Tips and Tricks for Success

Life at UVA brings new challenges. Establishing a comfortable routine and knowing some tricks of the trade help you thrive.

Eat! Every day. More than once! Plan regular times to fit in meals with friends between classes and activities.

Move your body! Zumba, shoot hoops, or join intramural water polo at the AFC, Mem Gym, or Slaughter. Get fresh air on the outdoor courts and fields. Or walk to all your classes.

ZZZzzzzz! Enough sleep at night helps you feel better, shine academically, and deal with life more successfully. For real.

Explore and connect! Oodles of CIOs, auditions, jobs, arts, sports, and volunteer opportunities beckon. Resist the temptation to sign up for everything! Relax. Try things out to see what excites you. Make amazing new friends at the same time.

Want to get around faster? Instantly see where the UTS buses are and where they’re going with the TransLoc Rider mobile app.

The flu is yucky. Get a flu shot at Newcomb on October 6 to help keep yourself and others well.

Resources for Academic Success

**Writing Center**
One-on-one appointments help organize, express, and revise your ideas. Bryan Hall and Clemons Library

**Math Tutoring Center**
Walk-in tutoring during daily hours. Gilmer Hall

**Peer Health Education**
One-on-one appointments about getting organized, improving study habits, and other topics with trained students. Elson Student Health Center

**Career Center**
Guidance in exploring interests, getting experience, and choosing a major. Newcomb, Bryant, and Monroe Halls

**UVA Libraries**
Group study space reservations, help from Ask A Librarian, and some always-open study spaces. Alderman, Clemons, Brown and more

**Counseling & Psychological Services (CAPS)**
One-on-one appointments and group support for stress about school and more. Elson Student Health Center

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