

WELCOME to the CLASS of 2023

Remember the thrill when you got your acceptance to UVA? We are just as excited for you to be here with us! Living and learning alongside fellow Hoos from many backgrounds is the best part of UVA.

Stall Seat Journal
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Office of Health Promotion
Department of Student Health
University of Virginia



Get Ready for Grounds

Pack and Plan

“Bringing mementos that remind you of people and places you care about can help your dorm room feel like home.” **K.P., Curry 2021**

“Remember an **umbrella** for Charlottesville weather.”
M.S., CLAS 2019

Download the **TransLoc Rider** and **CAT** mobile apps for the bus and trolley schedules.

Connect

Get to know your neighbors! “Try different dining halls around Grounds with your hallmates.” **T.G., Nursing 2020**

Visit the **Fall Activities Fair** and **the Source**, hosted by the Black Student Alliance, to get involved!

Explore! “Get out of your comfort zone and take advantage of all that Charlottesville has to offer.” **K.P., Curry 2021**

Look Ahead

~ Hike the trails at O-Hill and take the free **trolley to the Downtown Mall**.

~ Check out food, music, and student art at **Arts Grounds Day**.

~ Cheer on the Hoos at the first home **football game**.

~ Join your classmates at **Rotunda Sing on the Lawn**.

~ Read the **Stall Seat Journal** in your bathroom stall!

All Together Now

Everyone here belongs! We can each play a role in creating a positive environment where students thrive. Talking with a roommate about a problem, checking in when a friend seems troubled, sticking with buddies when going out, and intervening in concerning situations are ways to show care.

Be in the Know

People relax and play in many ways. Many UVA students choose not to drink when they have fun. Drinking increases the risk of negative outcomes, such as missing class, injury, or arrest. Minimize risk by choosing not to drink, by limiting the amount of alcohol consumed, and by using other protective strategies. Protective strategies help limit risk:

- ✦ **Stay with the same people the whole time**, and don't leave anyone behind.
- ✦ **Plan a safe way home**.
- ✦ **Eat** foods high in protein (meat, cheese, beans) before and while drinking.
- ✦ **Make your own drink** or watch it being made. Avoid punches.

hoo knew? Most UVA students have two or fewer drinks on a typical Friday night.*



Hoos Helping You

It is normal to feel excited and nervous at the same time. There will be people all around to help you succeed!

RESIDENT ADVISORS (RA): Tips for meeting new people and adjusting to college life.

CAREER CENTER: Exploring majors and career paths.

WOMEN'S CENTER: Education and advocacy for all genders.

LGBTQ CENTER: Inclusive community, programming, and space.

ACADEMIC DEANS: Guidance and problem solving for classes.

MULTICULTURAL STUDENT CENTER: Cultural events, support, and space to hang out.

MADISON HOUSE HELP LINE (434) 295-8255: No issue is too big or too small. They're here to listen.

OFFICE OF THE DEAN OF STUDENTS (ODOS) (434) 924-7133: Resolving problems outside the classroom.

HOOS IN RECOVERY: Social support network for students in recovery or considering recovery from a substance use disorder.

STUDENT HEALTH: Sickness, injury, counseling and mental health, preventive health, disability access, and education services.

hoo knew? 88.7% of UVA students who drink stay in a group (use the buddy system).*