

HONOR YOURSELF WEEK

The Honors College is excited to announce that Honor Yourself week will be taking place from October 7th-11th. The goal of Honor Yourself week is to provide Honors students with ample resources to build relat-

ionships with their peers, as well as learn more about the facets of one's well-being. Throughout the week, the Honors College will host a number of events meant to foster community and address

various dimensions of wellness. During Honor Yourself week, the Honors College encourages students to pause and reflect, and to do this, in part, by participating in the events the Honors College has scheduled:

"SUN SALUTATIONS": PORCH YOGA AT 9AM AT THE ALLEN HOUSE

MONDAY: ARTS AND CRAFTS ACTIVITIES ARE OFFERED TO STUDENTS, WITH MATERIAL PROVIDED! 11AM-2PM, ALLEN HOUSE

"BOARD GAMES NIGHT!" 3-5PM AT THE ALLEN HOUSE.

TUESDAY: COLLEGE SUCCESS COACHING WILL BE OFFERED FROM 11AM-12PM IN THE ALLEN HOUSE.

WEDNESDAY: GENESIS BE'S SCREENING OF THE DOCUMENTARY *MISSISSIPPI BURNING*, FOLLOWED BY A WORKSHOP, FROM 11AM-12:30PM IN ALUMNI HALL AND 3:30-5PM IN COBURN 255

"STRETCH CLASS" FROM 11AM-11:45AM ON THE ALLEN HOUSE PORCH.

THURSDAY: "THANK YOU NOTE THURSDAY" FROM 12PM-2PM IN THE ALLEN HOUSE WHERE YOU CAN PRACTICE ATTITUDE AND GRATITUDE!

FRIDAY: "FUTURE-SELF FRIDAY" WHERE YOU CAN MAKE A VISION BOARD AND WRITE LETTERS TO YOUR FUTURE SELF FROM 10AM-3PM IN THE ALLEN HOUSE.

GENESIS BE IS COMING TO UML!

Genesis Be serves as Global Ambassador for Moral Courage, a venture that equips people to turn heated issues into healthy conversations and sustained collaboration. Genesis Be expresses her advocacy as a hip-hop musician, visual artist, and published poet.

UMass Lowell is honored to host Genesis Be, who will screen her award-winning documentary *Mississippi Turning*. This will be followed by a workshop on how to have difficult conversations with family, friends, and even strangers,

teaching students how they can stand up for themselves by creating common ground with others. Mississippi Turning follows Genesis as she protests Confederate Heritage Month, faces backlash, and discovers the power of a paradox: that she can stand her ground while creating common ground. Be sure to RSVP on Honors by Design/Suitable for this event! You can catch this event on October 9th from 11am-12:30pm in Alumni Hall, or 3:30-5:00pm in Coburn Hall 255!



HONORS BY DESIGN

Honors by Design, powered by the Suitable app, inspires and makes it easier for students to connect with their honors and campus-wide communities by promoting upcoming events, including E1's, such as Sun Salutations on the Porch, Halloween Jeopardy, and Spooky Pumpkin Paint Night.

An E1 is a pre-approved academically, culturally, or socially enriching event taking. Typically, there will be multiple E1 eligible events offered each week. Students are required to complete one E1 requirement for every semester they are an active honors student.

Honors by Design helps students track their E1's and other milestones, earning badges along the way that they can post to their LinkedIn profile.

This school year, each month will feature a fun challenge for students, with the month of September being a scavenger hunt that ends October 5th. This scavenger hunt requires students to find twenty objects across campus and to take a picture of themselves at each location. Once all twenty photos are logged into the app, students will earn a sticker and be entered into a raffle for an Honors College t-shirt. If you missed the opportunity to

participate in the scavenger hunt, no need to worry! The month of October is Self-Empowerment Month, where students will once again be able to gain points, this time by practicing mindfulness, time management, and further developing executive functioning skills, reflection, and best practices for fostering supportive communities and sense of purpose. Everyone that completes five activities tagged with the Self-Empowerment Badge between October 1 and November 3 will be entered into the grand prize raffle!

You can download Honors by Design at app.suitable.co

SOME OF WHAT WE GOT UP TO IN SEPTEMBER

This past September, the Honors College hosted welcome events for each college. These allowed first year and transfer students to meet peers, faculty, and staff from their respective colleges, while also learning about many of the exciting and exclusive opportunities available to them in the Honors College,

such as \$3,000 Honors Fellowships and our robust honors study abroad programming.

Over in USuites, the Honors College hosted a Scavenger Hunt from 7-9 pm. It was a night of puzzles, with each puzzle containing a clue for teams to follow to take a team

selfie in a specific place at USuites and win the prize.

On September 27th the Honors College hosted a Murder Mystery Night in the Allen House. Over 50 students participated in this event, playing sleuths to discover who it was that murdered Charles Allen, the namesake of our house.

FRIENDS AND FAMILY LEADERSHIP CIRCLE

Join our Friends and Family Leadership Circle today! Friends and Family Leadership Circle members contribute to programming that supports the importance of families in a

positive student experience and raises awareness of the Honors College, such as assisting in co-running outreach programs like our Family Weekend, Homecoming, Move In Day,

For additional information or if you are interested in joining, send an email to Honors@uml.edu or Erin_Maitland@uml.edu.

HONORS AFTER HOURS



Don't forget, Honors After Hours has officially kicked off! From Monday to Thursday, you are welcome to make use of the Allen House to 9 pm! Look for a comfy and peaceful spot to hit the books, gather with friends and classmates, or just play various games available here!

Also, feel free to approach your Honors Informational Peers if you have any questions about the Honors College. Remember, the Allen House is what you make of it! We hope you will experience our beautiful house on the hill to the fullest.

HONORS INFORMATIONAL PEERS (HIPS)

An Honors Informational Peer (HIP) assists in advising and evaluating students' honors academic progress, as well as providing guidance in deter-

mining students' academic interests and objectives and helping students to locate and navigate the resources they need to successfully complete

their honors requirements. The HIPs are here to help you succeed in honors! We will be featuring individual HIPs in future issues!

HONORS SPECIALISTS ARE HERE FOR YOU!

We are weeks away from registering for classes for the spring semester. Before registration opens for honors students on October 28, you will may to meet with your

Honors Specialist to discuss your honors pathway so as to receive help as you consider which honors courses to enroll in to satisfy your H1-H8 requirements.

Visit the Honors College website at www.uml.edu/honors to locate your Honors Specialist and to learn more about the H1-H8 requirement.

WHAT THE H?

There are a total of eight Honors College requirements, otherwise known as the "H's," that students must complete during their time at UMass Lowell in order to graduate with Commonwealth Distinction in Honors.

Honors requirements are designed to overlay within a student's chosen degree pathway. These are not additional courses that students must take at UMass Lowell. Instead, they offer

students the honors experience within their major.

For many honors students they will be at UMass Lowell for eight semesters, meaning that a one-H-a-semester pace will have honors students completing all of them in time. However, students can certainly take two or even three honors courses in one semester, take an honors course during winter or summer break (such as an honors study abroad), or go a semester without taking an

honors course. Also, if you transferred to UMass Lowell, you can waive up to two honors requirements, depending upon the number of credits you transferred. And, lastly, Honors Experiential Learning Opportunities, such as honors fellowships, can also satisfy an H.

Meet with your Honors Specialist to find out which path makes the most sense for you.

STUDY ABROAD DEADLINES FOR SPRING SEMESTER

This coming spring semester, the Honors College will be taking students to the Azores, Portugal, Madrid, Spain; and London, England.

The Azores program will run during spring break. This is designed for juniors and seniors with an eye on their Honors Project/Thesis. This writing retreat combines slow travel and Honors Project writing workshops and time for reflection and the opportunity to break out of your routine.

Also running during spring break, Exploring Madrid's Past & Present, takes students to Spain's vibrant and lively capital where they will explore the city and country's fascinating past along with its dynamic present.

London on the Stage: Theatre & Community will explore the city of London through the stage, where students will have the opportunity to explore the city's stellar theatre scene through a civic engagement

lens. While a spring class, students will travel to London in May.

Students will be accepted to these programs prior to the start of spring registration. Visit the Honors College's study abroad page to express interest in or apply for these programs:

<https://www.uml.edu/honors/study-abroad/>

