

# WELCOME to the CLASS OF 2020

## STALL SEAT JOURNAL

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University of Virginia, Office of Health Promotion, Department of Student Health

### ALL TOGETHER NOW

One of the best things about UVa is the **caring community** of students, faculty, and staff. Each person has a role in helping care for their fellow Hoos. It's comforting to know that others will help support you! Being a good community member can include checking in when a roommate seems down, talking with a friend about their problems, sticking with buddies when going out at night, and intervening in problematic situations. **How will you contribute** to the UVa community?

### BE IN THE KNOW

Many UVa students choose not to drink when they have fun. Drinking at any age increases the risk of things like missing class, injury, or arrest. There can be additional legal consequences of drinking under the age of 21, the minimum drinking age in Virginia. Minimize risk by choosing not to drink or limiting the amount of alcohol consumed.

If choosing to drink, use protective strategies to help limit risk:

- ONE** Stay with the same people the whole time, and don't leave anyone behind.
- TWO** Plan a safe way home.
- THREE** Eat foods high in protein (meat, cheese, beans) before and while drinking.
- FOUR** Make your own drink or watch it being made. Avoid punches.

The relaxation effects of alcohol are reached after one to two drinks for most people. After that, further drinking increases risk of negative outcomes. If having multiple drinks, be aware that impairment can be delayed and can become worse over time.

### HOOS HELPING YOU

At UVa, student well-being is a priority! Feeling challenged by something? There is support for that.

- ACADEMIC DEANS:** Academic guidance and problem solving.
- WOMEN'S CENTER:** Education and advocacy for people of all genders.
- CAREER CENTER:** Guidance for choosing majors and exploring career paths.
- MADISON HOUSE HELP LINE:** Here to listen about anything (big or small), 24/7.
- THE DEAN OF STUDENTS:** Help in resolving issues that arise outside the classroom.
- HOOS IN RECOVERY:** Social support network for students in recovery from substance abuse.
- UVA POLICE DEPARTMENT:** For emergencies, safety concerns, and to reach the Dean-On-Call. (911).
- RESIDENT ADVISORS:** Tips for meeting new people, adjusting to college life, and dealing with hard stuff.
- COUNSELING AND PSYCHOLOGICAL SERVICES:** Counseling for adjusting to college life or other concerns.
- STUDENT HEALTH:** For sickness, injury, mental wellness, preventive health, disability access, and education.

Everyone gets help at one time or another, so no one is alone. Getting the right support at the right time helps students thrive.

### LOOKING FORWARD TO THE FALL

- ONE** Living next door to your new best friends.
- TWO** Grabbing food at the Corner.
- THREE** Enjoying the antics of hypnotist Tom Deluca on August 26 in the Amphitheater.
- FOUR** First home football game on Saturday, September 3.
- FIVE** Rotunda Sing on the Lawn on August 24.
- SIX** Attending the Activities Fair to get involved in cool stuff.
- SEVEN** Hiking the trails at O-Hill.
- EIGHT** Taking the free trolley to the Downtown Mall.
- NINE** Reading the Stall Seat Journal.

### HOO HOO KNEW? KNEW?

**3 OUT OF 5** UVa first years have zero to three drinks on a typical Friday night, and almost half have zero.\*

\*From the Spring 2015 Health Survey with responses from 931 UVa students

**94.8%** of UVa first years who drink make their own drink or watch their drink being made.\*

### ON YOUR HONOR

At UVa, honor in the classroom is a big deal. Honor also extends beyond the walls of the classrooms and the edges of Grounds. UVa students have said honor includes doing the right thing without receiving recognition, taking care of friends, and respecting neighbors in the C-ville community. As a UVa student, **what does honor mean to you?**