



Millersville University  
UNIVERSITY COLLEGE

# THE HONORS REPORT



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## SAVE THE DATES

### **Tues October 8th**

Thesis Day

Q&A for 3rd and 4th years

12:15-1:00 SMC 18

Thesis Workshop

For 2nd years

4:45-6:00 SMC 18

### **Sat October 19th**

Open House

9:00-11:00 SMC

### **Sun October 27th**

Halloween Registration Party

7:00 South Great Room



# WELCOME BACK

Welcome back, Honors College, and a warm welcome to all the new students and incoming freshman! We hope you had a fun summer and are settling into your new routines. The Honors College has some amazing things planned and we hope you'll stick around for an amazing semester!



## SUMMER RECAP

Some students in the Honors College had some fun adventures this summer! Check out the summer recap on the next page to learn more about your fellow Honors students!







# BACK TO SCHOOL TRICKS AND TIPS

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Going back to school can be a tough adjustment. During the school year, students must balance life, work, assignments, and other daily tasks. It is important to take time for yourself in order for you to be successful. Here are a few tips and tricks for back to school life!

- 1.** Establish a morning routine! Get breakfast, go to the gym, make sure the start to your day before classes goes as smooth as possible to avoid any additional stress.
- 2.** Instill healthy habits! Anything that gets you active! Try listening to calming music or creating a playlist, meditation, yoga, even taking a walk!
- 3.** Socialize! Talking and reaching out can be scary, but don't feel threatened. Everyone is going through the same motions. Plus, you might make a friend!
- 4.** Take notes! Always keep a notepad or your electronic notes close. A good way to stay organized in class is to write things down.
- 5.** Establish a schedule. Scheduling is important for a college mindset and to know which classes are when!
- 6.** GET INVOLVED! Being a part of groups and organizations help you make friends and connections!





# CAMPUS RESOURCES

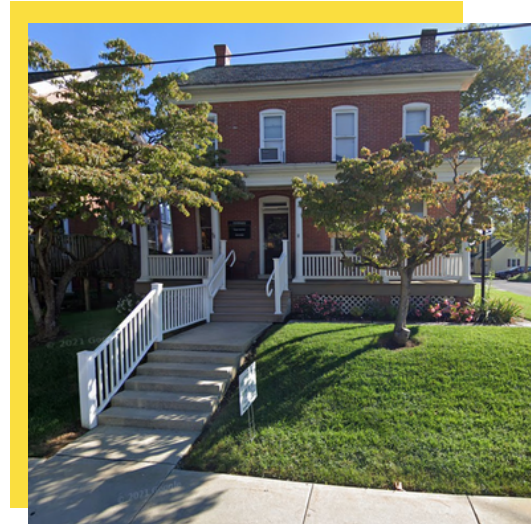
There are so many resources for the students at Millersville and we encourage you to take advantage of them all. And the best part... they are free! Whether its extra help with an assignment, or you're simply in need of a mental health break, these campus resources are here to help you!

## The Writing Center



Need help with your paper? The Writing Center is here to aid you in every step of the writing process, including sources, drafts, and final edits! The Writing Center is located right across from the Starbucks in the library!

## The Career Center



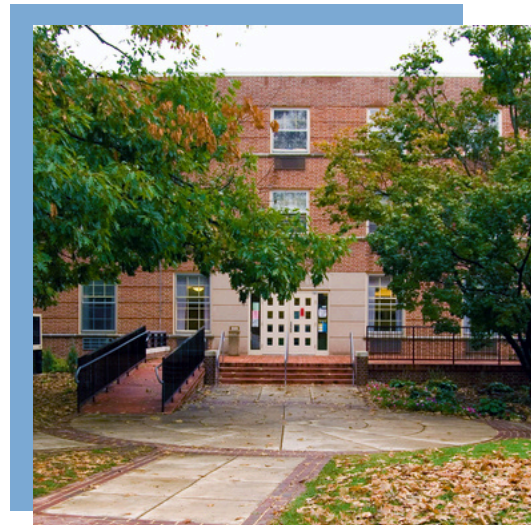
The Career Center at MU is dedicated to all the career programs on campus. Not only will they check your resume and cover letter, but they are a great connection for internships and career opportunities! They are located at Bedford House.

## Health Services



Health Services is an important resource on campus every student should know about. They are located directly next to HASH and provide health care for ALL students on campus!

## Counseling Services



If you are struggling with mental health or any personal issues, it is very important to reach out. As hard as that can be, Counseling Services is here. They offer 5 free therapy sessions each semester to all MU students.

# STUDENT WRITERS NEEDED

Are looking for experience in writing and publishing? The Honors College is looking for student writers for the newsletter! See the flyer below for more info:

**WRITERS  
&  
EDITORS**

We want you!

If you are passionate, resourceful, and have an interest in writing or editing, then consider joining the Honors Report Newsletter team!

- **Monthly or bimonthly projects**
- **Freedom to choose what stories/articles you want to work on**
- **Flexible schedules**

Please send a writing sample to: [mllaunden@millersville.edu](mailto:mllaunden@millersville.edu)



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