

A warm, orange-toned photograph of a desk with a laptop and a cup of tea. The laptop screen is lit up, and a cup of tea with a red lid is visible on the desk. The background shows a window with curtains.

# Midterm Mania

## RUTGERS SASHP NEWSLETTER

Wednesday, March 3, 2021

Dear SAS Honors Program Students,

This week marks the peak of the first midterm season of the semester. Amidst the hours of studying, writing, or designing, keep a few things in mind to avoid the midterm mania from settling in. One, give yourself a little bit of time in the morning and at night to segment the day. Two, drink plenty of water. Whenever the midday slump hits, even 15 minutes of light exercise will wake you up. And three, whether bubble tea or ice cream, treat yourself to something small after the week is over. Keep your head on, we got this!

Take your mind off of midterms at some of these events. Those looking to get some research experience early should submit a **2021-2022 Interdisciplinary Research Team Student Project Proposal App**. Students in the investment banking field should drop by the upcoming **Mizuho Information Session**. Policy is such an important area in our age and those looking to refine their skills will find some value in the **2021 NYU Policy Case Competition**. Those inclined towards numbers and all things quantitative should apply for the newly opened **Bristol Myers Squibb Internship in Statistical Programming**. Join one of the SASHP's own as she leads us through a guided meditation on stress alleviation at the **Meditation Masterclass**. Check out this month's **Honors Alumni Spotlight**.

Warm Regards,  
Justin Confalone  
Your newsletter editor

### In this Newsletter:

#### Announcements

\*\*\*2021-2022

**Interdisciplinary Research  
Team Student Project  
Proposal App**

\*\*\***Mizuho Information  
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#### Media

\*\*\***Bristol Myers Squibb  
Internship in Statistical  
Programming**

\*\*\***Meditation**

**Masterclass/Masterclass  
App**

\*\*\***Honors Alumni Spotlight**



# SASHP Newsletter

## Announcements

### 2021-2022 Interdisciplinary Research Team Student Project Proposal App

Rising sophomores and rising juniors interested in proposing a project for a collaborative research team should review the **2021-2022 Interdisciplinary Research Team Student Project Proposal**. The Interdisciplinary Research Team (IRT) Fellowship program provides an opportunity to work with fellow students on a research project of your choosing. This year, applicants can share their creativity and think of their own project proposal idea. The deadline to apply is **Fri, March 26**. Find more info [here](#).



### Mizuho Information Session

GME not enough? Students looking to break into the investment banking field should seriously consider dropping by the upcoming **Mizuho Info Session**! In ADDITION to being chairman of the board of the Rutgers Road to Wall Street Program, **Omotayo Okusanya** is a SASHP alum eager to pass on his wisdom and help fellow Honors Program students succeed in the field. This event takes place **tomorrow, Mar 4 at 6:30pm EST**. Register [here](#).

### 2021 NYU Policy Case Competition

The competitive spirit is high in this newsletter! Hone your policy-making, professional writing, leadership, and presentation skills at the upcoming **2021 NYU Policy Case Competition**. This competition is a three-round ordeal where every year undergrad and grad students from around the world come together in teams of 2-4 to develop and present policy proposals on a wide range of current issues. Check [here](#) to find more info and the registration - due on **Mon, Mar 15, 2021**.





# SASHP Newsletter

## Media

### Internships at Bristol Myers Squibb

Students looking for careers in stats-related fields should apply for the summer **Bristol Myers Squibb Internship in Statistical Programming**. This is an awesome opportunity for comp sci, life science, mathematics, or stats majors. Anyone interested in such an awesome opportunity should apply [here](#).



### Meditation Masterclass/Masterclass App

Join the SASHP's very own **Jusleen Basra THIS Fri, Mar 5 at 2pm EST** as she leads a **Meditation Masterclass** on Covid-19/Midterms stress relief. Additionally, those looking to lead their own masterclass on a passion, skill, or general interest they would like to share should sign up soon. The Master Class Series is a new feature on the @rusashp IG account that allows students to be front and center! Join the meditation, or sign up to teach your own masterclass [here](#).



### Honors Alumni Spotlight: Dr. Daniel Vicencio

After graduating from Rutgers, **Dr. Daniel Vicencio** went back to Chicago to complete medical school/residency training at Northwestern University. Today, he is the chief medical officer for quality for a multi-specialty medical group. Read the rest of Dr. Vicencio's incredible story [here](#).



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

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