We started a new tradition this year that can be found on the walls of our beloved UHP Center: features of our beloved honors students! To start off the year we would like to introduce you to three awesome University Honors Students. Make sure to come into the UHP Center and maybe you’ll be the next feature!

**HONORS PROGRAM + HONORS STUDENTS = LOVE**

Areli Gonzalez  
Latin American Studies major with a minor in Portuguese; she is a senior who is always in the center! Go say hi!

Andrea Diaz  
Kinesiology Major; this girl is always in the honors center or the gym! Make sure to introduce yourself!

Katie Devoe-Peterson  
Theater Major; this girl is constantly on the move. Make sure to check out a show she’s in!

**SOMETHING NEW:**

The Honors Center is hosting Study and Socialize Wednesdays 3-5 in the University Honors Center PLN-120

**FRIENDLY REMINDERS:**

Friends of University Honors students are not permitted in the center. If you aren’t part of the program you are not allowed in the center. Thank you for your cooperation.

If you need to print more than 15 pages, please talk to Dr. J. If she is not in the center, then limit your printing to 15 or less pages. Thank you for being considerate to your fellow honors students.

**Upcoming events…**

THIS WEEK SEPTEMBER 10th and 11th we will be holding an ALL HONORS STUDENTS meeting. It is very important that you come! There are two options for you to choose. You do not need to attend both meetings.

*(However, you need to attend one!)*

Time: September 10th @11:30 am-12:30 pm / September 11th @10:30 am-11:30 am

Location: PLN-130
**GET INVOLVED!**

We are doing so much in the Honors Program this year, and we want you to get involved!

Want to be a mentor? Want to have a mentor? Sign up today for our Mentorship program! Or come in on Wednesdays from 3-5 pm for Study and Socialize!

Dr. J’s Advisory Board is a great way to get involved with the Honors Program! As a member, you will work with other students giving your ideas about what you see in the program, improvements and encouragements!

The Strategic Planning Committee is currently working on our Strategic Plan/Self Study. We are evaluating the strengths and weaknesses and establishing our goals and missions for our program.

CSUF Honors is hosting the All Honors Conference in April! Be part of the conference by volunteering to help plan it! It is a great way to be part of our honors community and the greater CSU honors community!

Join HSAC our Honors Club! It is a great way to meet new friends!

visit us at: Facebook.com/csufhsac

Get involved and be invested in Honors! We’d love to have you! Contact us at

UNIVHONORS@FULLERTON.EDU

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**DID YOU KNOW?**

Did you know we have over 650 students in our program?! That is crazy! Go make some friends! We are all friendly here!

**Shout out** to those in the Resident Halls or in an apartment! If you haven’t called your parents since you have moved in, CALL THEM. They probably miss you.

--From every mom (or parent) ever

Contact us:
University Honors:
(657) 278-7440
Univhonors@fullerton.edu
Joyce Kropacek
(657) 278-7442
Jkropacek@fullerton.edu

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**Midterm Madness**

Hey everyone! Wow. can you believe it? We are already in our third week of the semester! Time just flies by.

This message goes out to the freshmen cohort. Believe it or not, midterms are just around the corner, I want to give you some tips and tricks for your first set of college tests!

1. **STUDY.** This should be obvious to all of you (we are honors students). But for those who could take a test in high school without studying and still get an A, you may want to rethink that technique. College is different and the tests are different. Be prepared. It is much harder to bring up your grade than bring down your grade.

2. **Go to office hours.** You may be intimidated or scared by your professor, but do it anyway. They are there to help you during that time. So use it! Have a class during that designated time? Email your professor to see if you can meet a different day.

3. **Use the resources on campus.** We have a writing center in the back of the first floor on the north side of the library and a tutoring center on the second floor on the north side of the library. It’s free!

4. **Make a study group!** It is so simple that we wonder why we don’t do this more often. Finding people in your class or who have the same professor is a great way to prepare for your upcoming exam.

5. **Sleep.** Pulling an all-nighter right before your exam will only make you more tired for when you actually take the test. It won’t be helpful if while taking the exam you blank out (or pass out) because you are so tired. Keep in mind you probably still have other tests to take.

6. **Finally, healthy eating is key.** It may be easy to grab the bag of chips or go get Taco Bell at 2 in the morning, but a healthy, balanced diet will keep you energized and will reduce the likeliness of a burnout.

Good luck to all of our Honors Freshies! Hope you find these tips helpful and a good reminder. We wish you all the best and know you can do it!