

Summer offers a unique time for relaxation, reflection, and growth.

SUMMER is COMING

CHOOSE YOUR ADVENTURE

No matter how you will be spending the summer, you can choose to make it meaningful.

Recharge: Catch up on rest and relaxation. Rejuvenate by reading for pleasure, writing for fun, or doing something else creative. Most UVA students choose to do something restorative to feel better.

Start a personal project: You don't need an internship to learn new skills! Choose something that interests you, and explore and experiment to your heart's content. People or other resources can help you practice skills or learn something new.

Volunteer: Volunteering is a great way to give back to your community and explore potential interests and careers.

Enjoy the small things: Center yourself in the present. Even if the future seems uncertain, take time to appreciate small, satisfying parts of life.

**HOO
KNEW ?** 3 out of 4 UVA students volunteer their time to serve other people.*

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

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REFLECT & CONNECT

Summer is a good time to reflect on accomplishments and challenges and to make plans for next year. Going home or somewhere else for the summer can bring a significant change in routine, and that can take some adjustment. Consider ways to help make the most of these transitions:

- Which habits and routines worked well this year?
- What is something I want to do differently going forward?
- How am I taking care of myself physically and mentally?
- How will I strengthen my relationships this summer?

"Pick up any hobbies you had in high school that you don't do at UVA and miss."

N.K., CLAS 2019

CELEBRATING SAFELY

When celebrating spring or summer, **remain aware** of yourself, your group, and your environment. If choosing to drink, limiting drinks to one or fewer per hour and alternating with non-alcoholic beverages can help limit risk.

Also keep these things in mind:

- Stay hydrated! The sun and alcohol can each contribute to dehydration, especially in combination.
- Alcohol tolerance can be lower when drinking in new environments.
- Be aware of the expectations, laws, and consequences related to alcohol in different places.
- Stay with a buddy, and plan a safe way of getting home, especially in unfamiliar places.

OFF TO THE RACES

If attending Foxfield Races, make a plan ahead of time for food and transportation.

BEFORE THE RACES – Sign the Savvy Fox pledge to keep your friends and yourself safe, plus get a free T-shirt!
virginia.edu/adapt

AT THE RACES – Stop by ADAPT's Student Tent for FREE food, water, and more.

**HOO
KNEW ?** 94.5% of UVA students agree: "I want my friends to tell me if I've had too much alcohol."*

RESOURCES

Remember, UVA resources are still available over summer, even if you're away from Grounds!

- Office of the Dean of Students (ODOS)
- Career Center
- Counseling and Psychological Services (CAPS)
- Multicultural Student Center
- Maxine Platzer Lynn Women's Center
- LGBTQ Center

"Even if you have a job or internship, still try to find time to relax."

A.J., CLAS 2020

Want this poster for your room?
Feel free to take me home May 7 - July 4.

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