To be honest, I have been stumbling a lot lately with classes - and I know many of my peers are in a similar situation. Lectures are full of students who are looking at their phones, keeping their camera off, or having difficulty concentrating on the subject. And who can blame them? It always takes time to get into the rhythm of classes, even in-person, and the pandemic multiplies that ten-fold. There has only been one trick that has saved my neck time and time again when finding my rhythm: writing EVERYTHING down. I have a tiny rice-paper notebook from a thrift-market in Berlin and its pages contain every assignment, lecture, appointment, test, or any other responsibility for the week ahead. Brew some coffee, settle down, and take ten minutes to write it all down!

Pages looking blank? Add some of these upcoming events to your own tiny notebook. Speak with ’19 alum Rushi Mehta as he discusses the Pre-Physician Assistant Journey at the next Honors Alumni Night. Learn about traditions, stories, and the beauty of the new year (or even drop by to satisfy a Colloquium requirement) at the upcoming Lunar New Year Celebration. Considering studying education? Be sure to drop by the upcoming event: Education as a Social Science Minor Info Session. Make a necessary mark in K-12 equality by attending the Advocating for Educational Equity Panel. Brush up your professional skills by attending the two-part Access Week: Student Success Conference. Anyone interested in the intelligence field should learn the ropes at Intelligence Fundamentals: Writing and Briefing. Make space to think about your capstone at the upcoming Scholarly Analytic Report Workshop. Learn about opportunities, research, and first hand accounts from peer instructors at the Aresty Open House. Indulge in a Lunar New Year dish with this week’s Flavors of Rutgers Menu Item.

Warm Regards,
Justin Confalone
Your newsletter editor
Honors Alumni Night: Pre-PA Journey

Rushi Mehta is a ‘19 alum who would like to tell you about his journey from Rutgers to physician assistant in training at the upcoming Honors Alumni Night. A former cell bio and neuroscience major, Rushi is eager to tell students how he did it and give invaluable pointers to any pre-PA prospective students or medical prospective students in general. This event takes place this Thurs, Feb 18 at 7:30PM EST, register here.

Lunar New Year Celebration

With everything that happened in the past (Lunar) Year, we can all stand to be more ox-like in our daily lives: honest, reliable, strong, and humble in achievement. Start things off right learning about the traditions, stories, and meaning of the lunar new year (this event also counts for colloquium) from VPL Amanda Chen at the upcoming Lunar New Year Celebration. Did I mention there will be lantern-making? This event takes place today, Feb 15 at 7:30pm EST, join the Zoom here.

Education as a Social Science Minor Info Sess

Rutgers is host to a whole array of awesome minors to supplement your major courses - one of which is Education as a Social Science. Interested students can learn all about the focused tracks within the minor, how it complements other majors, and the application process. This event takes place this Wed, Feb 17 at 7pm EST, RSVP here. For those not interested in the education career track, drop by to see the many uses of this minor!
Advocating for Educational Equity Panel
Join several senior panelists in the fields of advocacy and education policy as they discuss the power held by the students in advocacy work at the upcoming Advocating for Educational Equity Event. Learn how you can exert influence on lawmakers to create policies that will level the playing field for all children and create educational equity. This event takes place this Thurs, Feb 18 at 6pm EST, register here.

Access Week: Student Success Conference
Looking to give your career self a boost in the new year? Stop by the two-part Access Week: Student Success Conference. Part one is Building Your Career Power Playbook and will have students talk with alumni and learn their best tips for career prep and the professional journey. Part two is Strengthening Your Virtual Career Network and will teach students strategies to better put their skills forward online. Both take place this Wed, Feb 17 at 3pm and 6pm EST respectively, register for both here.

Intelligence Fundamentals: Writing and Briefing
Any would-be intelligence professionals should take it easy one morning and drop by the Intelligence Fundamentals: Writing and Briefing Event. You can be the best intelligence analyst in the world but your information will mean nothing if it cannot be properly and effectively communicated, so brush up on your skills this Fri, Feb 19 at 10am EST and register here.
Scholarly Analytic Report Workshop
Current seniors underway on their Honors Program capstones for options C - G should drop by the upcoming Scholarly Analytic Report Workshop taking place next month. This event will provide samples to review and pointers from the academic dean on writing your Honors Program capstone report. Although this event doesn't take place until **Mar, 2 at 4pm EST**, think of this as a reminder to keep the capstone on your mind!

Aresty Open House
The Aresty Research Center is hosting its 4th annual open house next **Thurs, Feb 25 at 9am EST and 6pm EST**. Drop by to learn more about the center, research opportunities, and to hear first-hand accounts of their work from the center's peer instructors. Registration fills up fast so sign up [here](#).

Flavors of Rutgers Menu Item: Nian Gao
As somebody who likes to explore delicious foods outside of my comfort zone, holidays like the Chinese and Lunar New Year are great excuses to find something new to cook... Like this **Nian Gao**, a steamed rice cake typically served around this time of year. Recipe below!
**EASIER NIAN GAO**

***Makes Several Servings***

**Ingredients:**

- 350g glutinous rice flour
- 350g white sugar
- 350 ml of water
- 20g pandan leaves
- Banana leaves to wrap the mold

**Directions**

1. Clean the banana leaves.
2. Soften the banana leaves by heating over a stove.
3. Wrap the mold with banana leaves (double layer) around the outer rim.
4. Repeat the same process by adding one or two more leaves. Then, cut a piece of round-shaped leaves to line the base of the mold.
5. Heat the granulated sugar in a pan over low heat until caramelized.
6. Add all water to form a diluted syrup
7. Add the caramelized sugar syrup into the glutinous rice flour slowly.
8. Combine the syrup and the rice flour into a smooth batter
9. Let it pass through a wire mesh strainer
10. Pour the nian gao mixture into the molds and cover with aluminum foil.
11. Steam for two hours.
12. To unmold the nian gao, fold the leaves upwards, then pull the nian gao out from the mold.
13. Cut off the excess leaves on top of nian gao.