

Welcome Class of 2026!

Dear Fellow Hoo,

We're so thrilled you're here and a part of our UVA community. Even though this is an adjustment, you belong here. It's normal to feel both excited and nervous – we've all been there! Having a positive attitude and being open to new people and experiences can help you through both the highs and lows. Plus, we'll be here in your stall each month with helpful new info and resources.

Wahoowa!

-The SSSJ Team



CIO = Student-Run Club

Making new friends can feel intimidating. Here are some ideas for conversation starters:



→What dorm are you in? Have you met your roommate?

→What else are you up to this summer?

→I'm going to grab food if you want to join!

→Do you want to go to the Lawn with me?

JPJ = Basketball Arena & Concert Venue



Office of Health Promotion
Department of Student Health & Wellness
University of Virginia

Edited by Caleigh McDonough,
Class of 2022
Designed by Vibha Vijay,
Class of 2023

The Pav = Food Court in Newcomb



HOO KNEW?

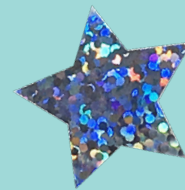
91% of UVA undergraduates do acts of kindness for friends, family, or strangers.*

*From the March 2021 Spring Health Survey with responses from 607 UVA undergraduates. Collected by UVA Student Health and Wellness.

Clem = Clemons Library

Packing List

- shower shoes
- pictures
- posters
- umbrella
- water bottle
- picnic blanket



The Corner = University Ave

Resources

Resident Advisors (RAs): Tips for meeting new people and adjusting to college life

Student Centers (Multicultural Center, Women's Center, LGBTQ Center): Inclusive communities, programming, support, and spaces for all: multicultural.virginia.edu

LousList.org and TheCourseForum.com: User-friendly resources to explore classes and programs

Google Maps: Walking directions around Grounds and Cville 

Instagram: Follow UVA.Classof2026, TimelyCare, UVAODOS, UVAUPC, UVA_Recreation, StallSeatJournal_uva, UVAHealthyHoos, UVA.PHE, and Wahoops_ 

For more resources on topics including physical and mental well-being, alcohol safety, sleep, academics, finding community, nutrition, and healthy relationships, **visit our website**

