

NEWSLETTER

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WHAT ARE YOU ALL GRATEFUL FOR?

Happy Thanksgiving!!!

As we approach the end of the year, it's hard to believe that November is already upon us. It feels like we've just started, yet here we are, having successfully navigated our first quarterly intern evaluations. Whether you're in the process of defending your dissertation, applying for post-docs, or simply reflecting on your achievements, it's clear that we've all made significant strides. With Thanksgiving just around the corner, many of us will travel to spend time with family and friends. I've compiled a few helpful travel tips to ensure your journey is smooth and stress-free.



1. **Plan Ahead:** Holiday travel can get hectic, so it's always wise to book your tickets early and confirm your itinerary. This gives you peace of mind and avoids last-minute stress.

2. **Pack Smart:** Consider packing a small travel bag with essentials—chargers, snacks, and entertainment. If you're flying, remember to check baggage limits and pack accordingly to avoid extra fees.

3. **Expect Delays:** With increased holiday travel, delays can happen. Bring along something to keep you occupied—whether it's a book, podcast, or a list of work to do during your layover.

4. **Stay Flexible:** Even with the best planning, things can go off track. Keep a positive attitude and stay flexible, especially when dealing with unexpected delays or changes in plans.

5. **Health & Safety:** Don't forget your mask and hand sanitizer, particularly when traveling through crowded areas. Stay hydrated and get plenty of rest before your journey.

Finally, we want to take a moment to thank each of you for your hard work and dedication over the past few months. Whether you're heading out for the holidays or staying local, I wish you a very happy Thanksgiving filled with gratitude, relaxation, and good company. Safe travels and I look forward to hearing about your adventures when you return! As always, if you need to contact me, my email is ag28144@compasshn.org.