

Honors College **101**



2025-2026

HONORS COLLEGE WELCOME WEEK

August 25–September 5

Scan the QR code to see the full schedule of Honors College Welcome Week activities, or visit honorscollege.rutgers.edu/welcome-week.

Don't miss these signature events—the Honors College Induction Ceremony, Class of 2029 Photo, Common Read Author & Community Conversations, Welcome Barbeque, Intercultural Meetup, HC Involvement Fair, and more!



Honors College 101

We're glad you're here! It's time to put on your Honors College shirt and be

Inspired, Empowered, and Connected.

You're among friends...some new to Rutgers and some who are returning and ready to welcome you.

In these pages, you'll learn how to thrive on The Banks as an Honors College Scholar:

- ◇ Tips for transitioning to college from our Honors Mentors
- ◇ Honors College Traditions
- ◇ HC events, requirements, scholarships, programs, and workshops
- ◇ Tapping into and building a network of support
- ◇ Honors College and Rutgers at large resources
- ◇ Wellness, Counseling, and Mental Health Information
- ◇ Important dates
- ◇ How to graduate as an Honors College Scholar or Honors College Scholar with Distinction

As you enter, it's important to explore what it means to be part of the HC—a community where we collaborate across disciplines, embrace our differences, use our creativity and imagination, serve our communities, and tackle complex issues in the world together. You'll learn how to transform your ideas into action and how you can serve the world on whatever path you choose.

You'll also learn what it means to be part of a learning-living community committed to advancing inclusion and equity so that all can thrive. At the Induction Ceremony, we'll ask you to join us in affirming our commitment to our mission with the Honors College oath:

Where there is something to learn, I will explore.

Where there is a new voice, I will listen.

Where there is a need, I will help.

For now, look around, say hello to the person next to you, and look for opportunities to engage and connect.

The HC Team

Tips For Success

FROM OUR HONORS MENTORS

BE ORGANIZED AND STRATEGIC

- ◇ Take one step at a time—you don't need to have everything figured out in your first month.
- ◇ Check your Rutgers email daily.
- ◇ Use your network of support—go to office hours for the Deans and Faculty Fellows, schedule time with an Academic Advisor, and visit your Honors Community Mentor during their meetup hours.
- ◇ Get a planner or color code your Google calendar to stay on track.
- ◇ Keep a to-do list and tackle one thing at a time.
- ◇ Use your time between classes to run errands, check emails, and do small assignments.
- ◇ Approach your education as an opportunity to challenge yourself intellectually.

BE INFORMED AND INTELLIGENT

- ◇ Talk to your professors, ask questions, and go to office hours—good connections can lead to opportunities like research and special programs.
- ◇ Meet with a School-based Honors College Advisor regularly—
honorscollege.rutgers.edu/academics/academic-affairs-advising
- ◇ Avoid skipping classes—playing catch-up is stressful.
- ◇ Find like-minded students to study with and to hold you accountable.
- ◇ Take frequent study breaks and you'll be more productive.
- ◇ Break large projects into smaller parts and create a timeline.
- ◇ Find a quiet, “secret” study place on your campus:

- ***HC East Lounge***
- ***HC Dougherty Lounge—2nd floor, South Wing***
- ***Academic Building, 4th floor lounge—College Avenue Campus***
- ***Zimmerli Art Museum—College Avenue Campus***
- ***Library of Science & Medicine—Busch Campus***
- ***Ernest Mario School of Pharmacy atrium—Busch Campus***
- ***Rutgers Business School, 2nd and 5th floor lounges—Livingston Campus***
- ***Livingston Student Center sky bridge***
- ***New Jersey Institute for Food, Nutrition & Health—Cook Campus***

MAKE WELLNESS A PRIORITY

- ◇ Get your rest, don't skip meals, move around, have fun.
- ◇ Strive for balance between work and relaxation.
- ◇ Manage your time carefully.
- ◇ Visit the Student Health website—health.rutgers.edu—for a range of medical and counseling services, including CAPS for 1:1 counseling.
- ◇ Be safe. Travel with a friend, make good decisions. Call the Rutgers Knight Mover if you're feeling uneasy about how to get home.
- ◇ If you're worried about a friend, share a confidential concern at dosomething.rutgers.edu, and someone will check on them.
- ◇ If you or someone is in immediate danger, **call 911**.

FIND YOUR COMMUNITY

- ◇ Attend the Intercultural Meetup to find peers with shared identities, interests, and experiences, inclusive of all identities and allies. Also visit the Rutgers Cultural Center Collaborative to learn about communities across campus.
- ◇ Go to the HC and Rutgers-wide Involvement Fairs to learn about organizations and opportunities.
- ◇ Attend a club meeting or volunteer for a service project.
- ◇ Participate in HC Serves and other HC events and traditions, and start your HC service hours requirement right away, logging hours as you go.

IF LIVING OFF-CAMPUS

- ◇ Be sure to follow your parking permit's assigned parking locations at designated times to avoid getting a ticket.
- ◇ Check for traffic alerts and road closures before you leave home. Keep in mind that inclement weather can make your commute longer.
- ◇ Always leave extra time between parking your car or arriving by train, taking the bus, and walking to your class.
- ◇ Pack your backpack based on how long you will be on campus—refillable water bottle, food, money, toiletries, chargers, etc.
- ◇ Find your go-to spot during your time between classes—an HC or commuter lounge, library, student center, local cafe.
- ◇ See more tips and resources—rca.rutgers.edu/commuter-resources/

IN ADDITION TO RUTGERS DINING...

- ◇ Try various restaurants on College and Easton Avenues, including great places to get coffee.
- ◇ Meal swipe at Kilmer's Market (Livingston), Cafe West (College Avenue), and Harvest IFNH (Cook).

Don't miss the sidebar menu for everything you need to know, including the bus schedule, campus maps, athletics, and more.

GET THE RUTGERS APP



HC Traditions AND RESOURCES

HONORS COLLEGE TRADITIONS

Honors College Traditions are events to bring our community together in unique ways. We wholeheartedly encourage you to come, participate, and lead when you're ready.

- ◇ **Coffeehouse**—held each semester in the HC Druskin Lounge
- ◇ **Honors College Academic Showcase**—the signature venue for students graduating as Honors College Scholars with Distinction to present their Capstone work and for +Honors Contract Course students to share their semester work
- ◇ **Geek Week at the HC**—events in celebration of our spirit and uniqueness
- ◇ **Welcome and Summer Sendoff BBQs**—gatherings for HC students to celebrate the start and end of the academic year

GET TO KNOW 5 SEMINARY PLACE

- ◇ **All first-year students have 24-hour access to the first floor.**
- ◇ **HC Makerspace** (North Wing)—tinker, create, or even build your prototype—open weekdays
- ◇ **Fireside Lounge**—you'll find a piano as well as a refrigerator, sink, microwave, and toaster oven
- ◇ **Pool table, air hockey, and ping pong** (North Lounge)
- ◇ **Bookcase** (East Lounge)—to borrow from and donate to
- ◇ **Dougherty Lounge** (2nd floor)—to study in a quiet spot
- ◇ **Faculty Fellow Apartments** (1st & 2nd floor, North Wing)

IMPORTANT INFORMATION FOR YOU

- ◇ Monday newsletter, **Inside the Honors College**, for all things HC, including events and reminders
- ◇ Thursday newsletter, **Honors College Weekly Opportunities**, for opportunities to build your academic and professional portfolio
- ◇ Monthly **Honors Academic Updates**
- ◇ **Student Insights**—HC Student Blog, Roving Reporter videos, features on our website, and our Instagram channel
- ◇ **Digital Screens and Bulletin Boards**—for HC opportunities throughout the year

KEY CALENDARS

HONORS COLLEGE EVENTS CALENDAR: honorscollege.rutgers.edu/events

RUTGERS ACADEMIC CALENDAR: nbregistrar.rutgers.edu/undergrad



EXPERIENCES THAT CAN CHANGE YOUR LIFE

Expand your view, explore the world, and learn hands-on through opportunities at the HC and beyond that can change your life in extraordinary ways you may not have imagined:

- ◇ **Learn how to find an internship or research opportunity**—come to the **Internship & Research Mixer on Friday, September 26**, and other community-wide Honors Peer Mentor Program events throughout the year!
 - **Create your account now on the “Handshake” platform to see internship opportunities**—careers.rutgers.edu
 - **Look for a Research Project**—aresty.rutgers.edu
- ◇ **Participate in Service Learning** and other HC Serves events
- ◇ **Get Involved at the Honors College and learn about future student leader opportunities**—come to the **HC Involvement Fair on Sunday, August 31**.
- ◇ **Study abroad for a semester or year**—global.rutgers.edu/study-abroad—or take a **Service Learning trip**—volunteer.rutgers.edu
- ◇ **Pursue a Distinguished Fellowship**—learn about the Delta Scholar program—honorscollege.rutgers.edu/academics/scholars-fellows/delta-scholars-program
 - **Fellowships at Rutgers and beyond**—newbrunswick.rutgers.edu/fellowships-listings + lgfellowship.rutgers.edu
- ◇ **Take a small group Byrne Seminar**—newbrunswick.rutgers.edu/byrne-seminars

HONORS COLLEGE WEBSITE

CURRENT STUDENTS SECTION

Visit honorscollege.rutgers.edu/information/current-students or scan the QR code below for a custom experience created specifically for you. We encourage you to explore the opportunities listed on that page throughout your Honors College experience and to get involved and tap into the multifaceted support afforded you, including school-based Honors College academic advising, Honors College staff, Faculty Fellows, honors mentors, and resident assistants.

Also on the HC site, check out:

- ◇ **The Honors College experience** to see the opportunities for engagement, academic exploration, leadership, service, and support during your time in college
- ◇ **Upcoming Events Calendar**
- ◇ **Getting Involved** for HC student organizations
- ◇ **Scholarships webpage** for current information on achieving and retaining merit scholarships—honorscollege.rutgers.edu/information/current-students/scholarships



Your NETWORK OF SUPPORT

HC staff, advisors, Faculty Fellows, and student leaders are dedicated to supporting you in your transition to college. We'll help you find your community, connect with mentors, discover ways to meet your wellness needs, pursue your academics, and more so you can ultimately thrive and succeed.

Below is your network of support—connect with individuals for guidance and support on a range of issues.

HONORS COLLEGE STAFF

◆ **For help with transitioning to and navigating Rutgers, basic needs, and special honors experiences, connect with:**

J.D. Bowers, *Dean of the Honors College*—special honors enrichment opportunities like Capstone research, distinguished fellowships, and study abroad or ideas for a successful student experience

Krista Klein, *Associate Dean*—holistic student support, including scholarships, housing and other basic needs, personal development, building community, leadership opportunities, and more

◆ **For academic and professional development support, connect with:**

Andrea Rydel, *Assistant Dean*—academic enrichment, including connecting with research and campus departments to elevate your honors experience and professional portfolio, the HC Merit Pin award, and the Honors Peer Mentor Program

School-Based Honors College Advisors—visit honorscollege.rutgers.edu/academics/academic-affairs-advising to see a list of advisors by schools

Talia Robbins, *Assistant Teaching Professor*—Honors College Common Read, Academic Showcase

◆ **For student programming, wellness, and residence hall issues, connect with:**

Domenic Nalbandian, *Assistant Director*—leadership opportunities and student programming

Ariel Chun, *Program Director*—student programming

Ashley Polselli, *Program Director*—student programming

Marline Souffrant, *Douglass/Honors College Program Coordinator*

Justin Campanella, *Residence Life Coordinator*—life in the residential space at 5 Seminary Place, including well-being and safety

Shan Reeves, *Community Based Counselor*—wellness and mental health support (see inside back cover)

◆ **Business staff who help keep the Honors College running whom you may interact with:**

Kamini Chopra, *Administrative Coordinator*

Anna Witek, *Director for Digital Experience & Technology*

Donel Young, *Executive Director for Marketing & Communications*

Janet Zhan, *Business Manager*

HONORS COLLEGE FACULTY FELLOWS

Faculty Fellows provide opportunities for you to connect, share ideas, enjoy special events, and more.

◆ **Residential Faculty Fellows**—they live at 5 Seminary Place alongside Dean Bowers and host programs for all Honors College students

Nicole Burrowes (1st floor north)—a professor in the Department of History at the School of Arts and Sciences

Trip McCrossin (2nd floor north)—a professor in the Department of Philosophy at the School of Arts and Sciences

◆ **Affiliated Faculty Fellows**—they also host programs

Douglas Cantor—a teaching professor in the Department of Political Science at the School of Arts and Sciences

Kristen Springer—a professor in the Department of Sociology at the School of Arts and Sciences

Kristen Syrett—a professor in the Department of Linguistics and Center for Cognitive Science at the School of Arts and Sciences

STUDENT MENTORS

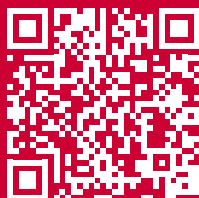
Honors Community Mentors live throughout the HC community, each dedicated to supporting the Honors College experience for students on their assigned floor and wing, as well as for commuters.

Honors Peer Mentor Program connects first-year students who have enrolled in this special program with trained upper-grade peer mentors with similar academic and other interests. In addition to peer mentorship training, the e-board provides programs for all students, focusing on resources to help students thrive as HC Scholars.

Affinity Group Leaders provide opportunities for all students to engage in collective support and exploration of cultures and identities, regardless of their own. The Affinity Groups, which include Asian, Black, International, Latinx, LGBTQ+, and Middle Eastern, are open to all Honors College students (and their guests) and hold a strong connection to the Asian, Black, Latinx, LGBTQ+, Middle Eastern, and International Student (Rutgers Global) cultural centers on campus.

GenHC is a program that supports students who are the first in their families to go to college, which includes peer mentors who are also first-generation students.

CONNECT WITH THE HC STAFF



Graduating AS AN HONORS COLLEGE SCHOLAR

As an Honors College student, you must complete all core requirements for the Honors College, for your academic school of enrollment, and for your chosen majors(s)/minor(s).

Students who complete all Honors College requirements will have the designation “Honors College Scholar” on their diplomas and will receive the Honors Scholar stole. Students who complete the Capstone as well will have the designation “Honors College Scholar with Distinction” and receive the medal.

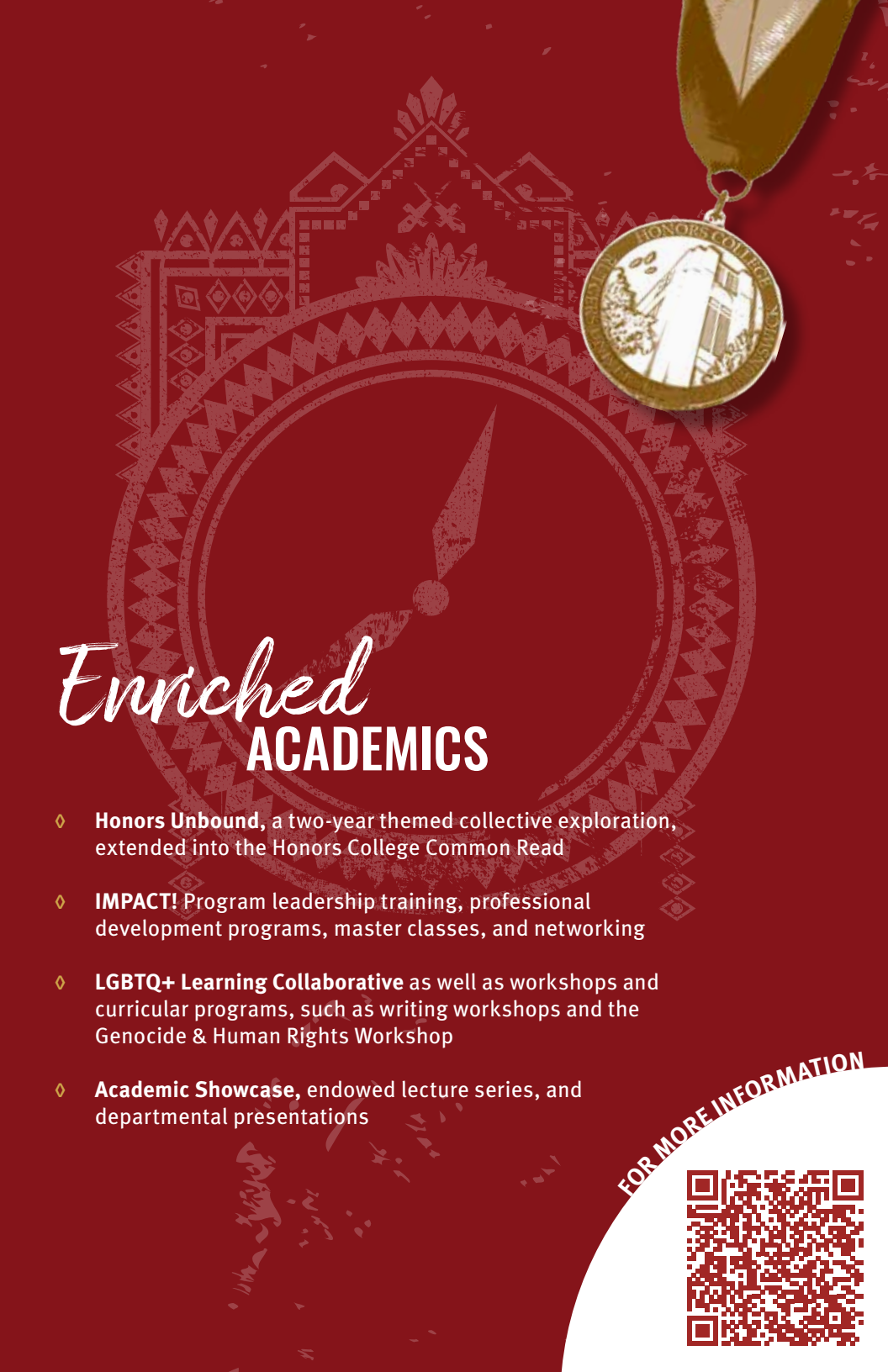
For more information about school- and major-specific requirements, please refer to the individual school and departmental websites.

HONORS CURRICULUM

- ◇ **Two Tracks:**
 - Honors College Scholar with Distinction (with Capstone)
 - Honors College Scholar (no Capstone)
- ◇ **Honors Mission-based Course (1 required, 1-4 credits)**
- ◇ **Interdisciplinary Honors Seminar (1 required, 3 credits)**
- ◇ **Global Competency Course (1 required, 3+ credits)**
- ◇ **General Honors Courses (3 required, 9+ credits) and SEBS Tutorials**
- ◇ **Byrne Seminars in first year (optional, 1 credit, P/NP)**
- ◇ **Service Learning: submit a minimum of 30 hours of approved service in your first three years.**
- ◇ **Between 16-19 and 22-25 credits; to count as Honors, course grades must be a B or better**

Visit honorscollege.rutgers.edu/academics/curriculum for details.

If you have any questions about your standing overall, school-specific Honors College requirements, the Capstone project, or other academic matters, please email an academic advisor or Dean Bowers.



Enriched ACADEMICS

- ♦ **Honors Unbound**, a two-year themed collective exploration, extended into the Honors College Common Read
- ♦ **IMPACT!** Program leadership training, professional development programs, master classes, and networking
- ♦ **LGBTQ+ Learning Collaborative** as well as workshops and curricular programs, such as writing workshops and the Genocide & Human Rights Workshop
- ♦ **Academic Showcase**, endowed lecture series, and departmental presentations

FOR MORE INFORMATION



Rutgers AT LARGE

◇ RESOURCES FOR STUDENT SUCCESS ◇

success.rutgers.edu

From getting involved, health and wellness, and financial aid to finding research, internships, and study abroad opportunities

◇ DEAN OF STUDENTS ◇

deanofstudents.rutgers.edu

◇ RUTGERS LIBRARIES ◇

libraries.rutgers.edu/new-brunswick

◇ INTERNATIONAL STUDENT SERVICES ◇

global.rutgers.edu/international-scholars-students

◇ LEARNING CENTERS ◇

rlc.rutgers.edu

◇ WRITING CENTER ◇

wp.rutgers.edu/academics/undergraduate/tutoring

◇ CAREER EXPLORATION AND SUCCESS ◇

careers.rutgers.edu

◇ STUDENT EMPLOYMENT OFFICE ◇

scarlethub.rutgers.edu/financial-services/student-employment/students/

◇ STUDENT LEGAL SERVICES ◇

rusls.rutgers.edu

◇ GET INVOLVED ◇

getinvolved.rutgers.edu

◇ ONE STOP ◇

rutgers.force.com/OneStopPortal/s/New-Brunswick

For Financial Aid, Student Accounts, and Registration

◇ COMMUTER RESOURCES ◇

sca.rutgers.edu/services/commuter-life

◇ CULTURAL COLLABORATIVE ◇

culturalcollaborative.rutgers.edu

*Includes the Asian American Cultural Center, Center for Latino Arts & Culture,
Paul Robeson Cultural Center, and Center for Social Justice Education
& LGBT Communities*

◇ HEALTH AND WELLNESS RESOURCES ◇

STUDENT HEALTH OFFICE

health.rutgers.edu

For Medical and Counseling Services

OFFICE OF DISABILITY SERVICES

ods.rutgers.edu

OFFICE FOR VIOLENCE PREVENTION & VICTIM ASSISTANCE

vpva.rutgers.edu

SPIRITUAL LIFE

ruoffcampus.rutgers.edu/basic-needs/mental-physical-and-spiritual-wellness/faith-and-spirituality-at-rutgers

RECREATION

recreation.rutgers.edu

DINING SERVICES

food.rutgers.edu

STUDENT BASIC NEEDS

basicneeds.rutgers.edu

THE COLLEGE SUPPORT PROGRAM

rcaas.rutgers.edu/CSP

Do Something to Help—Share a Concern!

dosomething.rutgers.edu

Rutgers is a community that cares.

*We DO SOMETHING when we are concerned about one of our
community members.*

The Knight Mover

732-932-RIDE (7433) | ipo.rutgers.edu/dots/buses-nb

For transportation by request between 3:00-6:00am, Monday-Thursday,
when normal campus bus service is not running.

DISCOVER CAMPUS RESOURCES



Wellness & Counseling AT THE HC

We are fortunate to have Shan Reeves, a counselor from Rutgers CAPS (Counseling, ADAP, and Psychiatric Services), embedded within the Honors College community to help you address challenges and emotions that you may be feeling throughout the year.

Look for these opportunities in the weekly Monday newsletter and on the Honors College Wellness & Counseling webpage—honorscollege.rutgers.edu/wellness-counseling or scan the QR code below.

Let's Talk—weekly counseling sessions are private, free, and confidential.

To schedule an appointment call 848-932-7884, prompt 2. Drop-ins are first come, first served.

Wellness Workshops—weekly themed workshops that address methods for relaxation and mindfulness.

FOR MORE INFORMATION





Mental Health & **OTHER MEDICAL EMERGENCIES**

IF YOU ARE EXPERIENCING A MEDICAL EMERGENCY

DIAL 911

or call the Rutgers University Police Department (RUPD) at
848-932-7211.

988 SUICIDE AND CRISIS LIFELINE

CALL OR TEXT TO 988

FOR ADDITIONAL MENTAL HEALTH EMERGENCY SUPPORT

SCAN THE QR CODE ABOVE

or visit health.rutgers.edu/general-resources/emergency-information
for the most current information



Important DATES

MONDAY, AUGUST 25—FRIDAY, SEPTEMBER 5
HC Welcome Week, including such signature events as:

Honors Community Welcome & Induction Ceremony
Class of 2029 Photo
HC Common Read Author & Community Conversations
Welcome Barbeque
HC and Douglass Welcome Event
Intercultural Meetup
HC Involvement Fair
LGBTQ+ Learning Collaborative Social
Resource Roundtable

TUESDAY, SEPTEMBER 2
First day of classes

FRIDAY, SEPTEMBER 26
Internship & Research Mixer

THURSDAY, OCTOBER 16—SUNDAY, OCTOBER 19
Rutgers Homecoming

JANUARY 2026
Housing application process begins for Fall 2026
Stay tuned for continuing student housing information in November!

APRIL 2026
Honors College Academic Showcase

MAY 2026
HC Summer Sendoff

HAVE QUESTIONS?

Visit our offices in the HC east wing or email us at honorscollege@rutgers.edu.



@RUHonorsCollNB



@RUHonorsCollNB

Current as of August 8, 2025