

WELCOME TO THE CLASS OF 2022

We are thrilled for you to be here with us! Living and learning alongside fellow Hoos from many backgrounds is the best part of UVA.

Get ready for Grounds pack + plan

- “Bring **pictures from home** as keepsakes for your dorm to help ground you.” M.S., CLAS 2019
- Use **TransLoc Rider** and **CAT** mobile apps for the bus and trolley.

connect

- Get to know your neighbors! “Go to **hall dinners** at O-Hill or Runk.” C.Z., E-School 2020
- Attend the **Activities Fair** to get involved! “UVA is the chance for a **fresh start with new people.**” H.S., CLAS 2019
- “Stay active and have fun at **After-Hours at the AFC.**” T.J., Nursing 2020

look ahead

- Join your classmates at **Rotunda Sing** on the Lawn.
- Enjoy **hypnotist Tom Deluca** in the Amphitheater.
- Check out food, music, and student art at **Arts Grounds Day.**
- Cheer on the Hoos at the first home **football game.**
- Hike the **trails at O-Hill**, and take the free **trolley to the Downtown-Mall.** “Explore Grounds and Charlottesville.” T.J., Nursing 2020
- Read the *Stall Seat Journal* in your new bathroom!

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 (RAs): Tips for meeting new people and adjusting to college life.

Academic Deans: Guidance and problem solving for classes.

Career Center: Exploring majors, internships, and career paths.

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

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 Student (ODOS): Resolving problems outside the classroom.

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

LGBTQ Center: Inclusive community, programming, and space.

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

Women's Center: Education and advocacy for all genders.

Talk to us at [StallSeatJournal@virginia.edu!](mailto:StallSeatJournal@virginia.edu)

HOO knew?

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

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Class of 2019

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.

▶ **Stay with the same people** the whole time, and don't leave anyone behind.

▶ Plan a **safe way home.**

if drinking:

▶ **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.*

*From the February 2017 Health Survey with responses from 1,010 UVA students