

Weekly Newsletter
Wed. December 3, 2025



Last Full Week of Classes!

You did it - you reached week 15 - the last full week of classes! We hope your academic and co-curricular activities this semester have moved you forward intellectually and personally, and that you are heading into finals with the knowledge and confidence you need to ace your exams, crush your final presentations, and exceed the expectations you set for your creative endeavors and research projects.

As we move into the last days of the semester we encourage you to reflect on your body of work from the past 14 weeks. What topics or issues did you find most engaging? What strategies supported your success? What strengths did you draw on and how do you see yourself evolving and growing moving forward?

We are confident that your efforts this semester will propel you forward with enthusiasm and insight, and that you will continue to be motivated by the pursuit of new information, skills, and ways of seeing the world.

Just a few more events and important reminders to share this week. As always, please reach out with any questions, concerns, thoughts, or ideas.

In this message

- It's Time to Submit Honors Points
- This Weekend: Honors Research & Creativity Symposium

- Honors Hour This Friday | Boston Spring Break Trip | Power Yoga with CWC
- Complementary Learning: FoodShare Volunteer Days



It's Time...

To Submit Honors Points!

It's Time to Submit Honors Points

It's Time to Start Submitting Honors Points for Activities From the Fall Semester

As the semester wraps up, it is time to report Honors Points earned during the Fall semester. Points should be reported for any point-earning activity except for Honors courses.

Each Honors-Points earning activity (other than Honors courses which do not need to be reported) has a separate reporting form which can be found in two places on the Honors website.

- Click the "Submit Honors Points" button on the "User Tools" page of the Honors website, or
- Go directly to the "Honors Points" page on the Honors website and click the corresponding link for your activity to access the individual form.

Official Honors courses do not need to be reported, but all other activities (Honors Options, Graduate Courses, Faculty Mentored Research, VIPs, Co-ops, Study Abroad, Independent Study, Competitive Scholarships, Coached Entrepreneurship), must be reported upon completion.

Let us know if you have any questions or issues and congratulations on your Honors achievements!

Submit your Honors Points for review and approval upon completion!

[User Tools Page](#)

[Honors Points Page](#)



11th Annual Honors Research & Creativity Symposium

This Weekend: 11th Annual Honors Research & Creativity Symposium

Three Days Until the Honors Research & Creativity Symposium!

The 11th Annual Honors Research & Creativity Symposium is finally here! Attend the symposium this Saturday, and join 100+ Honors students who will present their research, Honors Option projects, and creative endeavors during four rounds of poster presentations.

All are welcome, so invite all of your friends to support your and all the Honors students' hard work!

Symposium Schedule

- Introduction: 2:00-2:15pm
- Session A: 2:15-2:40pm
- Session B: 2:45-3:10pm
- Session C: 3:15-3:40pm
- Session D: 3:45-4:10pm

Attending is approved for complementary learning (minus presentation time) and the first 100 attendees will receive a special giveaway!

Attend to catch up on complementary learning for this semester!

[Check Out the 2026 Symposium Abstracts!](#)

Updates & Announcements

Finals De-Stress

& RIT Power Yoga Community & Wellness

12/04 De-Stress With CWC & RIT Power Yoga

Finals can be a stressful time of year, so de-stress and reset for the final weeks of the semester with power yoga!

RIT Power Yoga is inviting Honors students to a yoga session in collaboration with the Community & Wellness Committee. Release your energy and build strength at this event to benefit your physical and emotional wellness.

All levels are welcome and snacks will be provided to give you some fuel!

12/04 from 8:00-9:00pm
HAC A120 (Lower Dance Studio)

[Register for 12/04 Power Yoga With CWC](#)



12/05 Winter Celebration Honors Hour - Snow Globes!

Come to the last Honors Hour before Winter Break! Stanley and the rest of Honors is celebrating the end of the semester with a winter celebration Honors Hour!

Stop by to decorate a snow globe and other winter-themed crafts to get into the snowy spirit. There will be special holiday treats and beverages, and as always, pizza will be provided!

12/05 from 11:30am-12:30pm
SAU 1510 (1829 Room)

[Register for 12/05 Honors Hour \(or just show up!\)](#)



Honors Boston Spring Break Trip

There are just a few spots open for the 2026 Honors Spring Break Trip to Boston. Travel to visit historical and cultural sites, engage in college-specific programming, and visit businesses that align with your professional interests!

Transportation by bus and hotel and meal accommodations are included in the trip.

Travel Dates: Depart from RIT early Tuesday, 3/10 and return late Friday, 3/13.

Registration & Deposit Deadline: 2/02/2026

Spots are filling up fast, so register today while you can!

[Register & Reserve Your Spot!](#)

Complementary Learning

Please see below our highlight opportunities this week. There are many other's listed on the [complementary learning webpage](#) that can fit almost anyone's busy schedule and diverse set of interests.

Complementary Learning is an annual requirement based on the year you entered the Honors program. The

submission cycle runs from September to August each year. Please check the [Honors Handbook](#) for details about what counts for complementary learning and how to fulfill your annual requirement and remain in good standing in the program.

All complementary learning hours should be submitted contemporaneously, within 30 days of the event or activity, using the submission form linked below or located within the *User Tools* tab of the Honors website.

[Submit Complementary Learning](#)

Through 12/05: FoodShare Volunteer Days

A green banner with white text and graphics. The text reads "FoodShare: Volunteer Day". Below it, on the left, is the RIT logo and "Division of Student Affairs Center for Leadership and Civic Engagement". On the right is a large white outline of two hands raised. The background has faint white line art of leaves and a chef's hat.

FoodShare:
Volunteer Day

RIT | Division of Student Affairs
Center for Leadership
and Civic Engagement

Volunteer With RIT FoodShare!

If you enjoyed volunteering at FoodShare during the recent SLC event, there are more opportunities to volunteer before the semester ends!

In the season of giving, FoodShare receives many food and clothing donations and they want to get them sorted and on the shelves as quickly as possible so they are available for all visitors. Volunteers will be helping to sort and inventory new donations in multiple sessions throughout the week.

12/03 & 12/04 from 4:00-6:00pm

12/05 from 5:00-7:00pm

All sessions are at RIT FoodShare in Riverknoll

[Register for FoodShare Volunteer Days](#)

"Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle."

-Christian D. Larson

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