



Snack Away

RUTGERS SASHP NEWSLETTER

Wednesday, October 7, 2020

Dear SAS Honors Program Students,

Happy Wednesday! In a time where you can no longer walk five minutes to Harvest Cafe for a smoothie or go to Panera for a kitchen sink cookie, the debate of what to snack on while working is a hot one. It's always interesting to see students in class sipping a coffee, pulling pretzels from somewhere out of frame, or turning off the camera around noon because lecture runs through lunchtime. It raises some important questions! What kind of coffee is that guy drinking? Are those just regular pretzels or are they something else entirely and the camera can't pick it up? What are they eating for lunch when the camera goes off and the student only responds in chat? Should I also be snacking? For me personally, having something to keep reaching for helps me focus on my work... so invest in some snacks.

Until then, chew on some of next week's events. Those pursuing a medical career can learn from some of the best at our **Honors Alumni Panel**. Learn about the (now extremely popular) **Hamilton v. Jefferson** conflict with Professor **Lou Masur** at the Scarlet Speakers Series event. Decompress from round one of midterms at the **VPL sponsored Friday Game Night**. Join Harvard MD **Dr. Alister Martin** as he discusses **Voting and Health Care: 2020 and Beyond**. Tell the SASHP community about an **awesome professional experience** you had recently at the upcoming resource fair. Check out our new honors blog article on **How to Deal With Screen Fatigue**.

Hope everyone has an awesome week!
Warm Regards,
Justin Confalone
Your newsletter editor

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***New SASHP Blog Post

Media

***Check out the new
SASHP blog post [here](#) on the
(very) relevant issue of How
to Deal with Screen Fatigue.
***We're accepting video
submissions for our fall
2020 SASHP digital short
#quarantine edition. Click
[here](#) to find out more!



SASHP Newsletter

Announcements

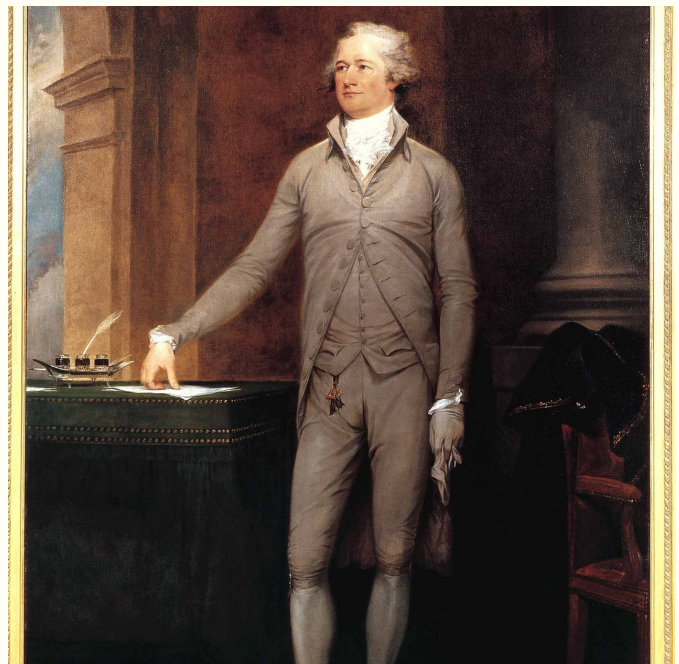


Honors Alumni Panel: Medical

Join Rutgers alumni **Dr. James Cleary**, assistant professor of Medicine at Harvard; **Dr. Shabbar F. Danish**, chief neurosurgeon at Rutgers Cancer institute; **Dr. Sonia Garcia Laumbach**, Family Medicine practitioner; and **Dr. Ram Mani**, assistant professor of Neurology at RWJ Medical School for a panel on the medical field. The panel is on **Mon, Oct 19 at 4pm EST**. This is an incredible opportunity and I've been told spots fill up very quickly... register [here](#).

Scarlet Speakers Series: Hamilton v. Jefferson

Distinguished Professor of American Studies and History **Lou Masur** is hosting an afternoon Scarlet Speakers Series chat on **Hamilton v. Jefferson**. Hamilton's (semi) recent spike in popularity is well-deserved as he truly did some incredible things. The talk will cover the 1790s conflict between America's first political parties - the Federalists (Hamilton) and the Republicans (Jefferson). This event is **Wed, Oct 14 at 12:00-1:00pm EST via Zoom**. Some say that this rivalry shaped America: find out why by registering [here](#).



Friday Game Night

On the ropes after round one of midterm season? Decompress from the stress at next week's **Friday Game Night** run by the SASHP virtual peer leaders. Using the popular platform Skribbl.io, the game night will cover a wide range of activities. Join the fun on **Fri, Oct 16 at 5pm EST via Zoom**. Click [here](#) to get the meeting login.

SASHP Newsletter

Announcements

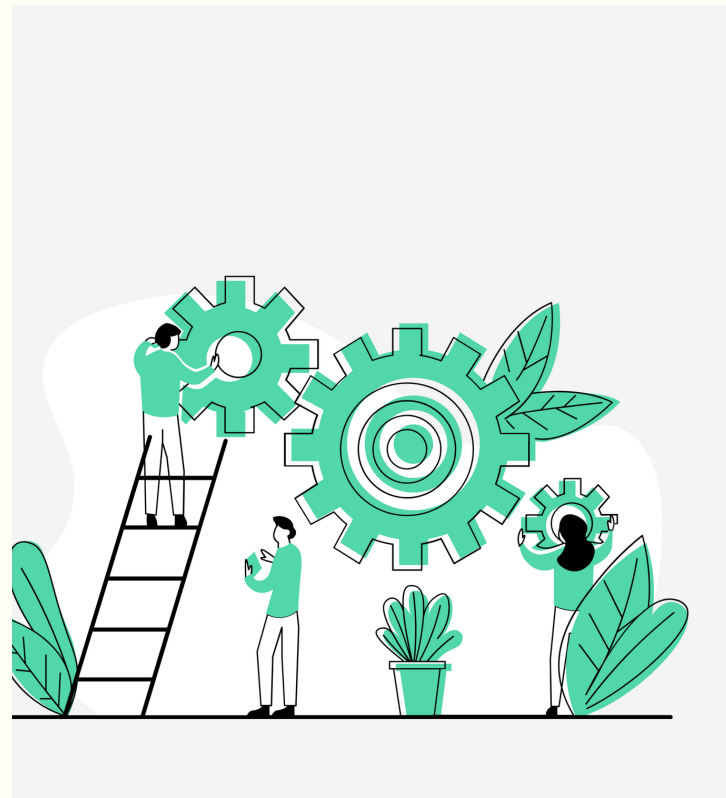


Voting and Health Care: 2020 and Beyond

Harvard MD and emergency room physician **Dr. Alister Martin** is partnering with the **Department of Africana Studies** to discuss the timely issue of Voting and Health Care: 2020 and Beyond. Dr. Martin is heavily engaged in various civic initiatives related to health care/who can access it and offers a wealth of knowledge on this topic. The talk is on **Mon, Oct 12 at 5pm EST via Zoom**. Register [here](#).

Internship & Professional Development Workshop

The peer mentor program is looking for panelists to speak during an **Internship & Professional Development Workshop**. Whether it's completing an EMT course, conducting research at a non-Rutgers organization or participating in a shadowing program or internship, we want to spotlight SASHP students who are participating in amazing non-Rutgers opportunities during the academic semester, winter, and summer break. If you've been involved in something similar and want to share your story, sign up to be a panelist [here](#). The deadline to apply is tomorrow, **Thurs, Oct 8**.



For a full list of opportunities, [click here](#).

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