

# WELCOME TO OUR CARING COMMUNITY

Welcome, Hoos! We are thrilled to have you here! As a UVA student, you are an active agent in fostering a community of care and encouragement. Your contributions help make our school the best place to be a student.

OFFICE OF HEALTH PROMOTION

DEPARTMENT OF STUDENT HEALTH

UNIVERSITY OF VIRGINIA



## FINDING YOUR PEOPLE

- ▶ **Get to know your neighbors!** Go to a football game, explore Observatory Hill, or watch a movie with hallmates or other new friends.
- ▶ **Find your passion!** Visit the Fall Activities Fair to learn about clubs for all interests.
- ▶ **Meet someone new!** Try introducing yourself to someone in the dining hall – everyone is trying to make new friends, and offering your name is a great first step.
- ▶ **Hang out!** Grab a late-night snack with friends at Crossroads!
- ▶ **Reach out!** Talk to a friend or a trusted adult for support. You deserve to feel welcome here!

**HOO  
KNEW?**

94.5% of UVA students believe interacting with people who are different from them helps them thrive.\*\*

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



## LEARN THE LINGO

- 1 **Freshman First Years** are the newest class of **Wahoos** to call **campus Grounds** home.
- 2 Thomas Jefferson founded UVA around the **Academical Village**, which connects living and learning on the **quad Lawn**.
- 3 Popular study spots include the **Harry Potter Room** in **Alderman** and the **Gardens** behind the **Pavilions**.
- 4 **Hoos** love to spend time on **The Corner**, explore **The Downtown Mall**, and play at the **Aquatic & Fitness Center AFC**.
- 5 At the end of sporting events, students link arms and sing *the school anthem* **The Good Old Song!**

**HOO  
KNEW?**

94.1% of UVA students intervene when they notice a problem situation.\*

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

## BE AN ACTIVE BYSTANDER

See something that concerns you? Help your fellow Hoos by taking small steps to impact concerning situations. Choose the best strategy for the situation.

- 1 **DIRECT:** Make direct suggestions to change the situation.  
↳ *You can stick with us. Can I call a friend for you?*
- 2 **DISTRACT:** Change the conversation or give a person an opportunity to leave.  
↳ *I think your friends are looking for you.*  
↳ *Let's get food! I'm hungry!*
- 3 **DELEGATE:** Enlist help from friends, emergency services, or others to intervene more easily.  
↳ *Ask a friend to go with you to check on someone.*  
↳ *Ask an advisor or RA for advice.*

Get plenty of rest!

*"I find that sleeping at the same time each night helps me feel refreshed the next day."*

- K.O., CLAS 2017

Adjusting from high school to college takes time. *"Don't be afraid to ask for help. Your fellow Hoos and professors are here for you."*

- I.M.W., CLAS 2018



## SOURCES OF COMMUNITY & CARE

Many people want to help you feel at home here!

**LGBTQ Center:** Welcoming physical space, programming, and support services in Newcomb.

**Multicultural Student Center:** Cultural programming and support, a place to study and relax in Newcomb, and free printing!

**Maxine Platzer Lynn Women's Center:** Education and advocacy for all genders at Emmet House.

**RAs:** A friendly face, listening ear, and connections to the best resources.

**Madison House HELP Line:** No issue is too big or too small. They're here to listen. (434) 295-8255



## GETTING AROUND GROUNDS

- ▶ Many students walk or bike between classes and around Grounds. Be sure to cross the street at marked pedestrian crosswalks.
- ▶ Use **TransLoc Rider** and **CAT** mobile apps for bus and trolley routes and schedules.



Want this poster for your room? Feel free to take me home September 11 - 15.

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