



Uber Anxiety

RUTGERS SASHP NEWSLETTER

Wednesday, Oct. 26, 2022

Dear SAS Honors Program Students,

I take Ubers more often than I should admit. I certainly always try to walk when I can (I actually recently discovered that my hometown is charted as one of the most walkable cities in the state). However, Uber-ing has definitely become a go-to of mine for more long-haul trips and for the occasions when my legs need a personal day from expending the extra energy and conveying me to my desired destinations. Chalk it up to trust issues, but, recently, my anxiety has been skyrocketing during my Uber rides. Typically, these anxiety spikes stem from the routes the drivers take, especially when they vary from those that I'm familiar with, since I always find a way to convince myself that we're lost. Now, you might be thinking, "wouldn't you *know* whether or not you're on the correct path, since you can literally track the route that you're on via the app?" The direct answer is "yes," but if you also have Anxiety to claim as a constant companion, then you know that feeding it logic is sometimes like eating soup with a fork: frustratingly ineffective. Regardless, I've learned two valuable lessons from my handful of encounters with Uber-anxiety. One (and feel free to expand the application of this lesson into your daily life): trust the process and have faith that you're heading in the right direction. Regardless of the routes my Uber drivers have taken, and regardless of how far they deviated from what I knew or was expecting, I made it to my destination. Every time. Okay, apart from that one time I woke up from my car nap, only to have my Uber driver drop me off at an uncharted corner of Douglass campus. In the dark. In the rain. But, like I said, *that* was an exception. That being said, the second lesson I learned is this: *always* share your Uber trip details & phone location with a friend or loved one.

Here's a few upcoming opportunities and events that you should track. Learn more about going global through the SASHP at the upcoming **Study Abroad Info Session!** Gear up for your senior year by attending the **SASHP Capstone Advising Session and Q&A**. Craft and compose **cards for hospitalized kids** at McCormick. Sneak in some Halloween fun with **Paint-A-Pumpkin Night**, the **Halloween costume contest**, or **Halloween Speed Friending**. Catch up with the **SAS Honors Blog** with two new posts: "**Roommates: The Rock of Freshman Year**" and "**Ax the Expert**".

Warmest Regards,
Noa DeOcampo
Your Newsletter Editor

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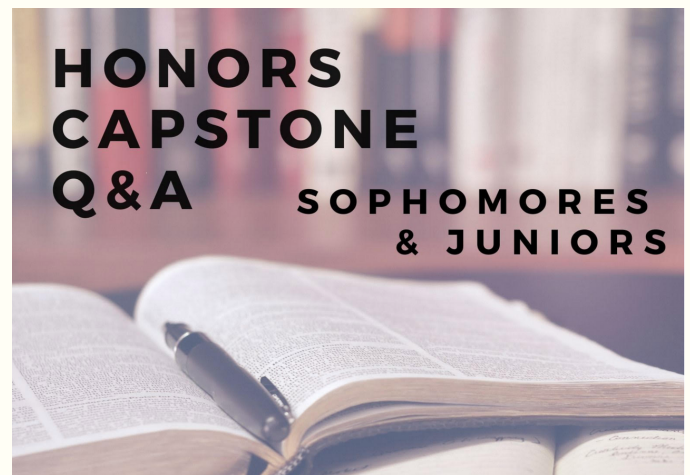


Study Abroad Info Session

Curious about your options for yielding to your wanderlust through the Honors Program? Attend the upcoming **Study Abroad Info Session** on **Nov. 3** from **4 - 5 PM** in the **parlor @ 35 College Ave.** Learn about the upcoming **spring 2023 honors study abroad** options in **Ireland** and **Costa Rica** and meet the **faculty leaders** for each program to get your **questions answered!** Learn more about the **Ireland** trip [here](#) and the **Costa Rica** trip [here](#).

Capstone Advising Session and Q & A

Are you a **sophomore** or **junior** looking ahead to your **honors capstone**? It may only be midterm in the fall 2022 semester, but it's never too early to start thinking about how you're planning to **cap off** your SAS Honors Program experience. So, mark your calendar and tune in **via Zoom** to the **SASHP capstone advising meeting** on **Monday, Nov. 14** from **2-3 PM**. Keep an eye on your inbox for info on how to join the Zoom meeting.



Cards for Hospitalized Kids

Around this time of year, it can be especially important to **spread a little extra joy and kindness** to those who may be in need of it. With that in mind, head over to the **McCormick 1st Floor Lounge** **NEXT Thursday, Nov. 3** from **7:30-8:30 PM** to **craft** some **homemade cards** and **write** some **kind messages** to **children in need** of some hope. Learn more about the organization, **Cards for Hospitalized Kids** [here](#).

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Paint-A-Pumpkin Night

Looking for a fun and festive way to spice up your dorm room decor? Give 'em *pumpkin* to talk about by attending **Paint-a-Pumpkin Night** **THIS Thursday, Oct. 27** from 7-9:30 PM! Head over to the **Jameson H Lounge (Douglass)** to **paint some pumpkins** and make sure you don't get caught off-gourd with no decorations when Halloween rolls around next Monday.

Halloween Costume Contest

The **Peer Mentor Program** is holding their annual Halloween Costume Contest! Until **NEXT Tuesday, Nov. 1**, students can **DM** photos of their eerie ensembles to the **PMP Instagram, @hpmentor**, for the chance to win a **\$10 Amazon gift card**! Note: **Voting** for the contest (on the PMP IG) takes place from **Nov. 2 - Nov. 6**.

*** Open to all SASHP students



Halloween Speed Friending

Making new friends doesn't have to be scary! Join the fun at the upcoming **Halloween Speed Friending** event happening **THIS Thursday, Oct. 27** from 1 - 2 PM at **35 College Ave** (in the parlor)! Meet some new people, eat some candy, and dress up in your spookiest 'fit for a chance to win the costume contest. **RSVP [here](#)** to secure your spot.

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New Blog Post: "Roommates: The Rock of Freshman Year"

"Whether chosen or random, the **constancy of a roommate offers stability in a time of uncertainty**," writes **new writer** for the SAS Honors Blog, **Abi Cohen**. As someone who has chosen to share a living space with the same group of roomies (in the same exact apartment, might I add) for two years, I highly appreciated this ode to roommates. **Check out** Abi's post about the significance of roommates in on-campus life [here](#).



New Blog Post: "Ax the Expert"

In a wry, anecdotal, and vaguely historical post, author **Alexandra Paskhaver** (another **newcomer to the SAS Honors Blog**) reports on the lessons they learned during an office field trip to an ax-throwing facility. "**Any boss quickly realizes that a fantastic (read: cost-effective) way to increase on-the-job satisfaction (personal popularity) is to go ax-throwing (ax-throwing). The sport is generally accepted to have originated with the original bosses: Vikings.**" Click [here](#) to read through the rest of Alexandra's sharp post.



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