

Finals: The Last Brain Cell

RUTGERS SASHP NEWSLETTER

Monday, December 7, 2020

Dear SAS Honors Program Students,

College Ave, Livi, Cook/Doug, Busch. Long ago, the four campuses lived together in harmony. Then, everything changed when Covid-19 attacked. Only common sense - master of none - could stop the virus... but when the world needed it most, it vanished. Nine months passed and the student body discovered a brand new challenge: an entirely remote set of finals. Although we're used to online learning by now, we have a lot to study before we're ready to pass anything. But I believe **we can make it work**.

Seriously, best of luck on finals everyone!

Master the element of stress-bending by giving yourself a break at some of these events. Watch some hot off the press Covid contingency plans presented live at Rutgers AI & Pandemic initiative's **3-Minute Proposal (3MP) Competition**. Attend one of the final **Scarlet Speakers Presentations** of the semester. First-years interested in flexing/strengthening their leadership muscle should sign up for the **First-Year Leaders Program**. Humanitarian ambitions? Sign up for the final **UNMA Information Session** of the semester. **Honors Capstone**... wait, don't run away. Seniors looking for some advice on their Capstone reports should attend the **Scholarly Report Workshop**. Watch the crazy-popular Hamilton while making something unique of your own at the **(Snow)Flakes & Films event**. There's a real seasonal **Flavors of Rutgers** menu item cooking up on the last page. Also, check out the **two new** honors blog articles!

Warm Regards,
Justin Confalone
Your newsletter editor

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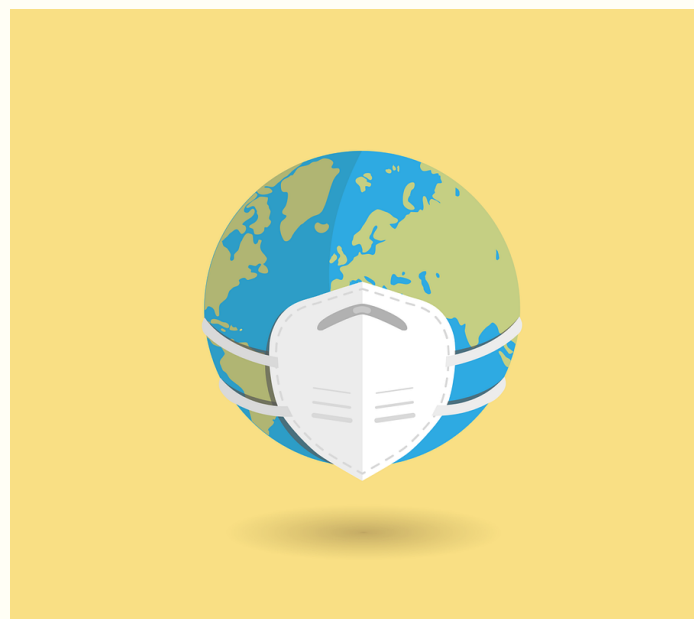


SASHP Newsletter

Announcements

3-Minute Proposal (3MP) Competition

Stimulate your intellectual side for finals by attending the AI & Pandemic initiative's **3-Minute Proposal (3MP) Competition**. Attendees will have the opportunity to watch undergrads, grads, and postdocs present their cutting edge research solutions to Covid-19. I suspect this event will have a 17th century London coffee-house vibe, so check it out! Proposals will be presented **Thurs, Dec 10 at 5pm EST via Zoom**. Join the call [here](#).



Scarlet Speakers Series

Join esteemed medical professionals Michael Brodman, Daphne Semet, and Mikit Patel as they discuss **“Tales from the Epicenter of the Epicenter: Mount Sinai Medical Center.”** This event takes place on **Tues, Dec 8 at 12pm EST via Zoom** and will be one of the last **Scarlet Speakers** events of the year. Register [here](#).

First-Year Leaders Program

Between the self-management, anxieties, and isolation, Covid-19 has forced us all to become the leaders of our own well-being. First years are able to take their leadership skills up another notch by applying for the **First-Year Fellowship Emerging Leaders Program**. This is an 8-week, 1.5-credit course that allows students to develop their own leadership style. Interested students can **apply now** by going [here](#).



SASHP Newsletter

Announcements

UNMA Information Session

Looking to do some rewarding work in the field of humanitarian policy? Prep yourself with proper education. The **UNMA** is hosting their final **M.A. Program in Political Science - United Nations & Global Policy Studies Info Session** of the semester. The event takes place **Fri, Dec 11 at 12pm EST via Zoom**. As somebody who wants to go into UN-type work themselves, this event looks pretty spectacular. Interested students can RSVP [here](#).



Scholarly Report Workshop

I know, trust me, Honors Capstone are just about the last words any of us want to hear while swamped with finals (myself included), but let me take just 20 seconds of your time. Seniors pursuing options C, D, E, or G of the honors capstone should stop by the **SASHP Scholarly Report Workshop**. This event will allow students to review sample reports and receive some feedback on their progress. Honestly, this might ease the capstone burden, so stop by this **Wed, Dec 9 at 12:30pm** and join the Zoom [here](#).

(Snow)Flakes & Films

De-stress before finals with an evening of Hamilton, paper snowflakes, and good company at the **(Snow)Flakes & Films event**. Run by the Peer Mentor Program, this event is open to all students and takes place **Thurs, Dec 10 at 7pm EST via Zoom**. Scissors, paper, Disney+ subscription, and a love for Hamilton, snowflakes, and/or people are required to join. The Zoom link can be found [here](#).



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Flavors of Rutgers Menu

To give some context, a few nights ago, I went upstairs to the kitchen and my family bought three boxes of a type of sweet bread called **Povitica** ordered from Missouri. So after doing some digging, turns out Povitica is a Croatian bread that has some crazy technique to it. Crazier still is that it is a Christmas tradition in **Kansas City** of all places. In the spirit of the Holidays, see today's last page for the recipe!



New Blog Post "My Mental Illnesses Aren't Weaknesses. They're Superpowers."

"I've been living with mental illnesses since I was very young, before I even understood what having mental illnesses meant," writes author **Melanie Raush**. "I'm not going to get into too many specifics in this blog post, but suffice it to say that they've made life pretty tough at times." Check out the post [here](#).

New Blog Post "What Fall 2020 Taught Me."

"I think I can speak for the majority of the Rutgers student body when I say that fall 2020 is not how we wished for it to be," writes author **Vanessa Tirok**. I don't know anyone who's had an easy time this semester." Read the rest of this equally topical post [here](#).



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

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NOT SO NEILSON'S CHRISTMAS POVITICA

***Makes 12 Servings

***Recipe courtesy
of
Stephani on
Allrecipes

Ingredients:

Dough

- ¼ cup warm water
- 1 (.25 ounce) package active dry yeas
- ¾ cup lukewarm milk
- ¼ cup white sugar
- ¼ cup vegetable shortening
- 1 egg, beaten
- 1 teaspoon salt
- 3 ½ cups all-purpose flour, add more as needed

Filling

- ½ cup brown sugar
- ¼ cup butter, softened
- 1 egg
- ¼ cup milk
- ½ teaspoon vanilla extract
- ½ teaspoon lemon extract
- 2 cups finely chopped walnuts



Swapna's Cuisine!

DIRECTIONS

1. Combine warm water and yeast together in a large bowl. Let stand until yeast softens and begins to form a creamy foam, about 5 minutes.
2. Stir ¾ cup lukewarm milk, white sugar, shortening, 1 egg, and salt into yeast mixture. Mix flour into yeast mixture until a soft, easy to handle dough forms.
3. Turn dough out onto a lightly floured surface and let stand for 10 minutes. Knead dough until smooth and elastic, about 8 minutes. Form dough into a ball.
4. Place dough in a large, lightly-oiled bowl and turn to coat. Cover bowl with a damp towel and let rise in a warm place until doubled in volume, or until a hole remains when your finger is pressed deeply into the dough, about 2 hours.
5. Punch down dough and turn onto a lightly floured surface. Shape into ball and let dough rest for 15 minutes.
6. Beat brown sugar, butter, and 1 egg together in a bowl until creamy. Add ¼ cup milk, vanilla extract, and lemon extract; stir until smooth. Stir walnuts into the filling mixture until walnuts are completely incorporated.
7. Roll dough on a large, floured cloth into a 20x30-inch rectangle. Spread walnut filling evenly over the top of the dough, spreading to the edges. Roll the rectangle up along the long edge like a jelly roll and pinch edges to seal. Coil the roll into a snail-shape.
8. Grease a 9x13x2-inch baking sheet. Place shaped dough on the prepared sheet and let rise until an impression remains when the dough is gently pressed, about 1 hour.
9. Preheat oven to 325° F (165° C); once heated bake until the top is golden brown, 40 to 45 minutes