Upcoming Events

- **Friday, February 15, 8PM — How to Go on.** Join the Harvard-Radcliffe Collegium Musicum for the kick-off concert of its 2019 NYC tour. The performance will mark the east coast premiere of Dale Trumbore’s secular requiem, How to Go on—a work that reflects upon confrontations with the impermanence of life in a moving journey through love and loss, grief and resilience, hope and freedom. $5 tickets (SEF eligible) are available from the Harvard Box Office; $10 at the door. Sanders Theatre.

- **Thursday, February 21, 6PM — Magic and Demonology in Ancient Egypt.** Ancient Egyptian texts and objects associated with funerary rituals often include references to “magic” and “demons.” Professor Rica Lucarelli will look at how these concepts were defined and used in ancient Egypt, with a special focus on the roles that demons played in magical practices and spells. She will also address how Egyptian beliefs about demons compare with those of other ancient cultures. Geological Lecture Hall, 24 Oxford St.

- **Saturday, February 23, 8-10PM — HRCSA Presents: Banquet 2019 Year of the Pig.** Come to the Chinese Students Association’s (CSA) annual Lunar New Year celebration. This event features student group performances, in addition to a catered multi-course meal. As the largest cultural organization on campus, this is the most important event that CSA holds every year, embodying its mission to increase awareness of and appreciation for Chinese culture on campus. $15 (SEF eligible) tickets are on sale at the Harvard Box Office. Quincy Dining Hall.

- **Monday, February 25, 5-6PM — ArtsBites: Celine Song and Sammi Cannold.** Time for pizza, conversation, and artists! ArtsBites is the OFA round-table discussion series with students, visiting artists, and pizza. In partnership with our friends at American Repertory Theater, we welcome playwright Celine Song and director Sammi Cannold from the creative team of Endlings, which runs February 26-March 17 at A.R.T. Open to all undergraduates. Seating is limited, and registration is required: ofa.fas.harvard.edu. OFA.

Wellness

Stacy Blondin is Director of Wellness and Self-Discovery Initiatives in the First Year. In her role, Stacy develops and manages residential programming related to Harvard’s “whole student” model of student development, focusing on the personal growth that happens in tandem with intellectual growth during the first year of college. This programming aims to help first-year students make a successful transition to Harvard College by providing opportunities that encourage physical and mental health, as well as self-discovery and reflection.

Stacy enjoys integrating herself into the first-year community and working collaboratively to enhance students’ first-year experience and overall well-being. Part of Stacy’s role is to design and promote awareness of wellness-related programming happening for first-year students, so keep an eye out for information about events like yoga, recreation, the First-Year Retreat, and more! Stacy welcomes your feedback and input. She can be reached at firstyearwellness@fas.harvard.edu.

This week in Wellness:

- **Getting the Most out of Career Fairs:** Wednesday, February 20, 1-1:30PM, OCS Webinar. Pre-register at: ocs.fas.harvard.edu.
- **Wellbeing Wednesdays:** Wednesday, February 20, 3-5PM, Mt. Auburn Room, Smith Center, 2nd floor.
- **Yoga in the Yard (drop in!):** Thursday, February 21, 7:30-8:30PM, Straus Common Room.

Free Museums & Symphony

Looking for a cultural infusion off campus? Want to explore the city a bit more? Hop on the T, and take advantage of free admission for Harvard students at the Museum of Fine Arts Boston, the Isabella Stuart Gardner Museum, and the Institute of Contemporary Art! Just show your Harvard student ID for entry. In addition, thanks to a gift from the late Harvard Professor Arthur Maass, undergraduate students at Harvard can receive free tickets to selected performances by the BSO. For more information on these free Boston-area arts opportunities, visit: ofa.fas.harvard.edu/free-students.

Uncommon Fare

Thursday, February 7, first-year students enjoyed an intimate dinner and discussion with Chris Stubbs, Dean of Science and Samuel C. Muncher Professor of Physics and Astronomy.

“I have truly never been more inspired and eager to learn than when I got to meet and hear Dean Stubbs speak at dinner. He is the kind of professor that students will remember for the rest of their lives—the way he was so encouraging, not intimidating (despite his bio), passionate about his field, and open to having a conversation with us was absolutely amazing.…Thank you to Dean Stubbs for reinforcing why I am here and completely changing the way I am going to go about my time at Harvard.” —Sydney Penny’22

Reminder

**Presidents’ Day Closures.** All University offices, including the FYE, will be closed, and classes will be suspended on **Monday, February 18,** in observance of Presidents’ Day. Enjoy your long weekend, and get some extra sleep!
Opportunities for First-Years

Seeking Nominations for Exceptional Advisers! Has an academic adviser of yours had a significantly positive impact on you? Has she or he had an important role in fostering your success and wellbeing? If so, nominate them for a Star Prize!

The Advising Programs Office is pleased to announce the eighth annual Star Family Prizes for Excellence in Advising, which recognize and reward 12 advisers who contribute to the College through their exemplary intellectual and personal guidance of undergraduate students. If you feel that one or more of your advisers merits special recognition by the College, please consider nominating them for a Star Prize. Doing so is not only a wonderful way to thank them, it also helps promote a culture of advising excellence at Harvard. (Nominations are anonymous.) Learn more or submit your nomination(s) by Friday, March 1, 11:59PM at: apo.college.harvard.edu/star-family-prizes.

Our Voices: Submit Your Art/Story. Our Voices – Who Speaks for Us? is the fourth annual student-directed performance produced in collaboration with The Office of Sexual Assault Prevention & Response (OSAPR), running April 6 & 7 in Leverett Library Theater. The show solicits original works of art in all mediums from members of the Harvard community who wish to tell their stories in their own way. These stories can be about intersecting identity in its many forms and the way that affects who we are and how we move about the world. Art can be in any medium, and all voices are welcome to submit stories about love, trauma, violence, oppression, marginalization, celebration, joy, identity, existence, etc. Pieces can be anonymous or not; non-performance or performance. Even if you do not have an art piece but you have a story to tell, please submit it, and we will collaboratively create an artistic expression of it. To fill out an interest form by Wednesday, March 20, (your pieces do not have to be finalized or even really exist yet when you fill it out), contact with Maddie Snow: msnow@college.harvard.edu.

Resources for First-Years

Undergraduate Science Research Advising. Schedule an individual appointment to obtain help in finding a lab, contacting faculty, research funding, and more, with Undergraduate Research Advisor, Anna (Anushka) Babakhanyan, Ph.D., MBT: ababakhanyan@fas.harvard.edu.

Take a Break Tuesdays! Take a Break Tuesdays! are the BGLTQ Office’s weekly themed study breaks featuring good food and great company. All are welcome. (This program will not run February 19, March 5, 26, or April 9.) Tuesdays, 8-10PM, Grays Hall, Ground Level.

Bureau of Study Counsel Workshops & Discussions. For more information, or to register for the following, visit bsc.harvard.edu:

- Preparing for and Taking Exams. Consider how to effectively learn and review course material, consolidate your understanding, anticipate the nature of an exam, and practice useful exam-taking strategies. Wednesday, February 20, 1:30-2:45PM, Cabot Library LL03.
- Post-Concussion Strategies and Coping Workshop. For Harvard College students who experience academic, social, or other aftereffects of a concussion. No registration required. Thursday, February 21, 12-1PM, BSC, 5 Linden St.
- Attending to Attention: Strategies for Focus and Concentration. Develop strategies to manage difficulties with attention. Friday, February 22, 3-4:30PM, BSC, 5 Linden St.
- Note Making. Explore the common challenges to effective note making. Build and develop strategies for active note making for lectures, reading, and preparing for exams. Friday, March 1, 1:30-3PM, BSC, 5 Linden St.

2019 First-Year Retreat. The First-Year Experience Office is hosting a retreat in Harvard, MA, at Friendly Crossways Retreat Center during the first weekend of spring break, March 16-18. The goal is to provide time and space for reflection, rejuvenation, and relaxation through structured group activities, optional outdoors excursions, social/free time, and community building in a space removed from the hustle and bustle of Harvard Square. The retreat will take place over three days, themed temporally around the phases of your life: past, present, and future. Sign up via the link in your Events List email from Friday, February 8, or email firstyearwellness@fas.harvard.edu. Register by Tuesday, February 19, 5PM.

Journal Project Prompt #22: What are some of the most interesting discoveries you made during your first semester about yourself or about others?