

Weekly Newsletter Wed. September 24, 2025



Checking In From the Honors Office

Can you believe we are already in week five of the semester? With the semester flying by and midterms approaching, we want to make sure you are taking care of yourself. Schedules become full and the white space on the Google calendar starts to shrink so it is important that you strive for balance while accomplishing your academic and personal goals. Here are some things that that can be helpful:

Find time for yourself and prioritize taking breaks, sleeping, and eating nutritious meals. Go outside and enjoy the wonderful fall weather - there are dozens of parks around [Monroe county](#) and the [City of Rochester](#), some within just a few miles of campus, that make for a perfect quick get-away. And Honors is hosting a **Yoga Honors Hour this Friday** from 11:30am-1:00pm in SAU 1510 (1829 Room)! The session will be led by a professional yoga instructor, Cami and we will have yoga mats and blocks for all attendees - no experience necessary! We encourage you to take the chance to stretch, unwind, and relax your mind with pizza provided afterwards of course - Register using [this link](#) or just show up!

There are many amazing opportunities taking place on campus and in the community (some count for complementary learning) that will help you prioritize your well-being. Check out the information below and our follow our [Instagram](#) to learn what is happening.

Good luck on midterms - the Honors Office is always open if you need any support!

- Honors Research & Creativity Symposium
- Honors Council Updates: First-Year Delegate Election | Council Events
- Faculty Led Study Abroad Honors Course to Northern Ireland
- World Affairs Council | Honors Takeover At RMSC | Graduation Survey
- Complementary Learning: Out of the Darkness Walk

11th Annual Research & Creativity Symposium

Dec. 6, 2025

RIT | Honors
Program

11th Annual Honors Research & Creativity Symposium

The Annual Honors Research & Creativity Symposium Is Back!

Students participating in the Symposium have the opportunity to create a poster and present their research, Honors Option, or creative works from the fall semester. Students will move through rounds of 25 minute presentations, or can display their art, to highlight their honors-level academic engagement and achievement.

The Symposium is a great way connect with peers in a professional setting, gain presentation experience, and make connections across the university. The event is open to the public (we encourage you to invite your professors!), is approved for complementary learning (minus your presentation time) and we are engaging with Honors alumni from the region to attend and broaden the audience.

The Symposium will be followed by an Alumni Reception at the Lobozzo Alumni House where students will have the opportunity to build and broaden their professional networks as they connect and engage with past RIT Honors students who are now in the workforce.

We will coordinate the printing of posters for students who submit their design to us by Monday Nov. 17. Students in good standing can use their Honors grant funds to pay for the poster. Poster submission details are included in the *Intent to Present* form.

Please visit the link below to learn more about the symposium and to submit your *Intent to Present and Abstract*.

Research & Creativity Symposium

12/06 from 2:00-4:30pm
SHED 3300

Alumni Reception

12/06 from 5:30-7:30pm

Lobozzo Almuni House

Submit your proposal to present by 11/09

[Submit Your Intent to Present](#)



Honors Council Updates:

Vote For Your Honors Council First-Year Delegate!

Nominations are now closed and elections for the Honors Council First-Year Delegate are open! Read about each of the candidates for the position on the form and cast your vote today!

Timeline

- Elections: 9/24-10/01
- Results Announced: 10/08

Submit your vote below:

[First-Year Delegate Election Form](#)

Upcoming Council Events

Career Fair Prep With AEC:

Prepare for the upcoming career fair with resume management, conversation tips, dress code recommendations, and professional headshot photos by Ethan Flynn from 7:15-8pm.

10/02 from 6:30-8:00pm

WAL 4480

Walking For Rochester With SLC

A collaboration with Walking For Rochester to remove trash and clean up the Henrietta environment! Approved for Complementary Learning.

10/04 from 2:00-4:00pm

Meet at the Sentinel statue to hop in a carpool.

[Join the Honors Council Discord!](#)



Upcoming Course Application Deadline!

The Honors Course & Northern Ireland Trip Application Is Due Soon!

You can still apply for the Spring 2026 Honors Course, "HNRS 290 - Conflict to Peace: Building Shared Narratives," (3 credits) which is followed by a faculty-led study abroad in early summer to Northern Ireland and London, England.

Space is limited with only 15 spots total in the program.

Travel dates are May 10-25, 2026, and Honors students receive \$1,500 to help cover the cost of the trip!

Applications are due on RIT Compass on 10/19/2025

[Learn More & Apply](#)

Updates & Announcements

HONORS TAKEOVER

RMSC

ROCHESTER MUSEUM & SCIENCE CENTER

10/04 Honors Takeover at the RMSC

Honors is taking over the Rochester Museum & Science Center for a day full of exploration and fun!

This event is hosted by CHST and open to all students in the Honors Program. Enjoy free admission, provided snacks, and explore the RMSC with your Honors friends!

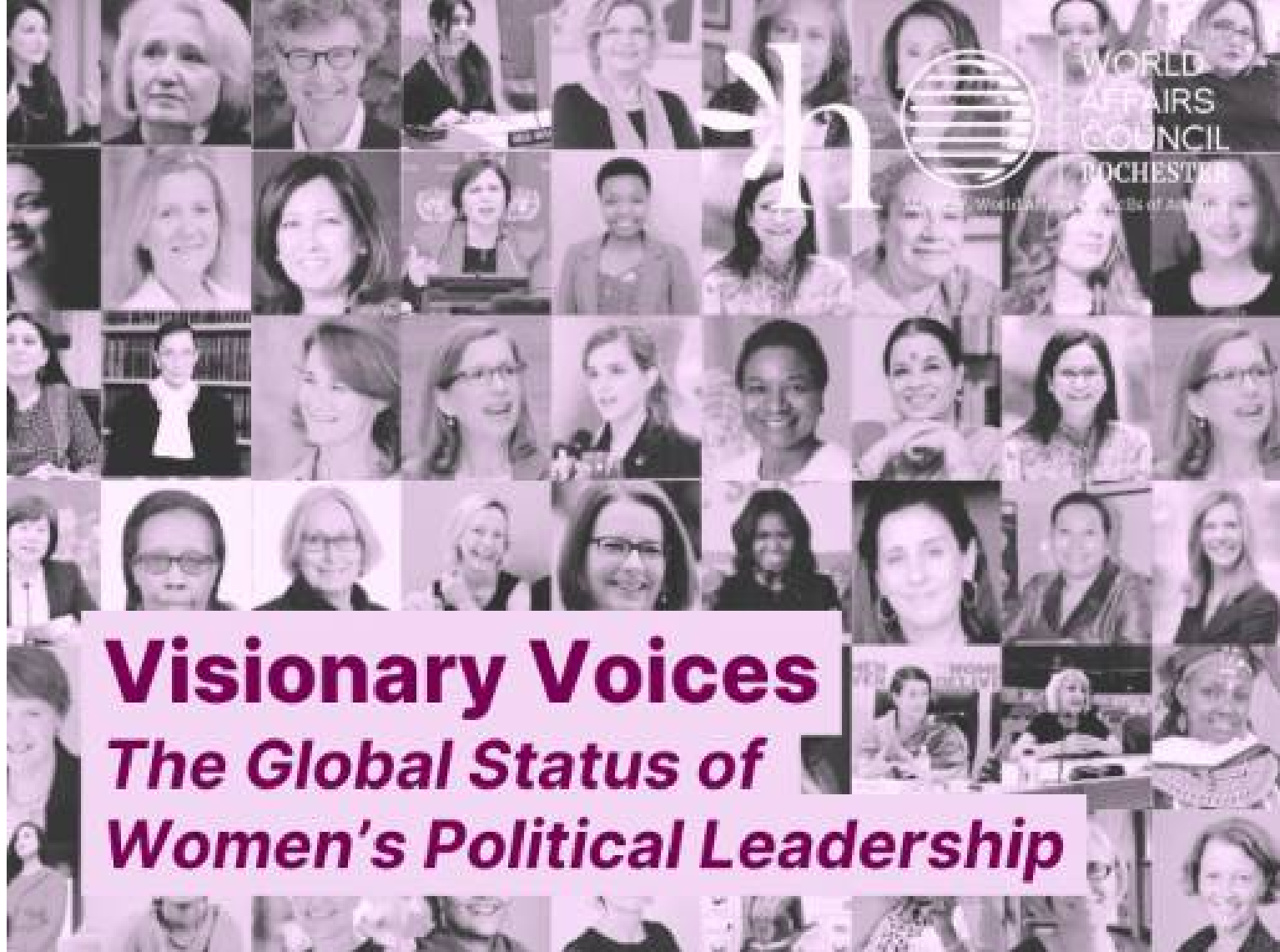
Transportation will be provided from outside of CBET (Building 75) with a 10:15 meet-up time. Space is limited, so make sure to sign up today!

10/04 from 11:00am-2:00pm

Buses leave at 10:30am sharp with a 10:15am meet-up time

CBET (Building 75)

[Register for RMSC Honors Takeover](#)



10/07 October World Affairs Council

The speaker for the October Rochester World Affairs Council is Linda Robinson, a senior fellow for women and foreign policy at the Council on Foreign Relations (CFR). Robinson has written about women and gender in politics, leadership, and international implications as a NYT best-selling author and extensive foreign affairs experience. The topic, "The Global Status of Women's Political Leadership" will focus on the discussion of barriers and progress toward political representation and leadership for women.

[Attending is approved for complementary learning!](#)

Important Dates & Times

- 9/29: preparatory reading material will be emailed to all registrants
- 10/04: preparatory brunch discussion at Panera from 10:00-11:00am
- 10/07: World Affairs Council event

10/07 from 5:00-9:00pm

Irondequoit Country Club: 4045 East Ave., Rochester NY14618

Register for
World Affairs Council



Honors Graduation Survey

Graduating in fall '25 or spring '26? We want to hear from you!

If you are graduating in December 2025 or May 2026 please click the link below to complete a survey that will help us support you through this transition, allow us to plan events and programming, and keep us connected after you graduate.

[Honors Graduation Survey](#)

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.

Students are expected to engage in at least 20 hours of complementary each cycle (Sept.-Aug.) to remain in good standing in the program.

Complementary learning hours should be submitted contemporaneously, within 30 days of the event or activity. Please use the submission form linked below or located within the *User Tools* tab of the Honors website to submit your hours.

Western NY Out of the Darkness Walks



Join the new Out of the Darkness Experience

The American Foundation for Suicide Prevention (AFSP) is a nonprofit organization dedicated to prevention programs, education about warning signs and risk factors, raising money for research about suicide, and supporting those who have lost loved ones to suicide.

National Suicide Prevention month is September, but that does not mean that support has to stop there. Western New York AFSP chapters are hosting "Out of the Darkness" suicide prevention, education, and awareness walks throughout September and October with the Rochester Walk on October 4. Participate in the walk for free by registering today, or volunteer as a Day-of-Walk volunteer to help out during the event.

Contact Bonnie Webster at bwebster@afsp.org to submit a volunteer application.

10/04 at 11:00am

Registration opens at 9:30am

Veteran's Memorial Park:

3100 Atlantic Ave., Penfield, NY 14526

Learn More & Register

Complementary Learning Reminder

Don't forget about leadership roles!

The Honors Program wants to remind you that leadership roles and other recurring activities can be submitted for complementary learning. This may include active participation serving on an Executive Board or holding an officer position for an organization.

If the activity is recurring, it is recommended to submit the hours in larger chunks through the complementary learning portal on the Honors website upon its completion.

"Any time you have an opportunity to make a difference in this world and you don't, then you are wasting your time on Earth."

-Roberto Clemente

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