

WELCOME TO THE CLASS OF 2019

ON YOUR HONOR



At UVa, honor in the classroom is a big deal. But honor also extends beyond the walls of the classrooms and the edges of Grounds. UVa students have said honor includes doing the right thing without getting any recognition, taking care of friends, and respecting neighbors in the Charlottesville community.

As a new UVa student, what does honor mean to you?

ALL TOGETHER NOW



One of the best things about UVa is the caring community of students, faculty, and staff. This means each person has a role in helping take care of their fellow Hoos. It's comforting to know that others will help support you, too! Being a good community member can include checking in when a roommate seems down, talking with a friend about their problems, sticking with buddies when going out in the evening, and intervening in problematic situations.

What kind of citizen do you want to be, and how will you contribute to the UVa community?

HOOS HELPING YOU

At UVa, student well-being is a priority! Feeling challenged by something? There is support for that.

Academic Deans: Academic guidance and problem solving.

Career Services: Guidance for choosing a major and exploring possible career paths.

Counseling and Psychological Services (CAPS): Counseling for adjusting to college life or other concerns.

Office of the Dean of Students: Help in resolving any issue that arises outside the classroom.

Hoos in Recovery: Social support network for students in recovery from substance abuse.

Madison House HELP Line: Hotline to talk about anything, anytime, 24/7.

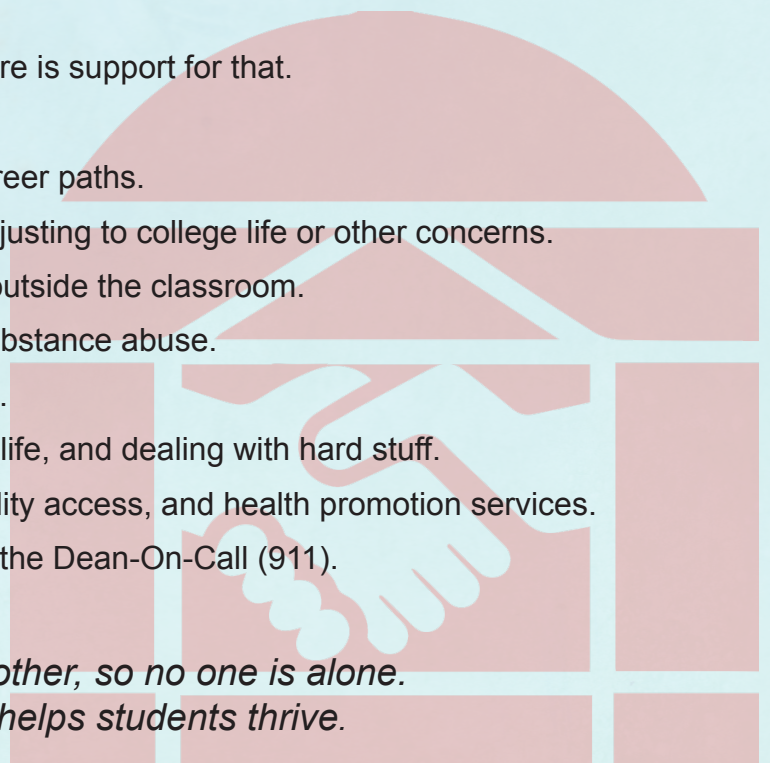
Resident Advisor (RA): Tips for meeting new people, adjusting to college life, and dealing with hard stuff.

Student Health: Sickness, injury, mental wellness, preventive health, disability access, and health promotion services.

UVa Police Department: For emergencies, safety concerns, and to reach the Dean-On-Call (911).

Women's Center: Education and advocacy for both women and men.

*Everyone at UVa gets help at one time or another, so no one is alone.
Getting the right support at the right time helps students thrive.*



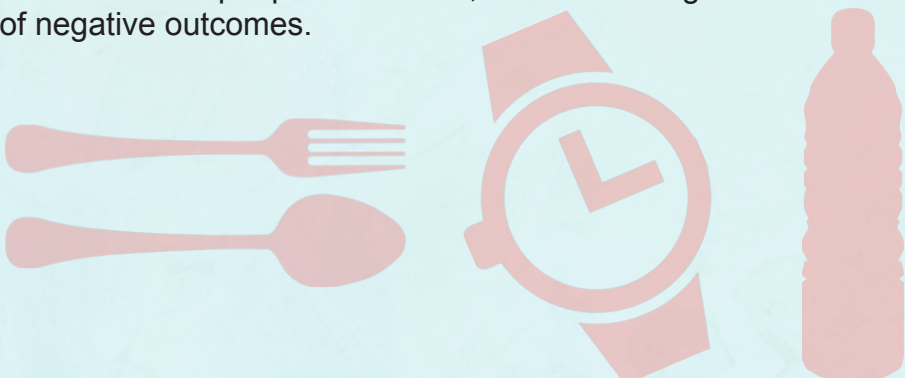
BE IN THE KNOW

Drinking at any age increases the risk of things like missing class, injury, or arrest. There can be additional legal consequences of drinking under the age of 21, the minimum drinking age in Virginia. Minimize risk by choosing not to drink or limiting the amount of alcohol consumed.

If choosing to drink, **use protective strategies!**

- Eat foods high in protein (meat, cheese, beans) before and while drinking.
- Limit alcoholic beverages to no more than one standard drink per hour.
- Alternate with non-alcoholic beverages. Rehydrate with water!

The relaxation effects of alcohol are reached after one to two drinks for most people. After that, further drinking increases risk of negative outcomes.



LOOKING FORWARD TO THE FALL

- Living next door to your **new best friends**.
- Enjoying the antics of **hypnotist** Tom Deluca on Friday, August 28th at the Amphitheatre.
- First home **football game** on Saturday, September 12th.
- **Rotunda Sing** on the Lawn on Wednesday, August 26th.
- Taking the free trolley to the **Downtown Mall**.
- Reading the **Stall Seat Journal!**

HOO
KNEW ?
3 out of 4 UVa first years have 0-3 drinks on a typical Saturday night, and more than half have zero.*

HOO
KNEW ?
93% of UVa first years who drink use the buddy system.*

*From the Spring 2015 Health Survey with responses from 931 UVa students