

# Have A Sweet Summer!

Dear Reader,

Congratulations! You have finished the year at UVA! Whether this is your first year, your last year, or somewhere in between, you have overcome challenges and grown from your experiences here. We hope you enjoy reconnecting with family and friends, relaxing, and having fun this summer. It has been a pleasure serving your stall!

Sincerely,  
The SSJ Team

"Find ways to make your commitments fun." – K.J. '24

"Say yes to the small things. Go to the picnic and watch the sunset. Remember the joy is in the journey."  
– L.M. '23

## HOO? KNEW!

3 out of 4 UVA undergraduates are often or always able to adapt when changes occur.

\*From the February 2022 NCHA with responses from 1040 UVA undergraduates.

"Going home can be an adjustment. Communicate with family about expectations and responsibilities."  
– V.V. '23

## Make a Summer Bucket List

There can be a lot of pressure to do something productive during your summer, like find a job or internship. Take advantage of this free time by relaxing, recharging, and finding ways to have fun.

Remember—that's productive too! Try...

- Reading for pleasure
- Reconnecting with old friends
- Cleaning out your closet
- Being a tourist in your hometown
- Finding a new hiking spot
- Giving back to your community

**Stall Seat Journal**  
**Volume 23, Issue 08**  
Office of Health Promotion  
Department of Student Health  
& Wellness  
University of Virginia  
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"Use your free time to explore new and old personal interests."  
– A.D. '24

## Resources

### National Park Service

Explore a national park near you: [nps.gov/findapark](https://nps.gov/findapark)

### UVA Coursera

Free online courses for learning new skills in business, design, technology, and more: [online.virginia.edu/coursera-for-uva](https://online.virginia.edu/coursera-for-uva)



### TimelyCare

Free, 24/7/365, virtual mental health support sessions, even throughout the summer: [timelycare.com/UVA](https://timelycare.com/UVA).

Visit our website for more resources:



Feel free to take me home the week of May 1st!