

WELCOME TO THE CLASS OF 2018

FROM THE STALL SEAT JOURNAL

A publication of the Office of Health Promotion, Student Health, University of Virginia
Designed by Sarah Holsinger, Class of 2015



ON YOUR HONOR

Part of being a UVa student is thinking about what Honor means to you. Webster's Dictionary defines honor as "a keen sense of ethical conduct" or "to regard or treat with respect." Most UVa students are honorable when they go out. Taking care of a friend, being a designated driver and respecting the Charlottesville community are all ways to extend honor outside the classroom.



WHAT'S THAT YOU SAY?

- **Academical Village:** the name for the UVa community of students, faculty and staff. The basis of Thomas Jefferson's idea that living and learning are connected.
- **The Corner:** located on University Avenue, the Corner is a strip of restaurants and shops that is a favorite spot for UVa students.
- **First Year, Second Year, Third Year, Fourth Year:** instead of freshman, sophomore, junior and senior. According to TJ, you are never a senior in learning.
- **Grounds:** the term used by students, faculty and alumni to refer to the University, rather than campus.



NEED A HAND?

- **Academics:** Your school has resources to help you succeed. www.virginia.edu/uvastudents
- **Counseling (CAPS):** Talk to a counselor about adjusting to college life (434-243-5150)
- **Dean of Students:** For any issue that arises outside the classroom (434-924-7133)
- **Resident Advisor (RAs):** Meeting new people and general information starting move-in day!
- **Student Health:** Sickness, injury, mental health, and health promotion services (434-982-3915)
- **UVa Police Department:** For emergencies, general safety and to reach the Dean-On-Call (911)
- **Women's Center:** Counseling and advocacy for both women and men. (434-982-2361)
- **Sexual Violence Education & Resources:** www.virginia.edu/sexualviolence
- **Hoos in Recovery:** Support group with weekly lunch meetings www.virginia.edu/gordiecenter



UVA ER POLICY

- UVa doctors DO NOT notify police or UVa administrators for alcohol-related ER visits.
- Parents/guardians are not notified unless a situation is deemed life threatening or if the student is under 18 and needs consent to treat.
- 911 calls do result in UVa police response to assist in a situation.
- There is no charge for ambulance services in Charlottesville.

HOO KNEW?

- 7 out of 10 UVa First Years (71%) consume 0-4 drinks on a typical Saturday.*
- 88% of UVa First Years students who drink use the buddy system.*
- 98% of UVa students call 911 if someone they are with is showing signs of alcohol overdose.*

* Data from the 2013 Health Survey with a random sample of 654 UVa undergraduate students.

THINGS TO LOOK FORWARD TO IN THE FALL

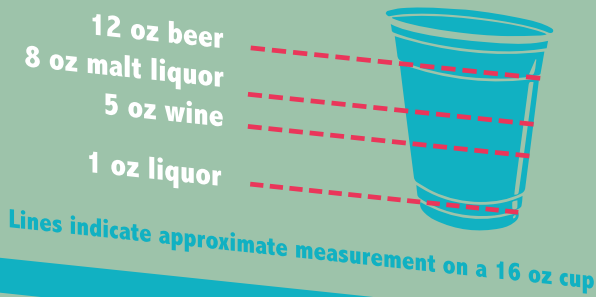
- Living next door to your friends.
- Enjoying the antics of hypnotist Tom Deluca, on August 26 at 7 pm in the Amphitheater.
- First home football game on Saturday, August 30th.
- Rotunda Sing on the Lawn on August 24th at 8 pm.
- Taking the free trolley to the downtown mall.
- Reading the Stall Seat Journal!

UVa students have said honor is:

- Doing the right thing without expecting or wanting recognition.
- Holding the door open for someone.
- Walking a friend home.
- Taking pride in my actions

How do YOU define honor?

BEER WINE LIQUOR



THE MORE YOU KNOW

Diminishing returns: the buzz produced by consuming alcohol is reached at a BAC (Blood Alcohol Concentration) between 0.00 and 0.06. Further drinking leads to a greater chance of experiencing negative consequences and no increased euphoria.

Consumption of alcohol increases the risk of negative consequences, such as missing class, sexual assault, injury, poor academic performance, or arrest – particularly if under the age of 21. Here are some tips for minimizing negative consequences:

- Choose not to drink.
- Limit alcoholic beverages to one drink per hour. This gives the body time to process the alcohol and stop BAC from spiking.
- Eat foods high in protein like meat, cheese and beans before drinking to slow absorption rates.
- Alternate with non-alcoholic beverages. Rehydrate with water!