Dear Reader,

Congratulations! You have finished the year at UVA! Whether this is your first year, your last year, or somewhere in between, you have overcome challenges and grown from your experiences here. Be proud of your successes and your ambitions. We wish you the best of luck this summer and in the future. It has been a pleasure serving your stall!

Sincerely,

The SSJ Team

"You have got to have the audacity to dream, to hope and to try over and over again despite the uncertainty of success. You have to have the audacity to attempt those feats you fear most, and to stand in the face of discomfort and smile your brightest smile."

Dawn Staley, CLAS ‘92  — National Women’s Basketball Player of the Year, Olympic Gold Medalist, NCAA Champion

"Being true to yourself really means being true to all the complexities of the human spirit."

Rita Dove — Commonwealth Professor of English and former Poet Laureate of the United States

"When in doubt, build a bridge."

Jim Ryan, Law ’92 — President, University of Virginia

Most UVA students do something they find fulfilling, like contributing to a cause, to help themselves feel better.*

3 out of 4 UVA students practice gratitude.*

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