

University Scholars Spring 2026 Events

Events are continuously added—check back often!

PAST EVENTS

Scholars Spring Semester Send-Off*

Date: Monday, May 4th

Time: 12:00-2:00PM

Location: Union 111-43

To RSVP - [Google Form](#)

Join us as we celebrate the end of the semester and our graduating seniors! Seniors can pick up their graduation cords, decorate their caps, snap some fun graduation photos, and write a letter to a future Scholars Seawolf. Come celebrate, reflect, and send off the semester in style with your fellow Scholars! This event is open to all University Scholars Students, not just our Seniors!

University Honors Senior Symposium*

Date: Thursday, April 30th

Time: 5:00-8:00PM, No RSVP needed to attend

Location: Union Ballroom

To Volunteer - [Google Form](#) , volunteering available 12-8pm

Join us for an exciting evening as our Honors College and WISE Honors students proudly showcase their Senior Thesis posters, highlighting their year-long research and creative projects across a wide range of disciplines. *Scholars students will receive event credit for volunteering or attending.*

End-of-Year Scholars Thrive Event*

Date: Wednesday, April 29th

Time: 5:30-7:30PM

Location: SAC Ballroom B

To RSVP - [Google Form](#)

An addition to the Scholars Mindfulness Series, students will engage in a large social event with an ice breaker bingo filled with interactive tasks and prompts related to the University Scholars Program. Students will complete their bingo sheet by going on scavenger hunt, requiring them to actively search for answers and socialize with others that match the profile of the bingo box. In addition, students will participate in art activities, including hair clip and card case decoration, canvas painting, and bracelet making, to take home personalized items and express their

creativity in a de-stressing manner. Completed bingo cards will be collected for attendance credit and are necessary to participate in assembling customized de-stress kits.

Come relax, recharge, and get ready to tackle finals with a clear mind!

Scholars Mindfulness Series: *Earthstride-Connecting Mind, Body, & Spirit**

Date: Friday, April 24th (rain date: Friday, May 8th)

Time: 12:30-2:00PM

Location: Ashley Schiff Preserve

To RSVP - [Google Form](#)

This topic in the series is designed to harmonize the mind, body, and spirit through an immersive journey into nature. Hosted amidst the serene landscape of the Ashley Schiff Preserve on campus, this event offers participants a unique opportunity to engage with the natural world in a mindful and intentional way. Learn tools to help find resonance with your environment and with others. Through mindful exploration and intentional engagement, participants are empowered to nourish their mind, body, and spirit, fostering a renewed sense of harmony and balance in their lives as they enter final exams.

That Planetarium Guy*

Date: Thursday, April 23rd

Time: 10:00-11:00AM

Location: SAC Ballroom A

To RSVP - [Google Form](#)

Step into the stars with the University Scholars Planetarium Event! We're bringing the night sky to you with live shows inside a portable dome, led by That Planetarium Guy. Explore constellations, planets, and the wonders of the universe in an immersive experience right here on campus—no telescope required!

Alice in April-Land*

Date: Wednesday, April 22

Time: 10:55AM-12:20PM

Location: Union 111-43

To RSVP - [Google Form](#)

Oh my fur and whiskers! With finals season approaching, it feels like time is always slipping away! In this event students will take a mindful pause with a calming tea time meditation and decorate their own doily “pocketwatch,” visually illustrating the weight of their stress. Students

will explore tea brewing techniques as metaphors for managing the pressures of time on our lives. The experience concludes with a symbolic moment: placing a warm cup of tea atop the doily, representing a mindful pause and a renewed perspective on time, pressure, and personal growth.

Present Like a Pro!*

Date: Monday, April 20th

Time: 12:30-1:50PM

Location: Union 111-43

To RSVP - [Google Form](#)

Are you presenting at the University Honors Senior Symposium, URECA, VIP or for a class project? Join us for an interactive workshop to boost your presentation skills and learn how to effectively communicate your research or creative project to a broader audience.

Scholars Mindfulness Series: *Succulents & Success**

Date: Friday, April 17th

Time: 2:30-4:00PM

Location: Union 111-43

To RSVP - [Google Form](#)

As part of the Scholars Mindfulness Series, students will take a pause from their daily routines and explore themes of self-development. Through a guided reflection inspired by the growth of a succulent plant, students will explore what it means to outgrow old spaces and transition into new ones, revisiting their developments since the beginning of their college journey and future goals they hope to reach. Following this reflection, students will decorate their ceramic pots with stickers/paint markers and take home a personalized growing succulent as a reminder of their evolution and the goals they hope to nurture in the future.

Community Dialogue: Policy in STEM: Bridging Science and Civic Engagement*

Date: Thursday, April 16th

Time: 6:30-8:00PM

Location: SAC Ballroom B

To RSVP - [RSVP on SB Engaged](#)

Community Dialogues are opportunities for students, faculty, and staff to come together to develop a comprehensive and better informed understanding of our community's most pressing, and often controversial, issues in a space that is safe for all perspectives to share, listen, and

learn. In small groups with trained facilitators, participants discuss different ways we can look at and address these issues as a group.

Dialogue involves a collaborative exploration of complex problems supported by the free exchange of ideas and allows us to practice skills necessary for community, academic, and work life including critical thinking and analysis, inclusiveness, collaboration, empowerment, empathy and trust.

Scholars Mindfulness Series: *Paint & Pause**

Date: Thursday, April 16th

Time: 1:30-3:00PM

Location: East Side Dining Patio

Rain Location: Student Union - Multi-Purpose Room L06-01A

To RSVP - [Google Form](#)

Take a break and recharge with an afternoon of relaxed painting with easy paint markers on the East Side Dining patio (rain location: Union L06-01A). This low pressure creative session invites you to slow down and be present while exploring color and expression at your own pace. Enjoy the outdoor setting and connect with peers and your creative side. Light beverages will be provided.

Carrying Care: A Foster Love Initiative*

Date: Wednesday, April 15

Time: 12:30PM-1:50PM

Location: Union 111-43

To RSVP - [Google Form](#)

Want to give hope and inspiration to children in foster care? Come together for the Foster Love Bag Initiative! Scholars will decorate and assemble Sweet Case duffle bags for children entering foster care, each filled with comforting essentials. Through creativity and compassion, we'll turn a simple bag into a reminder that someone cares.

Presidential Panel Discussions (tickets required)*

Date: Wednesday, April 15

Time: 9:00AM-10:30AM, 11:00AM-12:15PM, 3:00-4:00PM

Location: Student Activities Center, Sidney Gelber Auditorium

To RSVP for free tickets- [RSVP on Stony Brook website](#)

Join President Andrea Goldsmith for a day of inspiring conversations and thought-provoking panel discussions highlighting women's leadership, innovation and impact. Tickets are required for each session. Attending one will earn University Scholars event credit.*

Women in Engineering

9:00AM-10:30AM

This panel will convene leaders from across the engineering profession to reflect on their professional journeys, what exciting technologies lie on the horizon, and how powerful technologies can be harnessed to benefit humanity while avoiding their pitfalls.

Women in Leadership

11:00AM-12:15PM

This panel will bring together influential leaders from across business, academia, government and non-profits for an engaging discussion highlighting their experiences along with how to lead in times of disruption and change.

Innovation & Entrepreneurship

3:00-4:00PM

This panel moderated by President Goldsmith will feature student and alumni entrepreneurs discussing their experience in translating bold ideas into real-world impact. The conversation will celebrate innovation along with the power of the university ecosystem to inspire entrepreneurs and support them in their startup journeys.

Scholars Heartsaver CPR Certification*

Date: Monday, April 13th

Time: 7:00-8:00PM

Location: Harriman Hall Room 206

To RSVP - [Google Form](#)

The class we will be teaching will be Heartsaver CPR which teaches CPR for adults and children as well as the use of an AED and choking. The class should take no more than 1 1/2 hours, depending on the class's skill level. The class is free BUT if participants would like, or need, to purchase a certification card, the cost is \$20 payable ONLY by check. Purchase of a card is not needed to be certified. Everyone who takes the class will be certified for two years with or without purchase of the card BUT a card is the ONLY way to show proof that you completed the course.

Island Harvest Giving Garden Service Project*

Date: Saturday, April 11th

Time: 10:30AM-1:30PM

Note: Transportation Provided

Bus Pick-Up Time: 10:30AM at John S. Toll Drive (loop outside of East Side Dining)

Bus Drop-Off Time: 1:30PM at the same location

Service Location: 5 Caroline Ave, Setauket, NY 11733

To RSVP - [Google Form](#)

Join us for a meaningful afternoon of service at Island Harvest Food Bank's Giving Gardens! Established in 2015, this initiative brings together volunteers to grow fresh fruits and vegetables in community gardens and local farms, ensuring that nutritious food reaches those in need rather than going to waste. This hands-on experience will not only support local hunger relief but also promote healthy eating and sustainability.

Come ready to dig in, learn about urban farming, and make a difference! No prior gardening experience is needed—just bring your enthusiasm and a willingness to help. Hats, long sleeves, comfortable shoes, and sunscreen are recommended. Tasks will include spreading compost, planting onions, and other general gardening assistance.

Cranes for a Cause*

Date: Friday, April 10th

Time: 3:00-4:30PM

Location: Union 111-43

To RSVP - [Google Form](#)

Partnering with Origami Club at SBU, this event engages students in an outreach event towards campus beautification while offering students the chance to learn how to fold origami cranes through an active fold-along led by Origami Club teachers. All cranes will be donated to the club to support their campus beautification initiative, in which cranes will be strung together to create an art installation that will be displayed in the Health Science Library at the end of the semester. Additionally, students will be separated into collaborative groups to create cranes of a certain color and participate in a group friendly-competition of “most attractive crane.”

Spring Academic Advising Event Session #2*

Date: Monday, March 30th

Time: 12:30-1:50PM

Location: SAC Ballroom A

To RSVP - [Google Form](#)

Talk to Scholars Advisors, pre-health advising, URECA, and hear from select major departments for academic advising and course offerings for Spring 2026!

Departments: ANT/ EBH, AST/PHY, BIO, ESG/CME, Clinical Laboratory Sciences, Health Science, MAT*, Psychology, School of Health Professions, School of Nursing, School of Social Welfare, Career Center - Healthcare /Tech &Engineering Career Coaches, UHP advisors, URECA

Mindfulness Series: *Ties of Friendship**

Date: Thursday, March 26th

Time: 1:30-3:00PM

Location: Roth Cafe Room 122

To RSVP - [Google Form](#) (please RSVP again if you RSVP'd for the original date)

Looking for a creative break? Join us for a relaxed bracelet-making workshop! This hands-on session offers a chance to slow down and reset your perspective while designing your own custom bracelet. Choose from a variety of colorful beads, charms, or embroidery floss for those who would prefer to make a knotted friendship bracelet.

Her Impact: Women Driving Change*

Date: Wednesday, March 25th

Time: 6:30-8:30PM

Location: SAC Ballroom B

To RSVP - [RSVP on SB Engaged](#)

In honor of Women's History Month, the Center for Civic Justice is hosting a panel discussion featuring three accomplished members of our Stony Brook community who will speak to the theme, Her Impact: Women Driving Change.

Participants will learn meaningful ways that they can get involved to create impactful change in their local and global communities.

SBU's Applied Math Research Day*

Date: Wednesday, March 25th

Time: 12:30PM-3:30PM

Location: Math Tower S240

This event will revolve around lightning talks and poster presentations from current SBU students of all academic levels on Applied Math or Statistics-related research they have completed/are working on. The abstract submission form is due on Friday, March 6th. Scholars credit will be awarded for participation or attendance.

March Into Christmas*

Date: Wednesday, March 25th

Time: 12:30PM-1:50PM

Location: Union Room 111-43

To RSVP-[Google Form](#)

Merry Christmas in March! University Scholars is spreading some off-season cheer with a toy drive for children at Stony Brook Children's Hospital! During this event, students will team up to create customized goodie bags with brand-new toys and books as well as design uplifting cards filled with puzzles, jokes, and colorful decorations to support our local community. Join our event to get creative and help the University Scholars spread kindness through leadership and community service!

Spring Academic Advising Event Session #1*

Date: Wednesday, March 25th

Time: 12:30-1:50PM

Location: Union Ballroom

To RSVP - [Google Form](#)

Talk to Scholars Advisors, pre-health advising, URECA, and hear from select major departments for academic advising and course offerings for Spring 2026!

Departments: ANT/ EBH, College of Business, CHE, Economics, Political Science, MAT*, Career Center - Healthcare /Tech & Engineering Career Coaches, Office of Ext Fellowships, UHP advisors

Volunteer Fair Spring 2026*

Date: Wednesday, March 25th

Time: 11:30AM-2:00PM

Location: SAC Ballroom A

To RSVP - [Register on Give Pulse](#)

Meet nonprofit community organizations across Long Island/NYC and explore in person, remote, and hybrid volunteer opportunities both on and off campus! Learn about opportunities to get involved in the community during the semester and over the summer. This event is open to all undergraduate and graduate students.

Inaugural Stony Brook Women's Health Research Conference*

Date: Wednesday, March 25th

Time: 8:00AM-4:00PM

Location: The MART Building

Join us for a full-day interdisciplinary event spotlighting the groundbreaking research taking place at Stony Brook University to improve healthcare for women. The inaugural conference will feature: cutting-edge research from Stony Brook faculty and teams, opportunities for cross-departmental collaboration, and a celebration of science, art, and community in women's health. Scholars credit will be awarded for participation or attendance.

Community Service Opportunities During Summer Break*

Date: Monday, March 23rd

Time: 12:30-1:30PM

Location: SAC 228

To RSVP - [Register on Give Pulse](#)

Join the Center for Service Learning and Community Service to discover how to make a positive impact through volunteering this summer break. Learn how volunteering can enhance your skills, expand your network, and strengthen your resume, all while giving back to your community. This workshop will provide resources to get started on exploring opportunities that will enrich your break with meaningful experiences!

Three Minute Thesis (3MT) Competition*

Date: Friday, March 13

Time: 10:00-3:00PM

Location: SAC Auditorium and Ballroom B

To RSVP - [Stony Brook 3MT Website RSVP](#)

Originally developed at the University of Queensland, this internationally recognized event challenges graduate students to present their research to a general audience in just three minutes using only one slide.

3MT celebrates clear, engaging communication and gives presenters the opportunity to bring their work to life without jargon. At Stony Brook, participants develop their talks as part of a cohort and receive coaching from research communication specialists connected to the Alan Alda Center for Communicating Science. The result is a fast-paced and inspiring showcase of the exciting research happening across campus.

Attending at least one competition round will count for Scholars event credit.

Fall into Registration Readiness*

Date: Thursday, March 12th

Time: Asynchronous, Video shared after RSVP

Location: N/A

To RSVP - [Google Form](#)

Don't sweat the fall stuff! This is a pre-registration event designed to help University Scholars create and check off items on their "enrollment" to-do list before Fall 2026 enrollment begins. Topics will include: an overview of the University Scholars requirements, how to resolve holds, types of error messages that may occur during registration, and how to schedule a future appointment with an academic advisor.

Community Dialogue: From Purchase to Protest: Political Consumerism & Activism*

Date: Wednesday, March 11th

Time: 6:30-8:00PM

Location: Union Ballroom

To RSVP - [RSVP on SB Engaged](#)

Community Dialogues are opportunities for students, faculty, and staff to come together to develop a comprehensive and better informed understanding of our community's most pressing, and often controversial, issues in a space that is safe for all perspectives to share, listen, and learn. In small groups with trained facilitators, participants discuss different ways we can look at and address these issues as a group.

Dialogue involves a collaborative exploration of complex problems supported by the free exchange of ideas and allows us to practice skills necessary for community, academic, and work life including critical thinking and analysis, inclusiveness, collaboration, empowerment, empathy and trust.

Wonder Women in STEM*

Date: Wednesday, March 11th

Time: 12:30-2:00PM

Location: Union Ballroom

To RSVP - [Google Form](#)

Join the WISE community to network over lunch with STEM professionals! The event brings together faculty, staff, GWISE graduate students, and industry career professionals all in

different STEM disciplines for lunch and conversation! Learn from one another as we engage in round table discussions to talk about the challenges and triumphs of women in STEM.

Personal Statement Workshop*

Date: Tuesday, March 10th

Time: 1:30-3:00PM

Location: SAC 304

To RSVP - [Google Form](#)

Planning to apply to research programs, scholarships, graduate school, or other opportunities? Join the Writing Center for an interactive workshop on crafting effective personal statements. This session will cover brainstorming strategies, structure, and common pitfalls to help you begin or refine your statement. Students at any stage in the writing process are encouraged to attend, whether you're still drafting or just want to make some final edits.

Carrying Care: A Foster Love Initiative*

Date: Monday, March 9th

Time: 7:00-8:30PM

Location: Union 111-43

To RSVP - [Google Form](#)

Want to give hope and inspiration to children in foster care? Come together for the Foster Love Bag Initiative! Scholars will decorate and assemble Sweet Case duffle bags for children entering foster care, each filled with comforting essentials. Through creativity and compassion, we'll turn a simple bag into a reminder that someone cares.

University Scholars Interest Meeting*

Date: Monday, March 9th

Time: 5:30-6:30PM

Location: Zoom

To RSVP - [Google Form](#)

Interested in the Executive Committee? How about taking part in our Mentorship programs or The Torch Publication? Join us for an informative event where you can learn to get more involved with University Scholars!

Whack-A-Birdie*

Date: Friday, March 6th

Time: 1:30-3:00PM

Location: Walter J. Hawrys Campus Recreation Center
To RSVP - [Google Form](#)

Do you love badminton? Want to learn how to play? Or are interested in getting some physical activity? Come join us at the MAC Courts for a badminton rally where we'll introduce you to the rules, strategies, and tactics of the game! Get a chance to learn tips and tricks from your peers and engage in friendly rallies! Open to students of all skill levels.

Managing Ragebait!*

Date: Wednesday, March 4th
Time: 12:30-1:50PM
Location: Union 111-43
To RSVP - [Google Form](#)

What happens when online outrage becomes a game? In this interactive session, students will play Trial by Trolley in small groups to explore the real-world impact of ragebait, trolling, and negative online commentary. Through fast-paced scenarios and debate, participants will unpack why inflammatory content spreads, how it shows up in academic and digital spaces, and what it actually looks like to respond with intention instead of reaction.

Expect laughs, tough choices, and meaningful conversation—plus practical strategies for navigating hostile comment sections, group chats, and classroom discourse with confidence, empathy, and critical thinking.

Empire State Service Corps Information Session*

Date: Monday, March 2nd
Time: 1:00-2:00PM
Location: SAC 306
To RSVP - [Register on Give Pulse](#)

Are you passionate about making a difference in your community? Join us for an information session on the Empire State Service Corps (ESSC), a SUNY, wide initiative offering PAID service opportunities for undergraduate and graduate students committed to public service and community engagement. ESSC provides students the chance to gain real-world experience through meaningful service in one of several key focus areas. Students will serve either on or off campus, in partnership with local nonprofits, government agencies, or campus-based programs. Come learn how you can serve your community and grow your skills through the Empire State Service Corps!

Pathways Beyond the Major: Law, Health, Business, and Teaching*

Date: Monday, March 2nd
Time: 12:30-1:50PM
Location: Union Ballroom
To RSVP - [Google Form](#)

Are you considering law, healthcare, business, teaching, or a doctoral program after graduation but unsure where to start? This panel is a great opportunity to hear directly from representatives from Pre-Law, Pre-Health, the MAT Teacher Certification Program, and PhD programs. Think of this as a one-stop session to learn about your options, timelines, and the resources available to you now. Space is limited, so please RSVP soon. This event is open to all UHP students (Honors College, Scholars, and WISE), so feel free to invite your peers. If you have any questions or concerns, please email our Honors Advisor, Kirshani Gunaratnam.

Scholars Mindfulness Series: *Conscious Closets**

Date: Friday, February 27th
Time: 3:00-4:30PM
Location: Union 111-43
To RSVP - [Google Form](#)

This hands-on workshop, as part of the University Scholars Mindfulness Series, invites you to rethink what it means to care for what we already have. Instead of discarding what's worn or damaged, we'll practice restorative approaches to clothing—mending, reinventing, and giving new life to pieces that still hold value.

Bring a clothing item you'd like to repair, refresh, or transform, and learn simple, practical mending techniques alongside others committed to mindful living. Together, we'll explore how conscious repair involves choosing intention over waste, restoration over replacement, and growth over perfection.

Diversity Festival*

Date: Thursday, February 26th
Time: 6:00-9:00PM
Location: SAC Ballroom A/B
To RSVP - [Register on SB Engaged](#)

Diversity, Intercultural and Community Engagement (DICE) in the Office of Student Life, in collaboration with the Student Activities Board of the Undergraduate Student Government, is pleased to announce the return of one of Stony Brook's signature traditions: Diversity Festival 2026. Diversity Festival brings the campus community together to celebrate the wide range of identities, cultures, and lived experiences that make Stony Brook a vibrant and inclusive place.

Once again this year, students, faculty, and staff look forward to an evening of music, dance, creative expression, cultural storytelling, and community building. The festival highlights the mosaic of perspectives that shape our shared sense of belonging. This year's event will kick off at 6 pm with tabling & activities from some of our amazing clubs and organizations, as well as campus partners. At 7 pm, a sit-down dinner will be served alongside amazing performances by Jubilé Latino, The Vocalists at Stony Brook, M.T.O. Sufi Association, Caribana, African Student Union (L'afrique Dance Team), and Taiko Tides & PUSO. Throughout the event, there will be opportunities to win amazing prizes, including AirTags, Cookbooks, a 23andMe Kit, and more.