

All Aboard the Pain Train

RUTGERS SASHP NEWSLETTER



Wednesday, December 9, 2020

Dear SAS Honors Program Students,

Here we are, the last newsletter of the semester. It's honestly insane. It feels like yesterday when I was writing my introduction to everyone. But for those who still read this, thanks for sticking with it. Anyway, I tried to (and will still) give this newsletter a self-help vibe, so, what better way than helping with the question on everyone's mind: how to keep sane during finals, a pandemic, and the holiday season? One of the most memorable pieces of advice I got going into college was "sleep more than you study, study more than you party, and party as much as possible." Since we're in a pandemic let's avoid parties (please) and just call that last part leisure. This advice was good enough to get me into this program, and I think we can all take its lesson to heart right now. Finding that balance between letting yourself enjoy a cup of hot chocolate (which we're gonna have a recipe for) while sitting by the fire and staying up until midnight outlining an essay will make the next couple of weeks so much more efficient.

Fill your leisure quota with these end-of-semester events. Learn more about the work/play balance while taking a break at the **Virtual Peer Leader's Draw & De-stress Event**. Watch the crazy-popular Hamilton while making something unique of your own at the **(Snow)Flakes & Films** event. Encourage global engagement and put yourself in a position to do some real good by applying for the executive board of the **Rutgers GenUN Organization**. Market yourself by connecting with SASHP alum using the brand new **Honors-Alumni Student Networking Directory**. Check out the final **Flavors of Rutgers** menu item of the semester. We've got a brand new blog post up "**My 2020 Playlist**."

And finally, thanks so much to everyone who spends a little bit of their day reading this newsletter... I look forward to writing for y'all again in the spring!

Warm Regards,
Justin Confalone
Your newsletter editor

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everyone... We've got this!



RUTGERS
School of Arts and Sciences
Honors Program

SASHP Newsletter

Announcements

Draw and De-Stress Event

The weather is getting colder, lights are up on houses, the holidays are around the corner... just one more push through finals. Soften the load a little by attending the **Virtual Peer Leader Draw and De-Stress** open to all students. Draw, paint, or color a holiday themed picture and kick back with some good company. This event takes place on **Sun, Dec 13 at 7pm EST via Zoom** and requires nothing but yourself to join. The link can be found [here](#).



(Snow)Flakes & Films

On the topic of de-stressing, relax before the final stretch of 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**. Scissors, paper, and a love for Hamilton, snowflakes, and/or people are required to join. The Zoom link can be found [here](#).

Rutgers GenUN Applications

In a time full of global crises and all sorts of humanitarian issues, college leaders willing to put in the work to improve global engagement are needed to carry the torch. Take on the challenge and meet some awesome people by applying to join the **Rutgers GenUN Executive Board**. Prior attendance to the club is not required and the positions can be super flexible. Apply [here](#).



SASHP Newsletter

Media

Honors-Alumni Student Networking Directory

If the honors alumni spotlights have been any indication, SASHP alum are all over the professional world. The **RU Honors Alumni-Student Networking Directory** is a brand new tool that current SASHP students can use to seek advice or ask questions to a network of Honors alumni from a wide variety of professional industries and post-graduate work. The directory can now be **accessed through your Canvas account**.



Flavors of Rutgers: Menu Item

Sip through the pain by making the final Flavors of Rutgers menu item of the semester, **Not so Neilson's Italian Hot Cocoa**. This recipe is coming courtesy of (the classic) Chef Joshua Weissman. Make sure you garnish with whipped cream, chocolate shavings, and cinnamon. Treat yourself!

New Blog Post "My 2020 Playlist."

"If you know anything about me, you know I love my music!" writes author **Shrusti Goswami**. "I have a massive playlist of songs, basically since 2017, and I'm so jealous of all the people with organized playlists so they can easily find new music and listen to specific songs." Take a study break and read the rest [here](#).



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

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NOT SO NEILSON'S ITALIAN STYLE HOT COCOA

***Recipe courtesy
of Joshua Weisman

***Makes 1 Serving



Ingredients:

- 4 oz (113g) dark chocolate
(60-75 percent cacao)
- 1 tbsp (6g) cocoa powder
- 1.5 cups (354ml) whole milk
- 1-2 tablespoons (30-60g)
granulated sugar
- 1 tablespoon (9g) corn starch
- Small pinch salt
- (Optional) whipped cream
- (Optional) peppermint bark
- (Optional) grated dark
chocolate for topping
- (Optional) Cinnamon

DIRECTIONS

1. Add all of your dark chocolate to a small saucepan then slightly cover with a splash of milk
2. Heat the saucepan over medium high heat, stirring frequently until the chocolate is partially dissolved
3. Once partially dissolved, add sugar, salt, and cocoa powder, stirring occasionally until everything is homogenous
4. ***While mixture is melting, make a corn starch slurry (don't worry, its not scary), by putting cornstarch in a **separate** bowl and covering with a small splash of the milk, give the bowl a quick whisk
5. Once the chocolate is completely melted, keep the saucepan on the heat and whisk in the remainder of the milk slowly
6. Once everything is nice and warm, add in the slurry mixture and continue whisking over heat until hot chocolate takes on a rich, decadent consistency that can easily coat the back of the spoon
7. Pour into a mug and top with whipped cream, peppermint bark, marshmallow, cinnamon, or any other topping you prefer and optionally grate **more** dark chocolate on top of everything
8. Enjoy your break from finals and the best hot cocoa you've had all year