



**Kappa
Omicron
Nu** HUMAN SCIENCE
HONOR SOCIETY

Hello-

Happy March! Thank you to those who attended our spring member meeting!
It was lovely to see all of your faces. Upcoming news to get excited for...

Service Project

- When: March 19th, 2022 at 9:30 to 11:30 AM
- Where: UD Laboratory School, 459 Wyoming Rd, Newark, DE 19713
- Who: All KON members
- What: Creek and Path Clean Up!
- Attire: Casual warm clothes with layers. Example: jeans, long sleeve tee shirt, sweatshirt, jacket. Rubber gloves provided.
- Free coffee & muffins :)

Register by **3/16!** First 20 to sign-up **and** show-up will receive a KON t-shirt!

https://docs.google.com/forms/d/e/1FAIpQLSdbLV2hl4s9nOjIYEyS6RcBeAVO0VeW73ljNJnSYKTKQuY2Sg/viewform?usp=sf_link

Mark you calendar!

KON Spring Networking Event on The
Green

May 3rd 4:00 to 6:00 PM

Faculty and students

Awards, networking, and guest speaker
presentations

Self-care Tip: Practicing Gratitude

Journaling: Spending 5 to 10 min. logging your thoughts in a gratitude journal can do wonders for your mood & overall mental health.

Gratitude Walk: An easy yet effective thing to do as you walk to class! Focus on your breathing, steps, and surroundings. Soak in positive sights, like trees swaying in the wind or butterflies flying around.

Apply for a UD KON Award!

KON Service Award

- Must be an active UD student and member of KON
- Service hours must be logged on the [Service Hours form](#) by 4/18/22
- Winner announced at the Spring Networking event

KON Essay Award

- Prompt: How do you live the KON visions- personal growth through networking, education, and service?
- Must be an active UD student and member of KON
- Submit a one-page (275 words or less) essay addressing the prompt
- 12 point font, 1" margins, APA 7th edition approved font
- Email essay as a pdf to Kristen Pousson (kpousson@udel.edu) by 4/18/22
- Winner announced at the Spring Networking event