

## FIRST YEAR ACHIEVER STAFF

- Lauren Mims, Editor
- Tiffany Smith, Layout
- Niya Bates, Writer
- Kelsey Bowles, Writer
- Allison Colley, Writer
- Sydney Davis, Writer
- Kristen Gardner, Photography
- Marcus Hall, Writer
- Kara Miller, Writer
- LaShay Newman, Writer
- Kristen Peace, Writer
- Britney Smith, Writer
- Courtney Smith, Writer
- Chelsey Ward, Writer

## INSIDE THIS ISSUE:

- How to get Free Money 2
- First Year Spotlight 2
- My Summer Internship 3
- How to Cure Homesickness 3
- International Study 4
- Attention: Pre-Med and Pre-Dental 5
- Food Spotlight 5

# First Year Achiever

VOLUME 9, ISSUE 2

FEBRUARY 3, 2011

## How to Start Your Job Search

Though it's only December, it's never too early to begin your internship search for the summer. The hardest thing about looking for jobs can often be where to start. I'll highlight a few tools that are out there to help with job search: CavLink, UCS, UCAN/ Hoos Online, company websites, and Twitter.

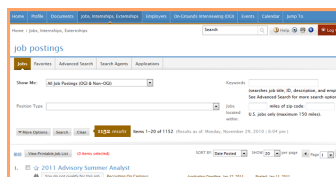
**CavLink:** Probably the most known job resource here at the University of Virginia. It's a great place to look for jobs that have been recently posted by all kinds of employers, for different majors and career fields. After completing the online interview guide tutorial, you will be able to submit your résumé and apply for jobs and qualify for interviews by employers that come to Grounds. The website is [www.career.virginia.edu/cavlink](http://www.career.virginia.edu/cavlink)

**Hoos Online:** This is another great resource that will allow you to search a database of UVA Alumni who have jobs in the field you're interested in. All of the alumni listed want to be contacted by fellow UVA students, so it's a great tool to use to get know alumni, and ask them for potential job openings at their companies.

The website is

[www.hoosonline.virginia.edu](http://www.hoosonline.virginia.edu)

**LinkedIn:** LinkedIn.com is part social media website, part job search tool. There are pages devoted to posting open jobs which you can search after making a free profile. Additionally, LinkedIn is



**CavLink is a job posting website that allows students to search jobs based on their intended field.**

great for networking because you can search employers by their company or school. The website is [www.linkedin.com/jobs](http://www.linkedin.com/jobs)

**University Career Services:** You can visit the people at UCS, located at Bryant Hall in the football stadium, at any time to talk about what jobs you're interested in, to get tips on writing a résumé, and going through the job search.

Just make an appointment or visit during their walk-in hours, where you will find many resources to help you along the way. Here are some tips to keep in mind while job searching:

**Be Proactive:** If you want a job, you've got to seek out the employer and demonstrate that you want to work for him or her and that you are the best person for the job. Companies often like those students who take the initiative to call their office, email them, and attend their events on Grounds.

**Be Confident:** Go through your search with the positive attitude that you are best person for the job and that you are eager to learn and gain experience. In every communication you have with an employer or recruiter, be as confident as you can, which will help you stand out as a great job candidate.

**Be Persistent:** Don't get discouraged if you don't hear back from a potential employer immediately; they often have busy schedules and receive tons of calls and emails a day. Just be persistent with contacting them by sending follow up emails and phone calls, always with a positive and pleasant tone.

## How to Stay Healthy

It's hard for college students to stay healthy, we are continuously busy and don't always take the time needed to keep ourselves healthy. Here are 5 key tips to staying healthy with a busy lifestyle:

**Try to create a sleeping pattern.** Consistent bed times has been proven to lead to a better night's rest.

**Take a walk.** Regular exercise, of any type (not just going to the gym), helps maintain a healthy immune system.

**Eat your fruits and vegetables.** A balanced diet is key.

**Keep a healthy snack handy.** Sometimes we manage to miss a meal, and that snack is better than nothing.

**Drink water throughout the day.** Water helps the digestive system, keeps skin healthy, eyes healthy and many other functions of the body.

-Kelsey Bowles

# How to Apply for Financial Aid

**“College tuition is steady on the rise and has been known to ‘break the bank’.”**

**-Allison Colley**

Paying for four years of college is COSTLY. College tuition is steadily on the rise and more and more students have gone into debt because of staggering student loans and delayed payments. While the first step in applying for financial aid is to apply for financial aid through the school (FAFSA) It is important to keep in mind that there are other ways to receive financial assistance— by applying for merit based, need based or specialized scholarships.

#### **Scholarship quick facts:**

-The best place to start your scholarship is the extensive UVA search engine site: <http://www.virginia.edu/financialaid/scholarships.php>

-The College of Arts and Sciences Dean's office also gives away scholarships. There are a few stipulations in applying for these scholarships, such as a minimum GPA requirement of 3.4, however a student can apply for one or all of the scholarships. For

more information visit: <http://artsandsciences.virginia.edu/college/scholarships>.

-Many students do not know that they can apply for research and travel grants. However, many can apply for up to \$1,000.00 to help offset the costs. For more information visit: <http://artsandsciences.virginia.edu/college.awards/scholarships>

-The Echols Scholars Program offers its scholars aid in doing research projects of their choice. For more information, visit <http://artsandsciences.virginia.edu/echols/>.

- The Rodman Scholarship Program, for engineering students, gives special scholarship to its scholars. For more infor-

mation, please visit <http://www.seas.virginia.edu/students/rodmans>

- UVA has many websites such as Uloop [<http://virginia.uloop.com/scholarships/>] which offers tons of scholarships through various programs, clubs, as well as organizations.

- It is important to keep in mind that there are also opportunities to apply for scholarships outside of the University. Many student have been able to apply for scholarships from sites such as [www.fastweb.com](http://www.fastweb.com) and [www.brickfrish.com](http://www.brickfrish.com).

- There is a book full of scholarship opportunities located in the Office of African American Affairs. Scholarship searching definitely pays off... good luck!

**-Allison Colley**



**First Year Ephraim Chaney.**

## First Year Spotlight: Ephraim Chaney

So now it's time for the First Year Spotlight where we get to know a little bit about the cool new kids on the block!! **Meet Ephraim Chaney!!!!**

**Hey Ephraim!!!!.....**

**Where are you from?** I'm from Kansas City, KS.

**What's your major?** B.S. Architecture

**How many credit hours are you taking?** I'm taking 16 credit hours

**Where do you live on grounds?** I currently live in the coolest suite in Gooch.

**What extracurricular activities are you involved in?** I was planning on getting really involved because it's a great way to meet people but architecture is a lot busier than I expected. So far I've only been involved with InterVarsity Christian Fellowship, and that's been awesome.

**How do you feel about the black community at UVA?** I think it's pretty close and people watch other peoples' backs, which is good. We're supportive and push each other to achieve while having a good time. When I was applying I noticed UVA has the highest (if not, one of the highest) graduation rates for blacks in the US, and it's great that people working really hard to make that happen. The OAAA made my life a lot easier, mainly because of my awesome peer advisor and the OAAA resources -- even simple things like finding a place to get a haircut go a long way. And I'm proud to be a part of it.

**How did you meet your friends?** The people I live with (or near), a few people from my classes (we A-Schoolers suffer together), work, and InterVarsity.

**Is there anything you regret about your first year?** Not really. It's been great so far. I do

wish I could have been more involved, but I'm not sure I could have been academically efficient and be busy doing other things at the same time.

**Is there anything you are particularly looking forward to for your second semester at UVA?** No class on Fridays!! I can't wait for basketball season and baseball season -- I love sports. School-wise, it'll be nice to have my feet wet and sort of know my way around some parts of grounds and my classes and such. And hopefully I'll get involved in some more stuff, maybe Madison House or some community-service-type thing.

**-Chelsey Ward**

# Britney's Summer Internship



The American Bar Association where Britney Smith interned this past summer.

This past summer I interned at the American Bar Association (ABA) with the Commission on Domestic Violence in Washington D.C. I sought out this internship because the ABA looked like a great place to learn more about public interest work done within the field of law. I had not considered law initially walking into college, but the more I begin to think about it the more I want to equip myself with knowledge about career opportunities offered through having a law degree. I participated in a program called the Semester in Washington Program which enables you to find an internship in the city while taking a class once a week in an area of interest at Georgetown University and earn university credit. I lived on Georgetown's campus and commuted into the city each day to work. The class I took was called Law and Society and the class material in conjunction with my internship made this experience amazing! My professor was a graduate of Harvard University's Law School and was an excellent resource that was always available for questions about careers and school.

On the first day of my internship, after being there only a few hours, I was sent to the D.C. Court House to meet one of the Staff Attorneys that works with the Commission. I was completely lost

but I looked at this as another adventure/learning opportunity as I tried to do with every new project and task that was thrown my way. I worked on various projects over the summer such as researching domestic violence policies and reforming domestic violence statutes for VAWA (Violence Against Women Act). The Commission is only two blocks from the White House and the office worked on a flex schedule, so their motto was "We don't care when you do your work, as long as you get it done." I never felt like I would get yelled at for being a little late or taking an extra break because I remained focused when I needed to and always turned in my work with follow-ups for my supervisors to remain aware of my performance. There is always something exciting going on within the city and the interns were always encouraged to attend various events and luncheons within the city; I even used one day to take a tour of the U.S. Chamber of Commerce with some of the other interns. Overall, this internship experience has helped me to enhance my knowledge of the area of law but it has also shown me that I can handle living in a big city and approaching all new experiences with an open mind. I encourage all students to look for a summer internship to gain experience, explore a new place, or simply learn something new!

-Britney Smith

## Suffering From a Case of Homesickness?

We've all felt it, you're tired of classes, dining hall food, you want to escape your roommate, all the work that been piling up, and this ridiculous weather that seems impossible to adjust to. All of these can serve as barriers that make the transition to college harder and that lead you to miss home more than you ever thought possible. This article attempts to reveal some cures for the common case of home sickness. Two third years and one second year offered their advice.

When asked how to cope with anxiety caused by home sickness, one anonymous third year student enthusiastically responded, "Skype and Oovo are the best inventions ever! If you don't have one of them,

download it! It's not the same as being at home, but it's nice to be able to see and hear your loved ones". She's right, communication is key and sometimes a familiar face is all it takes to reduce the stress that accompanies home sickness. When asked what he does to alleviate home sickness one student responded, "Don't dwell on how much you miss home; just do something else to get your mind off of it like watch TV. Or join a club". Distractions can be the best remedy at times, it's never a good idea to wallow in your misery, so get out and try something new. Though it may not feel like it, The University has the potential to become your second home, but it's up to you to make this an environ-

ment you would like to call your own. "I brought little reminders of home to school with me, like a stuffed animal, pictures, posters, and or a quilt from home." This is another great way to start making UVA your new home.

The adjustment to college can be a tough one whether you are two hours from home or 16 hours, but with the right mindset, a good set of friends, and some productive distractions it can be done. The University also offers several resources. Project R.I.S.E ( is available to talk and listen about problems you may be having on campus as well as Counseling and Psychological Services (C.A.P.S.), and of course your Peer Advisors are always here to lend a helping hand.

-LaShay Newman

*"I brought little reminders of home to school with me."*

*-Anonymous*

# International Study: Say What?

**“The benefits of studying abroad are absolutely amazing.”**  
**-Marcus Hall**

During the second semester (Spring 2010) I studied abroad in Buenos Aires, Argentina. I decided to go to Buenos Aires for multiple reasons. As an LGBT youth, I wanted to go to a country that was somewhat progressive in its discourse on LGBT politics. Since my major is Spanish and Anthropology, I also wanted to go to a Spanish speaking country. I preferred to be in a big city, since Charlottesville was my small city experience, and I wanted to embark on a new adventure.

Buenos Aires had a kind of spark that drew me to it. I talked to my Latin American friends and study abroad advisors and they suggested many countries for me to consider, before I settled on Argentina. Buenos Aires was special in comparison to the other Latin American capitals and its uniqueness drew me to it.

So now that I am done talking about myself lets extrapolate the importance of that mini-study abroad decision-making process. Some of the things I did, that most students should do when thinking studying abroad were, I asked myself *why do I want to do study abroad?* I did a bit of research on topics that interested me about the country? I asked around, through my friends and counselors, about what countries they thought would be a good fit for my interests. And, above all, I found that *special character* about a country or city that drew me to it.

The things I have listed are only some of the processes one should go through when deciding on study abroad. There is a lot of stress but much reward with studying abroad. In this article I am going to discuss some of the benefits of studying abroad and discuss African-American students studying abroad, and some challenges they may face.

Benefits of studying abroad are absolutely amazing. On an academic level,

depending on ones major, it can be very beneficial. Any students studying foreign affairs, anthropology, religious studies, a foreign language, or economics will love studying abroad. Many classes, depending on the program, will teach students about the aforementioned topics but in reference to events and the contexts of the countries they are studying in. Which means students walk out of the classroom with multiple perspectives on topics covered in their classes, both related to the U.S. and the respective host country.

Another benefit is being put out of ones element. It is important for American students to feel a bit uncomfortable because we do live within the confines of a great nation. Being in a new environment is an opportunity for students to grow as individuals but also to take advantage of some opportunities that may not be available in the U.S. For example there are certain foods and cultural practices present in Latin America, but not in U.S. In addition, having experience working abroad is very attractive for employers and graduate schools for various reasons. Some of these reasons are that studying abroad infers that students are, at least, bilingual and in a globalizing world, language and intercultural exchange are becoming even more important. Also the study abroad student has experience being in unfamiliar environments which means employers know they can put you in different locations and that student will be able to function well.

In reference to being an African-American student studying abroad, there is much to be said. The realities are that not many African-American students study abroad. This is for various reasons including finances, domestic barriers, citizenship issues, religious issues and so forth. Most universities, in the U.S have a low population of African-American students. Which means with the minority students who study abroad, very few are African-American. However with more emphasis on language and abroad ex-

perience, international study is becoming more attractive and highly valued which in turn is attracting more black students.

To be a Black person studying abroad honestly depends on the country, the individual, and the social sentiments of people of the country, along with other factors. Argentina is a country that has a majority Spanish and Italian descendent population, so I stuck out like a sore thumb. However, for students that study in countries like Ghana, Nigeria, or the Dominican Republic they may not feel as racially different however, culturally and linguistically they could feel many differences. The truth is, race is important in a Black student's experience studying abroad because it is a factor in peer judgment. However, there are so many ways in which people of foreign countries judge Black, and non-Black students, outside of the color of their skin. Language, nationality, height, eye-color, and clothing are some ways in which this is done.

African-American students should be aware that there are many resources to help black students study abroad. Financial aid and scholarship information are more publicized than ever before. Many study abroad programs have diversity programs or have previous alumni who contact prospective students and provide them with testimonies and other resources to help them become adjusted to the countries. Generally speaking there is much support for students of color. It takes the initiative for the student to go out and find those resources.

I could write a book on study abroad, but I am keeping it limited to this article. I encourage all; black, white, gay, straight, etc. students to study abroad. The amount one learns about themselves being outside of their home country is incredible. It is an opportunity to meet people outside of the U.S., create international friendships, and have a wonderful experience to look back on.

-Marcus Hall



**A picture taken while Marcus studied abroad in Argentina.**

## Attention all Pre-Med and Pre-Dental Students

### Office of African American Affairs Peer Advisor Program

4 Dawson's Row  
Charlottesville VA, 22904  
Tel: 434-924-7923  
Fax: 434-924-0513

PA Program website:  
[www.virginia.edu/oaaa/paprogram](http://www.virginia.edu/oaaa/paprogram)

Interested in a free six-week summer academic enrichment program for medical and dental school preparation? The Summer Medical and Dental Education Program provides academic enrichment in the basic sciences (organic chemistry, physics, and biology) and pre-calculus/calculus, career development, a learning-skills seminar, limited clinical exposure, and a financial-planning workshop. This program is only open to college freshmen and sophomores. You can travel to 11 sites to participate in this session which include places such as UVA, Yale University, Howard University and Duke University. The application deadline is March 1, 2011. If you are interested in the medical and/or dental field it is encouraged to take advantage of this free opportunity. There is no need to worry about tuition, housing or meals! Can this be true? It is! Check out the website at <http://www.smdep.org/start.htm>.

-Kristen Peace

## Food Spotlight: All Over Charlottesville

Tired of eating in the dining halls and have a little extra cash to spend? Charlottesville has so many places to eat, outside of the typical fast food places. Why not venture off campus, past the dining halls and Mickey D's that are your usual fallbacks, and try something new?

Charlottesville is home to restaurants and small eateries that serve food from soul food to international cuisine. Some places are close to campus and others are deep in the heart of town. Below you will find a few places that you wouldn't expect. If you're missing the soul food that your mom makes, try Mel's Café. Mel's is owned and operated by Mel on 719 West Main Street (across from the Train Station). They have fried chicken, greens, and slices of homemade pie all for reasonable prices.

If BBQ is more your style, try Belmont Barbeque. They are located on

816 Hinton Avenue in the Belmont neighborhood. You may have to take a taxi or have someone who knows the area take you there, but it's worth the trip. Check out their website: <http://www.belmontbbq.com/>

For a more international experience, with less travel time, stop by Marco and Luca's Dumpling Shop. There is one on Elliewood Avenue on the corner as well as Downtown. If you haven't heard, their dumplings are only \$3. Warning, they are addictive. The places listed above are only a few of the many, many places Charlottesville has to offer. Take the time to go out on route 29 or to Pantops Mountain to find even more places to eat.

-Niya Bates



**Mel's Café provides delicious soul food at friendly prices.**