**Summertime is Coming!**

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

**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.

**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.

*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

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

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.