the experiences of medical professional and RU Alum Dr. Dicker. Join the Honors Peer Mentors during their online panel Questions While Quarantined: Registration and Scheduling Help. Juniors: tell us about your capstone plans by submitting your honors capstone form online by April 21. Submit to the Artists Collective fall exhibit. Looking for reading material? Check out the newest Honors Blog posts.

From all of us at the SASHP, stay safe and enjoy the day!

With warmest regards,
Julianna Rossano
Student Director of Honors Media
UNMA Info Session
Are you considering a graduate school? Check out the Master’s Program in Political Science - United Nations and Global Policy Studies (UNMA). This program is open to high achieving undergraduate students. Join a live stream info session at **12 PM on April 17** and learn about the Accelerated UNMA program. **Click here** to register for the event.

Coffee With Keeton
Dean Keeton would like to hear how you’re doing and what you’re up to. Grab some coffee, tea, or beverage of your choice and drop by his Webex room. Ask questions or just say hi! **Thursdays, 4-5 PM, rutgers.webex.com/meet/keeton.**

Senior Spotlight: Leah Stone
Check out the SASHP Blog to read about Leah Stone in this week’s Senior Spotlight. She is majoring in molecular biology and biochemistry and minoring in sociology. Leah is a research assistant at Hillman Lab and the president of Kol Halayla acapella group. Read more about her advice, experiences, and plans for the future at **rutgershonorsblog.wordpress.com.**
Artists Collective Virtual Coffeehouse
Interested in singing, playing an instrument, poetry, dancing or more? Join the Artists Collective Virtual Coffeehouse, online and from the comfort of your home! Click here to sign up for a slot and for the Webex link. April 24, 7 PM.

Zoom With Dr. Dicker
Are you a pre-med student interested in hearing about the experiences of a professional? Honors Alumnus Dr. Paul Dicker, RC ’88, will host a chat about his Rutgers, medical school, and clinical experiences. Dr. Dicker went on to receive his MD from the NYU School of Medicine. He has cultivated an interest in areas of high-risk obstetrics, infertility, office gynecology, and minimally invasive surgery. He is now an Ob/Gyn at Lifeline Medical Associates. Click here for more information and email Dean Kim-Lee at jmkim@sas.rutgers.edu to receive an official invite. April 16, 8 PM.

Registration and Scheduling Help
The Honors Peer Mentors invite you to attend their online event Questions While Quarantined: Registration and Scheduling Help. They will discuss information about advice about WebReg, Course Schedule Planner, honors courses, Degree Navigator, when to register, and what to do when you’re closed out of a class. There will also be a major/discipline breakout session. Click here for more information and WebEx link. April 17, 4:30 PM.
JUNIORS: tell us about your capstone plans. All SASHP juniors are required to submit the SAS Honors Program Online Capstone Form by April 21. For more information on capstone options and requirements, visit www.sashonors.rutgers.edu.

The Artists Collective fall exhibit will be themed around "Nature." All artistic mediums, majors, and viewpoints are welcome. Now, more than ever, we can connect with nature. While we’re all home and taking meditative walks, take some positive artistic breaks. Use #createfromhome to share your talent and passion with The Artists Collective. Click here to submit a photo of your work by May 4 and for specifications. Selected pieces will be showcased at 35 College Ave. Email Dean Sanchez Gomez with questions (cysanche@rutgers.edu).

Looking for reading material? Check out the Rutgers Honors Blog! Read our newest posts about honors housing, a semester recap, and remarks from our Senior Speaker, Sophia Nitkin! Visit rutgershonorsblog.wordpress.com.

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