Wednesday, February 10, 2021

Dear SAS Honors Program Students,

Chocolates are purchased, flowers are ordered, dinners are planned, and that special somebody is on your mind. Now that that’s taken care of, I’d like to use the mood to string together some romantic prose of my own on the most important topic for everyone right now, self-love. As someone who has had anxieties around this for ages, I won’t go into any of the “read off everything you are grateful for three times a day” or “stare at yourself in the mirror for three minutes” nonsense. Instead, I want everyone to think of it as a bingo game and list out all of the incredible obstacles YOU have surmounted in the past year. I say bingo because dealing with Covid is your free space. But (projecting aside), I find that most people rarely give themselves enough credit for making it through hardship to get to the present moment in one piece. So right now, long list or not, write it all out, ruminate on how it makes you feel, and practice a little self-love this season.

Start by treating yourself to some of these upcoming events. Take the first step in your medical journey at the upcoming Honors Alumni Night. Forgot the chocolate? Forgot the flowers? Take part in the upcoming Valentine’s Day Baking and wow yourself another way. Join the cognitive science club for their upcoming Conversation With Dr. David Zald. Sit down with Eagleton’s LaTosha Brown as she discusses her story/work at Gambaccini Civic Engagement Series. Speak with Rutgers alum Kevin Powell as he discusses his journey at the Access Week Alumni Mixer. Learn about the ethical dimension of constructing and implementing artificial intelligence at the Keynote Conversation on AI Ethics. Learn about the journey of February’s alum, Julia Hutnik, in the most recent Honors Alumni Spotlight. Check out @rusashp on Instagram for our recent post: A Poem For The SAS Honors Program. Sick of all the lovey-dovey (but still cool with the day)? Check out SASHP writer Noa Deocampo’s post: A Semi-Cynical Single’s Guide to Loving Valentine’s Day.

Warm Regards,
Justin Confalone
Your newsletter editor
Honors Alumni Night: MSFS Information Session

Considering grad school? Learn about the world post-undergrad at the upcoming Honors Alumni Night on Georgetown University’s Master of Science in Foreign Service Info Session. This event features MSFS admission representative and SAS ‘16 alumna Tess Rosenberg, as she discusses the grad school application process, highlights, and career resources. Although this event takes place next Fri, Feb 19 at 2pm EST, alumni nights fill up quickly - so RSVP here.

Valentine’s Day Baking

Got a special someone to wow, insatiable love for chocolate/sweets, or a need to fulfill Colloquium requirements? Learn to bake some incredible treats or flex your knowledge of the kitchen at the upcoming Valentine’s Day Baking Event. Use the same recipe as everyone else or riff something of your own this Fri, Feb 12 at 2pm EST. Register here.

Conversation With Dr. David Zald

Director of the new Center for Advanced Human Brain Imaging Research Dr. David Zald is one of the top minds on how we regulate emotions. Hosted by the Rutgers Cognitive Science Club, interested students will have the opportunity to hear Dr. Zald talk about his work, his process for neuroimaging, and how he continues to pioneer the field of human emotions at the upcoming Conversation With Dr. David Zald. This event takes place Today, Feb 10 at 8:30pm EST. Join the Zoom call here.
Gambaccini Civic Engagement Series

Join The Eagleton as they host LaTosha Brown as she discusses her story of civic engagement and political empowerment as a co-founder of the Black Votes Matter Fund. LaTosha is an award-winning visionary thought leader, institution builder, cultural activist and artist, and connector. She is a nationally recognized, expert in Black voting rights and voter suppression, Black women’s empowerment, and philanthropy. This event takes place next **Wed, Feb 17 at 12:30pm EST**. Register [here](#).

Access Week: Alumni Mixer

Acting as the fourth brilliant speaker in this newsletter, writer, activist, poet, journalist, public speaker, filmmaker, entrepreneur, AND Rutgers alum, Kevin Powell will reflect on his personal journey at the upcoming Access Week Alumni Mixer. Mr. Powell’s talk will emphasize leadership building as opposed to leadership seeking and is essential for any aspiring activists. This event takes place next **Mon, Feb 15 at 6pm EST**. Register [here](#).

Keynote Conversation on AI Ethics

Join the fifth brilliant speaker, Meredith Whittaker, as she discusses the current standing of AI technology and the ethical questions that it may raise. Whittaker is the co-founder and co-director of the AI Now Institute, Minderoo Research Professor at NYU, and the founder of Google’s Open Research Group. This event takes place this **Fri, Feb 12 at 12pm EST**. Register [here](#).
Honors Alumni Spotlight

RU ‘18 alumna Julia Hutnik is a former accounting and Spanish major, FIGS instructor, and member of the professional business fraternity Phi Chi Theta. She currently works as a senior analyst at Vanguard in Global Financial Reporting and uses her double major to work on Vanguard's first Latin American Exchange Traded Fund domiciled in Mexico. Find out more about Julia’s wonderful journey here.

A Poem for the SAS Honors Program

Normally we try to keep the social media and newsletters separate content-wise, HOWEVER, SASHP HIPster Anna Newen recently submitted a poem to the Instagram account so good that I couldn’t ignore it. Check it out here.

A Semi-Cynical Single’s Guide to Loving Valentine’s Day

“How and maybe even why exactly should you celebrate Valentine’s Day if you're single? Well, I have a few answers in mind,” writes author Noa Deocampo. “Without further ado, and no matter your reason for being single, let's jump into the titularly-promised ‘Guide’ portion of this post.” Answer these questions and more by giving this incredible post a read here.

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