Wednesday, November 4, 2020

Dear SAS Honors Program Students,

As the country waits in suspense for whatever comes of this “interesting” election, everyone feels a little bit more tense. As an avid cooker, snacker, and stressor, there are a few tried and true dishes I like to cook when the urges align. Store bought pasta (with store bought sauce), egg fried rice (with adobo seasoning), and especially peanut butter on chocolate rice cakes will be pulling me through the next couple of days. Mental health is important - especially during a stressful election within an even more stressful pandemic - and if quick & dirty comfort food is your way to cope, chow down (in moderation).

Sink your teeth into these upcoming announcements/events. Peer mentors/mentees can meet up in cyberspace at the SASHP Peer Mentor Program Game Night. Market, connect, learn, and get more out of your professional college self at the Passport to Student Success Workshop. Learn all about ‘19 honors alum Laura Marchoff in this month’s Honors Alumni Spotlight. Vote for your favorite SASHP costume at the Halloween Costume Contest. Get some eyes on your talent through the talent spotlight. Check out the new blog post “Struggling With a Relationship During COVID-19.”

Warm Regards,
Justin Confalone
Your newsletter editor
**Peer Mentor Program Game Night**

**Among Us, Code Names, and Drawful 2, oh my!**
Meet your mentor, mentee, or other members of the Peer Mentor community in cyberspace at the Peer Mentor Program Game Night. This event takes place on **Thurs, Nov 19 at 8pm EST via Zoom**. Only mentors/mentees can attend and players from any skill level - from a first time imposter to a seasoned crewmate - are welcome. Join the zoom call [here](#).

**Passport to Student Success Workshop**

The **Passport to Student Success Workshop** is open to all SASHP students and will cover course registration, majors, minors, and departments at Rutgers. This workshop will take place on **Fri, Nov 20 at 2pm**. It's hosted by the SASHP Peer Mentor Program. I'm including it this early because - even if it's sometimes painful to do, this stuff is important to think about ASAP. The zoom link is [here](#).

**Honors Alumni Spotlight: Laura Marchoff**

Get to know 2019 honors alumnus Laura Marchoff with this month's Honors Alumni Spotlight Feature. After graduating from SAS with a dual BA in journalism & media studies and political science, Laura went on to work as a marketing & sales coordinator for Criteria for Success, a sales growth/sales training, and management consulting firm located near Grand Central, NYC. Find out more about Laura's story [here](#).
Halloween Costume Contest Judges Wanted
And you thought the spooky season was over without one last treat. Take a break from work to vote in the Peer Mentor Program's 2nd Annual Halloween Costume Contest. Between Sun, Nov 1 - Sun, Nov 8, vote at @hpmentor on Instagram and at rutgers.peermentor on Facebook. The winner(s) will be announced on social media and in the SASHP newsletter next week. The rules for scoring are as follows: 1 like on IG = 1 point, 1 like on FB also = 1 point.

SASHP Talent Spotlight
Got some special talent you are eager to share? From life skills to fun skills, the SASHP Peer Mentor Program wants to see it as part of their IGTV webseries. These videos will be a few minutes long and allow students to feel a little more connected during these times. Submit your wacky talent here.

SASHP Blog Post: “Struggling With a Relationship During COVID-19”
Listen up, lovebirds. In a time where seeing anyone is extra difficult, sustaining a relationship during Covid-19 is exceptionally stressful. Check out the new blog post here.