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DEAR READER,

You did it! You worked so hard throughout school, tirelessly perfecting college applications and essays and navigating about a year and half of tricky online learning. It’s no understatement to say that the pandemic took a lot away from students — whether it’s sports games, graduations, proms or something as simple as making friends and memories. But rather than focusing on what you missed, focus on what’s ahead.

All of your hard work, resilience and diligence has brought you to where you are right now, with a spot in the incoming freshman class at the University of Maryland. Be proud of that accomplishment — it’s a big deal! And without further ado, welcome to the University of Maryland. You’re a valuable part of this community, which makes this community so inspiring.

This university offers more than 300 departments and programs, which span across 12 schools and colleges. Regardless of which departments you call home, you’ll find plenty of opportunities to get involved — from student government and advisory councils to academic clubs, you’ll definitely find your niche.

But maybe you’re looking out the more social side of college life, which is perfectly OK, too. You’ll find sororities and fraternities of all types, athletic clubs and facilities, intramural sports, advocacy groups and so much more.

Even though navigating your first year of college, or college all together, can be tough, you’ll find yourself making memories you aren’t likely to forget. And on top of creating lasting memories, you have access to the nation’s capital, which is home to so many attractions, including museums and monuments. You’re especially lucky that the surrounding College Park area offers mouthwatering comfort food and scenic areas that actually make studying fun.

You’re probably starting to feel very overwhelmed right now, but that’s normal. We’ve all been there, and you’re not alone. As the country continues to recover from the pandemic, and bits and pieces of pre-pandemic life starts to return, you’ll find that being a part of this community is something you’ll cherish for years to come. We’re here to help guide you as you start your college journey.

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This guide takes you through everything you need to know about joining this university in the fall — from College Park’s best eats, sports games and dorm reviews, to understanding financial aid and navigating a largely white institution.

This university is unique, and even more so now that it welcomes you and the rest of the freshman class. As you continue to prepare for college life, keep this guide handy — we’re here for you, every step of the way. Good luck with your first year, Terps. We’re rooting for you!
Staying Safe

Knowing where to seek help can keep you safe. Here are some resources to seek help in College Park and at the University of Maryland.

**UNIVERSITY POLICE**

Emergency: 911 or 301-405-3333

College Park doesn’t have a police department, so the University of Maryland Police help patrol the city as well as the campus. Give them a call if there’s a crime, an emergency or if you have something urgent to report.

Non-emergency: 301-405-3555

The police escort service is available to anyone who feels unsafe at any time. Police officers and student members of the police auxiliary service will walk with you across campus. Call the non-emergency police number to access this.

**BLUE LIGHT EMERGENCY PHONES**

Blue Light emergency phones are located all over the campus. Use these to contact police if you are in immediate danger and can’t use your cellphone.

**OTHER IMPORTANT NUMBERS**

NITE Ride: 301-314-0483

If you don’t feel safe out at night, NITE Ride can pick you up and take you anywhere on campus, free of charge. From 5:30 p.m. to 2:30 a.m., it runs only to designated locations on campus. From 2:30 to 7:30 a.m., it picks up and drops off anywhere on campus. The service is provided by the Department of Transportation every night.

The Counseling Center: 301-314-7651

Counselors are available for therapy sessions, and the center provides psychological evaluations and consultations. Students are generally limited to eight individual sessions per 12-month period.

Health Center’s Behavioral Health Services: 301-314-8106

Psychiatrists meet with students to offer them psychiatric evaluation or care. The center can also connect you with another psychiatric provider outside the university.

CARE to Stop Violence: 301-314-2222

24-hour hotline: 301-741-3442

CARE stands for Campus Advocates Respond and Educate to Stop Violence. This group educates students about domestic and sexual violence and works with victims. CARE can help with everything from counseling and advice to educational workshops.

**UMD ALERTS**

UMD Alerts are sent out when there’s a report of an emergency or a crime on or near the campus. The alerts will also cover weather-related closings and other situations that impact the university community. As a student, you’re automatically signed up to get UMD Alerts through your email. If you prefer text messages, you can register for that by adding your phone number at alert.umd.edu.

**ON-CAMPUS RESOURCES**

Blue Light emergency phones are located all over the campus. Use these to contact police if you are in immediate danger and can’t use your cellphone.
GETTING READY

The first day of classes will arrive faster than you think. Get a head start to make sure it doesn’t catch you by surprise.

CHECK OUT CANVAS

When you register for a specific course, you’ll usually be added to its page on Canvas (also known as ELMS). From there, you can look at the syllabus and learn more about the class — what textbook you’ll need (or whether you’ll need one at all), how often you’ll have homework and what kinds of assignments you’ll need to complete.

FIND YOUR TEXTBOOKS

There are a few different ways to get textbooks, but the only hard and fast rule is that you shouldn’t buy them new. Unless the syllabus explicitly requires a new textbook — usually it’s for a code to access an online program — you’re just throwing money away. Assuming you can’t find the textbook in the library or online for free, you can always buy used or rent a textbook from a bookstore or online retailer. You can also check out student-run Facebook pages, where students sometimes sell their old textbooks.

FIND A STUDY SPACE

When you get to campus, you’ll want to scope out study spots. While your dorm might seem like the obvious choice, it doesn’t work for every student. You’ll want a place that’s quiet, where you can focus free of distractions. Try a library like McKeilin or Hornbake — a lot of other students might be there, but there’s usually more than enough space.

ACADEMIC CALENDAR

FALL 2021

Aug. 30 — First day of classes
Sept. 6 — Labor Day
Nov. 24 - 28 — Thanksgiving break
Dec. 13 — Last day of classes
Dec. 14 — Reading day
Dec. 15-21 — Final exams
Dec. 21 — Commencement
(main ceremony)
Dec. 22 — Commencement
(college/department ceremonies)

WINTER 2022

Jan. 3 — Classes begin
Jan. 17 — Martin Luther King Jr. Day
Jan. 21 — Classes end

SPRING 2022

Jan. 24 — First day of classes
March 20-27 — Spring break
May 10 — Last day of classes
May 11 — Reading day
May 12-18 — Final exams
May 19 — Commencement
(college/department ceremonies)
May 20 — Commencement
(main ceremony and college/ department ceremonies)
May 21 — Commencement
(college/department ceremonies)

SUMMER 2022

May 31 — Sessions I and I-A begin
June 17 — Session I-A ends
June 20 — Session I-B begins
July 4 — Independence Day holiday
July 8 — Sessions I and I-B end
July 11 — Sessions II and II-C begin
July 29 — Session II-C ends
Aug. 1 — Session II-D begins
Aug. 19 — Sessions II and II-D end

CHECK OUT CANVAS

Canvas, the university’s online learning system, is where instructors usually post class materials, resources and grades. Visit at any time!
The University of Maryland’s campus is walkable, but sometimes you need to leave College Park — or maybe you just don’t feel like traveling on foot after a long day of classes. Here are some alternative ways to get around.

**RIDE CAMPUS BUSES**

The university’s Department of Transportation Services has one of the most expansive shuttle bus systems in the nation, with more than 20 routes. Not only can these buses take you all around the campus, but they also go anywhere from apartments like The Varsity and the University View to places like Hyattsville and Silver Spring.

Most on-campus buses run several times an hour after 5:30 p.m., with off-campus bus schedules varying. You can see bus maps and times on dots.umd.edu. Find out when your bus is coming with the NextBus website, text line and app.

**HOP ON THE METRO**

Although College Park has a lot to offer, sometimes you just need to go to Washington, D.C. Luckily, getting there is as easy as everyone says. The #104 bus will take you to the College Park Metro station. The station is also both walkable and bikeable from campus. Once you get to the Metro, you’re just a quick ride away from the National Zoo, the Smithsonian museums, the National Mall and more.

**BRING A BIKE**

Biking is a great way to get across campus when you want something just a bit quicker than walking. You can use your own bike on campus if you register with DOTS (it’s free!) at bikeindex.org/umd.edu. Be careful not to break the rules, though — don’t bike on the sidewalk and don’t leave your bike on a rack for more than 72 hours.

**RENT A BIKE OR SCOOTER**

College Park, in partnership with VeoRide, debuted a scooter and bike-share program at the beginning of last year. The program brought electric scooters, as well as both electric and regular bikes, to campus. Through the VeoRide app, you can unlock a device and start riding. To rent, you’ll have to pay an unlock fee, plus a fee per minute. The price depends on what kind of device you choose to hop on. It’s a big help if you’ve got class on the other side of campus or you don’t have the time to wait for a bus. Just make sure you ride safely and responsibly. Stick to the roads and stay off the sidewalk.

**TAKE A ZIPCAR**

When you need a longer-term rental, Zipcars are another option. Members can rent vehicles by the hour or by the day. Once you register through the app, you can access Zips all around the country (not just in College Park, which has eight Zipcar stations).

**DRIVE, BUT BEWARE OF PARKING**

Parking can be a bit tricky. Projects like the Cole Field House renovations have eaten up a bunch of parking spaces, and unfortunately, the underclassmen are bearing the brunt of that. Freshmen who are residents can’t currently register for parking (unless they apply for an exception). Registration isn’t cheap, either. For the 2020-21 academic year, annual parking permits were $650 for resident students and $336 for commuter students. There are numerous lots and garages on campus, each with their own rules and restrictions. If you get a permit, you’ll want to make sure you’re parking in the right place. Many parking lots may close or change in size with all of the construction going on, so be sure to check the DOTS website and The Diamondback website for updates.
Now that you’ve been accepted into the University of Maryland, you may be wondering how to navigate the financial aid process or wondering what you could have done differently. There’s one thing we all know for sure – the financial aid process is overwhelming and daunting. College comes with a big price tag.

Over the past three decades, college tuition costs have skyrocketed. At four-year public schools tuition has jumped from around $4,000 annually to over $10,000, according to data from the College Board.

The University System of Maryland sets tuition for all institutions in the university system, including this university. They approve increases to in-state and out-of-state tuitions, into the recently-announced increase for the 2021-2022 academic year. Out-of-state tuition will grow by 5 percent, jumping from $34,936 to $37,368. In-state tuition will increase 2 percent, to $8,824 to $9,000.

But don’t fret – here’s a breakdown of different types of aid and some tips to help you along the way from a seasoned scholarship applicant.

**Federal and State Aid**

By now, you might already know what FAFSA is and why it’s important. But as a refresher, FAFSA, otherwise known as the Free Application for Federal Student Aid, allows students pursuing undergraduate or graduate degrees to apply for federal financial aid. This can be applied toward tuition, fees, room and board, textbooks and other school-related expenses.

Some states also have financial aid programs for state residents who attend college in the state and outside of it, as well as out-of-state students. In Maryland, there’s MDCCAPS, which processes applications for state-sponsored scholarships. Programs like this usually use the information entered in your FAFSA application to determine what kind of state-based aid you would be eligible for.

Regardless of how you or others may perceive your financial situation, it’s still important to apply for both federal and state based aid because you may still be offered federal aid or your application can be used for state awards.

Now, you’re probably curious about what types of aid exist and how they work. Below, you’ll find a breakdown of each one.

**Breaking Down Different Types of Aid**

**Scholarships**

Scholarships come in all forms, shapes and sizes. You also don’t have to repay the amount back. Scholarships can be either merit-based or need-based on a student’s financial need. You can find thousands of scholarships to apply to online, but don’t forget to also apply to smaller, local ones in your area.

If you already know what you’re majoring in, I highly recommend searching for professional groups related to your major that fund scholarships. If you live in Maryland, you can also apply for delegates and senatorial scholarships.

**Grants**

Grants are also another great way to fund your education. You don’t need to worry about paying these back either. Most grants are given to students based on financial need, but that shouldn’t stop you from applying if you can. The federal government offers several grants through FAFSA, such as the Federal Pell Grant. Universities also sometimes offer grants.

**Loans**

Loans are where it gets really tricky in the world of financial aid. A loan is money you borrow from the government, bank, financial institution or other organization, which you must pay back with interest. Private loans can be more difficult to navigate, but federal student loans usually have more benefits, according to the U.S. Department of Education. The two most common types of federal student loans are direct unsubsidized and direct unsubsidized. Direct unsubsidized loans are based on financial need and do not need to be paid until you graduate. Direct subsidized loans, though, are not based on financial need and students are responsible for paying the interest.

**Resources for Transfer Students**

If you’re a transfer student, you might be wondering what kind of aid you’re eligible for. You should still apply for FAFSA and any state based aid you qualify for, but as a transfer student, you also have access to additional scholarships or financial aid programs specifically for transfer students. At this university, transfer students are automatically reviewed for some merit scholarships, while other scholarships require an application.

**Resources for Undocumented Students**

Navigating the financial aid process is hard enough as it is, but as an undocumented student, it can be even more daunting. While some financial aid programs require students to be U.S. Citizens, you can also find scholarships or other programs that offer financial assistance to undocumented students.

The Immigrant and Undocumented Student Life Program at this university also offers an extensive online list of scholarships and other financial resources available to undocumented students.

A GUÍA DEL PROCESO DE AYUDA FINANCIERA UNIVERSITARIA

Por Amanda Hernández | @amandavhernan | Escribiana

hora que usted ha sido aceptado en la Universidad de Maryland, puede estar navegando por el proceso de ayuda financiera o preguntándose qué podría haber hecho de manera diferente. Hay una cosa que todos sabemos con seguridad: el proceso de ayuda financiera es abrumador y desalentador. La universidad tiene consigo un costo muy alto. Durante las últimas tres décadas, los costos de la matrícula universitaria se han disparado. En las escuelas públicas de cuatro años la matrícula ha aumentado de $8,824 a $9,000, el promedio se ha reaumentado para el año académico 2021-2022. La matrícula para los que vienen de afuera del estado Maryland crecerán en un 1 por ciento, saltando de $34,936 a $37,368. La matrícula de estudiantes residentes en el estado de Maryland aumentará 2 por ciento de $8,824 a $9,000.

Lo que se puede prever es que lo que se va a especializar, le recomiendo buscar grupos profesionales relacionados con su especialidad y financiar el colegio.

Desglosando los diferentes tipos de ayuda financiera

Las becas se presentan en todas las formas y tamaños. Además, no es necesario devolver la cantidad que se fue financiando. Las becas pueden ser otorgadas en becas u otras relaciones específicas de la educación financiera. Pero como recordatorio, FAFSA, es importante que siga aplicando y use los beneficios de las becas financieras otorgadas por la universidad. Puede encontrar miles de becas, pero no se tendrá en cuenta hasta que se soliciten en línea, pero no se tiene que postular, también a las que más pequeñas y locales en su área. Si usted ya sabe en lo que se va a especializar, le recomendamos buscar grupos profesionales relacionados con su especialidad y financiar el colegio.

Becas federales y estatales

Es posible que ya sea expuesto a FAFSA y por qué es importante. Pero como recordatorio, FAFSA, también ofrece una lista amplia en línea de becas e Indocumentados en esta universidad.

El sistema universitario de Maryland establece la matrícula para todas las instituciones del sistema universitario, incluyendo a esta universidad. Aseguren aumentos a las matrículas para estudiantes residentes dentro y fuera del estado, tal como el aumento que fue recientemente anunciado para el año académico 2021-2022. La matrícula para los que vienen de afuera del estado de Maryland crecerán en un 1 por ciento, saltando de $34,936 a $37,368. La matrícula de estudiantes residentes en el estado de Maryland aumentará 2 por ciento de $8,824 a $9,000.

Por lo que se puede prever es que las becas son de financiar su educación. Tampoco es necesario preocuparse por pagar estos gastos. La mayoría de las becas se conceden a los estudiantes que es financiando, pero eso no debería ser deslucido de completar una solicitud. El gobierno federal ofrece varias subvenciones a través de FAFSA, como la beca Pell Grant. Las universidades también ofrecen a veces subvenciones.

Programas de trabajo y estudio

El programa de trabajo y estudio está disponible tanto para estudiantes de tiempo completo como de tiempo parcial. El dinero ganado está destinado a ayudar a los estudiantes a cubrir los gastos relacionados con su educación.

Recursos para estudiantes de transferencia

Si es un estudiante que se ha trasladado de otra universidad, puede que se esté preguntando qué tipo de becas se apto. Aún deberían postular a la FAFSA y cualquier ayuda estatal a la que usted califique, pero como estudante que se ha trasladado, también tiene acceso a becas adicionales o programas que son financiando específicas para estudiantes que se transfieren de otras universidades. En esta universidad, los estudiantes que se transfieren son automáticamente considerados para algunas becas por mérito, mientras que otras becas requieren una postulación.

Recursos para estudiantes indocumentados

Para investigar el proceso de ayuda financiera ya es suficientemente difícil, pero como estudiante indocumentado, puede ser aún más desalentador. Muchas de nuestras programas de ayuda financiera requieren que los estudiantes sean ciudadanos estadounidenses, también puede encontrar becas u otros programas que ofrecen asistencia financiera a estudiantes indocumentados. El Programa de Vida Estudiantil para Indocumentados e Indocumentados en esta universidad también ofrece un listado amplia de líneas de becas y otros recursos financieros disponibles para estudiantes indocumentados.
The best of both worlds

Here's how you can balance extracurriculars and academics.

By Shifra Dayak and Rachel Hunt | @shifradayak and @rachelsuzhunt | Staff Writers

Maybe you have big plans for your college life and want to be involved in everything you possibly can. Or maybe you need to work in order to support yourself while you're here. The transition into college comes with a busy schedule of school-work, social events and more, so balancing academics with jobs, extracurriculars and the social scene can be like trying to make two different puzzles fit together. Here's how you can get the most out of extracurriculars.

Pinpoint your priorities

At the beginning of fall semester, the university holds an annual First Look Fair, where representatives from student organizations share information. Whether it’s in-person on McKeldin Mall or held virtually on Zoom, go to the fair to see what’s offered. Sign up for things that interest you.

“You’ll probably end up signing for way more clubs than you’re actually going to attend, but it’s a good start if you do want to get involved in some things,” said Isabel Salas, an information science major who graduated in spring 2020.

Salas — who was involved in intramural sports, gave campus tours and was in a peer mentoring program — took advantage of many opportunities through the First Look Fair, she said.

The First Look Fair is also a great opportunity to gauge how much of a time commitment extracurriculars will be, so don't be afraid to ask club leaders straightforward questions about what to expect. It's not always this easy, but if you can, pick activities that complement each other. If you want to double major, look for strong crossover with your General Education credits. Some professional and social Greek life organizations have similar point categories where you can fulfill both requirements with one activity.

Scheduling is key

Take advantage of the many scheduling tools the world has to offer to stay on top of your schedule. Staying organized can be as simple as filing everything away in your Google calendar or leaving yourself a running sticky note of to-do tasks.

Setting a routine is the easiest way to feel calm and in control of your situation. Going to bed and waking up around the same time every day will also help you feel more rested and ready for your work. We recommend trying to set an hour a week of time purely for yourself. This can be an important time to recharge and reflect on what’s driving you and where you’re going.

Rising sophomore Grayson McCord, a French and government and politics major, said putting her weekly commitments down on paper helps her stay organized and remember what to get done.

“When I have time on the weekends, I’ll make a schedule for the week,” McCord said. “It helps me to wrap my head around what I need to do for the week and keep track of where I need to be at what time.”

Don't be afraid to say no

Finally, know your limits. Taking on extra responsibilities or holding a leadership position in a club can be a huge time commitment, and it’s okay to step back from those things, especially as you take the first few months of college to get adjusted.

While there are non-negotiable forces in your life, such as impending deadlines and set work times, recognizing that you are in control of your schedule is vital for preventing overextension. If you allow yourself to be taken advantage of right off the bat, it’s going to be that much harder to say no to your fellow club executives or needy friends when they dial in for your help. Of course, it’s not bad to want to help out. You just need to make sure it doesn’t come at the expense of your own health.

Salas opted not to apply for any leadership positions because she already had a heavy workload, she said.

“I decided with my class load... that it would be too much,” she said. “I didn’t want the clubs that I was in to feel stressful for me.”

If you do go for a leadership position, communicate with other club leaders about equally delegating responsibilities. Ask them for tips and guidance for balancing things along the way. Clubs are meant to be a fun opportunity, and extracurricular leaders are “there to help and explain everything to you,” McCord said.
Welcome to your new home! Dorms across campus vary in size and amenities. Here’s a look inside a few campus dorm rooms, along with some students’ thoughts on the options.

For a full list of dorms, see the campus map on page 10-11.

**Anne Arundel Hall**
Queen Anne’s is the hidden gem of dorm life at the University of Maryland. Tucked at the top corner of McKeldin Mall, it’s a stone’s throw from academic buildings and McKeldin Library. It has its own beautiful library study room, the biggest bathrooms I’ve seen in a dorm here and very powerful air conditioning. Its one shortcoming, though, is if you’re here as a freshman, you’re away from the North Campus action. But it’s OK — you’ll learn the bus schedule better than anyone else you know.

- Emma Grazado | Diversions, engagement editor

**Wicomico Hall**
There’s no easy way to say this, but this dorm is the short end of the stick. This stretch of buildings, which includes neighbors Caroll and Caroline halls, should’ve been knocked down 10 years ago. It’s pretty close to the South Campus Dining Hall and McKeldin Mall, but the building is ancient. There’s no air conditioning, so prepare for a sweaty move-in day. Hopefully, you’ll make the most of having a single and meet some friends in the air-conditioned lobby. You may end up with some battle scars, but you’ll end up stronger on the other end — and incredibly grateful for wherever you live next.

- Rachel S. Hunt | Director of digital strategy

**Hagerstown Hall**
Hagerstown Hall is among the least-coveted freshman dorms, with no air conditioning and communal bathrooms. Complete with a depressing paint job and dingy lighting, it will be hard to make this place very homey, or even cozy. You’ll inevitably get jealous of your friends who live in literally any other dorm (besides maybe Easton). But in a way, Hagerstown’s below-average amenities will force you to bond with people on your floor: air-conditioned lounges will draw all of you closer in the warmer months and tight living quarters means it’s hard to feel lonely. And, you’ll be only a few feet from the North Campus Dining Hall, so that’s nice.

- Chloe Goldberg | Former staff writer

**Prince Frederick Hall**
This is quite possibly the best dorm on the campus. The rooms are huge and have drywall rather than cinder block, and it’s more like a hotel than a traditional college dorm. Each residence floor has a social and study lounge, as well as a trash room and laundry room — you’ll never have to worry about taking your trash out to the dumpster or hauling your clothes down flights of stairs. There’s also a kitchen and bike room on the first floor, and if you’re in the Design Cultures and Creativity or Advanced Cybersecurity Experience for Students honors programs, your classes will be in the basement.

- Christine Zhu | Staff writer
ATTN: Parents & New Students

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1. Go to dbknews.com
2. Click newsletter in the top menu
3. Fill out our form
4. Start receiving newsletters!
WHAT TO PACK

Six essentials freshmen need to pack before moving into their dorm.

By Christie Zhu | @christinzhu42 | Staff Writer

In the weeks leading up to moving into Prince Frederick Hall last year, I watched a fair share of dorm shopping vlogs, dorm tours and room essentials videos on YouTube. Some of the items I foolishly chose to ignore, while others I purchased, but didn’t end up using.

I tend to pack minimally, which sometimes leads to underpacking. I had a handful of friends in my building who brought just about everything you could ever think of and were kind enough to let me borrow items if I ever needed to. Even so, there are some things I recommend bringing from the get-go for the sake of convenience.

A MATTRESS TOPPER
I packed about two weeks worth of stuff. As the pandemic raged on, there were concerns of getting kicked off the campus, and I didn’t want to haul everything to college just to haul it all back weeks later. As a result, I skipped out on getting a mattress topper, an item just about every college YouTuber declares essential. Then, for a few days I woke up completely sore — so I gave in. The Target closest to the campus, under the Landmark apartment complex, doesn’t sell mattress toppers. I wound up asking my mom to buy one and drop it off for me. After that, I slept much better, and the soreness went away.

A FIRST AID KIT
You will do a lot of walking around the campus, and this university has a ridiculous number of hills. You want a pair of shoes that can endure the rainiest of days and the muddiest of sidewalks. On another note, I’m what you would call physically uncoordinated. I work at a beverage shop, so old shoes have come in handy as I have spilled many syrups, jams and drinks onto counters, floors and, inevitably, myself.

A BROOM OR VACUUM
My building’s rooms don’t have carpets. If yours do, or if you have a rug, I suggest a vacuum. But for me, a Swiffer Sweeper was perfect. To this day, I have no idea where all that dust came from, but my trusty Swiffer was able to make my floor sparkle.

A SWIFFER SWEeper, broom or vacuum
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COVID-19 ESSENTIALS
Bring plenty of masks. The dryer may eat some of your reusable masks, but you can never have enough disposable ones. Disinfecting wipes are always great for cleaning — pandemic or not. You can never have enough hand sanitizer, especially if your middle school self collected them.

After someone in my building tested positive for COVID-19 in September, I was very paranoid and kept a small suitcase packed at all times with spare clothes and toiletries. If I did wind up exposed or positive, it probably wouldn’t have been enough for my move to quarantine housing, but it helped for peace of mind.
Maintaining mental and physical health

There are some ways to nurture your mental and physical health while at college.

By Rachel S. Hunt and Sofia Saray | InterMillennial and @sofiayray | Staff Writers

Mental health is all about being proactive. For me, talking about mental health in high school was very taboo. If I wasn't joking about how I felt or diminishing those feelings, I felt like I was making people uncomfortable.

College was the first time I was surrounded by people who were proud of the steps they took to get help. Even as I enter my senior year of college, I still have trouble removing the stigma of not being OK all the time.

Below are a few measures you can take to prevent a buildup of unhealthy emotions that I wish I had known going into college. And while I'm not an expert on the steps they took to get help. Even as I enter my senior year of college, I still have trouble removing the stigma of not being OK all the time.

Below are a few measures you can take to prevent a buildup of unhealthy emotions that I wish I had known going into college. And while I'm not a mental health professional, I have experience and advice related to being in cognitive behavioral therapy and group therapy as well as managing medication. (I'll spare you my DSM-5 diagnoses.)

Here are some ways to nurture your mental and physical health while at college.

- Medication and talk therapy don’t have to be mutually exclusive, either.
- Watch what you consume. While this isn’t a catch-all for mental health issues, watch what you consume on social media and in your everyday life. There can be many dangerous “clickholes” on the internet — accounts or threads advertising the foods you love — but just be aware of what you put into your body and how it makes you feel. For example, Jakubczak said students should “think of it like refueling the tank or refueling the brain.”
-“Boundaries” might sound like a scary word. View them simply as protections you put around yourself. These boundaries can be physical, emotional, intellectual, social or spiritual. Making a list of traits you look for in a friend or partner before getting to college can be a great place to start. That way, you can identify what you’ve consciously compromised on when those people actually come around.
- Talking to your future roommate about dorm etiquette is a great example of boundary setting. Time is one of the biggest boundaries we sometimes underestimate. If you’re unsure about how you’re doing with your boundaries in any regard, ask yourself: Am I taking more or giving more?
- Once you set these boundaries, you can move into being held accountable. Ask a friend or mentor to give you a heads-up if you start breaking your own boundaries. This could be anything from not having too many drinks at the bar to not submitting your homework assignments on time. You can also give someone signs of when to check on you, like if you haven’t left your room in a while or have started skipping meals.
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FIND A COMMUNITY

One of the best things I did for myself as a South Asian student was to find South Asian organizations at this university. In search of a community to call my own, I spent several nights Instagram-stalking the university’s South Asian-interest organizations. Soon after joining a few organizations, I learned that community and welcoming spaces were key to feeling comfortable on the campus. Amy Rivera, a sophomore criminology, justice and government and politics major, agreed. “It’s just great seeing other people who embrace their culture, and they’re all super friendly,” she said.

But finding your community doesn’t necessarily mean people need to share your heritage. I was an American-born woman’s studies major. “You can also find a community and mentors,” she said. “I agree — you’re here at this university to educate yourself, not to play the role of teacher to people who might not understand your experiences. Your time here is precious, so use it to pursue things you are genuinely interested in.”

To browse the university’s variety of organizations or clubs, I recommend attending the First Look Fair, FreshCon — a welcome event for incoming Black students — or searching on social media.

DEFINE YOUR OWN SUCCESS

It’s very easy to give into impostor syndrome and try to fit the mold of people who you see around you. But success is subjective, and as a student of color you might face other barriers your white peers don’t.

You define success for yourself, Rivera said — whether that’s joining leadership in clubs and vocalizing issues, or just scraping by in your classes and doing what you can. Junior government and politics major Imani Nokuri stressed that mindset and prioritizing your own well-being is also a key part of succeeding. You have inherent value, she said, and it’s important to keep that in mind. “You really do have to come to a place where you understand that, regardless of who you are, people are going to have doubts about you,” she said. “Don’t pay them any mind.”

“I’ve never thought of myself as superior, I’m a largely white institution. And for a freshman student of color, that can lead to culture shock, impostor syndrome and a whole host of other strange or uncomfortable feelings. Here’s some advice to help find your footing while attending this university.

GIVE YOURSELF GRACE

One of Prasetiawan’s defining realizations was that she couldn’t call out and reform organizations by herself. That’s why she feels it’s important to find community and mentors. “The one thing that I’ve learned not to do … is to be angry at traditions and systems that were never meant for you,” she said.

Rivera also noted people might invite you to participate in diversity and inclusion boards. But you don’t have to take part in these kinds of spaces, unless you feel inclined to. “Definitely give yourself the grace to make mistakes, to be young, to have fun, and don’t let anybody else tell you otherwise,” Rivera said.

The University of Maryland, like many institutions for higher education, is a largely white institution. And for a freshman student of color, that can lead to culture shock, impostor syndrome and a whole host of other strange or uncomfortable feelings. Here’s some advice to help find your footing while attending this university.

Community, Success and Grace: A Guide to Navigating a Largely White Institution

COMMUNITY, ÉXITO Y GRACIA: UNA GUÍA PARA NAVEGAR POR UNA INSTITUCIÓN EN GRAN PARTE BLANCA

La Universidad de Maryland, al igual que muchas instituciones de educación superior, es una institución en gran parte blanca. Y para un estudiante de primer año de color, eso puede provocar un choque cultural, síndrome de impostor y una multitud de otros sentimientos extraños o incómodos. He aquí varios consejos para ayudarle a encontrar su base mientras asiste a esta universidad.
Stream your favorite movies, TV shows, and Amazon Originals.

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prime student

amazon.com/UofMaryland
HUNGRY, TERPS? ON-CAMPUS DINING

Whether you need a quick bite on the way to class or you’re just bored of dining hall food, UMD has plenty of spots that can satisfy your cravings.

DINING AT STAMP

Stamp Student Union has several fast-food restaurants. Some highlights include Chick-fil-A, Panda Express and Qdoba, which are all located in the main eatery. There’s also a coffee shop near the main entrance which brews Starbucks grounds.

And if you’re in a rush, head to Stamp’s convenience shop to assemble your own meal. You can grab a quick packaged and prepared sandwich and add on fruit, yogurt or a bag of chips. Stamp is also home to the Maryland Dairy, an ice cream shop that serves a wide variety of university-crafted flavors.

OTHER OPTIONS

There’s also a lot of food outside Stamp. Cafes with standard convenience store fare are scattered across campus in academic buildings, usually with relevant/corny names (e.g. “Bytes” in one of the computer science buildings).

Every Wednesday from April through mid-November, the UMD Farmers Market sets up camp at Tawes Plaza Garden for a couple hours, offering produce, eggs, pastries and other food, as well as some specialty products such as jewelry and beeswax products. Everything sold here is grown or produced by the vendor selling it.

If you want fresh, sustainable food that’s a change of pace, the Green Tidings food truck is also a good bet, if it’s around — the truck has disappeared and reappeared periodically over the past few years.

DINING OPTIONS IN STAMP

<table>
<thead>
<tr>
<th>Chick-fil-A</th>
<th>Subway</th>
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<tr>
<td>The Coffee Bar</td>
<td>Panda Express</td>
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<td>Maryland Dairy</td>
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CAMPUS CAFES

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<td>Kim Engineering Building</td>
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<td>Performing Arts Center</td>
<td>Off the Record</td>
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<td>BRBean</td>
<td>Knight Hall</td>
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<td>Bioscience Research Building</td>
<td>Physics</td>
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<td>Breakpoint</td>
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<td>Bytes</td>
<td>The Physical Sciences Complex</td>
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<td>The A.V. Williams Building</td>
<td>Rudy’s</td>
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<td>Creative Commons</td>
<td>Van Munching Hall</td>
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<td>Tawes Hall</td>
<td>Samovar Ramen Noodle Bar</td>
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<td>Food for Thought</td>
<td>H. J. Patterson Hall</td>
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<td>The Edward St. John Teaching</td>
<td>Sneaker’s Smoothies</td>
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<td>And Learning Center</td>
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<td>Footnotes</td>
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<td>McKeldin Library</td>
<td>UMD Golf Course clubhouse</td>
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Whether you need a quick bite on the way to class or you’re just bored of dining hall food, UMD has plenty of spots that can satisfy your cravings.
Budgeting tips to help you avoid zeros in your bank account.

A brisk, fresh breeze engulfs you as you open the door of your favorite College Park shop. You peer at every item in the store until finally finding that one thing your parents said you really needed for college. One swipe, and you’re done... until the clerk seemingly screams those fateful words: “I’m sorry, your card has been declined.” Years of not having to worry much about your bank account balance has finally caught up to you – here’s how you can avoid those zeros.

STRETCH YOUR MEALS
Learn how to (not) eat out. Even if you’re stuck in a dorm with a dining plan, there are plenty of ways to save on food. You can head down to Route 1 to buy groceries from Lidl, a low-cost grocer, which is a short walk from campus.

Even if packet-less ramen is the peak of what you can drum up, it beats the price of almost anything out there. Limit what you spend outside of groceries and your dining plan. Cooking is a plus, so now’s a good time to learn how if you don’t know already. You might discover a passion, or at the very least, higher quality food than you might expect.

FIND A JOB
To save money, you need to make money. Finding a job can be difficult in College Park, but you can’t just survive off your parent’s dime.

Well, you could, but they probably wouldn’t appreciate that.

One of the best ways to get one is right under your nose: the University of Maryland. This university is the largest employer in the area, and routinely hires students for jobs that are usually very accommodating to student schedules. These jobs won’t exactly line your pockets with cash, but it is something.

Don’t apply for a job if you don’t want one. Speaking from experience, it doesn’t end well.

INVEST (CAREFULLY)
And, no, I do not mean pouring $50 into ultra-volatile Dogecoin. Investing in college is more about saving times before, but that’s probably because it consistently rings true. If you wear the same pair of shoes everyday, why buy more?

If little things such as having extra shoes, satisfy you, so be it. But you can’t have both.

In order to get that Nintendo Switch you’ve been wanting, you might have to give up the new shoes.

Reuse things when you can and limit unnecessary purchases. However, necessities such as toilet paper are items you may consider buying in bulk or on sale when you can. If it’s something you have to buy, you may as well get it now and save.

You want to go on a flight somewhere nice? Most college students don’t have that money easily in-pocket, but if you save, you probably will. Save for experiences and things you really want, and don’t spend a lot on the little things.

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By Ross O’Keefe | @RossKeefe2 | Staff Writer

UMD Arabic and Persian Flagships: funded language and culture study that fits with any major on campus and proven career paths to government, NGOs, education and the private sector.

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CASH IN ON STUDENT DEALS

Once you’ve registered for classes, you can download Terpware. To access it, go to terpware.umd.edu and log in with your student ID. Two of the main perks are Adobe Creative Cloud and Microsoft Office. Creative Cloud comes with a bunch of applications for design and production. You’ve got Photoshop to make fire memes, Audition to finish up your mixtape and Premiere Pro to get your YouTube career off the ground — plus Illustrator and Acrobat. The point is, it’s pretty sweet. But the license runs out after you graduate, so you’ll have to subscribe if you want to keep stuff. Students also have access to Microsoft Office 365, which offers Word, Excel and PowerPoint, among other programs. If you really want to save, we also highly recommend signing up for accounts with either UNiDAYS or Student Beans. UNiDAYS and Student Beans are apps that connect college students with discounts at a variety of stores such as H&M, Adidas, Nike, Microsoft, Apple and hundreds of others.

And here are a few student discounts you can get with your UMD email address:

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<th>PRODUCT</th>
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<th>STUDENT PRICE</th>
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<tr>
<td>Hulu</td>
<td>$5.99/month</td>
<td>Free (with Spotify)</td>
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<tr>
<td>Showtime</td>
<td>$10.99/month</td>
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<td>Amazon Prime</td>
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<td>Norton Security Standard</td>
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GET INVOLVED

Once you’re settled into the rhythm of classes, you might want to check out student groups, whether you’re looking to keep up a hobby, stay social or get active. Here’s a look at some options.

GO GREEK

Greek life is a great way to meet people and get involved. For Interfraternity Council organizations, formal rush is held in the fall and spring. For National Panhellenic Association sororities, informal recruitment is in the fall and formal recruitment is in the spring.

For more information about requirements, specific chapters, National Panhellenic Council organizations, Multicultural Greek Council organizations and more, visit the Department of Fraternity and Sorority Life website at greek.umd.edu.

UMD also offers a variety of philanthropic, pre-professional and academic fraternities. These organizations generally post flyers around campus for a week of recruitment events in the fall and spring semesters.

FINDING A STUDENT GROUP

Say you have an esoteric hobby or interest and you want to hang out with other people who share it. UMD has more than 700 registered student organizations, so chances are one of them is a good fit. Head over to terplink.umd.edu and log in with your directory ID, then look through the list of student groups. It might take you some time, but you should find what you’re looking for.

FIRST LOOK FAIR

At the beginning of the school year, there’s usually a two–day–long event on McKeldin Mall called the First Look Fair, where almost every club and organization sets up a table so students can get a feel for the extracurricular offerings. The fair might look a little different this year, but it’s typically a great place to find a student group — or just pick up some free stuff.

CLUB & INTRAMURAL SPORTS

Even if you aren’t a Division I athlete, UMD offers plenty of opportunities for you to get your sports fix. If you’re looking to stay on a more competitive level, practice weekly and travel to play against other schools, club sports are a good option. But if you just want a way to play a relaxed game with friends, intramural sports are great. Find out more information on the University Recreation and Wellness website, recwell.umd.edu.
Welcome Back Students and Faculty!

The words “Welcome Back” have never felt so significant.

Whether the fall semester of 2021 marks the start of your academic journey or the next chapter in your exciting Terp adventure, we send our best wishes for an incredible school year.

Keep Connected, Stay Thriving and Build a Community here with us.

You've got this, and we've got you.

studentaffairs.umd.edu | studentaffairs@umd.edu

7777 Baltimore Avenue, College Park, MD 20740
301.277.7777 | TheHotelUMD.com

8321 Baltimore Avenue, College Park, MD 20740
301.595.2600 | CambriaCollegePark.com
INDIVIDUAL COUNSELING
As a student enrolled at UMD, you’re entitled to eight individual sessions with a university counselor per 12-month period. And here’s the best part: they’re free! Woohoo! To make an appointment, call the Counseling Center at (301) 314-7561 or stop by the reception desk on the main floor of the Shoemaker Building.

GROUP COUNSELING
Feeling intimidated by a one-on-one counseling session? UMD offers a variety of small-group therapy programs, giving students access to a support network of folks who are experiencing similar challenges. Some groups address a range of interpersonal issues, but others have a specific focus, such as combatting anxiety, depression, stress, eating disorders or procrastination. And, unlike individual counseling, there is no limit to the number of group therapy sessions you can attend.

COUPLES COUNSELING
Are you and your significant other hitting a wall in your relationship? You’re not alone — dating is hard work. The Counseling Center also offers therapy sessions specifically geared toward helping couples improve their communication and build healthier relationships.

DROP-IN HOURS
In recognition of the enhanced stigma surrounding mental health issues that students face, the Counseling Center has worked to make requesting time with a therapist easier for specific populations. From 3 to 4 p.m. on Mondays through Fridays, international students, veterans, people of color and those who identify as LGBTQ can drop by to see a counselor without scheduling an appointment beforehand.

REFERRAL SERVICES
Interested in seeking help off-campus? The Counseling Center keeps an extensive list of mental health resources nearby, including psychologists, psychiatrists and social workers. Call (301) 314-7561 to schedule an appointment with a care manager, who will work with you to find the best fit for your health care needs, location and financial situation.

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.

TOP TIPS TO KEEP YOUR BRAIN HEALTHY:

EXERCISE
There’s a reason you’ve heard this tip so many times when it comes to maintaining mental health: It works. You don’t have to be an Olympic athlete to enjoy the abundant benefits working out provides. 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 and anxiety, helps you sleep better and is just magical all around.

Set realistic goals
Ambition is great, but there’s a fine line between shooting for the stars and equating your self-worth with your accomplishments. Don’t let work consume you — remember that there’s more to life than academic success.

Eat your vegetables
Maintaining good nutrition 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!

Eat 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 such as depression and anxiety. And if that’s not motivation enough for you to hit the sack, sleep also sharpens your focus and helps your mind perform better during the day.

Laugh a little (or a lot)
Nothing can make you chuckle like a good joke. Hopefully that cheesy joke made you chuckle a bit — we’re only looking out for you. Research has shown that laughing releases endorphins, relieves depression and anxiety and strengthens social connections.

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

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 out for you. Research has shown that laughing releases endorphins, relieves depression and anxiety and strengthens social connections.

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MANAGING MEALS

Your personal guide to grocery shopping and meal ideas during college.

By Clara Nieh  |  @clarasreid  |  Senior staff writer

PLAN YOUR MEALS

Take a day every week to plan meals for the upcoming week. Cook more complex meals when you have more time and simple recipes when you need to get something done quickly on a busy night. Plan your meal schedule based on when you have time to cook.

By planning ahead, you can make sure you don’t spend more money than necessary. You only buy what you know you need, which limits how much you spend, and less food goes to waste. Secondly, it saves you a lot of time. Your plan isn’t rigid, so if something unexpected comes up, you can always shuffle it around to adjust instead of frantically trying to figure out what you’ll eat. Also, it discourages from falling back on going out to eat. Instead of spending money on takeout, you already have everything you need for dinner.

Leftovers are also great. Cooking food in bulk to store for later comes in handy, particularly in the middle of the day during the rush of classes and work.

FOOD STORAGE

There are different ways you can store food in order to make it last longer. With that said, I try to freeze food as much as I can. With bread, storing it in the freezer prevents it from getting stale and moldy. Slice it as necessary and throw it in a zip-close bag to store it. To defrost it, just needs to be put in a toaster for a couple minutes.

You can do the same with chicken. Separate the chicken into portions and on the day you’re planning to make chicken, take it out in the morning and let it thaw on a plate. It’ll be ready to cook in the evening.

This strategy also works with sauces and soups, which becomes very helpful in the winter. Making soups and sauces in bulk helps because they can be stored in jars or Tupperware. You can do the same thing with fresh herbs. Chop them ahead of time and store them in a jar to freeze.

When it comes to produce, note that fruits and vegetables will likely last a week or two, maybe three if you have a colder fridge. Try to plan your meals so you eat the more perishable produce first and make your way to the less perishable ones. Or, you can invest in canned versions, your meals so you eat the more perishable produce first and make your last a week or two, maybe three if you have a colder fridge. Try to plan your meals so you eat the more perishable produce first and make your way to the less perishable ones. Or, you can invest in canned versions.

GROCERY SHOPPING

College Park is full of different locations for grocery shopping, but some places are cheaper than others. Lidl is a discount grocery store featuring good deals college students should take advantage of.

If you can’t find what you need at Lidl, there’s also a Giant in Greenbelt. Its produce is slightly better and has more options to choose from, but it’s still affordable.

A good strategy is to grocery shop from least expensive to most expensive. Also, always be on the lookout for deals and cheaper substitutes. Start at Lidl and move your way up until you have everything you need.

With roommates, it can be easier to grocery shop as one unit. Go and buy everything you need as a household and what you want individually, such as snacks and drinks. Have one person pay and then use the receipt to figure out how much people owe.
Hey Terps!
Get the shell over here and earn some extra credits.

Montgomery College offers summer and winter session classes.
Tuition starting at $128 per credit.

Montgomery College is an academic institution committed to equal opportunity.

Montgomerycollege.edu/visiting

The Game Day Experience
Sports are one of the most exciting aspects of college, and at Maryland you’ll get a game day experience that’s hard to beat. Here’s how to get the most out of your trip to the stadium.

Student Tickets
For sports like football and men’s basketball, the student tickets will disappear quickly, so you’ll want to be ready. To set up your account for student tickets, go to umterps.com/student. Pay attention to your email: You’ll get a message for the start of each request period (which, like you’d think, is the time you can request a ticket for a given game). When putting in your order for a ticket, make sure to select “Mobile PDF Delivery” — that way, you can just have it stored on your phone instead of printing it out. And should you be missing without saying, but if you get a ticket, use it! It’ll help you build up loyalty points, giving you a better shot of getting more in-demand tickets in the future.

Giveaways
If you go to enough sporting events at Maryland, you’re going to get a lot of free stuff. T-shirts are the most common giveaway, and for every straightforward design, there’s a wacky, outside-the-box one, like the football T-shirts featuring Testudo memes. There’s plenty of other stuff, too, like bobbleheads, beanies, scarves and even capes. Be on the lookout for emails promoting a giveaway, and get to the stadium on time: Those freebies won’t be around forever.

Tailgates
For every home football game, the campus is crowded with fans of all ages. You’ll want to take part in the revelry at a tailgate, and there are plenty of options to choose from:

- The IFC tailgate: The Interfraternity Council tailgate is now held near Lot 1, and it’s limited to people with wristbands. If you’re able to get your wrist on one, there’s tons of food, drinks and games in store.

- Terp Up for Game Day: Two hours before every home game, La Plata Beach turns into a huge tailgate zone with games and giveaways.

Host your own: Parking on campus isn’t cheap (see page 12 for more on that), but if you’re able to swing a spot on Saturday, you might as well bring a grill and some burgers. Check out the tailgate rules so you don’t get in trouble — you won’t be able to watch the game if you’re booted from the campus.

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The Fan Experience
The crowd: At any Maryland sports game, whether it’s against a hated Big Ten rival or an uninspiring mid-major foe, you’ll be among a boisterous crowd that isn’t afraid to get in on the action. From chants and songs to creative signs and coordinated antics, everything goes when the Terps are playing. It’s deafening, it’s vulgar and it’s among the best things you’ll experience here.

The Flash mobs: Since 2011, one Maryland men’s basketball game a year has featured a flash mob. You’ve probably seen the videos before: The entire arena is in sync, wearing the same thing and moving the same way as the music pounds. Get to the game a couple hours beforehand — this much choreography takes a lot of practice — and you’ll get to take part in this.

The Maryland flag: If you start to hear the theme from 2001: A Space Odyssey, you’re about to take part in maybe the best tradition Maryland has to offer. During home games for football and men’s basketball, a massive Maryland flag is unfurled across the student section. When it comes to you, do your part for Maryland pride and hold it up. (And don’t worry — it won’t be there too long.)
VENTURING OUT

Dining hall food doesn’t always cut it. If you’re tired of the same food, head off campus for more options. Here are The Diamondback’s favorite places to grab a bite.

BUSBOYS AND POETS

Busboys and Poets is a great place to hang with friends for a fun evening. Head down Route 1 to enjoy some delicious and diverse food along with the restaurant’s extensive bookstore and performances — from music to comedy to slam poetry and more!  

- Alexander Dacy | Sports editor

SILVER DINER

This charming diner with a gourmet flair is one of the best places to take your parents if they come to visit, whether you’re hungover or not. This place serves up some of the best food in College Park. The food here is not just normal fries. Their mayo-y sauce is unsurpassed by any other place in College Park. If you’re new to the area or looking for something new to try, I highly recommend Silver Diner.

- Christine Condon | former special projects editor

MARATHON DELI

Everyone will tell you to go to Marathon Deli, and this is one of those times when everyone is right. There’s nothing quite like shoveling down a 2 a.m. gyro along with what I can only refer to as “College Park’s Holy Grail: Marathon Fries.” Don’t let anyone tell you they’re just normal fries. Their mayo-y sauce is unsurpassed by any other place in College Park. If you’re new to the area or looking for something new to try, I highly recommend Silver Diner.

- Christine Condon | former special projects editor

CAVA

This popular and hip Mediterranean chain restaurant is easy on both the eyes and the stomach. Its customizable salads, greens and grains, and pure grains bowl are packed with filling and tasty ingredients. My go-to greens and grains bowl comes with a mix of vegetables and protein, all topped with a generous drizzle of the lemon herb tahini dressing. The bowls are also made as you move down the line, just like Chipotle, so you can expect your meal to be ready to eat in minutes.

- Jay Saha | former diversions writer

KUNG FU TEA

This specialty bubble tea cafe offers a wide variety of drinks ranging from milk teas to yogurt drinks and even tea-infused punches. Toppings can be added upon request, and each one is a great addition to any drink. The famous tapioca pearls, also known as “boba” or “bubbles,” are a must-have in any drink, hot or cold. Some of the best drinks are the punches, specifically the strawberry lemon green tea and peach oolong tea, both with extra bubbles. A word of caution: These drinks are highly addictive and incredibly delicious, so be mindful of their power and your spending!

- Jay Saha | former diversions writer

NUVEGAN

Looking for some plant-based comfort food? NuVegan has you covered. Nestled underneath The Varsity apartments, this fast-casual spot has plenty of cold and hot options. Their juicy Vegan Chick’n Drumsticks are enough to convert even the fiercest meat lover. These dishes are on the pricier side, so it’s an excellent treat for special occasions. To get the most out of your visit, try out their vegan lasagna or macaroni and cheese. Balance out the carb- dyes with one of the nutritious vegetable side dishes — there are plenty to choose from.

- Camryn DeLuca | former diversions writer & assistant engagement editor

PHO THOM

If you’re never tried pho, it’s a flavorful and sinus-clearing Vietnamese noodle soup. Pho Thom is the place to do it. A short walk from South Campus, the restaurant offers plenty of Vietnamese and Thai dishes, including its delicious Thom Wings, which come with a spicy side of Thai chilli sauce.

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ON THE MENU: COLLEGE PARK

Here is a list of some more eateries around campus.

<table>
<thead>
<tr>
<th>NAME</th>
<th>WHAT</th>
<th>WHERE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Terrapin’s Turf</td>
<td>Spacious, live entertainment</td>
<td>Route 1</td>
</tr>
<tr>
<td>Cornerstone Grill &amp; Loft</td>
<td>Sports bar, American food</td>
<td>Route 1</td>
</tr>
<tr>
<td>R.J. Bentley’s</td>
<td>Weekly drink specials</td>
<td>Under The Varsity</td>
</tr>
<tr>
<td>Looney’s</td>
<td>Sports bar, cover bands</td>
<td>Route 1</td>
</tr>
<tr>
<td>Ledo Restaurant</td>
<td>Square-shaped pizza</td>
<td>Route 1</td>
</tr>
<tr>
<td>Blaze Pizza</td>
<td>Build-your-own pizza</td>
<td>Route 1</td>
</tr>
<tr>
<td>Pizza Kingdom</td>
<td>$5 for a jumbo slice</td>
<td>Route 1</td>
</tr>
<tr>
<td>Asteca Restaurant and Cantina</td>
<td>Mexican, Salvadoran cuisine</td>
<td>Under Lot 1</td>
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<tr>
<td>District Taco</td>
<td>Burritos, tacos, quesadillas</td>
<td>Route 1</td>
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<tr>
<td>Pupuseria La Familiar</td>
<td>Traditional Salvadoran dishes</td>
<td>Under The View</td>
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<tr>
<td>Taqueria Habanero</td>
<td>Puebla, Mexican cuisine</td>
<td>Campus Village Shopspe</td>
</tr>
<tr>
<td>Ritchie’s Colombian Restaurant</td>
<td>Authentic Colombian cuisine</td>
<td>Route 1</td>
</tr>
<tr>
<td>Jumbo Jumbo</td>
<td>Taiwanese chicken and bubble tea</td>
<td>Near Courtyards</td>
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<tr>
<td>Northwest Chinese Food</td>
<td>Modern and traditional Chinese</td>
<td>Riverdale Park</td>
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<tr>
<td>Arroy Thai</td>
<td>Pad Thai, noodles, curries</td>
<td>Campus Village Shopspe</td>
</tr>
<tr>
<td>Shanghai Tokyo</td>
<td>Chinese, Japanese, Thai food</td>
<td>Campus Village Shopspe</td>
</tr>
<tr>
<td>Hanami</td>
<td>Sushi, noodles, hibachi</td>
<td>Route 1</td>
</tr>
<tr>
<td>Kangnam BBQ</td>
<td>Korean barbecue</td>
<td>Under The View</td>
</tr>
<tr>
<td>Food Factory</td>
<td>Indian and Middle Eastern cuisine</td>
<td>Campus Village Shopspe</td>
</tr>
</tbody>
</table>

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<thead>
<tr>
<th>NAME</th>
<th>WHAT</th>
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<tbody>
<tr>
<td>Chick-U Chicken</td>
<td>Chicken wings</td>
<td>Route 1</td>
</tr>
<tr>
<td>Nando’s Peri-Peri</td>
<td>Flame-grilled chicken</td>
<td>Route 1</td>
</tr>
<tr>
<td>Pob-Yo</td>
<td>Charcoal chicken</td>
<td>Campus Village Shopspe</td>
</tr>
<tr>
<td>Bagels ‘n Grinds</td>
<td>New York-style bagels</td>
<td>Route 1</td>
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<tr>
<td>Bagel Place</td>
<td>Family-owned bagel place</td>
<td>Route 1</td>
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<tr>
<td>Marathon Deli</td>
<td>Greek cuisine and gyros</td>
<td>Route 1</td>
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<tr>
<td>Sweetgreen</td>
<td>Fast casual salads</td>
<td>Under The Varsity</td>
</tr>
<tr>
<td>NuVegan</td>
<td>Meat-free entrees, juices</td>
<td>Under The Varsity</td>
</tr>
<tr>
<td>The Board and Brew</td>
<td>Cafe fare and over 500 board games</td>
<td>Under The Varsity</td>
</tr>
<tr>
<td>Vigilante Coffee</td>
<td>Fair-trade coffee</td>
<td>Riverdale Park</td>
</tr>
<tr>
<td>Kung Fu Tea</td>
<td>Bubble tea</td>
<td>Route 1</td>
</tr>
<tr>
<td>College Park Diner</td>
<td>American fare</td>
<td>Near Monument Village</td>
</tr>
<tr>
<td>Noodles &amp; Company</td>
<td>Noodles and pasta</td>
<td>Route 1</td>
</tr>
<tr>
<td>Insomnia Cookies</td>
<td>Late-night cookies</td>
<td>Route 1</td>
</tr>
</tbody>
</table>
D.C. Attractions

Just a train ride away, escaping to the nation’s capital is one of the best ways to hang out with friends or relax after a long day of classes. Here’s a list of just some of the attractions in Washington, D.C., you’ll want to check out:

**Museums**
- National Air and Space Museum
- National Museum of African American History and Culture
- National Museum of American History
- National Museum of the American Indian
- National Museum of Natural History

**Art Galleries and Exhibitions**
- National Gallery of Art
- Smithsonian American Art Museum
- National Portrait Gallery
- Renwick Gallery of the Smithsonian American Art Museum
- Hirshhorn Museum and Sculpture Garden
- Freer Gallery of Art
- National Museum of African Art
- Arthur M. Sackler Gallery
- ARTECHOUSE DC

**Gardens**
- Smithsonian Gardens
- United States Botanic Garden
- U.S. National Arboretum
- Kenilworth Park & Aquatic Gardens

You’ll probably find yourself exercising without even noticing — walking long distances between classes can be a workout on its own. But if you’re looking to add some lifting, cycling, swimming or organized sports to your routine, there are plenty of options on campus.

**Eppley Recreation Center**
Located on North Campus near the dining hall, this massive facility houses an Olympic-sized indoor swimming pool, an outdoor pool, a multilevel weight room, an indoor running track, basketball courts, cardio machines and more. If you prefer a more guided workout, there are group fitness classes that are free for students. Personal trainers are also available.

**Regents Drive Studios**
Tired of Eppley? RecWell also hosts group fitness classes on the ground floor of the Regents Drive Garage! Yes, this location may sound unusual, but it isn’t a prank. The cycling and multipurpose studios can be accessed by entering the stairwell door off of Stadium Drive. Be sure to get there early! These classes fill up fast.

**School of Public Health**
Right next to Eppley, the public health school is a lesser known (and less crowded) place to go for your workout. It has cardio machines and a weight room, which are open to everyone with a RecWell membership. There’s also a matted room and a gymnasium you can rent out.

**Ritchie Coliseum**
While this Route 1 workout center isn’t quite as expansive as Eppley, it still offers a weight room, cardio machines and group fitness classes all much closer to South Campus housing. It also has an 11,000-square-foot arena floor, which hosts everything from concerts to commencement ceremonies.

**Reckord Armory**
If you’re playing an intramural sport, you’re probably familiar with the Armory. Located right behind the administration building, the Armory has four full basketball courts side by side, which can also be used for volleyball and badminton.
ENTERTAINMENT

CONCERTS

If you’re more of a music person, Washington, D.C. is the place to be. Capital One Arena — the home of the Wizards and the Capitals — always gets a ton of stars, and Echostage and the 9:30 Club are good bets for indie and up-and-coming acts.

MOVIES

Want to see a movie? You don’t have to go far. The #113 Hyattsville bus will take you to the Regal in Hyattsville, and the #143 Greenbelt will bring you to the AMC in Greenbelt. Washington, D.C. has even more options: Landmark’s E Street Cinema screens independent and foreign films, and the National Air and Space Museum has a massive IMAX theater. Plus, the Green Line can take you to both of those, so you won’t even have to transfer.

OTHER EVENTS

Student Entertainment Events brings in a host of other entertainers and acts throughout the year. Maybe that’s a stand-up comedian like John Mulaney, or an advanced screening of a movie like Chappaquiddick (with a Q&A). Two concerts, Fallapalooza and Terpstock, bring in lesser-known performers like Quinn XCII, Chelsea Cutler, Felly and Healy. Whatever your fancy, there’s probably something for you.

SEE’S FREE MOVIE SERIES

If you’re so busy studying you can’t catch a movie while it’s in theaters, don’t worry. SEE has you covered. Throughout the year, you can see blockbusters from a few months ago in Stamp Student Union’s Hoff Theater. In the past, SEE showed movies like Vice, Aquaman, Spiderman: Into the Spider-Verse and Boy Erased. Admission is free (duh), but the seating is first-come, first-served, so get there early.

ART ATTACK

Movies aren’t the only thing SEE does, either. Every spring, it hosts a concert and brings in a popular artist (or two) to headline. In the past few years, Jessie Reyes, A$AP Ferg, Vince Staples and Lil Yachty have all appeared.
TERP TRIVIA

As the state’s flagship university, UMD has a lot of history — and a lot of fun facts. Brush up on your trivia before the semester starts!

1. YOU CAN SEE THE WASHINGTON MONUMENT FROM THE TOP OF MARYLAND STADIUM.
2. UMD HAS SIX — COUNT ‘EM, SIX — LIBRARIES ON THE CAMPUS.
3. MORE THAN 100 COUPLES GET MARRIED IN THE CHAPEL ON THE CAMPUS EVERY YEAR.
4. THERE’S A SPOT ON THE CAMPUS THAT IS SUPPOSEDLY CURSED — IF YOU STEP ON THE POINT OF FAILURE, YOU WON’T GRADUATE IN FOUR YEARS.
5. UMD RESEARCHERS MADE A COMPUTER THAT CAN BEAT ‘JEOPARDY!’ WINNER KEN JENNINGS.
6. THERE ARE SIX DIFFERENT TESTUDO STATUES AROUND THE CAMPUS.
7. IN 2011, MARYLAND FANS WERE NAMED ONE OF THE WORST FAN BASES IN THE U.S., DUE TO REPEATED RIOTS AFTER BASKETBALL GAMES.
8. PEOPLE LEAVE OFFERINGS TO THE TESTUDO STATUE IN FRONT OF THE MCKELDIN LIBRARY. ONE TIME, THINGS GOT OUT OF HAND AND TESTUDO CAUGHT ON FIRE.
9. SOME OF NATIONAL TREASURE: BOOK OF SECRETS WAS SHOT ON MCKELDIN MALL, AND PART OF ST. ELMO’S FIRE WAS FILMED ON FRATERNITY ROW.
10. PART OF THE MUSIC VIDEO FOR HOOTIE AND THE BLOWFISH’S SONG “ONLY WANNA BE WITH YOU” WAS SHOT AT THE RECKORD ARMORY.
11. UMD HAS ITS OWN GOLF COURSE.
12. UMD ALSO HAS ITS OWN FARM! IT’S FEATURED A LOT OF COOL STUFF OVER THE YEARS, LIKE A LIVING COW WITH A HOLE IN IT.
13. QUEEN ELIZABETH II OF ENGLAND ATTENDED HER FIRST AMERICAN FOOTBALL GAME AT UMD.
14. MCKELDIN MALL IS CONSIDERED THE LONGEST COLLEGIATE MALL IN THE COUNTRY!
15. THE TESTUDO STATUES ON THE CAMPUS ARE BASED ON AN ACTUAL DIAMONDBACK TERRAPIN, WHOSE TAXIDERMIED BODY IS IN THE UNIVERSITY ARCHIVES.
17. MORRILL HALL IS THE ONLY ACADEMIC BUILDING THAT SURVIVED THE 1912 GREAT FIRE.
Apartments

Ready to move off campus? Here are your options.

**South Campus Commons — STARTING AT $957/INSTALLMENT**
This is public-private housing, meaning you pay rent but still live on the campus in apartments. These units can house up to 4 people, with single bedrooms. Utilities are included.

**The Courtyards — STARTING AT $746/INSTALLMENT**
Similar to South Campus Commons, these apartments are located off Route 193 and include a pool. Units house 2 or 4 people. Utilities are included.

**The University View — STARTING AT $1,095/MONTH**
These apartments are located off Route 1, on the east side of campus. They’re right near McDonald’s, 7-Eleven and other restaurants, and you’ll have access to a pool, workout room and other amenities. Units house 1-4 people. Utilities are not included.

**The Varsity — STARTING AT $974/MONTH**
Right next door to The View, these apartments offer a similar location, similar amenities (no pool!) and similar pricing.

**The Domain — STARTING AT $1,698/MONTH**
These apartment buildings are located near the architecture school and the Art-Sociology Building, near the west side of campus. There’s a fitness center, and washers and dryers are included in each unit. Units house 1-4 people. Utilities are not included.

**The Landmark — PRICES VARY**
These apartments are across from campus on Route 1. They house 1-4 people in multiple types of floor plans. Amenities include a fitness center, inner courtyards and direct access to Target Express.

**Mazza GrandMarc — STARTING AT $890/MONTH**
This complex is located further north on Route 1 toward Beltsville. Graduate students often live here. Amenities include tanning beds, a fitness center and an outdoor grilling area. Units house 1-4 people.

**Monument Village — STARTING AT $1,658/MONTH**
On Route 1 north of 193, this complex offers balconies and patios, stackable washers and dryers, a pool, fitness room, pet spa and more. In other words, you get what you pay for. Units house 1-2 people.

**Terrapin Row — APPLY FOR PRICES**
These apartments are just south of campus on Hartwick Road. Amenities include a pool, a fitness center and outer courtyards. Units house 1-4 people.

**The Enclave — STARTING AT $860/MONTH**
This is on Route 1, just south of Metzerott Road. It includes a fitness center and a courtyard. Units house 1-4 people.

**Alloy by Alta — PRICES VARY**
Right across from The View, this complex also hosts a pet spa, along with a bocce court, grilling stations, stainless steel appliances, oversized tubs and quartz countertops. Units house 1-3 people.

**Old Town — PRICES VARY**
This is a neighborhood on the other side of Route 1 from campus. Houses are available here for larger groups.

**Metzerott Road — PRICES VARY**
A variety of houses are available for rent in this residential area, just north of Xfinity Center and in between Routes 1 and 193.
What is TT?
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*can not be taken concurrently

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$150 scholarship for a “B” or better TLPL101 + TLPL102 = scholarship in practice generation education credits
*can not be taken concurrently

Welcome to our new Maryland Smith Terps and welcome back to our continuing students!
We are so excited to kick off this year and can’t wait to see you all!
WELCOME Active Terps

RECWELL: Where Active Terps Play, Learn, Work, and Thrive

PLAY
- Intramural Sports
- Club Sports
- Adventure Trips
- Climbing Wall
- Golf Course
- Group Fitness Classes
- 4 Indoor Recreation Facilities

LEARN
- Clinics & Classes
- Personal Training
- Bike Shop
- Challenge Course
- Swimming Lessons

WORK
- Lifeguards & Swim Instructors
- Intramural Sports Officials
- Facility & Fitness Staff
- Group Fitness Instructors
- Adventure Program Staff
- Personal Trainers
- ...and many more

LIVE WELL & THRIVE

CONNECT WITH US!
Enter for a chance to win RecWell gear by using the hashtag #activeterpsclassof2025 and tagging us in a picture of how you like to be active and live well. See website for contest rules.

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