

HONORS WEEKLY ANNOUNCEMENTS – 11/24/25

HAPPY THANKSGIVING!

As a reminder, there are no classes this week from Wednesday, 11/26 to Friday, 11/28 in observance of Thanksgiving. The Honors Office will be open on Wednesday, 11/26 from 8:30 a.m. - 4:30 p.m., but will then be closed until Monday, 12/1. We hope you enjoy your long weekend!

HONORS RESEARCH DAY 2025

Honors Research Day 2025 is on Monday, 12/1. Join us for this annual fall event showcasing the research accomplishments of Honors students at William Paterson University. This year's afternoon and evening sessions will feature poster presentations by first-year students in the Honors 1000 Research Seminars, as well as senior thesis presentations by students completing one of the Honors College tracks. Please click HERE to view the full program and more details.

ALL-COLLEGE MEETINGS

IMPORTANT NOTICE – There are only 2 opportunities remaining to fulfill your Honors All-College Meeting for the Fall 2025 semester:

1. Honors Research Day

Earn Honors All-College Meeting credit by attending presentations on Honors Research Day, Monday, December 1st. Senior Thesis presentations will be held from 1:30 – 3:00 p.m. and 6:30 – 7:15 p.m. in the Library Auditorium. Honors students (*including First-Year students*) who attend 3 full senior presentations will earn credit. Honors first-year students enrolled in Honors 1000 will present their research posters in the UC Ballrooms from 5:00 – 6:00 p.m. Honors students (*except First-Year students*) who attend the First-Year Poster Presentations for the full hour and complete the attendance forms will earn credit. Note that First-Year students are not eligible to receive All-College Meeting credit for presenting for their Honors 1000 course. Click here to view the program.

2. Honors Winter Reception

The Honors Winter Reception will be held Tuesday, 12/9 from 6:30 - 7:30 p.m. in Ballroom C. During this event, Honors students, faculty, staff, and University administrators will celebrate the successful Honors 2025 Coat Drive and publicly recognize students who participated in this annual Honors signature event. In addition, Honors students who attend will receive "limited edition" Honors College stickers and free refreshments will be served. Students who attend the entire event will earn Honors College All College meeting credit.

Remember, all Honors students must attend at least One Honors All-College Meeting per semester. To check if you have met this requirement, go to the Honors College Events 25-26 Blackboard organization. Click on Gradebook to see what value you have listed. If you have any questions, please email honors@wpunj.edu or stop by the Honors office, Raubinger 207.

CIVIC ENGAGEMENT OPPORTUNITY

Saturday Service

Due to the Thanksgiving holiday, there will be no Saturday Service at Father English on 11/29. The last Saturday Service event for the fall 2025 semester will be on **Saturday, 12/6** from 8:00 - 10:00 a.m. Please sign up HERE if you are interested. Limited transportation will be available from campus. Students who participate will earn LOW-Level civic engagement credit. More details will be emailed to you on Wednesday, 12/3. Note that Saturday Service will resume during the spring 2026 semester. Watch the weekly Honors Announcements for more information.

OTHER ANNOUNCEMENTS

NRHC Call for Proposals Deadline

The deadline for the call for proposals for the 2026 NRHC Conference is next Monday, December 1st. The conference will be taking place in New Haven, Connecticut from March 26-29, 2026. The Annual NRHC Conference serves as a wonderful opportunity for Honors students to showcase their research or creative works, get experience presenting, and network with other Honors students and faculty from around the region. For more information on how to submit your proposal, follow this <u>link</u>.

HEAR FROM YOUR PEERS! (Angie, Owen, Preston, Rory, Sarah, and Thays)

Each week, the Honors College Peer Leaders provide tips for ways to help you have a successful semester. Honors Peer Leaders are upper division students who serve as a support network for other Honors students. Although they work with many first-year Honors students, assisting them with the successful transition from high school to college, all students in Honors can benefit from their knowledge and experience. Please visit <u>Peer Leaders!</u> to learn more.

Peer Leader Tip of the Week - Express Gratitude!

With the Thanksgiving holiday coming up, we are entering a natural moment of reflection. Additionally, finals season is almost upon us, so this makes it a great time to express gratitude and reap the benefits of this practice. Expressing gratitude can reduce feelings of anxiety and depression, lower stress hormones, and help improve sleep. The end of the semester is a great time to reframe stress through practicing gratitude. You can do this by writing down the things you are grateful for, communicating them to a friend or family member, or simply reciting them to yourself in your head. 2-3 minutes can make a world of difference during a time of overwhelm, so try it out for yourself!