

welcome to the CLASS OF 2021

All Together Now

It is okay if you don't know anyone here yet. You will have plenty of time to make friends when you start your first semester!

One of the best things about UVA is the **caring community**, and each person has a role. Being a good community member can include checking in when a roommate seems down, talking with a friend about a problem, sticking with buddies when going out at night, and intervening in problematic situations. We care about you, too!

How will you contribute to our community?

HOO

KNEW ?

3 out of 5 UVA first years have zero to three drinks on a typical Friday night, and almost half have zero.*

HOO

KNEW ?

94.8% of UVA first years who drink make their own drink or watch their drink being made.*

*From the February 2015 Health Survey with responses from 931 UVA students

Be in the Know

Many UVA students choose not to drink when they have fun. Drinking 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, by limiting the amount of alcohol consumed, or 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.

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

Hoos Helping You

It's normal to feel excited and nervous at the same time. Feeling challenged by something? There is support for that.

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

Academic Deans: Academic guidance and problem solving.

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

Student Health: Sickness, injury, counseling and mental health, preventive health, disability access, and education services.

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

Madison House HELP Line: Here to listen about anything (big or small), 24/7.

Hoos in Recovery: Social support network for students in recovery or considering recovery from a substance use disorder.

LGBTQ Center: Inclusive community, space, and programming.

Multicultural Student Center: Cultural programming, support, and space to hang out.

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

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

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

Looking Forward to the Fall



- **Rotunda Sing** on the Lawn on August 23.
- Enjoying the antics of hypnotist **Tom Deluca** on August 25 in the Amphitheater.
- First home **football game** on Saturday, September 2.
- Attending the **Activities Fair** to get involved in cool stuff.
- Hiking the trails at **O-Hill**.
- Taking the free trolley to the **Downtown Mall**.
- Reading the **Stall Seat Journal**.

On Your Honor

Honor in UVA classrooms is a big deal, and it also extends beyond the walls of classrooms. Students have said honor includes doing the right thing without receiving recognition, taking care of friends, and respecting neighbors in the C-ville community. *What does honor mean to you?*