



The Honors Program

Volume 13 Issue 2

March Wellness Newsletter

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Greetings



Hi everyone, I'm Sierra Johnson, a junior double majoring in Marketing and Graphic Design. As I progress further toward my degree, I see the importance of taking care of myself over trying to be everything to everybody. I can talk about all the great things I do, but if I'm not at my optimal best, what really does all these things mean? When you pour into yourself first, you can then give to others and everything else.


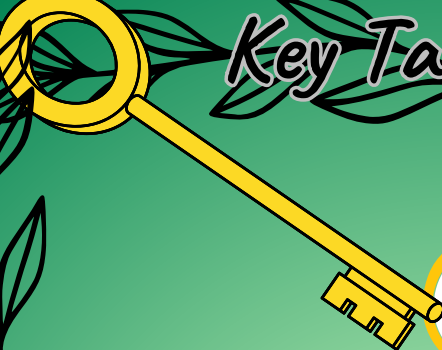
- Sierra Johnson

Hi! I am Grace, a graduating criminology major and biology minor. Over my time in college, I have had to learn how to embrace changes and just go with the flow. I have grown into myself and with that, my career aspirations have transformed. I have yet to give a job title to what I want to do but I know that I want to help solve climate change by combining my scientific and sociological knowledge. Even with graduation upon us, I have no idea what that will look like in my life, but there are so many possibilities in the unknown and I am so excited to see where life takes me!

- Grace Steffan




Key Takeaways



It is okay to take breaks and important to avoid overcommitment. - Saphira Etienne (Sophomore)

Invest in meaningful connections, balance is key to less stress, and learning to adapt well and accept what is out of my control- Sophia Jauquet (Senior)



Time management and consistency - Michel Cayard (Sophomore)



When life is crazy, enjoy the small momenta and it's not as crazy as you think. - Grace Steffan (Senior)

Advice from Fellow Honors Students

I finish all of my work quickly and then take a day to treat myself. I would advise other honors students to prioritize balance- work and play are both important. Saphira Etienne (Sophomore)

I manage my stress by reading in my free time and working out. Some advice would be to use your time outside of class wisely.- Danielle Hansen (Freshman)

It depends on what is stressing me out but I hangout with friends to call me down. Advice: Often the thing that is holding you back is something you're holding on to. Michel Cayard (Sophomore)

Taking deep breaths, setting time to spend in reflection and silence, stretching/working out, coloring- Sophia Jauquet (Senior)


Advice from Fellow Honors Students (Cont.)

I usually like to work out or go for a walk when I'm stressed. I would advise Honors students to take a break whenever they are stressed, never push yourself past your limits because it will only harm you and the work that you put out.

-Virginia Rivas (Senior)

If the problem you're going through has a solution don't stress about it and if it doesn't

don't stress about it.
- Danna (Freshman)



I dance, go out with friends and family, listen to Christian music, read the bible/devotionals and watch motivational videos or sermons. I also love watching movies and eating good food. Self-care and prioritizing what's important are key factors in maintaining mental, physical and emotional well-being.

- Sierra Johnson (Junior)

Just do what is in your power, to solve whatever problem is causing you stress. Once you've done that, you can go to sleep knowing that you've done all that you can, and that the rest is out of your control.

-Sean Chin Loy (Senior)

Take time to do the things you enjoy.

- Caleb Gardner
(Sophomore)

Words of Encouragement

'Maybe it's not about having a beautiful day, but about finding beautiful moments. Maybe a whole day is just too much to ask. I could choose to believe that in every day, in all things, no matter how dark and ugly, there are shards of beauty if I look for them.'

- Anna White

'If I waited for perfection, I would never write a word.'

- Margaret Atwood

'We have to continually be jumping off cliffs and developing our wings on the way down.'

- Kurt Vonnegut

"I am no longer accepting the things I cannot change. I am changing the things I cannot accept."

- Angela Davis



Cultural Corner

St. Patrick's Day

(March 17th)

Across Ireland in major cities like Dublin and Cork, people take to the streets dressed in green to celebrate an Irish tradition, St. Patrick's Day. Surprisingly, the tradition was found to have been invented in St. Augustine, Florida 400+ years ago before spreading to other cities in the US. It was not until a few decades ago that the parades were celebrated across Ireland. Saint Patrick himself was born in Roman Britain, enslaved in Ireland, and returned as a missionary in the 5th century spreading the word of Christianity. He wrote a letter to Roman soldiers condemning slavery, one of the first of its kind. He is thought to have been hospitable and welcoming, attributing these traits to Ireland as his legacy.

Today he is seen as a Saint by most Christian faiths. This day commemorates him and celebrates the heritage and culture of the Irish.

By Caleb Gardner
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Upcoming Events:



Join our Corq Page!

April 3 - Facing Hate:
Understanding, Preventing,
and Addressing
Antisemitism and
Islamophobia
Kostka Room,
5-8:30PM

April 16 -
Scavenger Hunt
LaVoie 113
4-6PM

April 14 - Professional
Development
Workshop
LaVoie 113
4-5PM

May 2 - End of
Year Celebration
Weber Hall
4-6PM



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