

# Summer is Almost Here

STALL SEAT JOURNAL

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Do your summer plans include traveling to a low-resource country? Make an appointment with the **Student Health Travel Clinic** ASAP for immunizations and prescriptions for your trip. Learn more at the Student Health website.

## LOOKING BACK, LOOKING AHEAD

With your first year at UVa coming to a close, consider taking some time over the summer to think about what worked well and **what you are hoping to gain in the next year**. Students often try many new things at first and spend the following years focusing on those that are most valuable to them.

Summer is a great time to **practice some of the habits or routines** you hope to maintain in the fall, such as exercising regularly, taking time for meals, and getting enough sleep.

## TAKE CARE OF YOURSELF AND FRIENDS

Summer and fall can bring new levels of independence for students traveling for internships, studying abroad, or living off Grounds for the first time. Increased independence might mean friends aren't stopping by to say hi all the time, there's no RA to check in, or even spending more time buying and preparing food. Anticipating these changes for you or your friends can help you manage them in a positive way.

Wherever you'll be, **keep in close contact** with the family and friends who support you the best, and **check in** on the friends you no longer run into.

Designed by Jaline McPherson, Class of 2015

## DON'T SWEAT THAT SUMMER STRESS

Even after classes wind down, many students experience some stress during the summer. What to major in, how to spend the summer, how to get an internship or job, and what the future will look like are common sources of stress.

**University Career Services (UCS)** can help you consider and evaluate all sorts of options that **complement your interests and goals**. UCS can help with things like:

- Choosing a major and identifying what you can do with it
- Landing a cool summer internship (and finding funding for an unpaid internship)
- Connecting your preferred summer job to future opportunities
- Exploring possible career paths
- Finding meaningful work on Grounds
- Upgrading your old resume and writing cover letters
- Brainstorming where to start if all of the above sound really scary

**UCS (434) 924-8900**

Call to make an appointment with a Career Counselor or Career Peer Educator, or check the website to find workshops or drop-in hours.

**HOO knew?**

93% of UVa students who drink use two or more protective behaviors.\*

Remember to use **protective behaviors** if choosing to drink:

- Stay with a buddy you trust
- Be aware of surroundings
- Eat before and while drinking
- Set a drink limit and stick to it
- Plan a safe way home

## ENJOY THE FOXFIELD RACES SAFELY

The Foxfield Races offer the chance to dress in the finest spring clothes and watch Charlottesville's own steeplechase horse races. Come out to learn:

### Everything You Ever Wanted to Know About Foxfield

ADAPT peer educators host representatives from Foxfield Racing Association and Albemarle County Police.

**Wednesday, April 22 at 6 pm and 7:30 pm (two times)**  
Campbell 153 (A-School)

**Door prizes: free Foxfield tickets and Vineyard Vines items**  
See [virginia.edu/adapt](http://virginia.edu/adapt)

## RESOURCES

### Hoos Talking

CAPS drop-in consultation

The Forum at O'Hill	Tuesdays, 4:30-5:30
The Green Room by Runk	Wednesdays, 4:00-5:00
Brown Boardroom at the IRC	1st and 3rd Friday of the Month, 3:00-4:00
Sally Brown Reading Room at Brown	2nd and 4th Thursday of the Month, 3:30-4:30

**CAPS (434) 243-5150** weekdays, **(434) 972-7004** afterhours  
Call to see how they can best support you, or stop by **Hoos Talking**.