Rolling With the Punches

Monday, August 24th, 2020

To the Honors Class of 2024,

With the Covid-19 pandemic, we as students are faced with extra stress, greater difficulty building community, and for 65 percent of us, an entirely remote semester... Oh my! More than this, a global pandemic isn't a great way to start college. As a former self-help book junkie in high school, I feel the genre offers a toolkit for crafting your own narrative in life. We could all gain some wisdom from one such book, Ryan Holiday's The Obstacle is the Way. He writes, “We forget: In life, it doesn’t matter what happens to you or where you came from. It matters what you do with what happens and what you’ve been given.” The world and the class of 2024 alike have been dealt a difficult hand, but life goes on... The best we can do with what we’ve been given is make the most of it. And there is still plenty to experience at Rutgers!

Here are some great ways to get started on making the most of your semester! Experience your official SASHP welcome at this year’s Honors Induction Ceremony. Make some fast-friends at this year's Class of 2024 Speed Friending. Break into the Rutgers community with your very own Faculty Mentor. Meet your SASHP Virtual Peer Leaders. Learn how to make the most of your first year at Rutgers by reading our Important Resources List. Nothing here catches your eye? Head to the last page of this week’s newsletter to view the SAS Honors Program Calendar (we'll have it in the same spot every week).

From everyone here at the SASHP, have an incredible first semester!

Warm Regards,
Justin Confalone
Your New Newsletter Editor
SASHP Newsletter

Honors Induction Ceremony
Join the official SAS Honors Program family THIS Fri, 8/28 at 1:00pm ET via Zoom. This event is required for all new SASHP students and will give you the opportunity to connect with fellow SASHP staff, students, and new members. The program is full of incredible people, so make the most of it!
**Be sure to activate your zoom account before the gathering.

Meet Your Faculty Mentor
Be sure to sign up for a SASHP faculty mentor! While not mandatory, forming connections with the staff here at Rutgers is a great part of the college experience. TODAY 8/24 is the last day to participate. Review the 8/17 email we sent for a list of available faculty and sign up here. Who knows? Maybe you'll pick up a new interest or even make a professional connection. We will email assignments before classes begin.

Speed Friending
Go on a rapid series of dates — well, friend dates — at this year’s Class of 2024 Speed Friending. Taking place on 8/26 from 8-9pm ET, meet someone new every few minutes and be given a series of questions to learn more about your ‘date’.

Meet the VPLs
Eager to get involved? Be on the lookout for emails from your Virtual Peer Leaders. Your VPL will contact you soon to invite you to upcoming honors community events and help you get involved at RU.
Important Resources (With Links)

**Be sure to save this page as a pdf for quick links to major campus resources**

**Honors Advising**- Honors advisors cover course selection, major selection, graduate and professional school options, internships, and research opportunities. A link to schedule an appointment was sent to you.

**Advising and Academic Services**- If you need counsel in any and all academic planning, book a virtual appointment with an academic advisor [here](#).

**Career Consulting Services**- For career advising, resume critique, and all professional development assistance, click [here](#).

**Student Learning Centers**- Offering tutoring, academic/writing coaching, study groups, and peer leader training, the learning centers offer many virtual options [here](#).

**Student Organizations**- getINVOLVED offers a mega-list of all the clubs and organizations at Rutgers, click [here](#) to browse all 500+ of them!

**CAPS**- Rutgers’ own in house therapy clinic! Offering therapy, mental health groups, and various coping activities among other things... check them out [here](#). Keeping yourself happy and on top of things is no joke — especially with Covid. As somebody who struggles with anxiety and has used CAPS before, don’t be afraid to seek help.

**Scarlet Listeners**- A student-run crisis hotline for Rutgers students everywhere. While I have never used them personally, they have some great recommendations from peers. Check out their Facebook page [here](#) (and maybe sign up to help!)

**Wanna Be #HonorsFamous? Be sure to sign the photo release form when you have a chance**

**For a full list of opportunities, click here.**

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