# THE CAVALIER DAILY

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# A guide to student self-governance

Several different organizations offer a chance to get involved at U.Va.

Katja Cresanti | Associate Editor

The University places a significant emphasis on the role of students in their own self-governance — the considerable autonomy and responsibility of students in overseeing their experience on Grounds. Here's an overview of the four major branches student government.

### Honor Committee

The Honor Committee is the body of elected and appointed University students who uphold the Honor Code at the University — the commitment to not lie, cheat or steal and oversee trials of members of the community accused of violating the code. The Honor Committee consists of representatives from all graduate and undergraduate schools who assess charges of Honor Code violations and delegate punitive measures when ap-

"The spirit of honor is virtually indistinguishable from the concepts of self-governance as both call for students to choose integrity while living, learning, and leading within this special community," said Ory Streeter, a Medical student and the Honor Committee chair, in an email to The Cavalier Daily.

The Honor Committee follows a single sanction policy where a student convicted of an Honor violation is permanently dismissed from the University. If a student is accused of violating the Honor Code, the allegation is first subject to a thorough investigation by two Honor Investigators. After the full investigation, the case goes before an investigative panel of three Honor Committee members, who decide whether to formally accuse the student or drop the case. If a student is accused by the panel, they have seven days to request a trial. Trials result in a guilty or not guilty verdict.

If a student is reported to the Honor Committee for a potential Honor violation, they have the option of filing an Informed Retraction. In the IR process, the accused student is permitted to admit to their offense and take a two-semester leave of absence from the University. Additionally, if a student has committed an Honor violation — and they have no reason to believe they are under suspicion for violating the Honor Code — they can file a Conscientious Retraction where they admit their action and makes amends in order to remain in the Community of Trust.

"Today, the Honor System continues to challenge students to live with integrity and hold their peers accountable to the highest standards of our Community of Trust," Streeter said.

Students interested in the Honor Committee can apply to become an Honor Dorm Representative or Committee Support Officer. Dorm representatives. Streeter said, train with the

Committee to discuss Honor-related issues in their dorm. Support officers, on the other hand, are trained to investigate Honor cases and help students reported to the Committee.

"The University is not simply an institution to pass through on the way to future success or a collection of traditions to blindly embrace," Streeter said. "Student self-governance is a privilege which allows us to grow through our investment in each other. It is, simultaneously, a responsibility to examine the past and better the University for the students of tomorrow."

Streeter says Honor fits with other governing bodies as a mechanism for maintaining an ethical environment on Grounds.

"The spirit of honor is virtually indistinguishable from the concepts of self-governance as both call for students to choose integrity while living, learning, and leading within this special community," Streeter said.

University Judiciary Committee

The University Judiciary Committee is the body responsible for investigating and trying potential violations of the University's Standards of Conduct — 12 standards that govern student behavior beyond the lying, cheating and stealing covered in the Honor Code. The Standards of Conduct address behavior such as the damage of or unlawful entry onto University property, disorderly conduct on University property or the violation of state or federal laws. The Committee is composed of 25 Representatives elected from the University's twelve graduate and undergraduate schools. These Representatives act as judges in UJC trials. In the event of a guilty verdict in such a trial, a number of sanctions may be imposed ranging from admonition to expulsion from the University.

Kevin Warshaw, a fourth-year Engineering student and the chair of UJC, said that UJC has an important role in student self-governance at the University.

"We really aim to make sure that students at U.Va. understand the general principles that guide this University, and making sure that people enjoy their time here in a safe manner," Warshaw said. "And so I really think that guiding principle is probably the main way in which UJC functions in the broader scheme of student self-governance."

To apply to be a representative for UJC, a student must have been at the University for at least three semesters. However, Warshaw said, there are opportunities for first-years to get involved with UIC.

"We have three support officer pools and then one representative body made up entirely of first-years that's not elected positions - those are all appointments," Warshaw said.

Warshaw added that there is a new recruitment policy in place this year, under which students can apply for those appointed positions in an essay-based application that will be available online, followed by one group interview and one individual

"Basically the way that we're envisioning it currently is that we'll have an application made up of three to five short answer or essay-based questions that students will have the opportunity to fill out," Warshaw said.

He encouraged incoming firstyears to take advantage of the opportunities that student self-governance at U.Va. presents.

"I really just believe that student self-governance gives students at U.Va. a lot of power to direct their own lives and their own experiences at U.Va.," Warshaw said

### Student Council

Student Council is the organization of elected student officials charged with governing student life on Grounds and addressing grievances from the student body. It is run by the president and the executive board, who oversee a representative body made up of students elected from every University school. Student Council oversees an annual budget of about \$900,000, which it allocates to the various student groups on Grounds. Student Council also handles legislative matters that pertain to student life such as publishing formal statements condemning or supporting actions related to the University, creating initiatives for students such as a forthcoming community food bank and sponsoring University-wide events such as Lighting of the Lawn.

Alex Cintron, a fourth-year College student and president of Student Council, said that there are a number of opportunities for first-years to get

"The most accessible way to get involved with Student Council is to apply to a committee in the fall," he said.

Those positions will be advertised at the fall activities fair. Cintron said. Student Council oversees 10 standing presidential committees, which cover a multitude of specific areas of interest. There is also an option to run for election to the representative body of Student Council.

Cintron added that Student Council was the best path forward for people who want to get involved with advocacy on issues relating to student

"Largely the reason why people join Student Council, and the reason why I stayed in Student Council, is that there are issues at the University, policies that we feel may be inequitable, or changes that we would like to see that are in the best interests of students, and Student Council is the way largely to get involved," Cintron said. "We're the student governing body of U.Va., we represent the students to change some of the things we'd like to change.

### Class Councils

Class Councils are responsible for planning class-wide events and activities that foster a sense of community for their classmates, such as first-year formal or final exercises for fourth-

Kristin Myers, a second-year College student and vice president of Second-Year Council, said that it was in part the event-planning aspect that drew her to class council.

"What really drew me to class council was that it wasn't so much policy driven, it was really about making people's experience at the University better, it was about making people's day and planning events," Myers said. "You really just get to address the needs of the class in unique and excit-

Galen Green, a fourth-year Commerce student and the president of the Fourth-Year Trustees, added that student self-governance at U.Va. was a good way to practice for the real

"It's all about taking the initiative, having ideas and believing in them," Green said. "It teaches you a lot of hard skills for later, if you want to start your own business, I think learning how to fight for people to listen to you and your ideas at U.Va. is a lot easier than starting to do that in the real world."

Elections to first-year class council take place in September. Myers said the election process involves a mandatory interest meeting, followed by a brief period of campaigning.

You attend that meeting and they'll tell you all about different positions you can run for in class council and association council," Myers sad. "It's in mid-September that that will happen, and then there's a small campaigning window where you can go around and talk to people in your association and explain to them why you're running, why you're passionate about serving, and then the voting all happens online."

### School Councils

School councils vary in size between the 12 graduate and undergraduate schools of study, but all consist of representatives elected from within the school they represent. They collaborate to host a variety of social events. and activities that specifically cater to members of that particular school, such as free food and study breaks, sponsored dinners and guest speaker

Taylor O'Neal, a fourth-year Nursing student and Nursing School Council president, said that school councils are an integral part of student self-governance at U.Va. She added that participating in student government at the University level is a good way to prepare for being an engaged citizen after graduation.

"I think it's important because it gives the students a voice to their own education, to the environment that they're in." O'Neal said. "It really helps prepare us as adults and citizens to be active in our lives once we get out of the University, to make a difference and a change in our communities and

Jordan Richardson, a fourth-year Architecture student and Architecture School Council president, said that student self-governance is one of her favorite things about the Univer-

"It allows us to have a really truly huge influence on our college experience, something that my friends who go to other universities don't have. Richardson said. "They don't have the say to be able to decide where budget money goes to benefit themselves and their peers and I think that being able to have that voice is such a privilege, and one of my favorite things about going to U.Va."

Õ'Neal encouraged incoming firstvear students to start getting involved in student government as soon as pos-

"I think my biggest advice would just be, just go ahead and jump right into it," O'Neal said. "I got involved in my second year and I kind of wish I had gotten involved in my first year because I love it and I think it is an amazing opportunity for you to grow, find out what you're passionate about."

O'Neal said first-years can run for election to school council during the fall semester. Additionally, she said they can sit in on school council meetings and take assistant roles until they find something that they are passionate about.

"Once you find something you're really passionate about, or that you want to see changed, it just gets you kick-started into living up to your full potential of trying to change or advocate for something," O'Neal said.

Contracted Independent Organi-

Contracted Independent Organizations are organizations composed primarily of students which operate semi-independently of the University. While many students are not directly involved with Student Council or other organizations listed above,

hundreds are members and leaders of CIOs. CIOs are most easily compared to student organizations or clubs at other institutions, but the University and Student Council have stricter oversight rules for CIOs than many other schools have for their clubs.

There are over 800 registered CIOs on Grounds which include ethnic and cultural groups, political organizations and club athletic sports, among others.

# Graham preparing for possible Unite the Right anniversary

The search for U.Va.'s next police chief is also underway

Caroline Stoerker | Associate Editor

Gloria Graham — the University's new associate vice president for safety and security — is in her position largely to prevent the University's widely-criticized response to the torch-lit white nationalist march down the Lawn last summer from happening again. On May 7, Graham assumed the position, which was created at the recommendation of Margolis Healy & Associates, an outside contracting firm the University hired to assess the state of safety and security following the deadly events of the Unite the Right rally last August.

Led by white nationalist Jason Kessler, the planned Unite the Right devolved into a riot on Aug. 12, 2017 in Emancipation Park in downtown Charlottesville. White nationalists came purportedly to protest the removal of Confederate monuments — many chanted racial slurs while several carried Nazi swastikas, guns and Confederate battle flags. The rally resulted in dozens of injuries and the death of Charlottesville resident Heather Heyer when a car plowed through a crowd of counter-protesters on 4th Street.

The rally was preceded by a march on the Lawn Aug. 11, when white nationalists wielded tiki torches and chanted racist and anti-Semitic slurs. The protest ended with a confrontation between counter-protesters — surrounded at the base of a statue on the Lawn — and white nationalists.

The University announced Graham's appointment in April. Prior to her arrival at the University, Graham worked as the assistant vice president and deputy chief of police at Northwestern University. Her experience in higher education spans 23 years at five other institutions, including the University of Chicago and Duke University.

Graham summarized her position during an interview with The Cavalier Daily as one that oversees all areas of safety and security within the University and the University Health System. She also manages emergency management systems — including tools used to notify the University population of emergencies.

Since her arrival in May, Graham has been working to prepare for potential events during the one-year anniversary of last year's white nationalist march on the Lawn and Unite the Right rally. Graham said individuals from a number of backgrounds have declared plans to return to Charlottesville for the anniversary.

"Regardless of what their position is and regardless of what the



COURTESY UNIVERSITY OF VIRGINIA

Prior to her arrival at the Unviersity Graham worked as the assistant vice president and deputy chief of police at Northwestern University.

values that they are coming to be expressive about, we know that they will be here," Graham said.

Months after the rally last August, white nationalist organizer Jason Kessler filed for two demonstration permits for anniversary rallies — one in Charlottesville and one in Washington, D.C. The D.C. rally permit was approved in June, but City staff denied Kessler's application for a rally on the Downtown Mall. Kessler subsequently sued the City in federal

Graham said regional planning meetings have been occurring since April with the University, City of Charlottesville, Albemarle County and Virginia state law enforcement. The University has also received support from the federal level.

Graham is also working with student leaders — including student member to the Board of Visitors Brendan Nigro and Senior Resident of the Lawn Joan Lee, both fourth-year College students - to coordinate a response to the

In an email to The Cavalier Daily, Nigro described Graham as being both willing and available to meet with student leaders. Nigro said that, while many conversations have not yet led to concrete decisions, they have covered a wide range of topics.

"Conversations with student leaders have spanned from fair and equitable community policing to her approach surrounding alcohol use on a college campus,' Nigro said. "Mostly what we've been focused on is clarifying channels of communication for students to have a voice in the realm of their own safety and security on Grounds."

To Graham, keeping members of the University community properly informed of the current state of safety and security is a top priority for the weekend.

"I want to make sure that we do is give people all of the information that we can give them and then let them make personal decisions regarding their safety and security on those days," Graham

Another of Graham's immediate responsibilities is finding a replacement for University Police Chief Michael Gibson, who plans to retire over the summer. Gibson faced criticism in December for poor coordination with state and local law enforcement and failure to separate white nationalists and counter-protesters during the march on the Lawn in August.

Graham is working in a search committee Gibson's replacement which is composed of several members of the University and Charlottesville communities and chaired by Dean of Students Allen Groves.

Graham said her experience at the University of Chicago and its surrounding neighborhood of Hyde Park will inform her work at the University. Graham described the students and Hyde Park community members as "very passionate" about numerous social justice issues, including police reform.

"They were very committed to social justice issues, so there were a lot of demonstrations," Graham

One such demonstration occurred in April when dozens of students held a rally advocating for the disarmament of university police and increased funding for mental health resources after the school's police shot a student damaging property in the street a few days prior.

Graham said she has a desire to help the University and Charlottesville communities understand the roles of law enforcement in both protecting and interacting with citizens.

"Sometimes it can come off that [police officers] are providing more protections to one group or another, when in fact, they are really being given instructions and given directions on what it is they have to do," Graham said.

Graham's tenure at the University of Chicago was marked by controversy when Milton Owens, a former campus law enforcement official, sued the university, its president Robert Zimmer and several other law enforcement officials, including Graham. Owens was tasked with directing law enforcement during a 2013 student protest, and came under fire for his decision to order a plainclothes detective to join protesters. Owens was fired three months later and filed the lawsuit shortly thereafter.

The University of Chicago and Graham were found liable by a jury for fraud, breach of contract and infliction of emotional distress, though the University of Chicago is contesting the deci-

Ultimately, Graham says she hopes to repair strained relationships with U.Va. and Charlottesville community members since the painful events of last August.

"What I want to do is help us heal, is help us pull back together ... and to move forward in a safe space where we collectively together let people know that this is not a place where we're going to allow hate and where we're [not] going to allow behaviors that support hate," Graham said.

# Legacy students admitted at almost twice the rate of non-legacies

Among admitted legacy applicants, the vast majority identify as white

Jake Gold and Maggie Servais | News Editors

Legacy students were admitted to U.Va. at nearly twice the rate of non-legacies in the fall 2018 semester, according to records obtained by The Cavalier Daily.

The term "legacy" used by the Office of Admission to refer to children or live-in stepchildren of University alumni.

Nearly 47 percent of legacy applicants received an offer in the most recent round of applications. In the same period, only a little over 25 percent of non-legacy applicants were offered admission — making the process almost two times as difficult for students whose parents did not attend the University.

University Spokesperson Anthony de Bruyn said in an email statement to The Cavalier Daily that legacy children go through the same admissions process as all other applicants.

"Legacy status is one of several factors that is considered as part of our holistic review of applicants," he said. "Other factors include whether applicants are first-generation college students, military veterans or from underserved and underrepresented backgrounds, to name a few."

On aggregate, legacy applicants have marginally better test scores and grades than non-legacies, de Bruyn said. This year, the mean legacy applicant scores 20 points, or 1.25 percent, higher on the SAT. Legacies are also slightly more likely to have been in the upper echelon of their graduating high school class — 91 percent of legacy applicants are in the top 10 percent at their high school, while 89 percent of non-legacy applicants are in the same tier.

Even so, some groups have long decried legacy admission policies as regressive and outdated institutions. Last August, a former Princeton admissions officer wrote in a letter to The New York Times that legacy programs were at Princeton "affirmative action for whites."

The legacy admissions program in place at the University may have implications on the racial composition of the student body — while the University does accept students of all races, legacies skew white. In 2018, this meant eight percent of admitted students were white legacies.

By contrast, Hispanic and Latinx, African-American and black and Asian and Asian-American legacy applicants each compose less than one percent of all admitted students.

The breakdown of admission offers for applicants in 2018 by race had a more even spread with no demographic exceeding a one-third admission rate. The demographic with the highest admission rate was black or African-American applicants at 32-7 percent, followed by Asian or Asian-American applicants at 29.8 percent. Hispanic or Latinx applicants had an acceptance rate of 25.8 percent and white or caucasian applicants had a 26-7 percent admission rate.

Generous admission policies for legacy children can be found at many schools — a research paper published in the Economics of Education Review by Michael Hurwitz found that in 30 highly-selective institutions, legacy children were admitted at 3.13 times the rate of non-legacies.

The University has also come under fire for the appearance of connec-

tions between applications and large donations. In April 2017, The Cavalier Daily obtained a "heads-up list" from the Office of Advancement of applicants whose families were notable donors and were flagged for special consideration, although de Bruyn said the Office of Advancement does not make admissions decisions.



CHRISTINA ANTON | THE CAVALIER DAILY

The legacy admission program in place at the University may have implications on the raccial composition of the student body -- while the University does accept students of all races, legacies skew white.

# A guide to transportation around Grounds

How to get to class and beyond for incoming students

Nik Popli | Associate Editor

This fall, the University will welcome more than 4,000 new students to Grounds — most of whom will be learning how to navigate a college campus for the first time. There are a number of transit services that can get students where they need to go, whether to class, the Corner or to the Downtown Mall — these include the University Transit Service, Safe Ride and the Charlottesville Area Transit bus system.

Students most often use the University Transit Service, or UTS, which is the bus network run by the University, for getting around Grounds.

The UTS Northline stops at most on-Grounds housing areas — including all of the first-year dormitories — as well as John Paul Jones Arena and the Barracks Road Shopping Center.

The University Loop runs in two directions — the Inner and Outer Loop — which services

the Alderman Road dormitories, McCormick Road dormitories, Rugby Road and most of Jefferson Park Avenue. Along JPA are the Elson Student Health Center, language houses, Nau Hall and off-Grounds apartments which house many upperclassmen.

UTS arrives at stops every 10 minutes on weekdays, and every 20 minutes on weekends. During extended late night service — Thursday, Friday and Saturday nights — the Northline and the Outer U-Loop continue until 2:30 in the morning.

Rebecca White, the University's Parking and Transportation Director, said in an email to The Cavalier Daily that there are challenges in operating a large University transportation system in between classes.

"A few things are inherently challenging like balancing the resources needed to move students during class change versus moving students from adjacent

neighborhoods (JPA, Rugby/Grady/14th) and trying to meet the dynamic needs of students that span all day, evening, and late night across about 4 square miles," she said.

To minimize wait times, uva. transloc.com and the Transloc Rider mobile app provide real-time locations and arrival estimates for all UTS buses. Students are encouraged to download the app to help locate the nearest bus to get around Grounds.

White added that eight new UTS buses will be introduced to the transit fleet this fall. The new buses boast the same blue and white colors as the old buses, but will have new branding.

Each new bus cost the University \$404,836 and the bus system is primarily funded by a comprehensive student fee, according to White.

Safe Ride, which is managed by University Parking and Transportation, offers a free on-demand van shuttle service for students to get home after UTS has gone out of service. The shuttle runs from 12:30 a.m. to 7:30 a.m. Sunday through Wednesday and 2:00 a.m. to 7:30 a.m. Thursday through Saturday. Ride requests can be made through the Transloc Rider app or online. Wait times can vary up to 15 minutes for a Safe Ride van.

For trips beyond Grounds, Charlottesville Area Transit provides transportation for students to go just about anywhere within the city limits — such as the Downtown Mall, where students will find entertainment, movie theaters, dining and shopping.

The Free Trolley is the most visible of the CAT buses for students — making a loop down Jefferson Park Avenue and around Grounds before returning to the downtown station. It stops at Scott Stadium, the Aquatic and Fitness Center, Central Grounds and the Corner.

Other popular CAT routes include Route 7 — which is accessible from the University Hospital stop on JPA and can get students to Barracks or Fashion Square Mall — and Route 5, which stops at Fashion Square, Barracks and Wal-Mart.

Students, faculty and staff can ride any CAT bus for free with a scan of their University ID.

Students can download the CAT app to find their way around the Charlottesville area. CAT operates on a regular schedule Monday through Saturday, with the Trolley also running on Sunday.

UTS and CAT will be operating during summer orientation for students to become familiar with the University's transportation services before coming to Grounds this fall. In addition to students, parents can also ride the UTS for free.



# Making the most of the Late Night at AFC

Summer orientation event allows new students to relax and meet peers

Shivani Lakshman | Feature Writer

Every summer, thousands of new students attend orientation for their first taste of life at the University. On the first night of every session, after a long day of attending talks and information sessions, students can unwind and meet peers by attending Late Night at the AFC, an evening of activities hosted at the Aquatic and Fitness Center from 8:30 p.m. to 11:30 p.m.

According to staff members and orientation leaders, Late Night at the AFC serves several purposes. The event introduces new students to the AFC, which is where many first-years exercise during the school year. It also highlights activities that are offered at other late night events at the AFC throughout the year and showcases Intramural-Recreational Sports' programs that incoming students can get involved with in the fall.

"It's a multipurpose event," said Funlola Fagobun, program coordinator for orientation and new student programs. "But really the main purpose is to make friends and to meet new people and relax from the stress of being someplace new for the first

Orientation and New Student Programs staff, Intramural-Recreational Sports staff and orientation leaders collaborate to plan Late Night at the AFC. Planning begins in April when staff members and orientation leaders begin discussing activity ideas and potential changes. Afterwards, they work on reserving space at the AFC, selecting instructors to run activities and ordering supplies.

Staff members and orientation leaders rely on student feedback when deciding which activities to implement and what changes to make. The most popular activities, including Zumba, yoga and the night hike, often remain consistent at each session from

Other activities are more variable, depending on weather conditions and students' preferences. Last year, Late Night at the AFC added spike ball and an outdoor slackline when the weather was nice. The event also had a tie dye station, allowing students to take their tie-dyed T-shirts home with

"We're actually adding in more bingo nights because they seem to love that, where they get to win U.Va. gear or a prize from intramurals," said Erica Goode, director of recreation programs for Intramural-Recreational

This year, innertube water polo, a movie in the hot tub and possibly a scavenger hunt will be some of the activities available. Event planners also have one or two surprise activities planned for each session. Most of the activities are run by orientation leaders, but some are run by Intramural-Recreational Sports staff.

Late Night at the AFC is also an opportunity for students to relax after a busy day, have fun and meet their peers. Aside from the wide variety of activities for students to participate in together, the event also provides pizza as well as tables and chairs where students can sit, chat and get to know one

Lauren Flores, fourth-year College student and senior orientation leader, said the opportunity to engage with peers aids new students in their transition to the University.

"The AFC night happens at the end of the first day when students are tired," Flores said. "They're kind of overwhelmed. It really serves as a catalyst for students to really meet each other and have those conversations and have those moments where they can really figure out what being a student is like and what building these friendships is going to be like for

Speaking from his own experience, Austin Widner, a fourth-year College student and senior orientation leader, agrees that Late Night at the AFC helps students form lasting relationships with their peers.

"Some of my first year friends and best friends actually came from the first few games of basketball that I played at the AFC," Widner said. "[I] still talk to them to this day."

Orientation leaders encourage students to attend by promoting the activities offered and emphasizing the opportunity to meet other students. No other activities are scheduled at the same time as Late Night at the AFC, further encouraging students to come out. According to staff and orientation leaders, the majority of students do attend the Late Night at the AFC event offered during their orientation session.

"We usually get most of the kids

who are at orientation to come out to it at least for a short time," Flores said. "They participate in varying levels – some kids go all out and go crazy, and some kids just will watch the movie that we play or just go check out the facility, so I think it serves a purpose for everybody."

Student feedback about the event has been mostly positive. At the end of each orientation session, students are able to fill out feedback cards about Late Night at the AFC when they are checking out. Additionally, several days after students leave orientation, online surveys are sent out where students can provide further qualitative and quantitative feedback. Students also often share their thoughts with orientation leaders.

"I think we try to offer something for everyone," Goode said. "We've gotten really good feedback that the students love it and it's fun, and you can see them, I think, hopefully bonding and connecting with new students and making new friends along the

# Breaking the ice: A look at orientation leaders

OLs are more than ice-breaker masters

Meagan O'Rourke | Feature Writer

Orientation leaders are more than ice-breaker mastersOn the first day of orientation, orientation leaders may seem to be the world's best ice-breaker leaders, getting even the most stubborn of incoming students to share fun facts and join massive rock, paper, scissors tournaments.

However, the orientation leaders are more than ice-breaker masters. The 52 students who choose to work guiding new students train for two and a half weeks prior to sessions and wake up at 6 a.m. on the first day of orientation. After a day of introductions and leading students to various presentations, many will stay up past 11 p.m. helping students choose courses for their first semester.

That was the only time I would have woken up at 6 a.m. and been excited about it, it was a lot of work but it was the best job that I have had so far," said third-year Engineering student Sam Kostelni.

Fourth-year College student Rachel Clark relishes her time as an orientation leader — including the training days, the days off and the days spent with new students.

"It is summer and it is our free time," Clark said. "It is not a secret that orientation leaders like to have

During the training session, the leaders stay in Gibbons, reminiscent of their first-year lives in dorms. During the day, orientation leaders hear presentations from the different schools within the University and build an arsenal of information for new students.

"You have your work day and it can be a little dry at times and a little bit boring but you are learning worthwhile information." Clark said. "Then after your workday ends you are free to just sort of have fun and see what everyone else is feeling and what everyone else is doing and go and join."

Clark's favoring bonding moments were late-night Cookout runs, Bachelor marathons, hiking and spending her paycheck on trying out the restaurants in Charlottesville.

Kostelni signed up to be an orientation leader the summer of 2017 because her own orientation leader said it would be a fun summer job.

"But I quickly realized that what I get out of the experience is only second to what I can give to the incoming first-vears" Kostelni said

Kostelni said students and orientation leaders alike will only gain from orientation what they are willing to give in terms of openness. To make herself seem like a relatable fellow student rather than a camp counselor leading around her group, Kostelni makes self-deprecating jokes and fully embraces the ice-breakers herself. Her end goal is to make her orientees feel welcome and make their transition to the University as easy as possible both logistically and emotionally.

While an orientation leader cannot fully capture every students' daily life at the University in a 48 hour orientation session, Program Coordinator Sarah Dodge, said that the orientation staff comes close.

"I think it's really cool that within our program we have such a breadth of experiences and identities from the orientation leaders group," Dodge said. "One of the emphases we place on the program is we want orientation leaders to tell their stories and to be authentic about the ways that they have experienced U.Va."

With a large orientation staff, incoming students will be receiving a wide variety of perspectives on life on

"I think that OLs are representatives of the entirety of U.Va.," Kostelni said. "I say that because before being an orientation leader I didn't realize how diverse U.Va. was. I really just hung out with other engineering first year students who were in my dorm so I didn't see a lot of the other social groups around Grounds."

Whether experiences have been good, bad or neutral with respect to the University and the students' relationship with administration, for the most part, orientation leaders can share whatever they wish about their time at college. Still, the love of all things blue and orange can be overwhelming and the message that your time at the University will be the best four years of your life can get repeti-

"If you want to just sit under a tree and not participate you can do that if you choose," Kostelni said. "My view is to try to get them to embrace the little kid at camp."



Orientation leaders hang out with each other off Grounds during Summer 2017.

# How to stock your 'dorm kitchen'

What appliances and food you'll thank yourself for buying and what will go unused

Marlena Becker | Food Columnist

Ah orientees, so young, so innocent. I remember when I was in your shoes, assuming 150 plus dollars would last a whole semester and genuinely thinking that first O'Hill meal wasn't so bad. Well trust me, you won't stay this naïve for long. Before you know it you'll be eating half of your meals on the Corner and the other half in your room. It's just a fact of University first-year life. Hopefully after reading this article you will have a better idea of what you should buy to make sure your dorm kitchen can live up to its full potential.

What you need

### A microwave:

This one is so obvious and so essential. When picking out a microwave, I recommend finding one that is relatively quiet (roommate!) and also powerful. Also, there is no reason to buy the XXL version — remember these rooms are small and space is incredibly valuable in a dorm.

### What to microwave:

Even if you never had oatmeal before college, I guarantee you will unenthusiastically eat it all the time by the end of first year. Oatmeal is reliable, fast and cheap and it beats those terrifying "scrambled eggs" at the dining hall. A little cinnamon can make all the difference here, and if you're feeling super fancy, you can add some craisins and nuts. Also soups that aren't ramen — there are so many microwaveable soup options that are healthier and tastier than ramen. Just look in the organic section of your grocery store! It is also worth noting that the Annie's Organic microwaveable mac and cheese is much better than Kraft Easy Mac. I was skeptical at first too, but you just have to trust me.

A mini-fridge:

I suggest finding one with a freezer, you'll thank yourself when you see the Halo Top selection at Crossroads. I would stay away from any sort of luxury fridge since chances are you will live in an apartment with a full size fridge next year, making an expensive mini-fridge a pointless investment. Most importantly, make a conscious effort to clean the fridge out every couple of weeks, strange smells thrive in dorms.

What to keep in the fridge: Greek yogurt is a great alternative to oatmeal in the morning and can also be a filling snack. Hummus is another healthy snack that can also be a meal if you're desperate. Neither Crossroads nor CVS on the Corner sells hummus, so be sure to stock up when you go to the grocery store. I would also suggest buying pre-sliced cheese you can eat with crackers. It is common knowledge that college makes everyone lazier, and I cannot emphasize enough how grateful I am for all those times I didn't have to go through the exhaustive process of finding a knife, cutting off a piece of cheese, washing the knife,

etc. Exhausting!

### A Keurig:

Keurig's are less expensive than many people think — you can find them for less than \$100 and will seriously save your life if you are a coffee drinker. Not only is making the walk to a dining hall in February just for a cup of terrible coffee first thing in the morning something I wouldn't wish on my worst enemy, but you will also save lots of money drinking coffee in your room instead of buying it from Greenberry's.

### What to use in your Keurig:

I am someone who definitely can taste the difference between different coffees, and I wholeheartedly recommend the Newman's Own K-Cups. They are cheaper than the Starbucks K-Cups, taste better than Starbucks and a portion of the proceeds go to charity! Order your K-Cups on Amazon since they are non-perishable and will almost always be cheaper than a

### An electric kettle:

Getting sick in dorms is unavoidable, and getting sick in dorms is infinitely worse than getting sick at home. Tea helps. These electric kettles heat up water quickly and require minimal effort. My roommate brought one to our dorm and I thought I would never use it, I could not have been

What kind of tea:

If you need a pick me up but a full cup of coffee seems like a little too much caffeine, try Harney and Sons Hot Cinnamon Spice. It's cinnamony in a way that can make you feel cozy even in the depths of Clem 1, and has a subtle sweetness without tasting artificial. Drink Nature's Remedies Throat Coat when you have a sore throat or a cough, and since it's completely herbal you can drink it before you go to bed.

### A Brita Filter:

Not only is the water in dorms definitely questionable, but water fountains can sometimes be far away and it's nice to have easy access to water in your room.

### Mugs of different sizes:

A mug is a coffee cup, a bowl, a plate, a baking tin, a pencil holder, need I go on. I was always wishing I had just one more clean mug in my dorm. A good travel mug will also make a big difference in your quality of life if your coffee or tea drinker. In my opinion Hydroflasks are worth the

Chip Clips: So important — stale chips suck!

Small ziplock bags: Great for bringing snacks to the library or class.

A sponge and dish soap:

Use them.

### What you don't need

Cutlery: Just steal the plastic ones from the dining hall — duh.

Cups: You will get so many cheap plastic cups during your first year, you definitely don't need to bring any with you. Chances are you will just use one water bottle for everything anyway.

Fresh fruit: A for effort on that one, but it will go rotten much faster than you think. Stick with grabbing a banana or apple from the dining hall.

A plate: Never in my life have I seen someone using a plate in dorms – so unnecessary. You have all those mugs of different sizes anyway!

Those last three bites of your roots bowl: No, you will not eat it for dinner that night. Yes, it will sit in your fridge for approximately three months before you remember it.

Keep in mind this is just a preliminary list. After living in dorms for a few months you will have a better idea of what you like and what you don't.

One last important piece of advice — do not ever buy groceries from Crossroads. They are ridiculously overpriced and the selection is consistently terrible. If you are desperate to stock your "dorm kitchen" and can't catch a Northline to Barracks Road, stop by CVS on the Corner!

MARLENA BECKER is a Food Columnist for The Cavalier Daily. She can be reached at life@cavalierdaily.com.

# The wonderful and abysmal experience of being in control

Trying to become an adult involves a lot of shattered hopes

Tom Pollard | Column Writer

Before I started my first year here, the idea of college was almost mythical. Every parent, grandparent, teacher and graduation speaker had something different to say about the experience. I heard about how much harder it is, how much I'd learn, how it would change my life forever. After a while, I started to see college as comparable to falling into a black hole of adulthood leading to a vast and staggering assortment of new experiences and difficulties. My old self would be burned away and replaced by a paragon of new maturity. The adolescent would die, and the adult would rise. Maybe a puff of smoke would be involved, too — who was to say. Orientation didn't do much to amend my somewhat outlandish expectations. Speech after speech on the life-redefining nature of the next four years caused my mental image of college to grow more and more extreme. By the time first semester

began, my eagerness to experience all the things I'd been hearing about was at an all-time high. In fact, I felt so certain life-changing moments would occur any second during my first few weeks here that I didn't pay much attention to what was going on right in front of me.

After the first month, however, I finally started to realize something - pretty much everything I'd been told would happen in college was a lie. Well — I don't want to insult the excellent morals tacked on to the ends of immeasurable orientation speeches, so instead of a 'lie' let's call the idea that college is the most difficult, wondrous and important part of life an 'exaggerated truth.' After all, I did indeed find classes to be harder, and I do think I changed a bit during my first year. Still, the mythical, transformative magic of college - and my expectation I would change entirely - failed to materialize. Instead, a different kind

of change emerged, a change I think isn't repeated nearly enough by orientation speeches.

Freedom.

Which, in my experience, is both wonderful and abysmal.

Freedom might seem like an obvious part of college. After all, you're not living with your parents any longer, so you of course don't have to live by their rules. The problem is, you don't have to live by any rules. You can theoretically do as much or as little — as you want. Soon into my first year the University, I realized even though college didn't seem to be changing my life in any significant way, for the first time ever, I was in control of it.

I used this power poorly.

Eating. Sleeping. Going to class. All these things were up to me, and as a result my behavior spiraled. Nothing improved until I dealt with it. My room became a wreck, and only I could clean it. My clothes became dirty, and only I could do the laundry. My detergent bottle then exploded because I'd never done the laundry before, and only I could wash the suds down the drain. For the first time ever, my life was in my own hands. I just wasn't great at holding it.

The further into the year I found myself, however, the more I started to take care of things. When classes got harder, I met with professors. When I got the flu, I dragged myself to Elson Student Health Center. I even learned how to do my own laundry. Ground-breaking. No miraculous, phoenix-like transformations occurred, but at an incremental pace, I was becoming more adult-like. In the absence of any life-changing moments occurring at random, I took the active route and started to attend more clubs and meet new people. Nobody I met changed my life, but a lot of them taught me something or made me

And in the end, a lot of what I heard about college ended up being the truth. The "exaggerated truth," perhaps, but still the truth. My life did change during my first year at the University, it just changed really gradually and involved a lot of mistakes. But the four years we spend here aren't important just because 'it's college,' they're important because you have control over them. Not everything goes smoothly, and bad decisions are easily made. But they're still your decisions. College might not change who you are, but it does give you a change to decide who you are going to be.

TOM POLLARD is a Life Columnist for The Cavalier Daily. He can be reached at life@cavalierdaily.com.

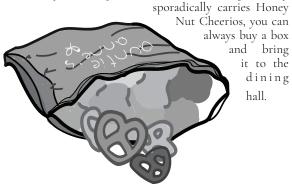
# Top 10 things I wish I had known going into first year

You will not, should not ride that bike to class

Grace Breiner | Top 10 Writer

### Packing snacks is key to survival

One of the worst things about dorm life is that you don't have a kitchen. Having to walk outside every time you want food is something I just can't live with. Luckily, most snack foods don't require a kitchen, just a shelf or a box and you're set. I would recommend things that don't require any dishes because those are a pain no matter what — I love cereal, but sometimes it's just not worth it. If you really want cereal and you're as upset as I am that the dining hall only



### **7** Taking a fun class makes the semester less traumatic

Your schedule will be full of classes that you need for your degree, but enrolling in something just for kicks should also be required. Having a class that you enjoy attending gives you something to look forward to twice a week and makes studying a lot less painful. Besides, chances are if you like taking it, you'll do well, which is a confidence boost that you shouldn't turn down. Even taking a one-credit COLA will help you adjust to other classes, have a say in who your advisor is and introduce you to people who are interested in the same things.

# Homesickness happens

I might be a skewed sample, but I was homesick all the time, especially at the beginning of the year. I actually cried in a Starbucks while saying goodbye to my family, and if you don't think that's melodramatic, I only live three hours away. Saying goodbye is hard and so is leaving. Talking to my friend about our mutual chagrin at leaving the 757 for this mountainy nonsense helped a lot, though. Besides, commiserating is one of the best ways to bond, and since most first-years are going through the same dilemmas — like discovering that dining hall food is tragically gross - feel free to whine to your heart's content.

### Things will work out pretty much no matter what you do

I cannot count how many mistakes I made first year. Going to my first class, I accidentally wandered into an entirely different building than the one I was supposed to be in and had to frantically ask everyone I passed where my class was until someone finally told me that I was currently in New Cabell, not Wilson. Before taking my first test at college, I just read over my notes and thought that made me completely prepared it did not. My roommate once brought her backpack to a frat house. Everyone messes up first year, and not just once, constantly. Those slip-ups aren't the end of the world, and once you're done internally, or externally, crying from the shame of your past mistakes, they're actually pretty funny.

# Office hours are your best friend

If you feel like you don't know what you're doing, you're definitely not alone. If that feeling is from a class, ask for help. Professors and TAs will love to help you in any way they can, whether that's reading over your thesis or explaining what a prelab question is even asking. Once you get to know your professors, the whole class is a lot less daunting, and you might actually enjoy talking to them. Realizing my professors were really interesting, nice people was one of my favorite parts of first year.



# It rains a lot here

This may not seem like a big deal, but once you're walking everywhere the weather is going to start mattering a lot more. I'm not really the type of person that checks the weather the day before so rain caught me off guard more times than I can count, and nothing is more slightly irritating than being damp. Pack a mini umbrella, and I would recommend keeping it on you if you have a tendency to be caught unawares by most things — like me.

# Don't bring too much stuff

I packed a literal van full of stuff that I somehow managed to fit into half of one room, and I honestly only used half of it. I even brought a bike, and I have never commuted via bike in my life. I'm a big fan of over-packing, clearly, but under-packing is underrated in my opinion. Bring the stuff you use and if you realize you forgot something or that you do want that one pair of pants that you left at home, you can always get it later. On the other hand, the likelihood you'll bring something you don't use back home is very slim. Trust me, by the end of the year I had three comforters and they did not fit comfortably on a twin bed, but I didn't bring them back, you know, just in case

# You're going to meet a lot of people

People are everywhere, all the time. It may seem like you don't know most of them, but by the time you've had a few classes and joined a few clubs, there will be a lot more familiar

faces than you might think. It's totally normal to be anxious about making friends, but it'll happen one way or another and they'll probably be super cool people.



# Your roommate is your lifeline

I lost my student ID a grand total of three times, and my roommate helped me out every single time. In case you think three times isn't that much, the average number is zero, because you need it for everything. A roommate not only helps you when you're a bumbling idiot, but it is always nice to have someone to talk to when you get back to your dorm after studying for four hours and feel like you're only one more page of notes away from insanity. After living with your roommate for that long, they'll know you really well (almost too well — does everyone's roommate regularly walk in on them changing or was that just my experience?) and that's important to have when your family is back home.

### Doing fun things is pretty much most of what you'll remember from first year

Of course, you'll remember the anxiety and the screw-ups, but when I think about memories from first year, I don't remember sitting in a library, which I did frequently, or taking tests, which also felt too frequent. I remember getting brunch at Runk every Sunday and my friend reciting "Hamlet" at midnight in the amphitheater while my other friend sang along to "Hamilton." I remember weekly bagels and going downtown for movies or coffee. I remember my friend and I dressing up as Betty and Veronica from "Riverdale," and I remember my other friends dressing up as very poor imitations of Alvin and the Chipmunks. My point is, first year feels really long, but it's not, so do as many of the things that you'll remember as you can.



# Looking to the 2018 Virginia football season

Even with roster overturn, the Cavaliers are in decent shape for a bowl birth

Alec Dougherty | Sports Editor

It has been nearly two and a half vears since Bronco Mendenhall took the helm as Virginia football's head coach, promising to build the struggling program back up to a respectable level. The Cavaliers fell before they rose in the 2016 season to the tune of a 2-10 record, but last season Mendenhall was able to cultivate something the program desperately needed

### TEMPERED PROGRESS

Predicted to finish last in the ACC Coastal division, the Cavaliers came roaring out of the gate to start the season 5-1, quickly inserting themselves into the bowl game conversation. Though they nabbed that elusive sixth win needed to clinch a postseason berth, that win would be their last, as they struggled to a 1-6 record down the stretch.

The season was punctuated with a crushing 49-7 loss at the hands of Navy in the Military Bowl.

Despite that defeat, Menden-hall injected promise back into the Virginia football program under his "New Standard" mantra — and will

look to build more consistency in the 2018 season with a very different

Mendenhall lost arguably his three most valuable players from 2017 to graduation in quarterback Kurt Benkert, outside linebacker Micah Kiser and free safety Quin Blanding – all of whom are now on NFL rosters. Beyond replacing them, he must also worry about improving the areas the Cavaliers showed weakness in including the running game, offensive line and kicking situation.

With a manageable schedule, the Cavaliers have a shot to make their second bowl game in a row if they can integrate their new pieces and play as consistently as they did during the first half of last season.

### KEY PLAYERS TO KNOW

QB Bryce Perkins, Junior Transfer: After two years of having a very solid Benkert under center, Virginia will have a very different quarterback directing the offensive in Perkins. The Queen Creek, Ariz. native comes in as a transfer from Arizona Western Community College, where

he played for a year after an injury forced him out of Arizona State. Perkins is a lethal running quarterback that showed explosiveness and physicality when taking off from the pocket, and has solid arm strength on deep throws. The Cavalier offense will have to adapt to his skill set, but it could make for an exciting twist.

WR Olamide Zaccheaus, Senior: Zaccheaus will be the best returning weapon for Perkins, as he brings elite quickness and great versatility. He led Virginia with 895 receiving yards for five touchdowns, and also rushed 182 yards on only 27 carries. With great shiftiness and speed, he has shown to be a great weapon in the slot and screen passing as well as a deep threat. Pairing him with Perkins' running ability could be the key towards unlocking Mendenhall's new offense.

FS Brenton Nelson, Sophomore: As a freshman in 2017, Nelson was inserted into the starting lineup after some early season injuries to the defense, and immediately made a huge impact. His four interceptions tied for the team lead and helped earn him ACC Defensive Rookie of the

Year. Among the rest of a talented secondary, Nelson seems best fit to replace Blanding's major leadership role and could prove to be one of the most valuable defenders in the ACC.

OLB Chris Peace, Senior: Though Blanding and Kiser got most of the attention last year, Peace quietly led the Cavaliers in both sacks and tackles-for-loss. He returns as the most valuable player on Virginia's front seven and will be tasked with helping fix the team's problem in the run game, which allowed a whopping 199.3 yards per game last season — 101st in the FBS. He has the talent and experience to emerge as both a great leader and a star player for Virginia.

Key 2018 Matchups

Vs. Richmond, Sept. 1: Cavalier fans may still have the last matchup against Richmond haunting them, as the FCS Spiders blew out the Cavaliers at Scott Stadium to begin the Mendenhall era. This game will be a major prove-it for Mendenhall to show the Virginia faithful how far the program has come in two years, as well as set the tone for the beginning of the season.

At NC State, Sept. 29: Beyond the ominous Virginia Tech game in late November, this road tilt against the Wolfpack will be the best chance for the Cavaliers to grab a statement road win. NC State senior quarterback Ryan Finley is arguably the best returning quarterback in the ACC, so his showdown against the Virginia secondary could prove to be thrilling. A Virginia win here would put the rest of the ACC on notice.

Vs. Pittsburgh, Nov. 2: Under the lights at Scott Stadium and nationally televised on ESPN, this could be a potential bowl clinching game for the Virginia depending on how the season plays out. The Cavaliers have not beaten Pittsburgh since 2014, putting all the more pressure on Virginia to get a win here in the most important part of the season.

### WHAT TO EXPECT

It's not easy to gauge the success of a team that has a fair amount of changes to its composition. For Virginia to get back to a bowl game, Perkins will have to command the offense quicker the Benkert did in his junior season to grab some wins early on in the season. Last year, the offense could never quite catch up to the defense's production — dooming the team in many late-season games.

As stated before, through, the goal this season may not just be to make a bowl — but to build consistently solid play. To accomplish this, the Cavaliers will have to take home-field advantage in stride in tough conference matchups against Louisville, Miami and Pittsburgh to build their confidence to tough road draws at NC State, Georgia Tech and Virginia Tech. The offense will have to sustain drives to keep the defense fresh, while the defense will have to limit the big plays and long drives that doomed

This is undoubtedly an important season for Mendenhall. He has the talent to start another bowl-game streak for Virginia — the season's success will rest on his ability to harness and develop this talent. A birth of a winning culture could be on its way if he can — if not, it could be back to

### \_\_\_\_\_ ADVERTISEMENT \_\_\_\_\_



### 2018 Football Schedule Richmond 9/8 — @ Indiana 9/15 — Ohio 9/22 — Louisville 9/29 — @ NC State \_\_\_\_\_ Miami \_\_\_\_\_ @ Duke 10/13 — 10/20 10/27 — North Carolina 11/2 — Pitt 11/10 — - Liberty 11/10 — Liberty 11/17 — @ Georgia Tech 11/23 — @ Virginia Tech

MATT GILLAM | THE CAVALIER DAILY

# Sports Roundtable: Reminiscing and looking forward

Discussing memorable games from past, best teams and players for this year

CD Sports Staff

What was your most memorable game from Virginia sports last sea-

Alec Dougherty, Editor: Virginia basketball's 65-63 victory at No. 4 Duke last season was the biggest statement win of the season, silencing any doubts that the Cavaliers were national title contenders. The Cavaliers completely shut down the Blue Devils' offense in the first half, but a big comeback brought the game neck-and-neck down to the wire. An unforgettable deep three-pointer by Virginia sophomore guard Ty Jerome sealed the win, as the Cavaliers outlasted a 30-point performance from Duke freshman forward Marvin Bagley III. It was a thrilling win that put Virginia in the driver's seat towards winning the ACC.

Emma D'Arpino, Senior Associate Editor: When men's basketball beat North Carolina in the ACC Tournament Final, it was one of the highlights of the season. The Cavaliers had dominated the regular season and to see them take down the Tar Heels specifically, a team that ended Virginia's conference tournament hopes twice in the last three years, made it even better. Senior captains Devon Hall and Isaiah Wilkins deserved to raise a trophy that season, and while it wasn't a National Championship, it was still an incredible celebration to witness.

Zach Zamoff, Senior Associate Editor: While Virginia basketball's buzzer-beater victory over Louisville that kept the Cavaliers at No. 1 in the nation was very memorable, it has to come second to Virginia football's miraculous, rain-soaked win over Georgia Tech at Scott Stadium to earn bowl eligibility for the first time since 2011. After a hot start that saw Virginia 5-1 and on the edge of the Top 25, the Cavaliers cooled off with two deflating backto-back losses to Boston College and Pittsburgh. Virginia bounced back against Georgia Tech in decisive fashion, coming out on top in a thriller against the Yellow Jackets, 40-36. After an even first half, the Cavaliers went down two touchdowns after a quick Georgia Tech touchdown and a Cavaliers turnover that led to more points for the Yellow Jackets. But Virginia didn't give in, scoring two touchdowns to bring the score to 28. The Cavaliers won the upper hand in a shootout to close the game, with a touchdown catch by senior wide receiver Andre Levrone that brought Virginia back to the postseason.

### Which Cavalier athlete are you most excited to watch this year?

AD: The insertion of transfer quarterback Bryce Perkins into a starting role will give the Virginia offense an exciting new look. The Cavaliers' last several starting quarterbacks have lacked game-changing running ability, and Perkins comes in with his legs as his biggest asset. Coach Bronco Mendenhall could look to shift his offense into a more explosive form, in which bruising runs from Perkins gives the quarterback space to take deep shots through the air.

ED: Last season, Mamadi Diakite began to show his potential. He has a ton of athleticism and he easily become a fan favorite at JPJ. Diakite's sophomore season not only showed improvement from his first year, but it showed improvement throughout the season itself. So, I think it'll be really exciting to see the strides he's made during the offseason. I'm especially looking forward to seeing if he can develop as a consistent inside scorer and if he can show some more disciple and comfort on defense.

ZZ: Sophomore forward De'Andre Hunter is going to be electric this year. After an explosive first year that drew interest from NBA scouts, the ACC Sixth Man of the Year is only going to get better. Returning from a wrist injury that kept him out of the NCAA Tournament, forcing him to watch hopelessly on the sidelines as Virginia fell to UMBC, Hunter is going to be hungry this year. The most versatile player on the Cavaliers, Hunter's lockdown defense and clutch playmaking single handedly gifted Virginia multiple wins. His buzzer-beater against Louisville was incredible, but it was his consistently solid play and outstanding hustle that anchored the Cavaliers this past year. With the defense of forward Isaiah Wilkins gone and the steady scoring and leader-ship of guard Devon Hall off to the NBA, Hunter will have to step up in his sophomore campaign. Virginia basketball will go as far in 2018-19 as De'Andre Hunter takes it.

### What team is poised to enjoy a breakout season?

AD: In her last season at the helm before retiring for personal reasons, Coach Joanne Boyle set up the women's basketball team for future success with a big ACC winning streak and an exciting upset victory in the NCAA Tournament. New Coach Tina Thompson brings legendary playing experience to the fold to complement a wealth of returning talent to work with. Junior guards Dominique Toussaint and Jocelyn Willoughby bring a strong scoring backcourt presence, while 6-foot-9 center Felicia Aiyeotan will look to take another step in developing as a rim protector. If Thompson can harness this talent, a return trip to the Big Dance seems likely.

ED: Women's soccer has the

potential to put together a really strong season. The Cavaliers haven't advanced to the final of the National Championship in 4 years, but, this year, they could definitely make a deep run in the tournament. Virginia played a lot of top teams during their spring schedule, which should serve them well for their always challenging ACC schedule. Additionally, they have yet another strong recruiting class coming in and they return a great deal of talent from last year after only losing two starters to graduation. Among such returning talented players are sophomore midfielder Taryn Torres — who tied for the most goals scored by a Cavalier last year — junior forward Taylor Ziemer, senior midfielder Betsy Brandon, junior defender Phoebe McClernon and sophomore goalkeeper Laurel Ivory.

ZZ: Men's lacrosse had somewhat of a breakout season last year as the Cavaliers returned to the NCAA tournament for the first time since 2015, but are poised to officially return to dominance this year, after an underwhelming first-round NCAA tournament exit brought a strong season to the close. The Cavaliers are returning almost all of their star players, in addition to a strong recruiting class coming in. Virginia was hurt by a season-ending injury to now-senior midfielder and captain Ryan Conrad this year, and he will be back determined to win in his senior year. In addition, top scorers and all-American juniors attackman Michael Kraus and midfielder Dox

Aitken will return to terrorize opponents with their dizzying athleticism and skill, as well as sophomore attackman Ian Laviano. Virginia has progressively improved every year in Coach Lars Tiffany's system, and this year will see the Cavaliers find postseason success.

### What team has the best chance of raising a conference or national

AD: Despite the way things ended last season for men's basketball, Coach Tony Bennett has one of his most talented teams ever in front of him this coming season. Sophomore forward De'Andre Hunter passed up a potential first-round selection in the NBA Draft to return and chase a title, and his versatility on both ends of the floor can carry the Cavaliers deep into March. Junior guards Kyle Guy and Ty Jerome will return as marksman from beyond the arc, and senior center Jack Salt will anchor a steller interior defense. One wildcard that could push Virginia deeper into the contender conversation is whether transfer forward Braxton Key from Alabama is cleared to play the team reportedly asked for a waiver for immediately eligibility as he would give them another major inside scoring outlet. Whether or not that pans out, the Cavaliers will be hungry for vengeance, and Bennett will be eager to cash in with a talented and experienced starting

ED: I agree that men's basketball has a great chance to win a National Championship. In additional to

the talent that they return, especially De'Andre Hunter, the mental maturity of this team should serve them well. They know what it's like to win – just look at last year's record and ACC Tournament performance and they also know what it's like to suffer a crushing loss, as exemplified by last year's early NCAA Tournament exit. I think this team will be able to utilize those highs and lows from last year to grow and to make themselves a really strong and competitive team.

ZZ: Men's basketball is in good position to have a stellar season and win another conference title and have a chance at a national title. Although Virginia lost two great players and leaders in Hall and Wilkins, the Cavaliers have plenty of great players returning, and they will step up to fill the void left by the graduating seniors. The deadly duo of junior guards Ty Jerome and Kyle Guy provides a lethal scoring punch, and Hunter's game-changing athleticism will keep Virginia in all games. Senior Jack Salt adds great leadership and stout defense, and junior Mamadi Diakite's offensive game continues to develop. Sophomore forward Jay Huff and sophomore guard Marco Anthony should provide good energy and scoring off the bench. A year after NCAA tournament humiliation, this could finally be the year for Virginia in the NCAA tournament, as the Cavaliers extend their college basketball dominance into March.



De'Andre Hunter was the ACC Sixth Man of the Year. Senior Associate Sports Editor Emma D'Arpino argues he will be a key player for

# Health Insurance Hard Waiver Program

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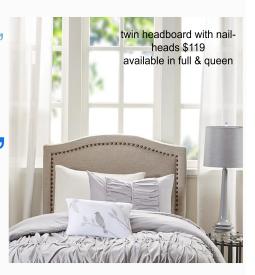




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# An upgrade for course selection

New orientation schedule aims to ease registration woes

Quincy Stiles | Staff Writer

Among all of the preparations that new students make the summer before their first year at the University, researching and ultimately choosing classes for the fall can be one of the most daunting and exciting. For rising first-years and transfer students, course selection takes place at orientation, with the help of student orientation leaders, advisors and newly-implemented interactive material to go along with the planning process.

The University offers a much wider array of classes than high school, with classes that pertain to nearly every interest, but the selection system is also a bit more complicated. Understanding the course registration process, navigating the University's Student Information System, getting in touch with advisors and learning about requirements are some important first steps for any academic journey.

### Summer of registration

Orientation is a two-day session required of all new students during the summer before their first year. The July sessions focus on academic advising, course registration, bonding with new classmates and providing a glimpse of what life is like on Grounds. On the second day of the orientation session, incoming students register for classes with the University Registrar, the office that provides academic record services. Students select up to 15 credit hours for the upcoming semester, usually around five courses. They add and enroll in classes via the Svstem Information System, commonly known as 'SIS.'

"The reason we require incoming to students to register at orientation is both logistical and experiential" said fourth-year Austin Widner, a returning orientation leader. "It levels the playing field as well as teaches students to use the SIS interface."

Students are placed into orientation groups depending on their curriculum and school. They remain with their same group during the course advising workshops, where first-years are guided by their orientation leaders in the planning process. Learning how to use SIS to enroll in classes prepares them to do so on their own in the future, such as on Aug. 7 when all students are permitted to enroll in more than 15 credits if they wish.

"Orientation leaders are there to facilitate high school students in their transition into college life at U.Va.," said Matthew Schaeffer, a third-year Batten student and orientation leader. "We recognize that a lot of things are going on at the same time and we want you to know that we were in your place once and understand how you are feeling."

The process, revamped

A few aspects of orientation have changed this year. Previously, students would participate in individual and group exercises to plan potential schedules on the first day, as well as activities geared toward meeting new peers. The new structure has prioritized meeting and engaging with other students on the first day, with a focus on academics and course selection on the following day. A revised schedule, as well as the recent implementation of the new curriculum, has prompted more extensive training for this year's team of orientation leaders.

"This year, they've made it so that you are with your OL the entire day. Making it easier to be in 'getting to know other people mode," Schaeffer said. "All the course selection stuff is reserved for the second

In year's past, the class selection process involved students writing on a sheet of paper featuring a long list of potential classes. According to Widner, an alternative to this process is being tested out in this year's orientation sessions.

"We have ditched the paper this year, and are incorporating an interactive workbook to help students pick and organize potential classes for the second day of session," Wid-

The grouping of students by OLs specifically trained to guide students with different academic paths is relatively new. In year's past, the groups were selected entirely at random, but now groups are sorted by curriculum as well as schools outside the college, such as the Architecture, Nursing or Engineering schools. This change is meant to better accommodate these students with regard to their curriculum requirements as they go through course selection.

"For the College, the process is a bit more liberal and dependent on the student's interests with students being able to take literally anything, whereas the Nursing school, A-school, and E-school have more rigid curriculum," Widner said. "The advising sessions are held by two OLs and one dean or professor, with our staff being selected and trained greatly on both the general and specific requirements."

### Curriculum, department and prerequisite requirements

The first layer of requirements are those regarding a student's curriculum path. The New Curriculum is an academic program that was initiated in the 2017-18 school year and is composed of three parts -Engagements, which are two-credit courses created to engage students with their communities, Literacies, which emphasize writing, foreign language and mathematical analysis, and Disciplines, which focus on a particular theme that spans and connects different courses.

The first-year students in the New Curriculum must sign up for two engagement classes during orientation, while students in the traditional curriculum typically sign up for a College Advising Seminar, or 'COLA.' Both of these special types of courses feature smaller class sizes, are typically philosophical or historical in nature and are exclusive to first-years.

While COLAs are optional, the traditional curriculum also has broader area requirements. Students must take six credits in two different social sciences departments, six credits in at least two humanities categories, three credits in historical studies, 12 credits in the mathematics and natural science departments and at least one three-credit non-western Perspective course. An option in SIS lays out broad curriculum requirements in detail.

Another form of requirements are more departmental, in terms of how they satisfy requirements for future major applications and declarations. Majors tend to have specific class requirements, so it is not enough to take a class within a department and rely on it counting as a potential requirement fulfillment. For example, students thinking about the Economics major must complete introductory courses for microeconomics and macroeconomics, among others, before applying to the major in their second or third year.

The final layer of requirements is made up of the prerequisite classes available to College students considering application to any of U.Va.'s three undergraduate schools. Students in the College might consider taking their prerequisite classes if seeking to apply at the end of their second year. The three undergraduate schools of Batten, Curry, and McIntire all have different course requirements, along with the suggested years to take certain courses.

### Advisor assistance and addressing challenges

Orientation leaders are trained to help students accommodate to the many variables at play within class enrollment. They try to accommodate best with the desires of students, but also provide the tools and skills students need to make the best of course selection.

"Think of orientation as the start to your U.Va. journey, and course selection is the start to your academic journey" says Schaeffer, who also was an OL last year, "There's going to be a lot going on at once, but I think the process has made it easier. It's not the same for everyone, but make it the best you can for your-

Students are advised to take classes that align with their interests, but also to keep options open if they have multiple major paths in mind. Classes can fill up quickly, especially those that are in high demand such as introductory biology and chemistry for students on the pre-med track.

"If students are adamant that they know what they want to do, it is best to try to make sure their schedule has classes that are common prerequisites for multiple majors in case they have a change of heart halfway through their journey," Widner said. "The beauty of the job is that each and every OL has a different way of handling these situations."

The registration process can also be difficult for certain types of students, and orientation leaders are trained to address different challenges new first-years may face while signing up for classes. For students who need schedule accommodations, such as athletes, course selection takes place before other students to ensure better coordination around practice and game

"There's a lot on the schedule, and it's really hard to be able to get into the classes that you like if the only times they are offered conflict with practice times." says Margot Ehrenthal, a second-year College student on U.Va.'s track and field team. "Don't be afraid to contact your academic advisor because athlete's schedules are hard to maintain ... there are no dumb questions."

### Supplemental Resources

SIS is the primary resource students use to look up classes and requirements, as well as what students use to actually enroll in courses. However, additional resources can help students make more sense of the course catalogue, scheduling process and requirements.

One of these resources is the undergraduate College of Arts & Sciences website. The site was created to answer academic questions students have, and help them understand their academic path.

"The undergraduate College of Arts & Sciences website is a one stop shop for all academic questions incoming first years have," said Assistant Dean and Prof. Kirt von Daacke in an email to The Cavalier Daily. "We share specific page links about summer orientation, course enrollment, course mnemonics, scheduling, AP/Transfer credits, Foreign Language/first writing/general education requirements, and the 50+ possible majors/programs

with them before they arrive in July.'

Other supplements are typically ones that put information to work in regards to planning potential classes and schedules. A common resource is Lou's List, a U.Va. generated website with the full catalogue of courses offered in the upcoming semester. Its interface is more accessible and comprehensive, but Schaeffer cautions it can further confuse first-years who typically stick to 1000 or 2000 level classes. Other planning resources students use include uvaschedule.me, which allows students to test out potential schedules, ratemyprofessor.com, which displays student-written reviews of different professors, and U.Va. related internet forums.

### Exploring the options

No class is guaranteed, and a student's first official course registration can be a stressful process. Preparing backup classes can be tedious, but orientation leaders say faith in the system is necessary. Advisors and tools are available to help students make the most of their first experience in course selection, from the most fervently decided to the students who have yet to make up their minds

"Capping enrollment for classes in each session is kind of unfair, but out of our hands. They try to ration it out equitably" Schaeffer said. "So have faith in the process that is going on — it's definitely not perfect, and OLs don't have a lot of say. You could be doing it on your own, but nobody would be there to help, and that's why I believe in the process."

While some orientation leaders agree that course enrollment is still a somewhat daunting prospect, the College has made changes they hope will ease first-years into the process better and for years to come.

"The move to a two day orientation schedule where only the second day involves academics is a perfect fit," Dean Kirt von Daacke said. "We expect it will make the entire process more rewarding and less stressful for students"

The redesigned orientation schedule, implementation of an 'interactive workbook' to help students plan classes, and intensified OL training are some of the many ways the College is working to improve course selection for orientees.

"Course selection for your first semester is a springboard — it gets you into the air," Schaeffer said. 'Once you get into the fray that is U.Va., orientation becomes a story that you talk about... come in with an open mind. Be excited but also be nervous, because that's a good



two more options for students to

complete their general education

requirements outside of the tradi-

tional curriculum. The first alter-

nate general education curriculum,

called the Forums, was launched in

the 2016-17 academic year. Soon af-

ter, in the 2017-18 academic year,

the second alternative, known as

the New College Curriculum, was

implemented. All of these potentials

have their merits, but after exam-

ining the options, the New College

sists of two components — Area

Requirements and Competency Re-

quirements. The former is made up

of 30 credits that must be fulfilled

with a variety of courses in different

subject areas, such as humanities and

social sciences. This component en-

sures that College students receive a

well-rounded, liberal arts education

during their time at the University.

To complement this, the Compe-

tency Requirements are intended to

develop important skills in students,

The traditional curriculum con-

Curriculum comes out on top.

### SCOTT: NEW CURRICULUM BENEFITS STUDENTS

The New College Curriculum achieves the purpose of general education most effectively

namely writing and foreign language

The Forums are a collection of cohorts in which each cohort - consisting of about 40 students — uses its general requirements to study a specific topic. These topics range from Epidemics to Religion, Politics, and Conflict. Due to the vast differences in the topics, the coursework that the students of each Forum takes is greatly varied. Despite the diversity of coursework among the Forums, they all entail the completion of an introductory seminar and a capstone seminar, each based on the Forum's topic. In addition to the Forum-specific curriculum, the students in the Forums must complete the same Competency Requirements required by the traditional curriculum.

The New College Curriculum is broken up into Engagements, Disciplines and Literacies. Students under this curriculum must take four two-credit seminars during their first year, each lasting a half of a semester. Each class deals with a different way that one can perceive and learn from the world. Students are also required to take three credits in each of the seven categories of Disciplines, such as Science & Society and Historical Perspectives. Akin to the Area Requirements of the traditional curriculum, this is designed to assure that all students receive an educational background in a variety of disciplines. Finally, New College Curriculum students need to take Literacies. This is, in essence, the Competency Requirement of the traditional and Forum curricula two writing requirements and a foreign language requirement — plus a six credit requirement for Quantification, Computation and Data Analysis that could include courses in math, statistics, psychology or other quantitative fields.

Of the three curricula, the traditional requirements is the most flexible. The only required classes are in the Competency Requirements which are shared by both of the alternative curricula. For their part, the Area Requirements provide numerous options to fulfill the requirements. For example, the social science requirements can be completed by taking almost any class in economics, anthropology, political science, sociology, psychology and more. However, this flexibility can be problematic because it leads to a mindset of trying to complete the curriculum with the least amount of credits possible, instead of actually trying to learn from the curriculum.

The Forum curriculum is by far the most specific of the three curriculum. The topics of the Forums generally have a skew towards one subject area and, in turn, skews the required coursework. For example, I recently completed the Mobility and Community Forum, which focused on the relationship between residential mobility and the efficacy of communities. This Forum was largely based in the social sciences and as such I only took four classes outside of the social sciences to complete the non-competency requirements. I was happy with this because of both course interest and credit overlap with my majors, but it also seems to defeat the purpose of general education requirements to begin with — to have students take classes they normally wouldn't. However, having the same 40 students together for two years allows for a class cohesiveness that is unmatched by the other curricula.

While the other two curricula effectively educate undergraduates, the New College Curriculum does it the best. Both the Engagements and the Disciplines require students to take courses in a broad array of

fields. This means that all students take courses in various areas of arts and sciences before completing the curriculum. Furthermore, the Engagements have the added benefit of being a small seminar format in students' first year, when many of their other classes are rather large. My biggest complaint with this curriculum is the jargony language that makes it difficult to comprehend, but, as students and faculty grow more accustomed to this curriculum, it will become more easily understood.

The introduction of new general education curricula has provided new students with a unique opportunity to choose their requirements. Each of the general education curricula has its own advantages and disadvantages that students should consider when deciding which one they should complete. However, I believe that the New College Curriculum achieves the purpose of general education most effectively.

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### THE CAVALIER DAILY

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### NIGRO: A UNIVERSITY IN TRANSITION

Students have an opportunity to help define our third century

This summer marks the begin-ning of my term as student member of the University of Virginia Board of Visitors. I already know many of you but for those I don't, here is a little hit about me My name is Brendan Nigro, I use he/him pronouns and I am a fourth-year undergraduate from Rhode Island. My passions include American history — I give historical tours at Monticello and the University — and U.Va. basketball. In this position, I will be charged with the momentous task of representing the wide array of student perspectives to the Board of Visitors.

As the student member, I am charged by Virginia Code to serve as an advisory, non-voting member of the Board for the 2018-19 term. The Board is the highest governing body at the University, responsible for carrying out its long-term planning. The Board approves tuition proposals for all schools, has final say on design review and building guidelines for new capital projects, sets the future direction of our Health System and determines uses of the Strategic Investment Fund to further the mission of the

With all of the decisions made by the Board, I believe the best results occur when student opinions inform decisions. My job as student member is to offer a variety of student perspectives on everything from tuition to student life in order to make the Board aware of the needs of our student body — the essential constituency the University sets out to serve.

It is an exciting time to be involved with the Board and more generally, with advocating for change at the University. As our institution enters its third century, we find the University in a period of transition. In the near future, there will be a new president, provost, chief operating officer and police chief at the University, along with the annual turnover in our student population with thousands graduating and thousands more matriculating. The present moment offers our community the ability to redefine our values and charter a path towards defined progress. I believe that all of our students can be a part of that change.

As a history major though, I like to look back before looking forward. Throughout the University's history, it has often espoused lofty ideals, and yet failed to realize them. At the same

claimed to serve the Commonwealth of Virginia, it restricted the ability of half of the Commonwealth's citizenry to enroll until a 1969 court case forced the College to co-educate. And there

All of these potentials have their merits, but after examining the options, the New College Curriculum comes out on top.

time Thomas Jefferson envisioned an "institution based on the illimitable freedom of the human mind," the University imposed a physical limitation on the minds of the enslaved people building the University. At the same time the University reveled in its connection to Mr. Jefferson's founding of the Republic, it saw 515 of its 600 enrolled students leave to fight for the Confederacy, a cause that fought against that same Republic's union. And at the same time the University

are certainly more recent examples that one can consider. All of this is to say that students should think about what values they seek for their University and how we can continue to strive towards full realization of those ideals. If there is ever a time to ask these guestions, it's now, as new leaders take the reins of the University.

At last count, there are 24,826 students in our undergraduate and graduate schools, along with the College at Wise — and I'm only one of them. I

know that my perspective and experiences are limited. There is no possible way for me to have all the answers on the student experience at the University and how to improve it, but with the collective wisdom of my 24,825 peers and those who follow, we just might have those answers.

In the coming year, I hope to meet many more students around Grounds and hear from them on matters relating to the Board and otherwise. I will be writing opinion columns in The Cavalier Daily to update you all on the happenings of the Board and hosting office hours to be available for students to voice concerns or ideas for the Board to consider. And if you'd simply like to learn more about the Board of Visitors or my role within it, know that I am always just an email or Facebook message away!

BRENDAN NIGRO is a fourthyear College student and the student member of the University of Virginia Board of

### SMITH: LET'S CHANGE HOW WE TALK ABOUT COLLEGE

We need to temper our descriptions of college life for incoming students

In one way or another, every incoming college student has heard the platitude that "college will be the best four years of your life!" This kind of statement doubles down on the idea that college years hold intense happiness for any undergraduate. While family and friends share these cliches in good spirit, they only serve to mislead first-year students from a more holistic reality of University life. In order to be better supporters of fledgling undergraduates, we need to equip students with a more realistic vision of their college years - years that can possess great challenges in addition to the joy that so often is the focus of conversation.

On a base level, the shift from home and high school to college life is seismic. Landscapes shift, basic skills like laundry and meals

Unfortunately, the above example paints the portrait of a fortunate undergraduate — one who is able to cope with these many

On a base level, the shift from home and high school to college life is seismic.

fall onto the student, transportation switches to walking and buses, academics ratchet up in intensity and new social networks have to be built. It's overwhelming for even the most well-off students.



COURTESY STARTUP STOCK PHOTOS

changes. However, for some students, the list of stressors continue. First generation college students on campus feel stigmatized by their education status by peers and faculty, carrying breakaway guilt from leaving a familiar community for a elite educational institute.

For others, entering college marks or continues a landscape where no one looks like them. The University is an overwhelmingly white and wealthy institution, where many racial minorities and/ or students from low socioeconomic backgrounds fail to relate to peers and faculty that come from radically different backgrounds.

Just last year, two major student leaders commented on this disparity, with former Honor Committee Chair Devin Rossin commenting both in his convocation speech and an interview with The Cavalier Daily, about how he felt the need to order polo shirts on eBay to fit what "the prototypical U.Va. student should look like." Student Council President Alex Cintron echoed this same frustration this past spring in a presidential candidates debate, noting how so many students at the University fail to understand how hard it can be to afford the seemingly ubiquitous Bean Boots seen around Grounds.

Other students find mental health a serious challenge during collegiate years, an issue that only has been growing over the years. While the free-form and demanding structure lends itself to acute stress for the majority of students, disorders, such as depression and bipolar disorder often emerge in the same age range of undergrads.

As supporters of young students, we need to temper our descriptions of college life for incoming students. While even students who face adversity will still have enjoyable experiences over the course of their undergraduate years, the sweeping declaration of that college is "the best years of your life" only make student's additional struggles feel like extra failures on the path to success. For Cintron and Rossin, who both exemplify high achievement at the University, an upper class wardrobe felt exclusionary to see around Grounds, yet essential to own in order to fit in. Their efforts to speak their truths on this issue slowly has eroded away the invisible disparities between students whose seemingly happy years took an enormous toll.

Overall, I understand that the sentiment of "college is the best years of life" is usually meant as well-meaning encouragement. But as a student that has grappled with serious mental health issues over my entire tenure at the University. I wish someone would have told me something more realistic before I departed off to college. Because when I'd cried on HelpLine for more times than I can count as a first-year, I wish I hadn't fixated on the guilt that I wasn't living the happiest years of my life.

Students should use their time at University as a time of exploration. Instead of framing "the normal college experience" as a two dimensional time of happiness, as students, we should embrace a more nuanced version of student life — one that encompasses a wider emotional spectrum of experience. The real normal is taking the time to mature as an individual. For many other students struggling with conflicted collegiate experiences, it's time that the narrative of college shifts to accommodate both the struggle and success of student life.

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The shift from home and high school to college life is seismic

### ASCH: UTILIZE ONLINE RESOURCES TO CHOOSE CLASSES

New students would benefit greatly from the many sites that could assist them in the course selection process

Arriving to college for the first time can be very difficult. There are so many things on the to-do list, ranging from what to bring with you to what extracurriculars you plan to join. Keeping it all straight can be daunting, and thankfully there are several online resources dedicated to helping students navigate these aspects of college. However, I believe new students need to be aware of sites that can help them get through what is in my opinion the most stressful part of attending college — choosing courses for the first time. I was completely lost when I was supposed to be choosing courses until someone explained many of these online services to me, so to ease the transition to college life new students must be made aware of these online resources before they arrive to Grounds.

The first and most valuable of the resources that new student should be utilizing is Lou's List. Lou's List not only serves as a comprehensive list of the courses offered that semester, but the courses are also separated out into categories making it easy to see if a course satisfies a particular requirement. Also, the platform allows users to compare course offerings to previous years, which can help with planning courses for future semesters.

While it is important to know which courses are available, knowing what courses to take is essential. One way to go about this is to add courses that satisfy both major and degree requirements, while allowing room for exploration. To aid students, different majors and departments have websites where necessary courses to complete the major are listed. With this information in hand, new students can see what courses they need to start a potential major while also exploring other options or interests.

Adding classes based on interests is important, but examining how students have fared previously in these courses is also important. Thankfully an a very easy to use online resource called VA Grades exists to evaluate the average GPAs previously offered courses at the University and

other colleges in Virginia. While courses may sound interesting from their name alone, seeing the grades students have received in these courses gives first year students more information while they are assembling their sched-

While VA Grades is an incred-

in GPA averages, which is why I would recommend students check out websites such as theCourse-Forum and Rate my Professor to read student comments and get an idea about the nature of the course work. By knowing what kind of course they are getting into, in addition to the average

that are not available now, but may be available in the future. This gives new students the ability to research and develop a list of potential courses for later semesters that can greatly simplify the scheduling process as students continue through their college ca-

All of these resources are necessary in order to create the best schedule possible. Students should by no means refrain from asking about and discussing courses with their peers, but these conversations must serve as a complement to the online resources that are available. With so many potential courses that students can enroll in, it is necessary to make an informed decision - these sites make that incredibly overwhelming selection process far easier.

available, knowing what courses to take is essential.

While it is important to know which courses are

ibly useful website, I would caution new students against making course decisions based purely on that metric. The reason being that the kind of coursework offered could be tailored to some students' skills and not others, which makes evaluating courses just by GPA average difficult. For example, some students may fare worse if a class is very reading and essay heavy if that is not their strength. This complication is not reflected GPAs, students have several metrics to evaluate potential courses.

After going through all these resources and compiling a schedule, there are surely classes that do not make it into student's schedules or are not offered. If a class doesn't work out, it's important to keep it in mind for future semesters. One incredibly useful function of these websites is that they offer information about previously offered courses

JACOB ASCH is an Opinion Editor for The Cavalier Daily. He can be reached at j.asch@cavalierdaily.com.

### ADVERTISEMENT-





Dear Future First-Year.

Hallo! Guten tag! Bienvenue! How's it hanging? Welcome to the next four fabulous years of your life. College is a beautiful time of your life full of discovery and growth. However, it ain't always easy and there's always a couple of bumps on the road. Below are some rough lessons I have learned at ye old University and hope you are able to learn from my mistakes.

'Nova' means 'Northern Virginia' and not NOVA scotia. You may laugh, but this actually happened to some-

body I know. He was all like "Is everybody from Canada?", and I was all like "I wish! I'm just from Arlington!" To be fair, it's an easy mistake to make both places are 1) super white and 2) defined by their proximity to an area of political chaos. In an alternate reality, U.Va. actually stands for University of Vancouver. People smile at you as they walk 'aboot' rugby road and frat

eh!". Snow days are just Mondays and O-Hill serves poutine with maple syrup. Ah, a girl can dream. Sadly, 'nova' just means anybody who considers themselves "close to D.C.", but in reality, live an hour and a half away with

parties are filled with polite fraternity

men boys who say "didn't see ya there,

If you live in new dorms and you need to drop a deuce in private, just

### Dear Future First-Year

walk down to the first floor and use the bathroom that is traditionally reserved for parents and visitors. Nobody's in there. It's a first-year mecca.

Lice might happen. Sinus infections might happen. Your hall is going to be rife with illness and malady. It's so commonplace, it's basically part of the first year experience. In fact, that will be the only acceptable time to contract any of these illnesses, which is kind of exciting. How else would you be able to experience hand-foot-andmouth disease as an 18-year-old? However, mono reigns as the coolest illness of all — if you really want to impress your fellow first-years, stop slackin' and start mackin'. Mono kind of lies in the middle, like you're interested in bein' sexually active but not too interested, you know what I'm saying? An-

Revel in your mediocrity. I hate to break it to you all, but the rumours are wrong. You, dear reader, are not special. Not even close. But, I'll let you in a little secret, that is the greatest blessing of all. You are surrounded by future Nobel Prize winners and NBA athletes, and you just spent the last four hours watching the new season of Queer Eye. I ask you, who do you think is having more fun, honestly? It is a freaking blast knowing that you lie firmly in the middle of the food chain.

Furthermore, be proud of your perfect adequacy! As Syndrome from The Incredibles" wisely said "With everyone super, no one will be." He, of course, was talking about his plans for world domination, but the sentiment rings true. If everybody is special, no-

body is. Be proud of the fact that you can be #relatable instead of #goals. I know I am. I'll say it once, I'll say it again. This is a mediocre humor article. Sure sure, it's mildly funny — perhaps you let out a chortle or two. But let's be honest, you've read better. And I'm okay with that! More than okay, I am proud of my barely satisfactory work. That's just how it be.

In conclusion, dearest future firstyear, it's going to be a-okay. Whether you get lice or mix up nova with Nova Scotia or feel like everybody's eons ahead of you, it's not going to matter. We'll all be dead from climate change in 40 years anyway.

VERONICA SIROTIC is the Humor Editor for The Cavalier Daily. She can be reached at humor@cavalierdaily.com.

# 22 Things NOT To Do Before You Graduate

For years, an encyclopedic list of "Things to do Before You Graduate" has been the gold standard for a "complete" U.Va. experience, a guide of sorts for students on how to make the most of their time here. The bucket list includes perennial favorites such as "Sing the 'Good Ole Song," "Streak the Lawn" and "Attend a Sporting Event," But where the ever-growing catalog falls short is in explaining the many perils and potential mistakes to which any newcomer to the university community — or upperclassman — could easily fall victim. And with a new class of first years on the way, it seems only logical to create a list of these common but easily avoidable blunders, to spare them any embarrassment this year, or the next four. In honor of the incoming Class of 2022, here are 22 things NOT to do before

- I. Say "campus" or "freshman" or sophomore, junior or senior." Ever. Just don't say it.
- 2. Ask why we don't say "campus" or "freshman," or "sophomore, junior or senior"
- 3. As a matter of fact, don't ask why we do anything quirky or out of the ordinary. It's just tradition. More specifically the tradition of a 76-yearold eccentric, slave-owning Francophile/farmer/founding father named Thomas Jefferson.
- Let someone trick you into thinking we call Thomas Jefferson "Tommy Jeff." It's just humiliating. Additionally, the Rotunda is not nicknamed "Tommy Jeff's Groovy Club-
- 5. Expect anything from our football team.

- Think for one second about wearing anything but your Sunday best to a home football game. Guys in ties, girls in pearls. No exceptions.
- Punch a man in a seersucker 7. Punch a man in a seersucker suit who looks like Dean Groves in the back of the head if he refuses to give you a high five.
- 8. Make eye contact with a tabler whose flyer you aren't interested in. They WILL come for you.
- 9. Dance on the table of any establishment other than The Virginian. Especially not Bodo's at 11 a.m. on a Wednesday
- 10. Even think about coughing, sneezing, unzipping your backpack or blinking too loudly in the McGregor Room. You come in with your books out and your backpack unzipped. Do your studying and be quiet about it.
  - 11. Challenge a professor to a duel.

It happened once. Did not end well for the professor.

- 12. Light the Rotunda on fire. See No. 11. Happened once, did not end
- 13. Try to sneak into a Hullabahoos performance by wearing a thrift store bathrobe covered in stickers and glit-
- 14. Cover a portion of the Fourth Year 5K course in ball bearings that you dump out of a bucket from behind a bush like a cartoon villain.
- 15. Ride the University Transit System bus
- 16. Attempt to break into Edgar Allan Poe's Range room, claiming to be the ghost of Poe himself.
- 17. Paint "Run while you still can!" on Beta Bridge. Turns out it's more vaguely threatening than funny.
- 18. Claim squatter's rights in your

first-year dorm room if your apartment lease falls through at the last

- 19. Investigate the Z Society's [\*redacted\*] concerning [\*redacted\*] Jefferson [\*redacted\*] pancakes.
- 20. Go to Foxfield in a two-person horse costume and attempt to run the steeplechase.
- 21. Drunkenly scream "Come down from there, you coward!" or any other accusations at the Homer statue while streaking the Lawn.
- 22. Wear the [\*redacted\*] of Hon-

To the Class of 2022, welcome to U.Va.! Good luck and Go Hoos!

JESS MILLER is a Humor Columnist for The Cavalier Daily. He can be reached at humor@cavalierdaily.com.



# After



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### WEEKLY CROSSWORD PUZZLE

Dan Goff | Arts and Entertainment Editor \*THE SOLUTION TO THIS PUZZLE CAN BE FOUND IN THE NEXT ISSUE

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### Across

- 1. Body part associated with the "Arthur" meme
- 5. Forcibly pull from someone's grasp
- 10. Suggested
- 12. Something witches might conduct
- 13. Someone who swears to an affidavit
- 15. Place where you might gain one-down
- 17. With "inter," it's a Christopher Nolan movie starring Matthew McConaughey
- 18. High point on a hill,
- 19. Lively, maybe impudent
- 20. Quiches might be described with this word
- 22. \_\_\_-and-shut case
- 23. How to address a Latino
- 25. It holds beer
- 26. Dry, withered
- 27. Group of 9 people, often musicians
- 29. Small burgers served in sets at restaurants
- 32. Furiously
- 34. Movie theater
- 36. Tie the \_\_\_ get mar-
- 39. From not close
- 41. Electric sea creatures
- 43. Opposite of good
- 45. Irish land goddess

- 46. Greek, crumbly cheese
- 47. Type of reactive structure in organic chemistry
- 54. One who distributes
- 55. These orientation \_\_\_ can be seen all over Grounds
- 56. Taken from someone else's possession
- 57. Fastens, makes safe
- 58. Contraction meaning "the male is"

- 3. Strong English cheese
- 4. Greenish-blue
- 7. Surround on all sides
- 8. With "pooper," something to clean up dog feces
- 9. Improves hardness of metal through heating and cooling
- 11. Kendrick track that samples a Fox News anchor

- 49. Rougher, more abrupt
- 51. Tendency to remain unchanged

- 1. Classic saying for college weight gain the freshman
- 2. Dante's \_\_\_

- 5. Often crying
- 6. Remote Automated Weather Station abbreviated

- 10. Slotted, hinged metal plates on doors
- 12. Cuddle
- 14. Classic sci-fi show "Star

16. Prefix meaning "good"

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- 21. German word organized whole that is more than the sum of its parts
- 24. What's used to control a horse
- 28. Large frond plant two words
- 30. Type of people or things 31. Unit of force that acts on a mass of one gram
- 33. Musician \_\_\_ Vann kicked

- out of BROCKHAMPTON
- 34. Enrico \_\_\_ famous Ítalian opera singer
- 35. Full of fury another way to say "irate"
- 37. Library books you forgot to bring back
- 38. Those who color
- 39. Protection of a group or organization
- 40. If you're not \_\_\_, you're

- 42. Journeys through the
- 44. Longest river in France 48. Old-fashioned term for
- 50. Payment
- 52. Originally called often used in regards to a woman's maiden name
- 53. Every one

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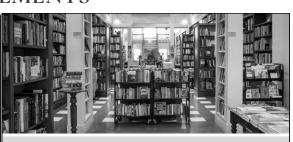
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### \* SOLUTION FROM LAST ISSUE





## A guide to the best venues in Charlottesville

A preview of acts to watch out for

Kate Granruth | Staff Writer

The experience of a concertgoer in Charlottesville is entirely contingent upon three things — location, location, location. From large-scale arenas to cozy concert halls, this city has a venue for every listener.

### The Southern

The Southern Café and Music Hall is a perfect blend of club-kid culture and small-town coziness Offering performances ranging from drag shows to local Charlottesville crooners, the venue's exposed rafters and wood cabin interior design provide a blank canvas, a rustic background that is easily transformed by the individuality of each artist that performs there. The Music Hall is large but not too large, still emitting a relaxed, intimate vibe that gives Southern comfort to even the wildest of crowds.

### Acts to watch out for:

Joseph, with Kelsey Kopecky -Wednesday, Sept. 12

River Whyless — Thursday, Sept.

Chris Smither — Thursday, Oct.

### The Jefferson

Located at the heart of Char-

lottesville's historic Downtown Mall, The Jefferson Theater blends modern and contemporary performances with old Hollywood drama. Its vaulted ceilings, red velvet curtain, and elevated wood floor provide intimacy with a heavy dollop of glamour, offering crowd pleasing acts — take recent performances by Cigarettes After Sex, Yo La Tengo and Buckethead, to name a few - without the stuffy feel of an opera house. The vibe is fun and welcoming, and the venue's diverse range of acts offers something for everyone.

watch out for: Acts to Neko Case, with Thao (of the Get Down Stay Down) — Saturday, Sept.

Father John Misty, with King Tuff — Tuesday, Sept. 25 I'm With Her, with the Brother

Brothers — Thursday, Nov. 15

### Sprint Pavilion

Sprint Pavilion is a beautiful outdoor setting that offers well-known national bands and artists. Lawn seating leaves ample room for walking around and picnicking, giving the feel of a music festival amidst the metropolitan backdrop of downtown Charlottesville. Aside from its national focus, Sprint Pavilion hosts its popular Fridays After Five events every Friday - this year the series runs from April 13 to Sept. 14. This is a free concert series that raises money through volunteer-run concession stands to benefit local nonprofit organizations. The series this summer features a variety of local artists, providing a refreshing and philanthropic break from the national names usually spearheading Sprint Pavilion's roster.

### Acts to watch out for:

Brandi Carlile, with Darlingside Friday, Sept. 28

Turnpike Troubadours — Friday,

Death Cab for Cutie, with Charly Bliss — Thursday, Oct. 18

### John Paul Jones Arena

Usually home to the beloved University sports teams, John Paul Jones Arena occasionally transforms into a massive concert venue. Seating almost 15,000 people and located on Grounds, John Paul Jones is by far the least intimate concert setting in Charlottesville, due simply to its size and stature. However, what is lost in intimacy is made up for by the big name artists that bring their impressive performances to the University - Jimmy Buffett and P!nk recently performed, and upcoming shows include country stars Thomas Rhett and Keith Urban. The large space is easily manipulated and allows for jaw-dropping performances — including but not limited to P!nk's recent display of acrobatics. John Paul Jones is a dramatic venue for

dramatic performances, athletic and otherwise

### Acts to watch out for:

Keith Urban, with Kelsea Ballerini

Sunday, Oct. 28

Chris Stapleton, with Marty Stuart and Brent Cobb — Saturday, Nov.

Panic! at the Disco, with Two Feet

Wednesday, Jan. 23



CHRISTINA ANTON | THE CAVALIER DAILY

P!nk performed at the John Paul Jones Arena in April.

# Some hidden gems of Charlottesville's art scene

Theater troupes and concert venues that might — but shouldn't — fly under the radar

Dan Goff | Arts & Entertainment Editor

With the stressful combination of starting classes, adjusting to dormitory life and learning to love — or at least stomach — dining hall food, it's easy for a first-year to forget that the University exists within the city of Charlottesville. And what a city particularly for the arts! Whether it's a tiny theater company tucked away

on Allied Street or a cozy little concert venue hidden downtown, Charlottesville has a plethora of arts-related destinations ideal for any age. This list aims to highlight a few, and to propose the radical idea that a city exists outside of this school — and it's a city that deserves every student's attention.



CHRISTINA ANTON | THE CAVALIER DAILY

The Garage is located near Emancipation Park. It's primarily known for its eclectic array of musical acts but is also home to other arts-related events.

### The Bridge Progressive Arts Ini-

The Bridge PAI's mission is simple "To bridge diverse communities through the arts." Any actual description of the organization proves more complicated. The Bridge PAI seeks to be a one-size-fits-all arts destination for Charlottesville creative types and does a pretty good job of it, hosting everything from art galleries to open mic nights to performances from jazz quartets. They also head ongoing artistic projects like the experimental Telemetry Music Series, often featuring student musicians, and the meditative Deep Listening. Located on Monticello Road, a short walk from the Downtown Mall, the Bridge PAI promises a unique experience for each of its patrons — unique in part because their artistic focus can change daily.

### Independent bookstores

There's not much to say here besides, "Go to these bookstores!" The city boasts five of them, and they're all excellent. It would take many more words than the ones written here to do the shops justice -3,382words, to be exact — but suffice it to say that these bookstores are worthy of any student's time. Plus, these are great places to find old textbooks at drastically reduced prices!

### Independent record stores

In the same vein as the bookstores, Charlottesville is home to some excellent independent music stores. Sidetracks and Melody Supreme are the heavy hitters in this category, both in the Downtown area and both with an impressive collection of vinyl new and old. Again, it's an experience that must be had in person.

### The Garage

Located in sight of Emancipation Park, The Garage is exactly what it sounds like — a tiny, brickwalled room that can fit one car, or one moderately-sized musical act. Though small, this venue is worthy of mention just because of its homey, comfortable location. Patrons - of which there are many — can watch performers from a grassy hill directly opposite The Garage. The venue is primarily known for its eclectic array of musical acts but is also home to other arts-related events - including, but not limited to bird-drawing workshops, miniature galleries and

readings of classic plays.

### Gorilla Theater

Among the glut of theater troupes and productions in Charlottesville, it can be difficult to make a particular voice heard. Gorilla Theater's voice is still on the rise — but it is continuing to grow. Founded in 2011, the company has a modest black-box location on Allied Street where they put on shows in an intimate setting — most recently, a production of Dennis Lehane's "Coronado." They are truly a theater company for the people, with a mission statement stating their commitment to "socially relevant work, diverse casting, and LGBTQ+ safety and inclusion for all of our theater artists," along with outreach programs which incorporate student actors working with professionals.

This is not by any means a comprehensive list. More than anything, it should be a sufficient jumping-off point to find more arts oddities of Charlottesville — weird little corners of the city with artists, some struggling, some thriving, who would all appreciate interaction with the student community.



# The College vs. the Engineering School

The schools share similarities in advising and differences in curriculum, majors, requirements

Nisha Dabhi | Senior Writer

The University has 11 schools, with most undergraduates enrolling in the College of Arts and Sciences or the School of Engineering and Applied Science. While similarities in advising exist between these two schools, differences can be found in course requirements and flexibility. As a result, each school offers their own students diverse ways to immerse themselves in the University's academics and culture.

In 1825, with a faculty of eight and a student body of 68, the University opened its doors, commencing the beginnings of the College. As of fall 2016, of the 22,391 total students at the University, 12,255, or 54.7 percent, were enrolled in the College, while 2,695 students were enrolled in the Engineering School — comprising 12 percent of the undergraduate population.

Meanwhile, the Engineering

School began as the School of Civil Engineering in 1836 — a few years after the College. At the time, it was the first engineering school in the South. The Engineering School is smaller than the College, consisting of 2,762 undergraduates. For the Class of 2021, 681 students accepted offers of admission.

Despite these differences in the

size of the schools, both the College and the Engineering School consist of 70 percent Virginia residents and 30 percent out-of-state residents.

However, the College has over 50 majors, giving its students more options and academic variety, whereas the Engineering school offers only 10 majors for a more structured course of study.

"I like the variety of the College," third-year College student Raven Earnest said. "There are so many classes, which I feel like promote more free thinking and discussion. There's more diversity.'

The College provides an opportunity for a flexible course of study, however, for all undergraduate students aside from Echols Scholars and Forum Participants, students have to fulfill a number of area requirements to graduate.

As such, the Traditional Curriculum requires completion of the area requirements — classes in social sciences, humanities, historical studies, non-western perspectives and natural science and mathematics as well as competency requirements, which are the foreign language and first and second writing require-

Meanwhile, the Forum Curriculum in the College does not consist of area requirements, but requires that students enroll in an introductory forum seminar and a first writing requirement class. The defining experience of this program is the forum seminar and capstone, two courses that focus entirely on the forum topic while bridging multiple disciplines.

Students must apply to follow this curriculum, and there are currently four forum topics - "Humans, Nature and Evolution," "Religion, Politics and Conflict," "Society and the Sea" and "Via Asia" — with space limited to 40 students per fo-

"The forum connects teachers closer to professors, advisors and resources," Earnest said. "It has also given a lot of research experience to participants which has been beneficial for applying for specified college

The College has also recently begun to offer a curriculum called the New College Curriculum. Instead of completing area requirements, students accepted into the program must take specialized first-year classes called "engagements" which are taught by the College Fellows Faculty. These fellows are some of the University's leading professors who have decided to step away from their disciplines for two years.

The Engineering School, on the other hand, offers less flexibility regarding classes

"The Engineering curriculum is robust and has a lot of content in it," Engineering School Dean Craig Benson said. "That's what distinguishes a liberal arts degree and professional degree. You have a lot more courses you have to take and less flexibility."

The first year of study at the Engineering School is focused on obtaining a foundation in the sciences and mathematics. All Engineering students are required to take specific classes like "Single Variable Calculus II" and "Multivariable Calculus." Then, towards the end of their first year, students apply for admission to one of the majors, with Computer Science and Biomedical Engineering being the most popular choices.

Despite these strict requirements, Engineering students are able to expand their studies with courses in the College and the Commerce School. For example, these prospective engineers have demonstrated business-related skills in the University's top entrepreneurship competition, in which 70 percent of winners from 2009 through 2016 were Engineering students.

Engineering classes also require

students to complete a number of different group projects.

"There are lots of projects where you actually make something that works, and after, you look back at it and are just proud that you made that," third-year Engineering student Lindsey Maxwell said.

Class sizes in both the College and Engineering School vary, with certain introductory classes consisting of hundreds of students. Meanwhile, upper-level classes typically taken in the third and fourth years tend to be smaller.

Despite the differences, both the College and the Engineering School offer advising in similar ways. In both schools, students in their first year are assigned a faculty advisor who assists them with choosing a major, selecting courses and making long-term plans. By the end of their second year, most students will have declared a major and are assigned an advisor from the major's depart-

Ultimately, students in both schools say that they believe their schools will provide the tools for success in the future.

"You have to immerse yourself in the U.Va. experience," Benson said. "Look for what's around you, engage in the University."

# Supporting student research endeavors

The Undergraduate Research Network promotes and expands multidisciplinary research on Grounds

Vyshnavi Pendala | Staff Writer

Established in 2001, the Undergraduate Research Network is connected with the University's multiple research communities. URN provides resources to allow students to explore and get involved in various disciplines of research.

URN has six committees — outreach, research and scholarship, symposium, tech and advising, workshops, and the Oculus — comprised of a total of 50 students who work together to expand and advance the University's research outreach. Interested students have the option of utilizing URN to find research opportunities for themselves or joining these committees to further the goals of the organization.

"Anyone passionate about research or is interested in making a positive impact on the research community at UVA should join URN," Vaishnavi Madhavan, URN's Outreach Chair, said in an email. "URN provides a unique opportunity to design programs that benefit research at UVA while allowing students to take part in our discussions about improving the existing research network."

According to Madhavan, the network offers two recruitment cycles. Applicants generally are asked a few questions and indicate their committee of interest, Madhavan said.

"We do our best to place applicants based on their choices but URN committees meet as a whole during our bi-weekly general body meetings, and there is a continuum of inter-committee work done throughout the year," Madhavan said.

In addition to organizational recruitment, URN hosts multiple events throughout the year to promote continuous conduct of research on

During the beginning of each fall semester, URN organizes their Research and Scholarship Week. Multiple events occur throughout each day of the week, and the most popular event is the Undergraduate Research

"The Undergraduate Research Fair allows for students to meet professors conducting research and also

meet with other student researchers," Madhavan said.

The fair also offers faculty members from various disciplines the chance discuss their projects and encourage students to apply to their labs.

"[This] fair is a great way to network with research faculty and other students," second-year College student Naga Nannapuneni said. "You can see the ground-breaking research happening on grounds."

Other events include information sessions on getting involved with research at the University, grant writing workshops and getting funding for research, according to Madhavan.

URN also presents the Annual Undergraduate Research Network Symposium, an multidisciplinary research fair. Each spring semester, URN encourages students to showcase their work to faculty members at the University. Winners of the symposium receive monetary prizes along with University-wide recognition. Their projects also are published in URN's Oculus research journal.

Moreover, URN developed a program that connects undergraduate students directly with research faculty. assisting in the process of searching for research positions. Titled UNLEASH, or Undergraduate Novel Learning Experience and Scientific Hands-on, the online tool helps students find research projects in approximately 40 different academic disciplines across Grounds. UNLEASH requires students fill out an application, which is currently available on the URN web-

In addition to on-Ground opportunities, off-Ground ones are also provided by URN through the University's Center for Undergraduate Excellence (CUE). CUE also offers information sessions and aid for national scholarship and fellowship applications, such as the Fulbright Grant and Luce Scholars Program.

URN itself provides travel grants that include travel, lodge and meal expenses for undergraduate students presenting their work at a conference or workshop.

To capture the research of the University's students, URN releases an annual publication that highlights such efforts in the Oculus, the University's only multidisciplinary undergraduate research journal.

A committee of 15 to 20 students read through multiple research papers each week. Through various rounds of elimination conducted by groups of editors, the papers of the highest quality and clarity are included in the annual publication. Applications to join the Oculus' editorial board also are available during the beginning of each semester.

Nannapuneni said that being part of the Undergraduate Research Network has supported and furthered his research interests.

"By participating in URN, I thoroughly understand the process of acquiring a research position and currently research at the Li Lab at U.Va's School of Medicine," Nannapuneni







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