

Summertime is Coming!

Summer break is a great time to recharge, reflect, and gain new experiences.

Consider and Connect

Summer is a good opportunity to think about successes and challenges from the past year and make plans for next fall. Going home or somewhere else, or even staying in Charlottesville, for the summer can bring significant routine changes, and that can take some adjustment. Considering a few questions can help make these transitions smoother:

- 🐟 What habits worked well for me this this year?
- 🐟 What is something I want to do differently going forward?
- 🐟 How am I taking care of my physical, mental, and emotional health?
- 🐟 How can I strengthen my relationships this summer and feel good about myself?

Celebrating Safely

When celebrating during the spring or summer, remain aware of yourself, your friends, and your environment. If choosing to drink, keep these tips in mind:

- 🏊 Limit drinks to one or fewer per hour and alternate with non-alcoholic beverages.
- 🏊 Stay hydrated! The sun and alcohol can both contribute to dehydration, especially in combination.
- 🏊 Warmer weather can encourage drinking outside for longer periods of time. Consider when you plan to eat food as you make plans.
- 🏊 Alcohol tolerance is typically 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.

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knew?**

Most UVA students who drink limit their alcohol in a new environment.*

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95.3% of UVA students who drink eat before and/or while drinking.*

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

Grow Through Experiences

There are many ways to have a meaningful summer during college.

- 🐟 **Recharge your soul:** Be proud of the work you have accomplished at UVA and catch up on some relaxation. Spend time reading for pleasure, making art, or doing something satisfying.
- 🐟 **Learn something new:** Taking summer or online classes can be a great way to explore different topics and lighten your course load during the school year. Learning a new skill like cooking can add value to your life and make you feel good.
- 🐟 **Gain transferable skills:** Jobs, internships, and volunteer positions are all opportunities to practice lifelong skills like working with others, personal responsibility, and serving customers.
- 🐟 **Enjoy the present moment:** Even if the future seems uncertain, take time to appreciate small, satisfying parts of life, like spending time with friends.

“Remain open-minded about how you want to spend your summer and what you can learn from those experiences.” **C.G., CLAS 2020**

“Summer can be a great time to reconnect with old high school friends.” **N.K., CLAS 2019**

“If you are spending your summer in Charlottesville, be sure to check out fun activities all over town and continue to build your community here.” **C.Z., ENGR 2020**

Resources

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

- 📞 Office of the Dean of Students (ODOS) **434-924-7133**
- 📞 Career Center **career.virginia.edu**
- 📞 Madison House HELP Line **434-295-8255**
- 📞 Maxine Platzer Lynn Women's Center **434-982-2361**
- 📞 Multicultural Student Center **434-924-9250**
- 📞 LGBTQ Center **434-982-2843**

