Hutton Honors College
Extracurricular Programs & Other News

Check out the [HHC Extracurricular Website](#) for a full list of programs!
New programs will be added as arrangements are confirmed.

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**Sleep and Stress:**
**What Every College Student Needs to Know**

Wednesday, April 10, 6:30-7:30 p.m.
Hutton Honors College Great Room (811 E. Seventh St.)

The struggle to get enough sleep is a battle many college student face. *How do stress, caffeine, and nutrition affect your quality of sleep?* What are common sleep disorders that disrupt a good night's sleep? What are tips and strategies for getting a better night's sleep? Wait . . . what IS sleep?! And dreaming?? Curious? Join Becky Miller, a Registered Respiratory Therapist and Registered Polysomnography Technologist who supervises the Sleep Center at IU Health Bloomington Hospital, for a discussion on these and other topics related to sleep and stress. The conversation can range as widely as your interests. **No sign up required; light refreshments provided; click [here](#) to learn more!**

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**Catastrophe!**
**Natural Disasters, Sustainability, and the Future of Civilization**
With IU Professor of Geological Sciences Michael Hamburger

Tuesday, April 16, 7-8:15 p.m.
HHC Great Room (811 E. Seventh St.)

We've heard a lot about protection of the environment, but what about protection *from* the environment? Over the past several years, natural disasters—hurricanes, floods, earthquakes, volcanic eruptions, tsunamis, and tornadoes—seem to be wreaking havoc on our globe, and some are a threat in our own backyards. From the 2004 Indian Ocean tsunami to Superstorm Sandy, natural disasters are claiming hundreds of thousands of lives and consuming billions in economic resources. Although natural disasters are not often considered as elements of sustainability policy, they represent the ultimate test of a civilization's sustainability. The program will examine the causes and impacts of mega-disasters, discuss humans' role in

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**Calendar of Events**

**This Week:**

4/10
**Sleep and Stress:** What Every College Student Needs to Know with supervisor of IU Health-Bloomington Hospital Sleep Center.

4/11
Rock It Bollywood Style: Indian Dance from classical to Bollywood.

**Next Week:**

4/16
**Catastrophe!** Natural Disasters, Sustainability, and the Future of Civilization.

**Upcoming Events:**

4/24
**Fingerpaint** out your Dead Week stress!—to live music by Square Peg Round Hole. **Everyone welcome!**

4/26
Human Experimentation in 20th Century America: Myths and Realities with John Erlen of the University of Pittsburgh Honors College and the Center for Medical Ethics. **Watch your email for more details.**

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**Sign-up Info!**

If you are interested in attending any of the undergraduate events that require signing up, please check your schedule to make certain you can attend the entire program and then e-mail Anna.
creating the disasters or exacerbating their impacts, and explore how we can mitigate the effects of natural disasters that will undoubtedly affect our future. No sign up required; light refreshments provided; click here to learn more!

Duquaine(duquain@indiana.edu), indicating which program you wish to attend and including your name, e-mail address, year in school, and field(s) of study. Space is limited so we will let you know by e-mail if a space was available when you replied. HHC sign-up programs are open to any IU undergraduate.

Quick Links
Click here to reach the HHC Extracurricular home page.
Click here for information about this semester’s HHC programs!
Click here for information on how to sign up for HHC programs.
Click here to become an HHC extracurricular volunteer or suggest programming ideas!

Hutton Honors College I 811 E. 7th Street, Bloomington, IN 47405 I Phone: (812) 855-3555