



What Baking Can Do

RUTGERS SASHP NEWSLETTER

Monday, Sept. 26, 2022

Dear SAS Honors Program Students,

I'm sure you must have heard by now, but I still feel it necessary to (semi)formally acknowledge it in my first newsletter of the week: it's fall. Yep, as of last Thursday, we have *officially* shifted over from golden summer into amber autumn. And, oh boy, is it starting to feel like fall! The nights are getting longer and the days are getting colder, which can only mean one thing... it's baking season! If you know anything about me, it's that I'm a self-proclaimed stress-baker. Baking (cakes, cookies, cream puffs- you name it), is my chosen coping mechanism for dealing with stress. And, let me tell you, there's absolutely nothing worse than wanting to bake off some steam after a stressful week and realizing it's close to 90°... inside your apartment. It goes without saying that I'm extremely grateful for the dropping temperatures. There's just something about the conscientious nature of following a recipe step-for-step that makes baking almost a meditative act. It helps me stay present, ensuring that I am focusing on the baking and nothing more- not work, not school, not the regular chaos and hubbub of life at its usual pace. Plus, I (and the rest of my loved ones) get to taste test the product of my labors when it's all done. This is all to say that I hope you all find time to unwind this Monday and stay present with your own stress-relieving activities of choice. Do what you can to take care of your heart, body, and mind. You're needed here and you're doing a great job.

Take a look- these upcoming opportunities take the cake! (Sorry- I couldn't help it.) Experience the magic of live theater by attending the **Mason Gross Dance** presentation of **Kinetic Light**. Attend Brett Hall's movie night! Go global and apply to spend your **Winter in Aix-en-Provence** or your **Spring in Jerusalem**! Apply to become a **HIPster** or a SASHP **Blog Writer**.

Warm Regards,
Noa DeOcampo
Your Newsletter Editor

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SASHP Newsletter

Events/Announcements

Mason Gross Dance Presents Kinetic Light

This **Saturday, Oct. 1**, Mason Gross Dance is presenting Kinetic Light– "**an internationally recognized disability arts ensemble presenting a work titled DESCENT.**" This is a great opportunity to take a break from your studies and fully immerse yourself in wonders of live theater. Bonus: limited **FREE tickets** are available to SASHP students by RSVPing **here** by **Wednesday, Sept. 28!**

**** This is considered an outside event for Fall 2022 Honors Colloquium*



Winter in Aix-en-Provence

Whether you took a few years of French in high school and are looking to brush up on what you know, or whether you're a complete newbie to the language, this program is for you! **Winter in Aix-en-Provence** is a **3-week study abroad program** that will give students the opportunity to learn French right in the heart of Southern France. Learn more about the program and **apply by Oct. 5 here!**

**** Does not satisfy SASHP language requirement.*

Spring in Jerusalem

Are you a **junior** or **senior** looking to go abroad this upcoming spring? Apply for the **Spring in Jerusalem (SiJ) Honors Program** for the **Spring 2023** semester! Through this program, you will take **advanced-level courses** in English side-by-side with Israeli students at **Hebrew University** & build your career through **internship opportunities**. Applications are due next Saturday, **Oct. 1**. Click **here** for more info.



SASHP Newsletter

Events/Announcements

WILLY WONKA & THE CHOCOLATE FACTORY

SATURDAY,
OCTOBER 1ST
6-8 PM
BRETT STUDY
LOUNGE



Brett Hall Colloquium Movie Night

The Honors Peer Leaders at Brett Hall will be showing **Willy Wonka & The Chocolate Factory (1971)** during their **Colloquium Movie Night** this coming **Saturday, Oct. 1!** The event starts at **6 PM** so make sure to grab your seat & get cozy in the **Brett Study Lounge** by then.

HIPster Applications

Take over the **SASHP Instagram page** during the fall 2022 semester by applying to become a HIPster—i.e. an **Honors Instagram Poster!**

Interact with the Honors community and give fellow students a glimpse into your everyday life through posts and stories. Plus, you can make your own creative mark on the SASHP grid. Click [here](#) to apply by the deadline on **Oct. 1.**



Blog Writer Applications

Apply to be a Blog Writer for the SASHP Blog! Write **one article per month**, with topics ranging from **student experiences** to **reviews** of the latest and greatest movies and cinematic experiences. Having written for the blog for about three years now myself, I can definitely say that this is a great opportunity to **get your voice on the digital stage** and write to the Honors community and beyond! Apply [here](#) by **Oct. 1.**

one article per month!

about topics that interest you!

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WRITERS
WANTED**

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