THE DIAMONDBACK’S COLLEGE SURVIVAL GUIDE
EVERYTHING YOU NEED TO KNOW TO MAKE IT THROUGH A YEAR IN COLLEGE PARK
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TABLE OF CONTENTS

6 LETTER FROM THE EDITOR
8 FOOD
10 OUTDOORS
12 SHOPPING
14 ACADEMICS
16 TRANSPORTATION
18 RECREATIONAL SPORTS
20 RESTAURANTS
22 FITNESS
24 SPORTING EVENTS
26 TERP TIPS
28 WELLNESS
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JUST 35 MINUTES FROM CAMPUS!
Dear readers,

It’s hard to believe, but it’s time for another year at the University of Maryland. Whether you’re joining campus for the first time, or you’ve been around for awhile, we hope you’re settling in well and ready to take on all that College Park has to offer.

This year, for the first time, The Diamondback has created a “survival guide” to help students ease that transition. When summer days at the beach (or in an office, restaurant job, etc.) have faded away, it can be tough to come back to academics and late-night study sessions. We’re here to help.

This guide holds the essentials for you to have a successful year at Maryland’s flagship school. We’ve got it all — from tips for academic help and healthy living to recommendations for restaurants and hiking spots. We also reached out to current and former Terps to get their take on what’s most important for you to know, so you don’t have to just take it from us.

We hope you find it helpful, and have a smooth start to the year!

— Leah Brennan, editor in chief
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EATING OUT

When you’re sick of dining hall food and ready to explore life beyond the campus, College Park has plenty of dining options for you. There’s the parade of pizza places — Lotsa, Blaze, Pizza Kingdom and more — scattered across Route 1 if you’re craving typical college comfort food. But there’s definitely more than that. Here are some area restaurants that can help curb your appetite:

HANAMI

From sushi and sashimi to hibachi and noodles, Hanami is a place for Japanese food of every variety. Most things here including either fish or meat, so vegetarian options are limited. But there are plenty of options to satisfy your sushi needs.

NANDO’S PERI-PERI CHICKEN

If you like chicken, spice and everything nice, this is a great place to sit down and enjoy some Afro-Portuguese deliciousness. Yes, pretty much everything they offer is chicken, but you get to pick your spice level — from plain to extra hot — and there’s enough solid sides to go around.

NANDO’S is a staple in the College Park food scene and a great place to take friends and family members who visit while you’re away. MATEO PACHECO/THEDIAMONDBACK
Taqueria Habanero

A favorite of students at all hours, Marathon is the perfect spot for fast-casual Greek food or just a late-night snack. It offers everything from gyros to subs to College Park’s holy grail: Marathon fries. And, it’s open until 3 a.m. from Thursday through Saturday.

Marathon Deli

Arguably the most authentic Mexican food in College Park, Taqueria Habanero is a great sit-down place to enjoy tacos, burritos and everything in between. Offering more than 10 types of tacos, plus vegetarian options, you can decide precisely what “99% Mexican” food you’re in the mood for.

Bagel Place

Need some solid food for a pick-me-up after a particularly eventful Friday night? Bagel Place is your hub for coffee, sandwiches, and of course, bagels galore. And, if you’re not sick of the cheesy goodness of College Park’s most common cuisine, there’s always pizza bagels.

Pho Thom

Have an early fall cold? Nothing makes you feel better quite like a bowl of steaming pho from this Vietnamese and Thai place. If you’re not in the mood for pho, there’s plenty of other options to satisfy your taste buds, like the Thom Wings with Thai chili sauce.
GETTING OUT

The University of Maryland gets a lot of attention for its proximity to the nation’s capital, but College Park is conveniently located near plenty of options for students looking to get away from the city and into the great outdoors.

You don’t need a car to catch a breath of fresh air. There are several biking and hiking trails easily accessible from UMD for students who want to get away. Start at the Paint Branch Trail, right off campus, and explore the city away from Route 1. Be sure to check out the picturesque Lake Artemesia just minutes away from campus.

For more info, check out: https://www.collegeparkmd.gov/trails
**GREENBELT PARK TRAIL SYSTEM** *(3 MILES FROM CAMPUS)*

Just outside College Park, the trails at Greenbelt Park is perfect for those looking to get away from campus, but not stray too far off the beaten path. Take the 5.3 mile Perimeter Trail around the park or one of the other smaller trails. The park is pet-friendly — just make sure to bring a leash.

*For more info, check out: https://www.nps.gov/gree/planyourvisit/greenbelt-park-trail-system.htm*

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**BILLY GOAT TRAIL HIKE** *(ABOUT 20 MILES FROM CAMPUS)*

The Billy Goat Trail, located just over 30 minutes away from campus in Great Falls, Maryland, is one of the area’s most popular hiking spots. The trail runs along the Chesapeake & Ohio Canal and features some of the best rock scrambles and views in the region. The three different sections of the trail total almost five miles. Plan your trip wisely, though — the trails can get busy on the weekends.

*For more info, check out: https://www.nps.gov/choh/planyourvisit/billy-goat-trail.html*

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**PATAPSCO VALLEY STATE PARK** *(ABOUT 30 MILES FROM CAMPUS)*

The Patapsco Valley State Park features more than 16,000 acres of park space along 32 miles of the Patapsco River in Baltimore and Howard counties. With dozens of different trails, there is something for everyone, just about 40 minutes north of campus. There are six different hiking and biking areas, with some trails conveniently connected. Be sure to check out the 4-mile Switchback Trail loop at the McKeldin Area.

*For more info, check out: https://dnr.maryland.gov/publiclands/Pages/central/patapsco.aspx*

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**OLD RAG MOUNTAIN** *(ABOUT 110 MILES FROM CAMPUS)*

Hiking Old Rag Mountain at Shenandoah National Park is a rite of passage for area outdoor enthusiasts. Located about 2 hours away from campus, expect to spend a full day driving and hiking one of the most popular trails on the East Coast. The trail, about 9 miles long, has more than 3,200 feet of elevation. The trail can be difficult at parts so be sure to leave your pet at home. Parking can be difficult so arrive early and make sure your phone is charged. Make a weekend of it and enjoy the Blue Ridge Mountains.

*For more info, check out: https://www.nps.gov/shen/planyourvisit/hiking-old-rag.htm*
SHOPPING

You’re in college now, and you’re going to need stuff at some point! There aren’t a lot of shopping options in the city, so you may need to use public transit to head to nearby stores. Here’s a few that aren’t that far from campus:

IKEA

You probably thought your roommate was bringing the set of drawers for your office supplies. And the polka dot lamp you both eyed online. It slipped their mind, and that’s okay — there’s an IKEA right in College Park. Parking is plentiful, and you can always grab some Swedish food from the furniture chain and make it a fun outing with your new co-habitator (and hopefully, new friend).

THE MALL AT PRINCE GEORGE’S

Quick runs to Target not meeting your shopping needs? Thankfully, there’s a mall not too far from campus you can get to by taking Shuttle-UM 113 bus to Hyattsville (make sure to get off at “The Mall at Prince George’s” stop). Here, you’ll find your hometown favorites — Bath & Body Works, Five Below, GameStop, Macy’s and Marshalls — close to your home away from home.

THE BOLD KOREAN FLAVORS YOU CRAVE ARE HERE TO SPICE UP COLLEGE PARK!

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TARGET EXPRESS

Did you run out of toothpaste, socks or your favorite flavor of Doritos? If you don’t stop at one of the three campus convenience stores, this is your next best bet. Target Express operates from 9 a.m. to 10 p.m. daily, so if you’re in a bind and need to grab some essentials, this is the place.

THRIFT SHOPS

Let’s be real: College is expensive. We’re not made of money and thrift shops have been rising in popularity over the past few years (thanks, Macklemore). There’s a pretty good amount of thrift shops near College Park, two of which are Unique in Silver Spring and Value Village in Adelphi. There’s a little bit of travel involved, but if you’re looking for some low-cost clothing in this area (or a Halloween costume), it’s worth your time.

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Midway through the semester and you’re not happy with your grades? Never fear — as Terps know, slow and steady wins the race. And if you need help, we’ve got you.

MCKELDIN LIBRARY has great options for finding a quiet place to study, but there are plenty of resources on campus to get you prepped for all of your academic needs. MATEO PACHECO/THE DIAMONDBACK

The Ed Snider Center for Enterprise & Markets can help you meet your professional goals.

Learn more about the Ed Snider Center Leadership Award and our other programs at https://go.umd.edu/edsnidercenter

Also, don’t miss our podcast at www.theinctank.org to hear about converging technologies that are changing the world.
THE WRITING CENTER:

Look, words are hard sometimes. So if you’re struggling to put pen to paper, or even looking to improve your writing skills, the Writing Center is here to help. Located in Tawes Hall as well as McKeldin’s 2nd floor, they offer online as well as face-to-face tutoring.

GUIDED STUDY SESSIONS:

Certain courses have group study sessions, led by people who’ve already taken the class and got an A. Check https://www.counseling.umd.edu/academic/gss/ to see the list of classes and schedule.

THOUGH MCKELDIN is a great option for a quiet place to study, there are plenty of quiet places to hit the books on campus — like Hornbake Library, although it is losing study spaces. MATED PACHECO/THE DIAMONDBACK

GPA CALCULATOR:

Need to know how many straight 4.0 semesters you’ll need to boost your GPA up a decimal point? Testudo (the website, not the statue outside McKeldin) has a calculator available 24/7.

ACCESSIBILITY AND DISABILITY SERVICES:

If you find yourself in need of an accommodation, ADS is there to help. They’re open 8:30 a.m. to 4:30 p.m. every weekday, in the Shoemaker Building.

RESERVING STUDY SPACES:

You can reserve rooms in McKeldin Library for you and your friends/classmates/project partners to work in peace. Careful though — around finals week, these fill up fast, so make sure you book early.
The University of Maryland is pretty close to Washington, D.C. The school has its own bus system, Shuttle-UM, that can bring you to the Metro — which means you can get pretty close to anywhere you’d want to go in the DMV. Public transit can be a little intimidating if you’re not used to it, so we have some helpful tips if you’re looking to venture out of your shell.

**DO I NEED TO PAY TO GET ON SHUTTLE-UM?**

No, you don’t! Some routes — the ones to Adelphi, Silver Spring, Hyattsville, New Carrollton, Mazza GrandMarc, and the Grocery Shopping Shuttle that goes to Whole Foods — will make you show your student ID, so make sure to bring it if that’s where you’re planning on going.

**COOL. WHAT IF I NEED TO USE PARATRANSIT?**

Register with the University Health Center, and Shuttle-UM can pick you up and bring you where you need to go. Paratransit services run 24/7 during the fall and spring semesters.

**WHEN DO THE BUSES RUN?**

The simple answer? It depends on the route, so you’ll need to check the university’s Department of Transportation Services website, at transportation.umd.edu/shuttle-um.

If it’s the Metro you care about, the bus that will take you there, the 104, runs every day of the week in the fall. Again, just make sure to check out the hours so you’re not left in the (pretty tame) fall breezes that start hitting a couple months into the school year.

Once you’ve determined where you want to go, you can check when buses are coming in real-time using the NextBus app.

**AND THE METRO — HOW DO I USE THAT?**

Once you get there, you’ll need to have or purchase a SmarTrip card. Put as much money on it as you need for your ride — during peak hours, fares are at a $2.25 minimum and a $6 maximum — and hop on. To figure out which one to take, you can check out the maps at the station, or you can put your start and end locations online using WMATA’s Trip Planner (https://www.wmata.com/schedules/trip-planner/) and it’ll figure out your route for you.
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Commons 301.226.8001 • SouthCampusCommonsLeasing@COCM.com

http://reslife.umd.edu/housing/commons/courtyards
RECREATIONAL SPORTS

Your high school sports career — or lack thereof — may not have landed you a scholarship offer at the University of Maryland. But there are still plenty of options for those who want to play at a slightly less competitive level.

INTRAMURAL SPORTS

RecWell runs intramural sports year-round, open to all levels. From basketball to flag football, softball to ultimate frisbee, chances are if you play it, there’s an intramural sport for you. Check out the RecWell website for the most up-to-date deadlines and offerings.

For more info, check out: https://recwell.umd.edu/activities/intramural-sports

Like a care package for your brain.

collegeparktutors.com
sign up online, meet in person
**Club Sports**

Club sports are a great option for students who want to take sports a bit more seriously, but can’t commit to (or play at) a D1-level. Club sports are student-run and recognized by the Student Government Association. With almost four dozen options, there’s something for everyone.

For more info, check out: recwell.umd.edu/activities/club-sports/club-directory

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**Eppley Recreation Center**

No matter where you live, you’re never too far from one of the best fitness facilities in the area. All students have access to the Eppley Recreation Center and the best part is there are no additional fees — it’s already paid for in your tuition. Hit the weights, do some cardio, or take a swim in the pool. Or, if you need a little more direction, sign up for one of the group fitness classes. University President Wallace Loh makes time for his trips to the gym. You should too!

For more info, check out: recwell.umd.edu/facilities/eppley-recreation-center
<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Address</th>
<th>Cuisine</th>
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<td>4511 College Ave</td>
<td>Thai</td>
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<td>AZTECA RESTAURANT &amp; CANTINA</td>
<td>9505 Baltimore Ave</td>
<td>Mexican</td>
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<td>BAGEL PLACE</td>
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<td>American</td>
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<td>BUSBOYS AND POETS (HYATTSVILLE)</td>
<td>5331 Baltimore Ave</td>
<td>Gastropub</td>
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<td>C.B CHINESE GRILL</td>
<td>4370 Knox Rd</td>
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<td>CAVA</td>
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<td>IHOP</td>
<td>9680 Baltimore Ave</td>
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<td>Yia Yia's Kitchenv (Beltsville)</td>
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STAYING FIT

Between classes, studying and all of the different vices Route 1 has to offer, it’s easy to let fitness fall by the wayside during the semester. Luckily for students, an expansive campus and state-of-the-art Eppley Recreation Center offers plenty of options for students looking to either increase or maintain their physical fitness throughout the school year.

Kevin Yang, fitness staff coordinator for University Recreation and Wellness, shared some tips for students looking to stay active.

“SOMETHING IS A LOT BETTER THAN NOTHING”

Yang said one of the biggest traps he sees students falling into is skipping a trip to the gym if they don’t feel like they have the time to spend 1 1/2 hours or exhaust themselves during a workout.

“Even if a student has 15 minutes or 20 minutes or half an hour, and they want to come and they just want to run on the treadmill or do a light workout, something is a lot better than nothing,” he said. “They come and they start building a habit until eventually they start feeling a little bit better, they’ll start feeling more energetic, and they’ll start to incorporate fitness into their workout.”

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RecWell launched its “Move Your Way” campaign in March, tailoring the Office of Disease Prevention and Health Promotion’s national campaign to this university. The campaign suggests 150 minutes a week of moderate-intensity aerobic activity and two days of muscle-strengthening activity. The activity can happen anywhere, Yang said.

“Fitness doesn’t have to mean coming to [Eppley],” he said. “It can be walking across campus, it could be taking part in intramural events or adventure trips, but it doesn’t have to be a 1 1/2 hour workout within our spaces. It can be whatever best fits your schedule during the day.”

Yang said students often don’t take advantage of some of the other programs RecWell offers outside of the gym, such as intramural sports with the Adventure Program.

“It’s a really easy way to stay active and have fun without thinking about it like, ‘I just have to lift weights,’” he said. “Our Adventure Program does really, really cheap trips to go kayaking or hiking in nearby areas, they take care of all the transportation and gear, so really you just have to show up.”

For students who may be apprehensive about starting a fitness routine, Yang suggests bringing a friend to work out with, asking staff questions or taking advantage of the personal training options to help build a workout routine.

“We have hundreds of pieces of equipment in here, you can’t expect everyone to know each piece of equipment, that’s totally unreasonable,” he said. “But that’s why we have staff in each area — to answer any questions.”
From football to field hockey and everything in between, the University of Maryland has some pretty impressive sports. The Diamondback counted down the top games that you definitely shouldn’t miss.

10. **MEN’S BASKETBALL VS. SETON HALL** **DEC. 19**

This is the only game on this list that is an away game, but Maryland’s trip to Seton Hall should be memorable. Both teams enter the year with serious buzz and lofty expectations. The Pirates return the core of their NCAA tournament team from a year ago, including national player of the year candidate Myles Powell, and will look to sweep the home-and-home following their win in College Park last December.

9. **FOOTBALL VS. MICHIGAN** **NOV. 2**

Ever since the Terps won in the Big House in 2014, this series has not been pretty. The Wolverines have won the last four meetings by a combined 130 points, and enter the 2019 season with playoff aspirations. With this game slated for homecoming weekend, it will be a chance for Maryland to knock off Michigan.

8. **MEN’S BASKETBALL VS. NOTRE DAME** **DEC. 4**

The Big Ten-ACC Challenge is always a highly touted affair, and this year it brings the Fighting Irish to College Park. Despite a poor season last year, Notre Dame comes into this campaign with higher expectations and will be looking to topple the Terps. Maryland has won their last two meetings, and overall they’re tied 10-10, so history says this should be a good game.

7. **FIELD HOCKEY VS. UCONN** **OCT. 6**

The Terps and Huskies have met in back-to-back NCAA tournaments. Two years ago, the Huskies knocked off Maryland to win the national championship game, but last year the Terrapins got revenge in the quarterfinals. The two don’t face off until mid-way through the season, which will only let the hype brew through the Terps’ first 11 games. Along with the NCAA Tournament battles, these two also faced each other in the regular season last year, with Maryland winning 4-2 on the road.
6. FOOTBALL VS. SYRACUSE SEPT. 7

The Orange visit College Park during the second weekend of the college football season. Following a 10-win season, Syracuse will likely enter this matchup ranked, making this a good opportunity for Maryland to grab a win against a ranked opponent for the third straight season. Although it’s not his first game of the season, it’s the first big test for new head coach Mike Locksley.

5. FIELD HOCKEY VS. PRINCETON SEPT. 24

Maryland booked their second consecutive trip to the national championship game last year by beating Princeton 1-0 in the semi-finals. Along with their showdown in the NCAA Tournament, the two play yearly and are always an even match-up. With the rivalry coming back to College Park in the fall, it is sure to be a can’t-miss game.

4. WOMEN’S BASKETBALL VS. SOUTH CAROLINA NOV. 10

Maryland and South Carolina both boast decorated women’s basketball programs. This will be the third straight season the two face off. The Terps won last year’s match-up in College Park, but the Gamecocks won the year before on home turf. This will be Maryland’s second game of the year and should be a good tipping off point for what hopes to be a stellar campaign.

3. MEN’S SOCCER VS. AKRON SEPT. 13

The rematch of the 2018 men’s national championship game should be a good one. In last year’s game, the Terps scored the lone goal of the defensive showdown in the 57th minute to claim their first national championship since 2008. Despite the Zips and Terps both losing a few key members of their squad to the MLS SuperDraft, Ludwig Field should be rocking for this game.

2. MEN’S SOCCER VS. INDIANA OCT. 18

The Terps and the Hoosiers played three times last season, and all games were tightly contested. Indiana won the lone regular season game 2-1 and also edged out a game in the Big Ten tournament on penalty kicks. Maryland got the last laugh, knocking Indiana out in the College Cup semifinals. With two of the best soccer programs in the country meeting up, you can expect the Crew — as Maryland soccer fans are known — to be rowdy for this one.

1. FOOTBALL VS. PENN STATE SEPT. 27

The Terrapins will play host to Penn State under the lights on Friday night in a game sure to have an electric atmosphere. This is the Terps’ first conference game of the season and will be a huge test for the new coaching staff. Maryland last beat the Nittany Lions in 2014 and are looking to snap a four-game losing streak in the series.
Students all have different definitions of what makes a school year successful. For some, simply getting through the year is enough. For others, landing an internship and keeping a high GPA will make or break their semester.

We reached out to current and former Terps on Twitter and asked what advice they could offer to current students for getting through another year at the University of Maryland. Here are some of our favorite responses:

**REMEMBER WHY YOU’RE HERE**

- Go. To. Class. Even if you sit there bored, you will still retain some things. Just go and sit there.

**DON’T FORGET ABOUT THOSE INTERNSHIPS**

- Secure an internship every single semester.
BUT DON’T LET YOUR GRADES
DICTATE YOUR PATH

GET INVOLVED

BUT NOT TOO INVOLVED

TAKE CARE OF YOURSELF

USE YOUR PROFESSORS

AND DON’T FORGET TO HAVE FUN!
It’s easy to take your mental health for granted in college. With the stress of daily classes, assignments, searching for internships and preparing for a career after graduation, our mental health can fall by the wayside.

**INDIVIDUAL COUNSELING**

As a student enrolled at UMD, you’re entitled to eight individual counseling sessions per 12-month period. To make an appointment, call the Counseling Center at (301) 314-7651 or stop by the reception desk on the main floor of the Shoemaker Building.
In recognition of the stigma surrounding counseling, the Counseling Center has worked to make requesting time with a therapist easier for specific populations. From 3 to 4 p.m. on Monday through Friday, international students, veterans, and those who identify as LGBT or people of color can drop by to see a counselor without scheduling an appointment beforehand.

Interested in seeking help off-campus? The Counseling Center keeps an extensive list of mental health resources, including psychologists, psychiatrists and social workers. Call (301) 314-7651 to schedule an appointment with a Care Manager, who will work with you to find the best fit for your healthcare needs, location and financial situation.

Feeling intimidated by a one-on-one counseling session? UMD offers a variety of small-group programs. Some groups address interpersonal issues, but others have a specific focus, such as anxiety, depression, eating disorders or procrastination. And there's no limit to the number of group therapy sessions you can attend.

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Remember these 9 tips to keep your brain healthy in the coming academic year.

EXERCISE

There's a reason why you've heard this tip so many times in relation to maintaining mental health: it works. You don't even have to be an Olympic athlete to enjoy the benefits of working out. Whether you set time aside to shoot some hoops with friends, go for a run or take advantage of a workout class at Eppley, staying active fights depression, anxiety, helps you sleep better and is all-around just a magical thing.

GET PLENTY OF SLEEP

After a day packed with classes and club meetings, you might be tempted to stay up a bit later to catch up on work. Don't do it! Keeping a strict bedtime is super important for helping with mental health issues like depression and anxiety. And if that's not motivation enough for you to hit the sack, it also sharpens your focus and helps your mind perform better during the day.

EAT YOUR VEGETABLES

Maintaining a balanced diet may be tricky in college, but that doesn't make it any less important. Certain mineral deficiencies — including Vitamin D, B vitamins, iron and omega-3 fatty acids — can make you more susceptible to developing depression. We want to avoid that!

CUT BACK ON CAFFEINE

Yes, coffee is delicious bean juice that can be a real treat if enjoyed in moderation, but you have to be careful: it is way too easy to become reliant on the drink. And take it from us — caffeine headaches are no fun at all.

GET CREATIVE

Are you a knitter? A painter? A baker? That's awesome! Go ahead and indulge in these hobbies — regular creative activities have been found to improve mental health and increase dopamine levels in the brain.

SET REALISTIC GOALS

Having ambition is great, but there's a fine line between shooting for the stars and wrapping up your self-worth in your accomplishments. Don't let work consume you — remember that there's more to life than academic success.

LAUGH A LITTLE (OR A LOT).

What did the small pebble wish? That he was only a little boulder! Hopefully that cheesy joke made you chuckle a bit — we're only looking after you, after all. Research has shown that laughing releases endorphins, relieves anxiety and strengthens social connections.

HAVE FUN WITH FRIENDS.

There's no shame in being shy, but even the most introverted among us can benefit from partaking in human interactions from time to time. Doing so bolsters a support system you can fall back on in times of stress and diminishes feelings of isolation. Go forth and socialize!

TAKE TIME FOR YOURSELF.

By this point, “self-care” has become a bit of a trite phrase, but that doesn't make it any less impactful. Yes, studying and working hard is important, but do you know what's even more important? Your mental health. Try to take some time for yourself every day (even if it's just a few minutes!) to do something you enjoy. It will pay off in the long term.
College is the best time to follow your passion and unlock your true potential. At the Dingman Center for Entrepreneurship, we help University of Maryland entrepreneurs of all kinds be more successful. Come start your journey with us. Learn. Fail. Grow. Repeat. Gain sought-after career skills and above all, have fun!

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