

THE UNIVERSE

Serving the Brigham Young University Community

universe.byu.edu

Orientation Edition, August 27 - September 2, 2019

UniverseBYU
Brigham Young University
Provo, Utah

WELCOME TO THE



Addie Blacker

Campus keeps up-to-date with The Universe

By MIRANDA FACER

Covering local events, sports news, and human-interest stories, The Daily Universe has been helping BYU students keep up to date since 1948.

Steve Fidel, director of The Universe, works with students to publish the weekly edition and daily online content at universe.byu.edu.

“The Universe’s goal is to be a relevant news source for BYU students, faculty, staff and alumni,” Fidel said.

The paper generally employs almost 30 students who work alongside three full-time and one part-time staff members, as well as student reporters enrolled in news media classes to create the paper and update the website.

“That’s the cool part of our organization—it’s primarily students,” Fidel said. “Most of our jobs give students a relation to their career pursuits because while we are an academic lab, we are also a functioning business.”

Many student employees of The Daily Universe have jobs that apply the concepts taught in class when they come to work every day.

Sarah Sparks, a former Daily Universe web editor, said she appreciates the valuable experience she gained from her job and values the opportunity she had to learn from real professionals in the field.

“We have first-hand mentors who have experience in the field,” she said. “We can talk to them and they give us

a lot of advice about the real world and how to prepare for that.”

Students looking to write for The Universe can apply to the communications program and then take Comms 321, the news reporting course. However, non-communications majors can also contribute to the paper by writing letters to the editor.

Although The Daily Universe’s primary audience is current students, faculty and alumni, its influence extends beyond campus.

“Keeping up to date with The Universe is a great way for parents and grandparents to keep track of the pulse of BYU,” Fidel said. “They can check the website and sign up for emails so they can see BYU headlines every day.”

Students and the community can also keep up to date with the new Universe Plus app, which offers augmented reality technology for students.

“The app allows us to bridge the gap between a website and a printed product like a newspaper,” Fidel said. “You can use the newspaper to jump directly to audio, video, slideshows and websites all while using your phone.”

Once the app has been downloaded, users can grab a copy of The Universe and search for the Universe Plus logo next to certain articles. Then, they can take a picture of the page and new content, including videos, photos or music, will automatically be available on their phone.

The Universe is also partnering with language departments on campus to have newspaper content translated into different languages.

“As we have more and more content, you can listen to or read something relevant to your day-to-day life in your mission language,” Fidel said. “If you are a student studying another language, then we are partnering with those departments on campus so that your academic exercise of translating material can also include something that is relevant to your day to day life.”

With the Universe Plus app, students have more access to deals,

entertainment, information and contests right at their fingertips.

Anyone can download The Universe Plus app. Students can look for a new edition of The Universe every Tuesday on newsstands or check universe.byu.edu any time.



Front pages from Tuesday print editions of The Universe.

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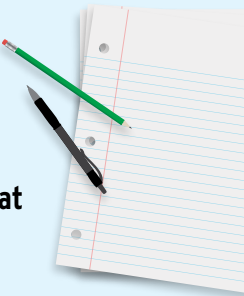
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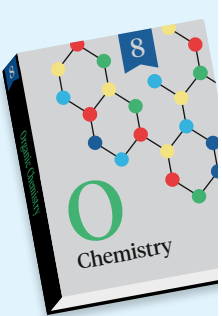
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Sophie Parmley

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Your perfect major

Some students may not know what they want to study when they begin their college experience at BYU, so the expectation to have a major chosen can seem daunting. The chart below shows the majors available at BYU. It is separated into 11 interest categories with majors listed under each category or at an intersection of categories. Students can narrow down their interests and find academic programs they might consider.



Haley Mosher and Katy Bready

THE UNIVERSE

Serving the Brigham Young University Community

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A quick overview of 2019 Orientation

Thursday, Aug. 29	Time	Location
Student check-in	8:30 - 9:45 a.m.	Helaman Field
Welcome	9:45 - 10:30 a.m.	Helaman Field
Convocation	11 a.m. - noon (be seated by 10:45 a.m.)	Marriott Center
Late check-in	Starting at noon	Info tent at Brigham Square
Lunch	noon - 1 p.m.	Determined by Y Group
Cougar Crash Course #1	1 - 3 p.m.	Determined by Y Group
First Year Fair	3 - 5 p.m.	WSC Ballroom/WSC Terrace
BYU v. Utah Football Game	8:15 p.m. kickoff	Not an official NSO event. Go to tickets.byu.edu to buy tickets or a ROC pass (student section)
Friday, Aug. 30		
Y Group meet-up	8 - 8:15 a.m.	Determined by Y Group
Devotional	8:30 - 9:30 a.m. (be seated by 8:20 a.m.)	Marriott Center
Cougar Crash Course #2	10 a.m. - noon	Determined by Y Group
Lunch	noon - 1 p.m.	Determined by Y Group
Cougar Crash Course #3	1 - 3 p.m.	Determined by Y Group
Getting to Know Your Major & College	3 - 5 p.m.	Various Locations
You Are the Y	6 - 8 p.m.	Y Photo at LaVell Edwards Stadium

BEFORE THE FESTIVITIES
Check in to on-campus housing until midnight on Saturday, August 31.

OPTIONAL MEETINGS & EVENTS

THURSDAY, AUG. 29
Pre-professional & Honors meetings, see student program for location, 3 & 4 p.m.

FRIDAY, AUG. 30
Transfer student lunch, 3380 WSC, noon
Women in Business reception, W408 TNRB, 4 p.m.
Women in Engineering & Technology reception, see student program for details

SATURDAY, AUG. 31
Multicultural student meeting, WSC Ballroom, 9 a.m.

TUESDAY, SEP. 3
International student session, 3220 WSC, 5 - 7 p.m.

The **Cougar Crash Course** is a three-part tour of campus. It includes visits to several buildings and an overview of essential resources for students. There may even be some free swag items and BYU Creamery ice cream along the way.

Saturday, Aug. 31		
Class Schedule Walk-through	10 a.m. - noon	Meet in Brigham Square
Saturday Night Finale	8:30 - 11:30 p.m.	WSC/Brigham Square



How well do you know the Cougar Fight Song?

If you're a BYU sports fan, you probably already know every word to the iconic Cougar Fight Song. If this fall will be your first time attending a BYU football game, you'll be fine if you mumble along with the crowd. Either way you should test your knowledge of the fight song here!

The Cougar Fight Song

1. Rise all loyal Cougars and _____ your challenge to the foe.
2. You will fight, _____, rain or snow.
3. Loyal, _____, and true
4. _____ the white and blue.
5. While we sing, get set to _____.
6. Come on Cougars it's up to you. _____!

Chorus:

7. Rise and _____, the Cougars are out
8. along the trail to _____ and glory.
9. Rise and shout, our _____ will ring out
10. As you _____ your victr'y story.
11. On you go to vanquish the foe for _____ 's sons and daughters.
12. As we join in song, in praise of you, our _____ is strong.
13. We'll raise our _____ high in the blue
14. And cheer our Cougars of _____.
15. _____! Rah! Rah-rah-rah!
16. Rah! _____! Rah-rah-rah!
17. Rah! Rah! _____!
18. GO _____!



Scan with the **Universe Plus** app to hear the tune and to see the correct answers



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Entering a major

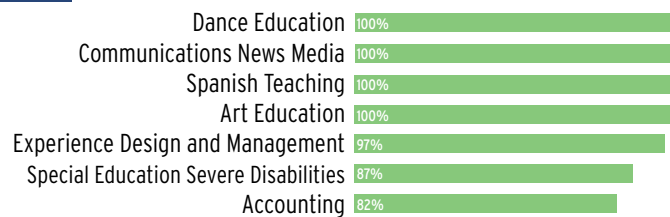
Most of the majors at BYU are “open enrollment.” This means that once a student declares their major, they can start taking major classes. The remaining majors are limited enrollment programs, meaning students need to apply and be accepted before beginning the program. For more details on how to apply to a specific major, visit with your academic advisor.

OPEN enrollment majors

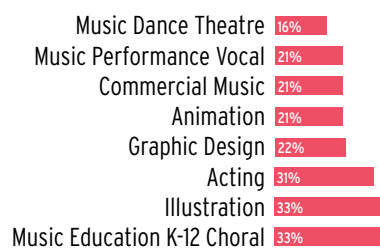
Actuarial Science · American Studies · Ancient Near Eastern Studies (Greek New Testament, Hebrew Bible) · Anthropology (Archaeology, Sociocultural) · Applied Physics · Arabic Language · Art History and Curatorial Studies · Asian Studies (China Studies, Japan Studies, Korea Studies) · Athletic Training · Biochemistry · Biodiversity and Conservation · Bioinformatics · Biological Science Education · Biology · Biophysics · Chemical Engineering · Chemistry · Chemistry Education · Chinese · Civil Engineering · Classical Studies (Classical Civilization, Classics, Greek, Latin) · Comparative Literature · Computer Engineering · Computer Science (Bioinformatics) · Construction and Facilities Management (Construction Management, Facilities Management) · Dance · Early Childhood Education · Earth and Space Science Education · Economics · Electrical Engineering · Elementary Education · English · English Language · English Teaching · Environmental Science · European Studies · Exercise and Wellness · Exercise Science · Family and Consumer Sciences Education · Family History · Family Life (Family Studies, Human Development) · Food Science · French · French Studies · French Teaching · General Studies (American Studies, English, Family Life, History, Management, Psychology) · Genetics, Genomics & Biotechnology · Geography (Environmental Studies, Geospatial Intelligence, Geospatial Science and Technology, Global Studies, Tourism Studies, Urban and Regional Planning) · Geology · German Linguistics · German Literature/Film/Culture · German Studies · German Teaching · History · History Teaching · Information Technology · Interdisciplinary Humanities · International Relations · Italian · Italian Studies · Japanese · Korean · Landscape Management · Latin American Studies · Latin Teaching · Linguistics · Manufacturing Engineering Technology · Mathematics (Applied and Computational, Mathematics) · Mathematics Educations · Microbiology · Middle East Studies/Arabic · Molecular Biology · Neuroscience · Nutritional Science · Philosophy · Physical Education Teaching/Coaching (K-12) · Physics · Physics Astronomy · Physics Teaching · Physiology and Developmental Biology · Political Science · Portuguese · Portuguese Studies · Psychology · Public Health (Environmental/Occupational Health, Epidemiology, Health Promotion, Health Science) · Russian · Sociology · Spanish · Spanish Studies · Statistics (Applied Statistics and Analytics, Biostatistics, Statistical Science) · Teaching Physical Science · Teaching Social Science · Technology and Engineering Studies (Teaching, Technical) · Theatre Arts Studies · Theatre Arts Education: K-12 · Wildlife and Wildlands Conservation

LIMITED enrollment ACCEPTANCE RATES

HIGHEST acceptance rates



LOWEST acceptance rates



	Audition	Essay	Exam	GPA	Interview	Letter	Portfolio	Volunteer	Accepted (%)
Accounting		■		■					82
Acting	■								31
Animation				■		■	■		21
Art BFA				■		■	■		63
Art BA				■		■	■		50
Art Education K-12				■		■	■		100
Business Management		■		■					*
Commercial Music	■		■			■	■		21
Communication Disorders				■					73
Communications News Media		■	■	■					100
Communications Public Relations		■	■	■		■			65
Communications Advertising			■	■			■		57
Communications Studies				■		■			*
Computer Science Animation				■		■	■		35
Dance BFA	■								85
Dance Education K-12	■			■					100
Design BA				■			■		*
Dietetics				■	■			■	75
Entrepreneurial Management		■		■					46
Experience Design and Management		■		■					97
Finance		■		■					76
Global Supply Chain Management		■		■					53
Graphic Design				■		■	■		22
Human Resource Management		■		■					38
Illustration				■		■	■		33
Industrial Design				■			■		62
Information Systems		■		■	■				73
Marketing		■		■					41
Mechanical Engineering				■					71
Media Arts Studies		■		■	■				60
Medical Laboratory Science				■	■				88
Music Composition	■		■			■	■		33
Music Dance Theatre	■					■	■		16
Music Education K-12 Choral	■		■		■	■	■		33
Music Education K-12 General Music	■		■		■	■	■		35
Music Education K-12 Instrumental	■		■		■	■	■		38
Music Performance Brass	■		■			■	■		59
Music Performance Combined Piano, Organ	■		■			■	■		100
Music Performance Organ	■		■			■	■		50
Music Performance Percussion	■		■			■	■		83
Music Performance Piano	■		■			■	■		31
Music Performance String	■		■			■	■		29
Music Performance Vocal	■		■			■	■		21
Music Performance Woodwind	■		■			■	■		77
Nursing				■	■			■	38
Photography				■		■	■		48
Spanish Teaching		■		■					100
Spanish Translation			■						53
Special Education Mild/Moderate Disabilities				■					95
Special Education Severe Disabilities				■					87
Strategic Management		■		■					42
Therapeutic Recreation and Management		■		■					94

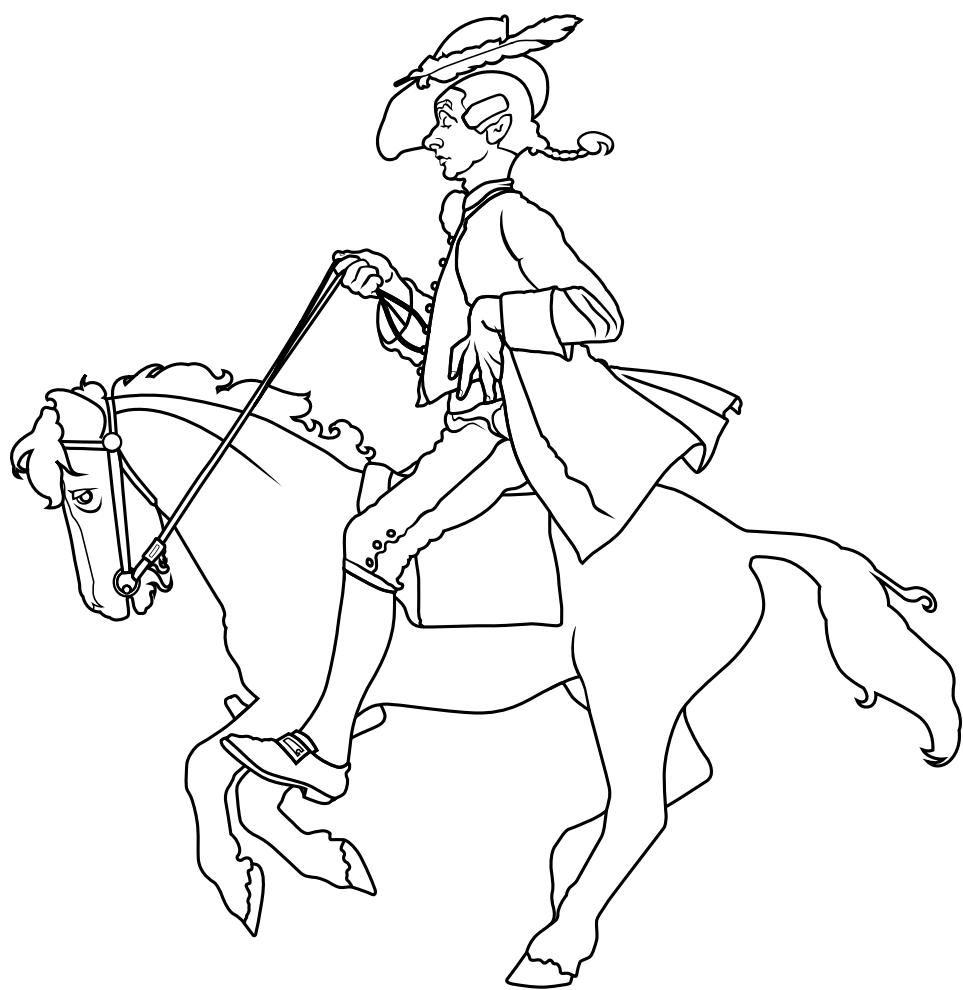
*No current admission data available.

Application requirements

Typical requirements for limited enrollment programs include:

- Audition** Students perform to show their skills and abilities in a certain talent.
- Essay** Majors may require students to write an essay along with the application.
- Exam** Applicants take an exam based on prerequisite class material before turning in an application to the major.
- GPA** Programs take a student's grade point average into consideration for acceptance into the program. Many programs have a minimum GPA requirement for applicants.
- Interview** Some majors conduct interviews to determine if the applicant is a good fit for the program.
- Letter** Majors may require students to write a letter of intent before acceptance.
- Portfolio** Students are required to create a portfolio of work samples to turn in with their application. A portfolio showcases a student's best work.
- Volunteer** Some majors require a certain number of volunteer hours before acceptance.

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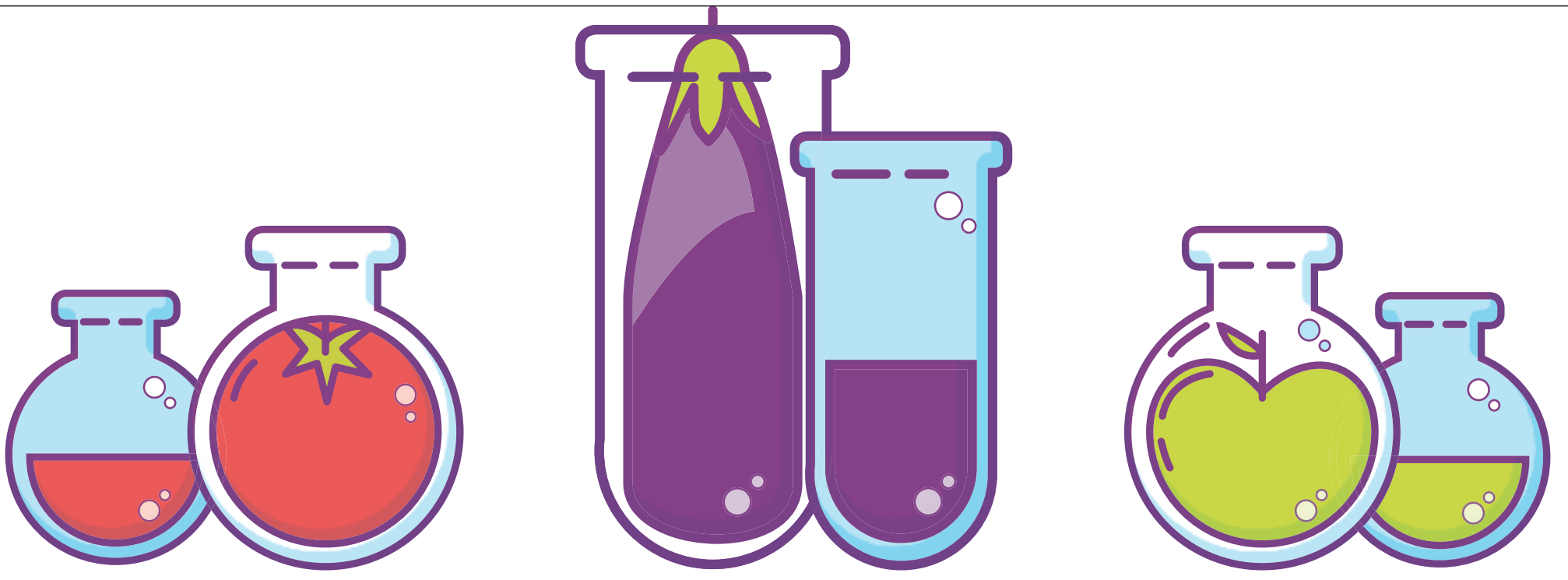


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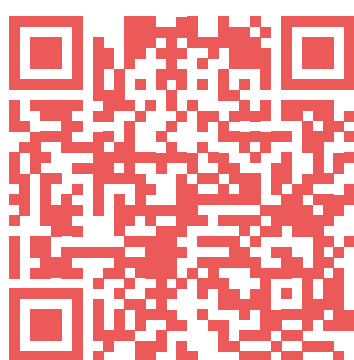
If you checked any boxes, check out Food Science!

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#yfoodsci BYU Food Science Club

How to stay organized at school

Staying on top of classes, homework, work responsibilities, callings and social obligations can be a lot more difficult in college than it was in high school.

Follow these tips to stay organized:

Get a planner

Planners can either be a traditional print version, or a digital version such as iCalendar or the Google calendar app. Many classes offer an iCal feed that can be imported directly from Learning Suite, and includes assignments and exams.

For new students, free academic planners will be available to pick up from the Hub of the library on Thursday, August 29th from 3-5 p.m.

Schedule everything

Write important dates such as cleaning checks, assignments, studying, work times or weekend plans with friends — anything that will take up time. Carefully scheduling these tasks can prevent becoming over or double booked.

Have a unified system for note taking

Whether taking notes in a

paper notebook, a binder, or on programs such as Evernote or OneNote, find which system is most effective, and keep all notes in a unified location.

Review syllabi at the beginning of the semester

Make sure to schedule time to work on major projects, and see if there are any overlapping assignments that will require more time to complete. Put important due dates into the planner at the beginning of the semester.

Use the 'days before it's due' system for big projects

Write reminders to begin working on important assignments that will take large amounts of time to complete in the weeks before they are due. This will avoid remembering a large project the day before it needs to be submitted.

Prep bags the night before

Add anything that will be needed the following day. Items might include textbooks, snacks, pens and pencils, wallet, headphones, a phone charger, laptop and charger.



Find your flavor

BYU makes its own ice cream. At each BYU Creamery location, there are at least twenty different ice cream flavors available to try. We've chosen twelve of those flavors for this word search. Can you find all of them? Words may be forwards, backwards, horizontal, vertical or diagonal. Extra credit if you buy a half gallon.



Tin Roof Sundae



Mint Brownie



Caramel Cashew



Earnestly Chocolate



Fluffernutter



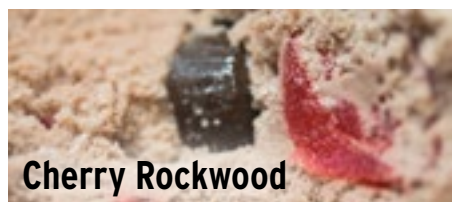
Woosh Cecil



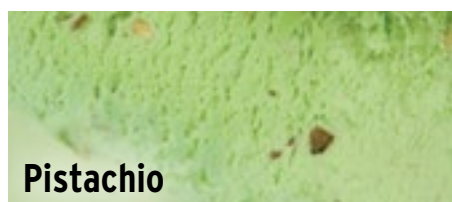
Raspberry Lemonade



Pralines and Caramel



Cherry Rockwood



Pistachio



Really Raspberry



Rose's Sneakerdoodle

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 I M P I H L X D X S Y Q T S T V L K E A
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 T I O A W J O Y I K M L I Y K W O T S P
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 I R W C X S Y Z H B V Q A O R Y E P E R
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Life in Young Single Adult wards



University Archives

Students in a Young Single Adult ward attend Sunday School in a campus classroom.

By SHAYE MULLEN

In a Young Single Adult ward, there is no Primary, the guys passing the sacrament are definitely not deacons and Sunday meetings can be held in the same room as Bio 100. It's the YSA normal. Welcome to BYU.

While YSA wards share the same basic structure as traditional wards, the distinctive demographics of the wards call for some unique practices.

"YSA wards are very different from family wards," said Joseph Wise, a junior majoring in neuro-science. "The first thing that comes to my mind is that they are actually quiet, which is pretty rare."

A congregation lacking Primary means no babies crying during sacrament meeting, but according to some BYU students, it also facilitates a greater unity within the ward.

"You have a lot of people in the same stage of life as you," said Wise, "so every comment that is made is directly related to you. People expand on problems they are having in school, in dating or in their jobs that you can really resonate with. It's really nice to be in a place where people understand your same issues."

"YSA wards build community. It's great to have people to lean on while you're away from home," said Marshall Henry, a senior from Sandy, Utah.

Because almost all ward callings are filled by YSA members,

it is not uncommon for a Relief Society president to have just started to attend Relief Society. However, students agree YSA wards are a great place to learn how the church works by participating in a variety of callings.

"I had a calling that allowed me to make a lot of friends. Most YSA callings do, so fulfill your calling," said Jaden Garcia, a senior studying physiology. "Doing so can help you make friends. Just don't be afraid to talk to people, because most of the time they have the same interests as you do."

Outside of Sunday services, Young Single Adult wards provide other meaningful interactions among students. One way is through home evening groups. Members of each ward are split into groups, generally determined by apartment, to hold family home evening every Monday night.

James Longstaff, a recent graduate from Saudi Arabia, said that his FHE groups helped him build great friendships

"FHE really solidified relationships. The girls in the group would come over to socialize or ask for priesthood blessings," said Longstaff. "Our friendships were what we really needed."

Young Single Adult wards often change each semester as students move in and out, which can make it difficult to form friendships, especially for students who are more shy.

"Just be yourself," said Henry. "I know that sounds cliché, but it really helps you make friends."

Attending the temple

By MATTHEW BENNETT

Gordon B. Hinckley, 15th President of the Church of Jesus Christ of Latter-day Saints, once called temples "a school of instruction in the sweet and sacred things of God." They are complementary to a BYU education, which aims not only to be intellectually enlarging, but also spiritually strengthening and character building.

BYU is blessed to be close to not one, but two Houses of the Lord. This blessing affords students a unique chance to combine spiritual and secular educations.

During the 2015 Campus Education Week, Elder Neil L. Andersen of the Quorum of the Twelve Apostles invited members to find ways to attend the temple often, even if they have busy schedules.

"We now have temples closer and more accessible than ever before," he said. "But in these times of commotion the Lord expects us to adjust our habits and be in His house more often."

In a 2009 BYU campus devotional, Elder Ronald A. Rasband, then of the Presidency of the Seventy, asked students to make consistent temple attendance an important pattern in their lives.

"Most all of you can perform baptisms for the dead," he said. "Many of you who are endowed can perform washings and anointings, endowments, and sealings — first for yourselves and then for others living on the other side of the veil."

Making it happen

It can be easy to plan when to attend the temple, but following through with those plans is sometimes another matter. Classes, dates and extracurricular activities all compete for time and attention. Here are some tips from students to help make regular temple



The Church of Jesus Christ Newsroom

One married student stake and 11 Provo YSA stakes are assigned to attend the Provo City Center Temple.

attendance a reality.

Sarah Cook, a senior studying early childhood education, recommends setting aside a few hours each week as designated temple time.

"Just set a weekly time and go," she said. "Having a set time makes going a lot easier."

Cook served as a temple worker in the Provo City Center Temple for five months. She recommends going during the day if possible, since that is much less crowded than during mornings or evenings. But if that doesn't work for you, she has another tip.

"Endowment sessions during evenings were really, really busy," she said. "But the initiations? Not nearly as busy. You can normally go then pretty easily."

Jon Dorman, a senior studying accounting, said he attends the temple once every two weeks.

"When I schedule my classes, I always leave Friday open," he said. "That gives me a day open

others. We'll contact each other and see when it works, so we all have to go because we're together."

Where to find the temples

The Provo Utah Temple is located northeast of campus, uphill from the Missionary Training Center, at 2200 Temple Hill Drive. This temple offers clothing rental and has a cafeteria.

The Provo Temple is a short walk from campus or can be reached using UTA bus line 811, which stops next to the temple parking lot. There is ample parking on the temple grounds.

The Provo City Center Temple is located southwest of campus, in the heart of downtown Provo. Its address is 50 S. University Ave, at the corner of University Avenue and Center Street. The temple offers clothing rental to patrons. Though it does not feature a cafeteria, several restaurants can be found within walking distance.

Public transportation options for temple patrons include UVX, which stops at Center Street Station, directly in front of the temple, and UTA bus 850, which has several stops nearby. Students who prefer to walk from campus will find the distance is not too far.

When to attend

The City Center temple offers endowment sessions every hour, while the Provo temple typically begins a new endowment session every twenty minutes. Both temples start early in the day, at 6 a.m. and 7 a.m. (5:40 a.m. Mondays and Tuesdays) respectively, offering early-rising students a chance to squeeze in an endowment session before class. The last endowment session for either temple typically begins at 8 p.m.

Baptisms occur at the temple between 5:30 a.m. and 9 p.m. at the Provo Temple and between 6 a.m. and 8 p.m. at the Provo City Center Temple.

BYU

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Run, punt, serve and score with intramurals

In the intramural sports program, teams and participants compete against other BYU students

BYU's intramural program is one of the nation's largest. More than 25,000 participants compete in over 30 activities, including flag football, basketball, soccer, tennis and baseball.

In order to participate, students need to register with the Intramural Activities office. An activities schedule will be available on the

intramurals website three weeks before each semester begins and will indicate entry deadlines. Because many activities fill quickly, participants are encouraged to register as soon as possible. If schedules sell out, teams and participants will be placed on a waiting list.

Teams or individuals are required to pay a

non-refundable fee of \$20 to \$40, depending on the sport. Activities are normally held Tuesdays through Fridays from 6 to 11:15 p.m. and Saturday from 8 a.m. to 5:15 p.m. If needed, games may be scheduled in advance at other hours.

Intramural champion T-shirts are awarded to those who win their division

in tournament play, a tradition that started in the early 1980s and has carried on due to students' enthusiasm. The intramural champion T-shirt has often been referred to as the "Holy Grail" of intramurals.

For more information regarding rules, eligibility and specifics on each activity, visit unvr.se/intramurals.



Addie Blacker

BYU students play men's 7v7 soccer in the rain during a Spring 2019 game. Scan this photo with the **Universe Plus** app for more information and to sign up for intramurals.



BYU'S INTRAMURAL SPORTS

FALL SEMESTER

Badminton singles
Basketball
Basketball 3v3
Flag football
Golf scramble
Kickball
Racquetball singles, doubles
Soccer
Tennis singles, doubles
Ultimate Frisbee
Volleyball

WINTER SEMESTER

Badminton doubles
Basketball
Basketball 3 point contest
Dodge ball
Flag football
Inner tube water polo
Racquetball singles, doubles
Run for Your Life
Soccer 7v7, 11v11
Tennis singles, doubles
Wallyball

SPRING TERM

Golf scramble
Kickball
Racquetball singles
Soccer 7v7
Softball
Tennis singles, doubles
Ultimate Frisbee
Volleyball 2v2

SUMMER TERM

Flag football
Kickball
Racquetball singles
Soccer 3v3
Softball
Tennis singles
Ultimate Frisbee
Pickleball

Doughnut forget we're here for you!

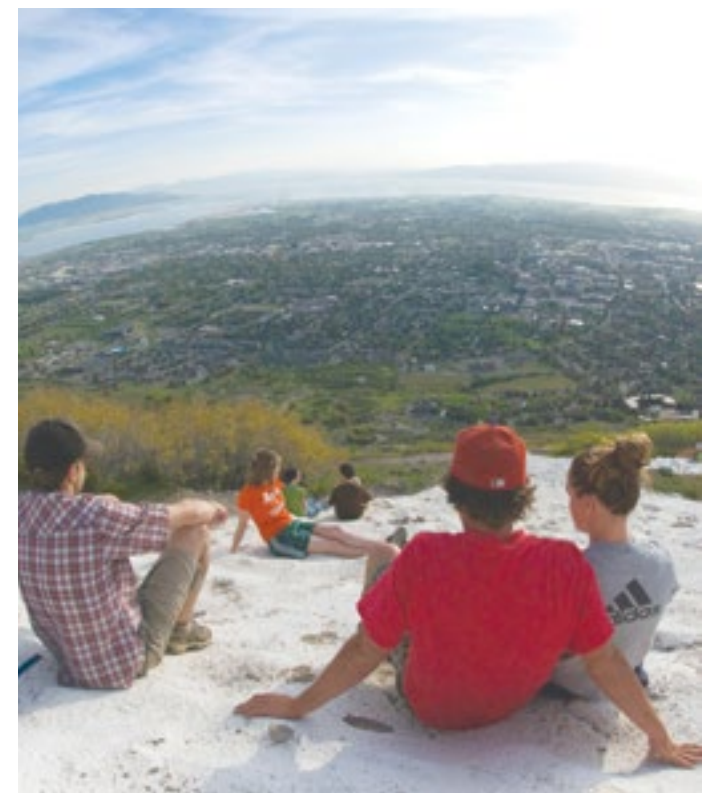
The BYU Off-Campus Housing Office helps single undergraduate students with housing issues.

- Find apartments
- List available contracts
- Get help resolving disputes
- Submit feedback and update address
- Understand rental agreements

Visit our website at och.byu.edu

BYU OFF-CAMPUS
HOUSING
C-141 ASB

Balancing your college life



Jamison Metzger

Students look out over Utah Valley after hiking the Y.

Balancing priorities in college does not have to be difficult. When students prioritize, set goals and think ahead, they will be more equipped to find the happiness and fulfillment that comes from living a balanced life.

School should be a top priority during your time at BYU.

"Get all the schooling you can. Education is the key that unlocks the door of opportunity," said President Gordon B. Hinckley, 15th president of The Church of Jesus Christ of Latter-day Saints.

Carson Clark, a sophomore studying sociology, said understanding priorities has helped her find balance.

"Making school a priority in your life is the biggest thing you can do because that's what going to be most important 10 years down the road," Clark said.

Set goals to leave college with grades and experiences that will lead to future opportunities. If students feel overwhelmed, they should try taking a lighter course load (12-14 credits) to see what works for them the rest of their college career.

Prioritizing and setting goals to balance coursework and social life can help students find fulfillment during their time at BYU. Make sure to set aside time for schoolwork and a social life.

"Friends can be distracting," said Krista Ek, a junior studying public relations. "But if you pick ones that have similar goals, then they can be a huge help in getting you where you want to be in your life. Balancing becomes

a lot easier once you figure out how to integrate or separate categories of your life. For example, I was able to integrate my social life into my church life because my friends were in my ward and it satisfied both of those needs."

When time has been set aside to study — study! Put away Facebook, Instagram and other distractions, and go to work. Using study time effectively is the key to balancing school and social life.

BYU students have learned putting the gospel first makes time for everything else. Instead of seeing the gospel as another

item on the to-do list, see it as the tool that can help balance life's demands and keep an eternal perspective.

"Making the gospel a priority is the only way to have complete balance," Clark said. "If you rely on the Lord, He will

help you. Make scripture study a priority and be active in your calling."

Vital activities include Sunday church attendance, reading the scriptures and being active in church callings.

If life gets overwhelming, step back and return to the basics. Take time to pray, read the scriptures and serve others each day. Making the gospel a priority will be a blessing in all facets of college life.

"Remember, too much of anything in life can throw us off balance. At the same time, too little of the important things can do the same thing," said then-Elder M. Russell Ballard of the Quorum of the Twelve.

Balancing becomes a lot easier once you figure out how to integrate or separate categories of your life.."

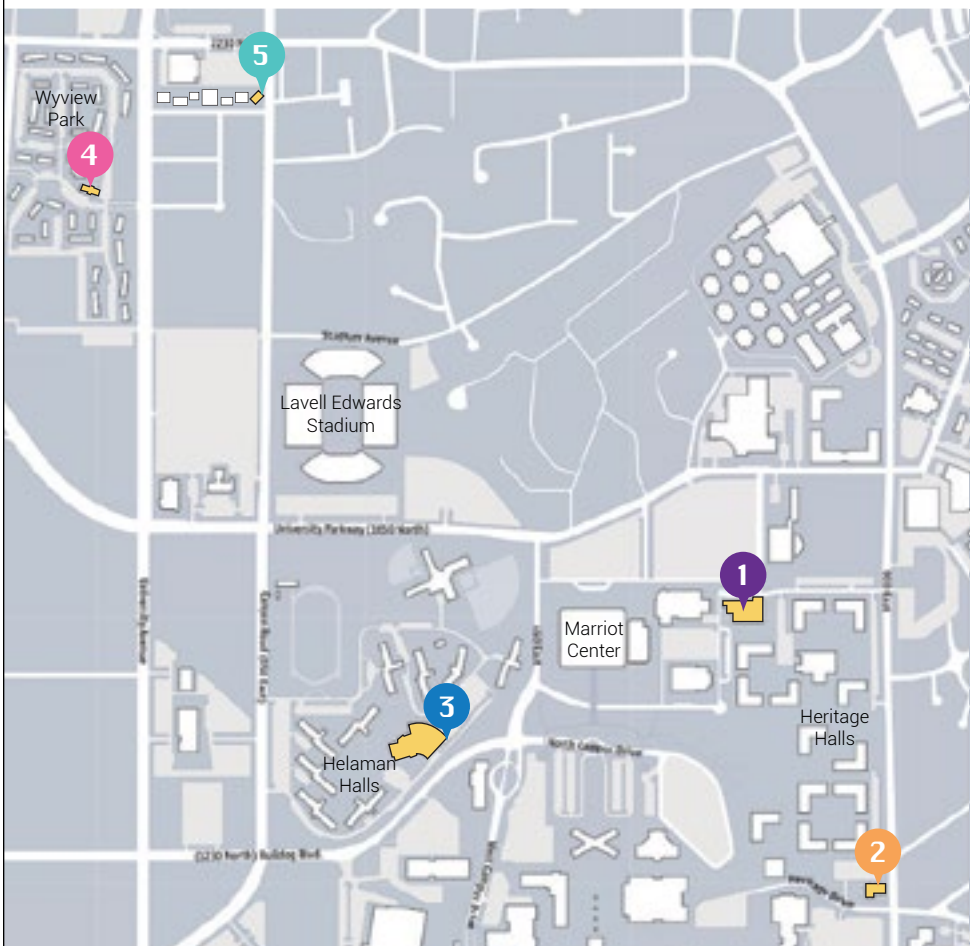
Krista Ek

BYU Public Relations student

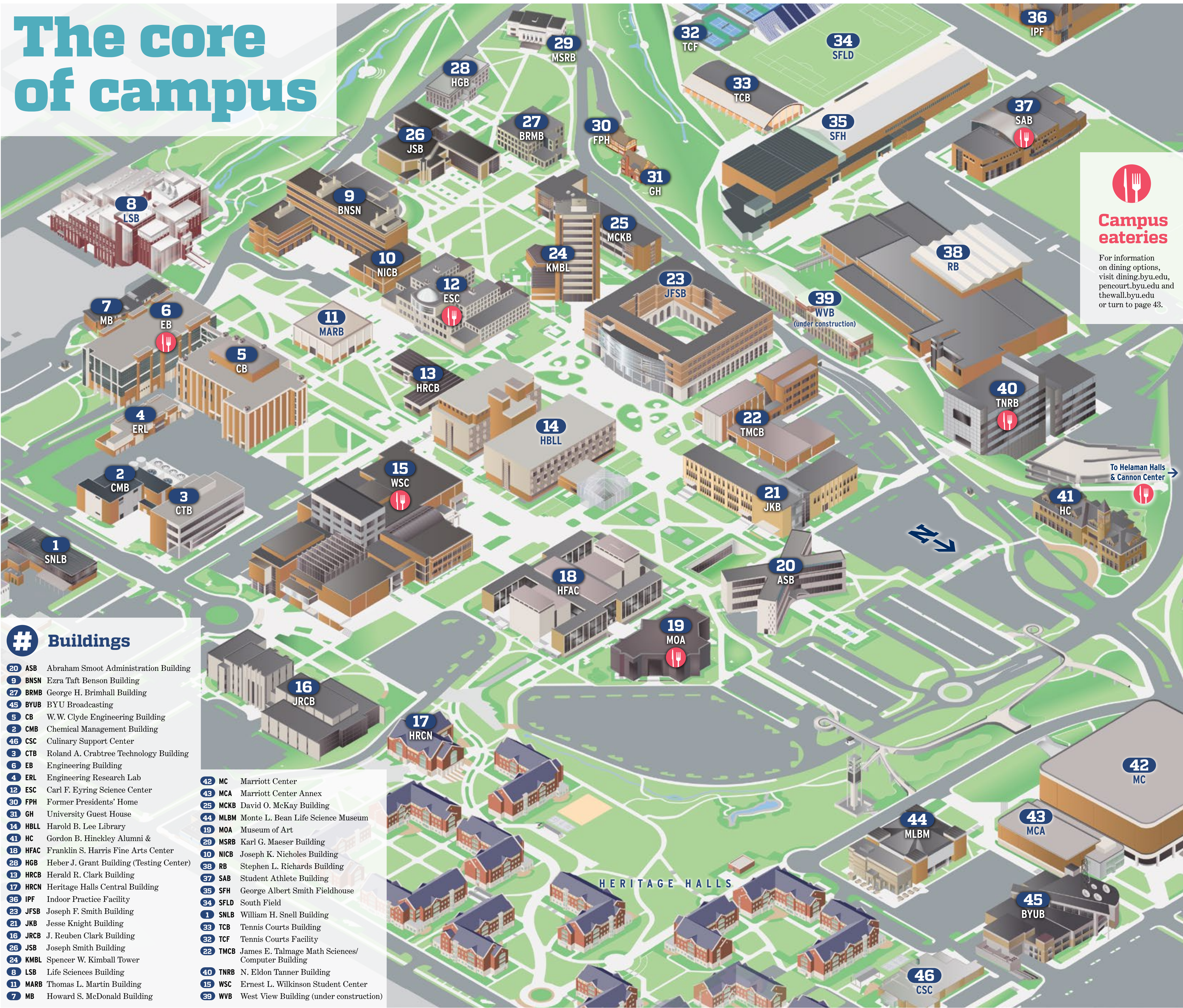
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tons of ice
cream flavors,
our famous
chocolate milk,
and more!



The core of campus




Campus eateries

For information on dining options, visit dining.byu.edu, pencourt.byu.edu and thewall.byu.edu or turn to page 43.

To Helaman Halls & Cannon Center →

Buildings

- 20 ASB Abraham Smoot Administration Building
- 9 BNSN Ezra Taft Benson Building
- 27 BRMB George H. Brimhall Building
- 45 BYUB BYU Broadcasting
- 5 CB W. W. Clyde Engineering Building
- 2 CMB Chemical Management Building
- 46 CSC Culinary Support Center
- 3 CTB Roland A. Crabtree Technology Building
- 6 EB Engineering Building
- 4 ERL Engineering Research Lab
- 12 ESC Carl F. Eyring Science Center
- 30 FPH Former Presidents' Home
- 31 GH University Guest House
- 14 HBLL Harold B. Lee Library
- 41 HC Gordon B. Hinckley Alumni &
- 18 HFAC Franklin S. Harris Fine Arts Center
- 28 HGB Heber J. Grant Building (Testing Center)
- 13 HRCB Herald R. Clark Building
- 17 HRCN Heritage Halls Central Building
- 36 IPF Indoor Practice Facility
- 23 JFSB Joseph F. Smith Building
- 21 JKB Jesse Knight Building
- 16 JRCB J. Reuben Clark Building
- 26 JSB Joseph Smith Building
- 24 KMBL Spencer W. Kimball Tower
- 8 LSB Life Sciences Building
- 11 MARB Thomas L. Martin Building
- 7 MB Howard S. McDonald Building
- 42 MC Marriott Center
- 43 MCA Marriott Center Annex
- 25 MCKB David O. McKay Building
- 44 MLBM Monte L. Bean Life Science Museum
- 19 MOA Museum of Art
- 29 MSRB Karl G. Maeser Building
- 10 NICB Joseph K. Nicholes Building
- 38 RB Stephen L. Richards Building
- 37 SAB Student Athlete Building
- 35 SFH George Albert Smith Fieldhouse
- 34 SFLD South Field
- 1 SNLB William H. Snell Building
- 33 TCB Tennis Courts Building
- 32 TCF Tennis Courts Facility
- 22 TMCB James E. Talmage Math Sciences/Computer Building
- 40 TNRB N. Eldon Tanner Building
- 15 WSC Ernest L. Wilkinson Student Center
- 39 WVB West View Building (under construction)

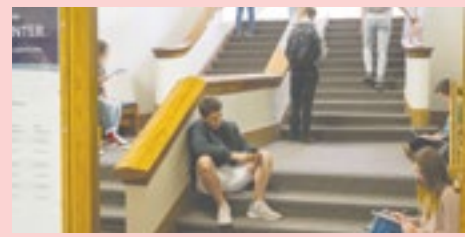
HERITAGE HALLS

Testing Center: Pencils and knowledge at the ready

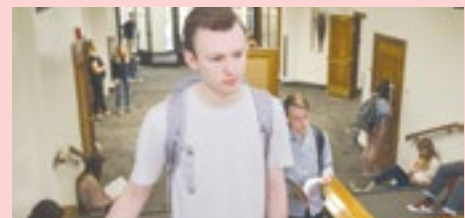
Name <i>Theodore Roosevelt</i>		Identification number 55-555-5555	Entry time 1:26 pm	Sheet num.
Class name A HTG 100	Faculty name McKinley	Test/copy	Phone number (555) 555-5555	Date 9/14/2019
Do not write in this area			EE. ID	BCR

The BYU Testing Center is a campus landmark. It is the largest college testing facility in the United States, seating just over 400 students in the main room. Many classroom tests are administered in the Testing Center instead of during class time to allow professors more time to teach and give students more flexibility in taking tests. Tests administered in the Testing Center are generally offered for three days and a final "late" day when there is a fee assessed to take the test. Taking a test in the Testing Center is a relatively simple process.

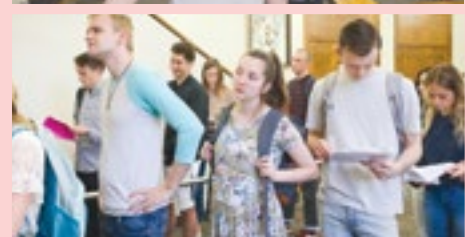
1 Students generally study for their exams before walking through the Testing Center doors, but some review their notes and materials on the first floor in the lobby area.



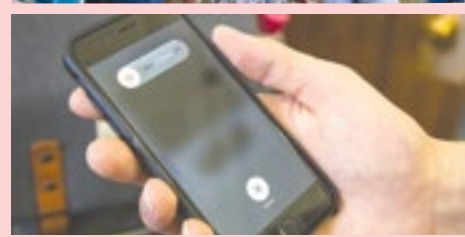
2 When students are ready to take their tests, they climb the stairs to the second floor of the building.



3 After reaching the second floor, students stand in lines for their tests. While in line, students should take out pencils, their BYU ID and scratch paper if they need it. They should also turn off any unapproved electronic devices, including cell phones. If you are curious how long the lines are before heading to the testing center, you can check the Testing Center cameras on the BYU app.



4 Students then present their ID cards to a Testing Center employee and state which test they want to take.



A Testing Center employee will retrieve a copy of the test and stamp scratch paper (if allowed) for the student. The student will be informed of the conditions of the test (for example, no calculator, foreign language dictionary allowed, late fee, etc.).



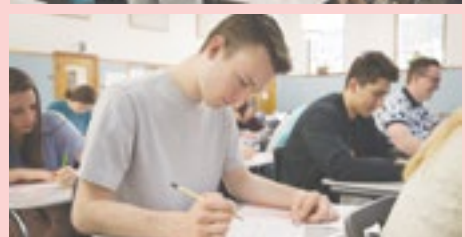
5 Students will then be directed to the far counter to retrieve bubble sheets, cover sheets and free response pages, if applicable.



6 Once students have all of their materials, they may enter the testing area, choose a desk, place their testing materials on their desk and put all other belongings, including coats and backpacks, underneath the chairs to keep the aisle clear.



Students may also sit in the Testing Center music room on the third floor. Students access this room by entering the east door of the testing area and ascending the stairs. The music room seats about 50 students. Instrumental music plays continuously.



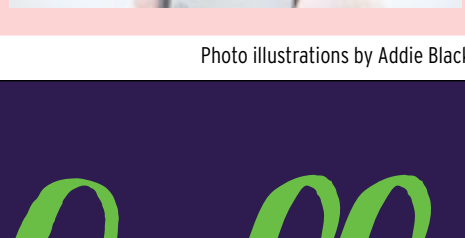
7 Students may leave to use the restroom while taking a test. To do this, they need to turn in their tests and cell phones to the answer sheet distribution desk.



8 When students finish their tests, they should collect all of their belongings and return their testing materials to the proctors in the room adjacent to the distribution room.



9 Students may view scores for their multiple-choice tests after completion with the BYU app or at testingcenter.byu.edu.



UNIVERSE PLUS Scan this infographic with the Universe Plus app to watch a video and learn how to navigate the Testing Center lines.

Photo illustrations by Addie Blacker

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TNRB W408/410

Meet women in the Business School and learn more about how Women in Business can help you.

women business

Essential apps and social media

By SHAYE MULLEN

The number of apps and social media pages has skyrocketed in recent years, due in large part to the increased availability of smartphones. BYU students and administration have gotten in on the trend, creating apps, Twitter accounts and Instagram feeds focused on the BYU experience. Here are a few campus-related pages that students may want to be aware of:

APPS

BYU

 The BYU app provides students with access to college life essentials. Use this app to map your classes, check test scores, add Cougar Cash, clock in or out of your on-campus job, log Yserve service hours, find a classroom or the nearest restroom and a whole lot more.

Universe Plus

 Gain access to exclusive augmented reality content when you unlock the print version of The Universe with your smartphone.

BYU Cougars

 Keep up with BYU Athletics with schedules and news for official university teams. Students can also browse videos or check rosters and stats.


BYU New Student Orientation

Containing individual schedules and locations, NSO objectives, and contact information, the NSO app seeks to help students make the most of their orientation experience.

BYU TV

 Enjoy BYUtv content on the go: BYU Sports, Studio C, Random Acts and thousands of hours of on-demand content.

ROC Pass

 Students can save their ROC pass to the app, relieving them of the stress of potentially losing their card and having to pay to have it replaced. The app also provides lyrics to the BYU fight song.

SOCIAL MEDIA


Daily Universe (Facebook)

 Stay up-to-date with BYU news by following this Facebook page.


BYU Probs (Twitter)

Highlighting common situations and jokes that are exclusive to campus, BYU Probs is a humorous look at local culture.

BYU ROC (Twitter)

 Featuring athletic news and events, the ROC Twitter feed keeps students up to date with their favorite BYU sports teams.


BYU Sleeps (Instagram)

 Documenting the napping ability of BYU students, this page is filled with photos of unsuspecting students caught in the act. Nowhere is safe: the lawn, class, lounges or under the stairs.

BrighamYoungUniversity (Instagram)

 The official Instagram account of Brigham Young University. Stay up to date with BYU news, campus events, devotional speakers, sports victories and more! Get a glimpse into the lives of other BYU students by keeping up with this Instagram story.

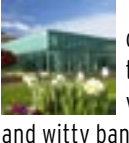
BYU Photo (Instagram)

 BYU's official photographers regularly post some of the most impressive and beautiful BYU photos you'll see.

Provo Allstar (Instagram)

Putting the spotlight on "Brovo" culture, this page parodies bromances, bro dates to the gym, bro-to shoots and bro time at the local hot tub.

Harold B. Lee Library (Twitter)

 Like its description says, this feed is a "purveyor of fine tweets and witty banter," with a focus on motivating students to be involved in academics and the pursuit of knowledge.



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<http://dining.byu.edu/employment/?location=creamery>

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Made a Difference
 in Your Life?

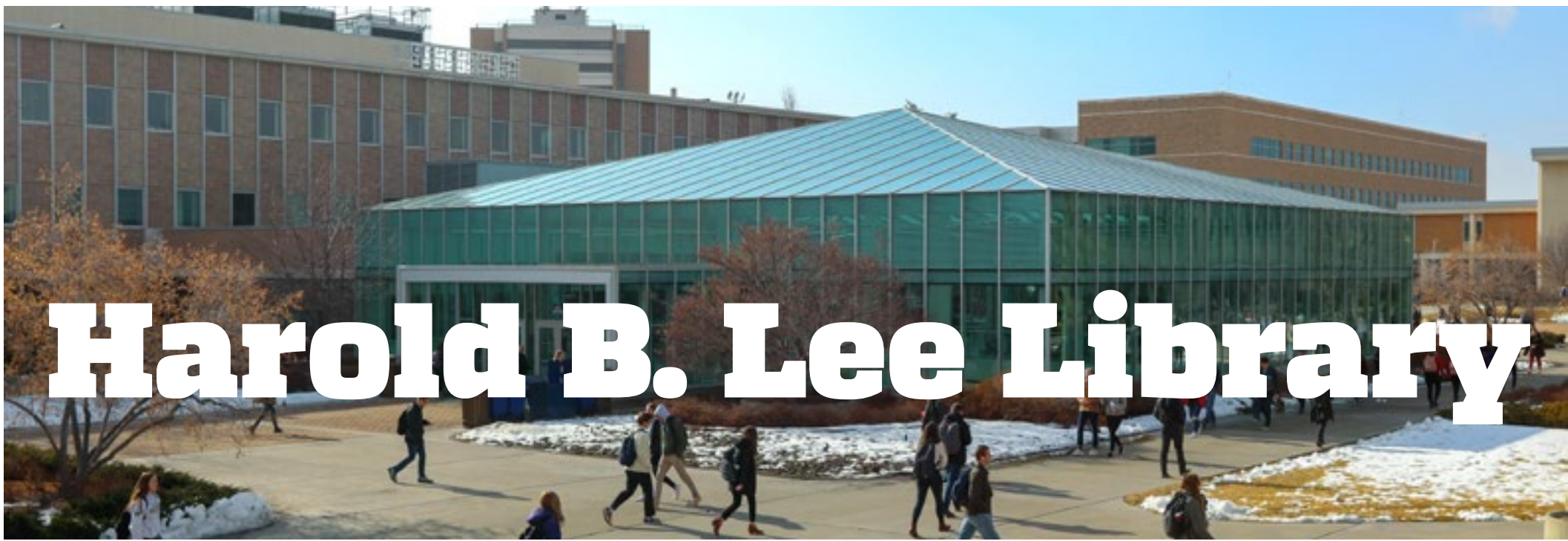


Pay It Forward.

#BeATeacher
education.byu.edu/BeATeacher

The McKay School of Education
 offers these undergraduate teaching majors:

- Early childhood education (pre-K-3)
- Elementary education (K-6)
- Physical education teaching/coaching (K-12)
- Special education (K-12)



Harold B. Lee Library

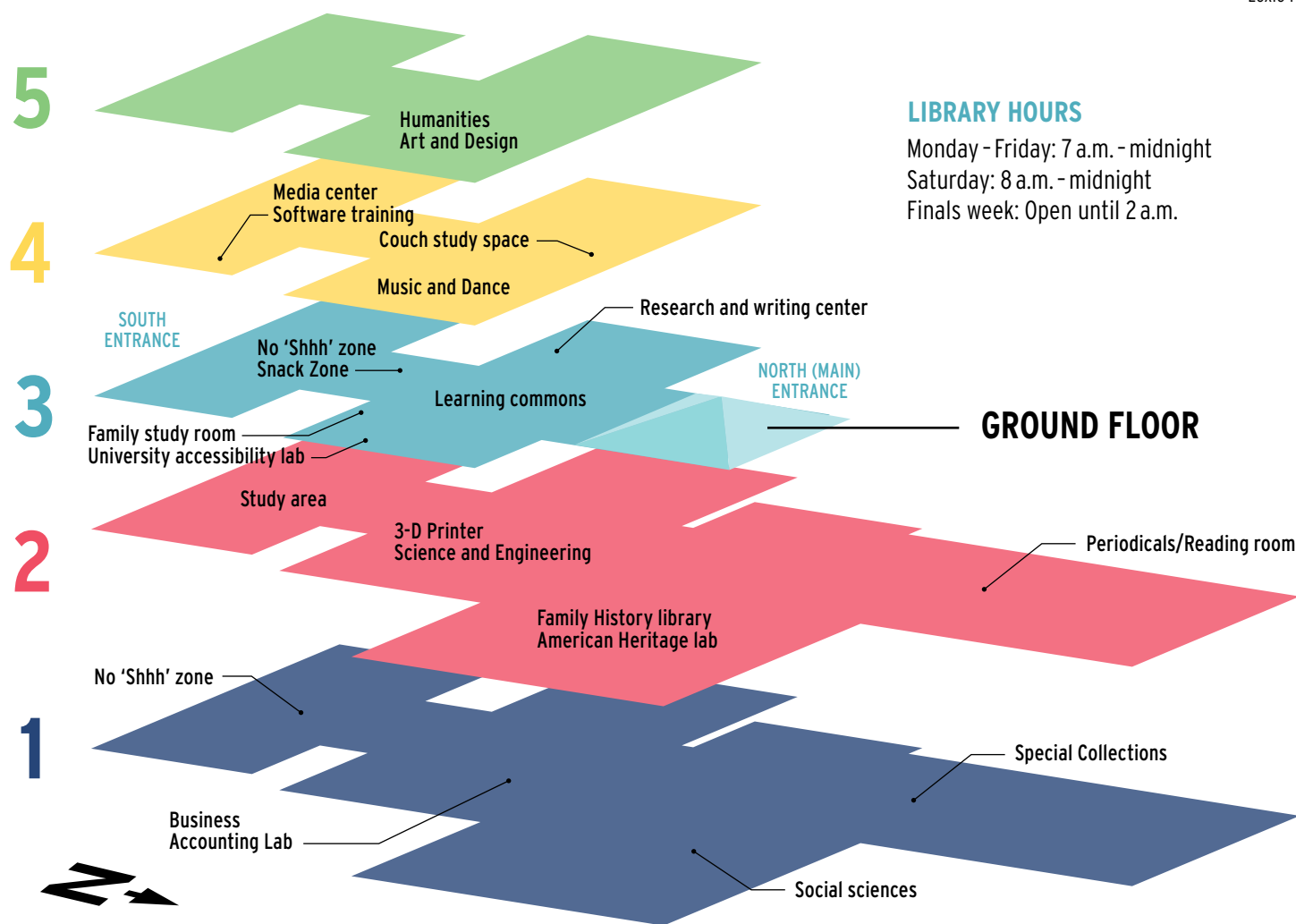
Lexie Flickinger

BYU's library began with a small collection of books in President Karl G. Maeser's office. The collection steadily grew, moving from building to building until 1925 when it was given its own home in the Heber J. Grant Building. While this space seemed more than adequate for a university library, by 1950 the library was full and books had to be stored in other buildings. During this time, library staff made daily storage runs to retrieve books for use or to return them to storage.

To remedy the situation a new 200,000 square foot building was constructed in 1961 across from the recently built Abraham Smoot Building. Originally called the J. Reuben Clark Library, the name was changed in 1974 to the Harold B. Lee Library, both as a tribute to the former LDS Church president who had recently passed away, as well as to avoid confusion with the recently created J. Reuben Clark Law School.

The library underwent multiple changes following its original construction, with a 1974-1976 addition providing 215,000 square feet of extra space to the south, and a 1996-2000 expansion giving 235,000 square feet, primarily underground, below the central quad. The library currently has miles of shelving storing more than 4 million books, and has a total square footage of 665,000.

"Of all the wonderful buildings we have on this campus, none, I believe, is as important as the library," said President Gordon B. Hinckley, 15th



LIBRARY HOURS

Monday - Friday: 7 a.m. - midnight
 Saturday: 8 a.m. - midnight
 Finals week: Open until 2 a.m.



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 University Mall
 575 E. Univ. Pkwy.
 801-224-4520
 Mon-Sat 10am-9pm
 Closed Sunday

American Fork
 62 North 600 West
 801-492-9400
 (Next to Olive Garden)
 Mon-Sat 10am-7pm
 Closed Sunday

president of The Church of Jesus Christ of Latter-day Saints at the 2000 rededication.

Orientation

The library's size and capacity can be confusing at first glance. Once a patron knows how the library is laid out, finding things becomes easier. The third floor is the ground floor of the library. There are three entrances: one on the south side of the building and two on the north side of the building through the glass atrium visible in Brigham Square.

The atrium houses stairs connecting the first and second floors and starts the main hall of the library. Starting September 2019, the circulation desk will be located directly down the main hall from the atrium. Each floor has help desks to assist users.

Here are some of the main library resources:

FIRST FLOOR

Special Collections

The most exclusive and rare items the university has are stored and made available here. In Special Collections, patrons can request some of the oldest items the library has, including diaries of church leaders, original letters, historical books and even Greek cuneiform tablets. Patrons need help to get and view these items, but there are employees ready to assist.

Social sciences library

Studies on psychology, sociology or any of the other social sciences, as well as a collection of government documents are in this section of the library.

SECOND FLOOR

Family history library

Missionary volunteers are ready and willing to help in this area. Many are experts in a variety of cultures, histories or languages. They can help patrons find family history resources whether for a religion class or personal genealogical research.

Science and maps

Better understand the world by looking through the library of maps from all over the world. Create and preserve unique projects using the large format scanner and large format printer.

Periodicals/Reading room

This is a great place to look for primary resources with magazines and newspapers dating back to the 1800s. There is also a large collection

of fiction and periodicals about anything for leisure reading with a faux fireplace to read by. Patrons can read or study at one of dozens of tables or in a chair next to the large north window.

American Heritage lab



Lexie Flickinger

Get one-on-one help with class material and answers to questions in this designated American Heritage lab.

3D printer

Students can watch a 3D printer in action at the science and maps desk on the second floor. Anyone can use the printer, and students can learn more about 3D printing by signing up for free classes.

THIRD (MAIN) FLOOR

Accessibility office

The accessibility office assists patrons with disabilities to gain access to library services.

Learning commons

The nexus of the library. This area is a great place to study with friends and collaborate with a group since it is also a "No Shhh Zone," where patrons don't have to be quiet. This is also the only part of the library where students are allowed to eat. A few of the items in the learning commons include:

- Color and black and white printers
- Computer lab with 131 Windows computers
- The Hub (see page 8)
- Large study areas
- Vending machines
- Circulation and help desk

Research and Writing Center

Learning how to research and write at the college level can be a challenge for some students. There is one-on-one help available for every step along the way. No appointment necessary.

Family study room

This is a family-friendly area where students with small children can study while their children play. Toys, a fort, activity tables and story books are available, as well as an enclosed play space specifically designed for younger children.

FOURTH FLOOR

Music and dance library

Maintain and enhance music and dance skills by checking out music scores or dance DVDs, listening to vinyl records or getting headphones to practice on one of the midi keyboards on the fourth floor.

Recording booth

Take music to the next level by reserving the library's sound booth. The booth is equipped with microphones, a keyboard, and a computer with GarageBand and Audacity. Reserve the sound booth online at the same site as the viewing rooms.

Couch study space

There are many places throughout the library where patrons can sit to read, study, and charge devices, but this new study area might be the most comfortable of all. Located by the windows on the north side of the fourth floor, students can relax in a quiet, customizable corner with couches and tables.

Media center



Addie Blacker

Anything audio visual is available to patrons here. Students can use Apple computers with Adobe Creative Cloud and check out all kinds of equipment for free. The lab has GoPro cameras, handheld HD cameras, Nikon and Canon DSLRs, lighting equipment, tripods and more, all available for three-day checkout. Call the lab at 801-422-5627 or stop by 4826 HBLL to reserve equipment.

Viewing rooms

Huddling 30 people around a tiny TV in the dorms is fun, if one doesn't care about seeing the screen. Sit back, relax and enjoy the show in one of the media center's five viewing rooms that seat anywhere from five to 43 people. Reserve these rooms for free at mediaviewrooms.lib.byu.edu.

Software training

Software training can help patrons learn the basics of Microsoft and Adobe software as well as other software used in many fields.

FIFTH FLOOR

Humanities library

Study a mission language and learn about world cultures, discover books about photography and design or get ready for a test in art history.

MORE LIBRARY RESOURCES

Study rooms

Reserve a study room on any of the five floors at groupstudy.lib.byu.edu. Rooms are available in different sizes, and many come equipped with projectors. Students can also check out dry-erase markers from a help desk and use the whiteboards as a brainstorm space, connect a computer to the TV monitor, or just enjoy the peace and quiet away from loud roommates.

Online databases

Trying to find sources for a research paper or project? Students don't have to rely on Google alone. The library has an extensive website where students can access a wide variety of online databases, collections, academic studies, journals, and more. The website is also a great way to search for and request library materials. Go to lib.byu.edu to make use of this fantastic resource.

Rotating exhibits

The library houses several temporary exhibits at once. These museum-like exhibits are most often explorations of the arts, literature, history, and world culture. Patrons can find these exhibits near the atrium on the third floor, near Special Collections on the first floor, and in the central part of the fifth floor. There is also a variety of artwork such as paintings, sculptures and photography throughout the entire library.

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The Highest Rated Meal Plan for Off-Campus Students

- Save up to 31% at select locations
- Always save on tax
- Cancel Anytime, get your money back

Tallmadge Richmond (Senior)

"It was a win-win. Whatever I used, I saved money, whatever I didn't use got sent back to me." ★★★★★

Ben Millward (Freshman)

"Honestly? So easy and great cause I didn't even use it all and got money back!" ★★★★★

Ali Mettmann (Freshman)

"This meal plan allowed me to focus more on my schooling and stress less about food." ★★★★★

Lexi Grant (Freshman)

"I loved my EZ Dining meal plan, it made it easy for me to buy things on campus and at the creamery. I didn't have to worry as much about food and I could focus on my school work." ★★★★★

Sarah Hill (Junior)

"I liked that I was able to modify the plan to exactly fit my needs and set the amount of time that I wanted the plan instead of having to commit to a full semester. It also made shopping at the Creamery or eating on campus more convenient." ★★★★★



To get EZ Dining visit mealplans.byu.edu

FIVE STEPS TO BETTER SLEEP

- Don't eat right before bed.** 
- Don't exercise within a few hours of going to bed.** 
- Don't read, eat or work in bed - just sleep.** 
- Turn lights off early to tell your body it's nearly bedtime.** 
- Do not consume caffeine before going to bed.** 

And five consequences of not getting enough of it

- Increased risk of getting Type 2 diabetes** 
- Weakened immunity and increased tendency to get sick** 
- Impaired memory, alertness and decision-making** 
- Increased impulsiveness, risk-taking and addictive behavior** 
- Eating more and eating more unhealthy foods** 

Icons made by Freepik from www.flaticon.com

Advisement centers: advice that really matters

By JJ KNECHTEL

Choosing a major and deciding which classes to take can be difficult decisions for BYU students. To provide guidance as students navigate these choices, BYU provides advisement centers.

The main goal of advisement centers, according to the BYU

website, is to “guide every student to academic success and personal development.”

Advisement centers help students understand university core and elective classes and direct them to Career Services or other services on campus. They also help undecided students declare or change a major.

“Sometimes we get brand new students that have never been to college before and they just

want to get registered for their first semester, so we’ll explain the university core,” said Karen Evans, University Advisement Center Director. “Our main function is to help students that are undeclared choose a major or choose a career.”

Evans also clarified the role of specific college advisement centers.

“Some students think the college advisement center is

just for their major and they should come to the student advisement center for GE (General Education) information,” Evans said. “Often times GEs can impact your major, and so if you’re declared and sure that’s the major you want to do, you should really go to your college advisement center.”

For any other question, especially about choosing a major, it is best to go to the University

Advisement Center.

Majors at BYU range from accounting to wildlife and wildlands conservation. For a complete list of majors, visit unvr.se/2018majorslist.

Students often avoid the advisement centers because they feel they are obvious asking questions.

“People are afraid to ask a dumb question, but we’ve heard them all before,” Evans

said. “We know that coming to college can be strange and frightening.”

Evans said students should come as often as they need to make right decisions.

“Advising is a process, it’s usually not done in just a half hour,” Evans said.

Because it takes time, students should start the advisement process as soon as possible.

BYU INDEPENDENT STUDY

OR

BYU ONLINE

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Thriving in a class with 350 friends

By STEPHANIE PROBERT

Class size is a significant transition for students attending a university for the first time.

Some BYU students may come from high schools with classrooms that held fewer than 30 students. Adjusting to classes with over 600 students can be an intimidating prospect. Many of the university core classes have large numbers of students, but the numbers tend to go down in major-specific classes.

Eric Hirschmann, a physics and physical science professor, has taught numerous large

classes and said the most common mistake freshmen make in large classes is blending in and feeling unaccountable for their own learning.

"Be engaged in your own learning," Hirschmann said. "For students who are strong in a particular subject, that means engaging with the class and the material in a way that still stimulates them, while for someone who struggles to understand the material that means finding their own way to engage in the class."

Hirschmann advises finding a way to stay motivated in learning the material and getting involved in the class by forming a study group, attending review sessions,

visiting with the professor during office hours and meeting with the class TA.

"Something I always advise my students to do, and far too few of them actually do it, is to come in during the semester one on one," said Hirschmann. "They don't necessarily need to have a question or anything, but just to meet them and get to know them a little bit really helps professors know how to help them succeed. It can also really help students get over the regular fears of being in a big class and just blending into the crowd."

Dos

Jake Robley, a senior studying

accounting, encouraged students to get to know their fellow classmates. He said that it can be really easy for new students to keep to themselves but getting out of one's comfort zone and having friends in a class can really help.

"Get study groups together early on so you can have a smaller class within your larger class," said Robley. "That's something that has really helped me."

Other students recommended asking for help when needed.

"Don't be afraid to seek out help, especially early on," said Connor Simmons, a senior from Salt Lake City.

It is vital to read the class syllabus and textbooks, to ask the TAs questions and to be proactive. Students should also trust their professors, who have been teaching for years and are qualified to teach large classes.

"Even though the classes are really big, the professors are there to help you," said Simmons. "They'll make arrangements. Realize you are not alone and there are ways that you can get the help you need."

Don'ts

Hirschmann recommended that students don't put off getting help from a professor or TA if they start feeling lost or like

they're falling behind, and to avoid having a negative attitude about a class.

"Try not to bad mouth the class, even if it's not your favorite class," Hirschmann said. "Having a good attitude will always help more than being and feeling miserable. If you're feeling miserable in a class you need to do something about it. A bad class is a drag on everything else in your schedule and your life, and I think it's a good thing for a student to find a way to make it a class they learn something from. You do the work, you take the initiative, you have a positive attitude, and I promise you that you will not fail."

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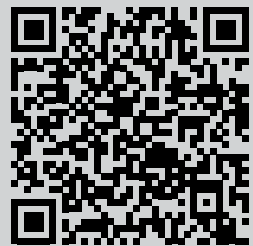
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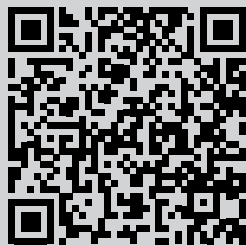
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Break ice; play nice; friends add to life's spice

Friends will transform your college experience, but sometimes it is hard to make new ones. Here are a few tips to expand your friend group.

Be friendly



Even though there are 30,000 students on campus, it's common to run into familiar faces. Take a second, say hi, ask how their day is going, and be friendly.

Be the inviter



Don't wait for people to reach out. Instead, make everyone feel included. Be a planner! Invite others to events, and don't be afraid to mix up who is invited.

Get to know your roommates



Roommates are (hopefully) a built-in friend network during freshman year. Spend time getting to know them and they may end up being some best friends for years to come.

Move seats



It's easy to feel overwhelmed in a lecture hall with tons of students, but the good news is those are all potential friends. Get to class early, read the room, and chat with classmates.

Join in



Freshman year is time to show up with your confidence. If you see people doing something, ask to join in. Everyone else is looking for friends, too. Be brave.

NON-CRINGY ICE BREAKERS

Finding out about someone helps establish a relationship and later a friendship. Here are a few questions that can start a conversation. Good friends will listen to the responses before formulating a reply.

- What's one thing you know how to do really well?
- What color do you feel like describes your personality?
- Skittles or M&Ms?
- What's the most delightful word you can think of?
- What compliment do people give you most?
- If you could be any nationality, what would you be?
- What's a random fact you know?
- Which U.S. president is your favorite?
- What's the last song you saved to your Spotify playlist?
- If you had a yacht, what would you call it?
- Would you rather be in Star Wars or Harry Potter?
- What topic do you know a lot about?
- What's on your mind right now?
- What's in the trunk of your car?
- What's the weirdest thing you've done in public?
- What's the bravest thing you've ever done?
- What are you going to wear tomorrow?
- What's the last picture in your phone?
- Which way should toilet paper go?
- What are you terrible at?
- What movie was better than the book?
- What's a movie that made you cry from laughter?
- What's your spirit animal?
- What destination is at the top of your bucket list?
- What's your worst habit?
- What's your best habit?
- What's your favorite scent?
- What was your first job?
- What's the best way to end the day?

Adjusting to living with roommates

By CAMILLA OWENS

Living with roommates can be a fun and exciting aspect of college, as students learn to live on their own while making new friends with those they live with. Some roommates establish close friendships that last a lifetime while other relationships may become challenging. These four tips can help students as they begin to establish themselves with new roommates for the first time:

Everyone is different

No two roommates are the same. "Everybody's different," said Nathan Mitchell, an economics major from Oregon. "You have to learn how to get along with people. That's one of the biggest adjustments that freshmen get to make — learning how to get along with people."

Set boundaries

One great way to communicate individual needs is by setting boundaries. "My freshman year I didn't set boundaries, and I had one roommate whose hobby was lock picking," said Ben Dorton, an information technology major from Provo. Dorton said his roommate's active enthusiasm for his hobby began to make him feel uncomfortable. Dorton said communicating clearly what is acceptable is important as people negotiate shared living space.

Learn to communicate

It's easy to assume roommates will understand and respect the needs of others. However, that's not always the case. "One of the biggest things is you get to learn that something's upset you, and something's upset other people, so if you try to be aware of that, it helps," said Mitchell. "Don't be a hint-dropper," said Michelle

Mortenson a junior studying mechanical engineering. "There's no use in dropping what you think are very clear hints for a roommate who may never have thought about things from your perspective. If you're frustrated, first stop and ask yourself if this is a realistic frustration. Second, ask yourself if you're frustrated with a roommate because you haven't made your expectations or needs clear. Then third, you can go on and talk to the roommate to find out, (by having) a little sit down, 'what do you think is a problem here, what am I doing that's bugging you.' I think just having open communication is really the key."

Learning to communicate with roommates about things that may be annoying to others in a shared living space is crucial in establishing a happy environment.

"I had a roommate that wanted to dry his clothes really fast, so he put them in the microwave, but they ended up just melting. So it didn't really work out and that was kind of a repeated pattern," said Colton Bryan, an advertising major from Logan, Utah.

Bryan said using communication is essential for dealing with roommates when you might not understand or agree with their methods. "Just be really clear about your expectations and why it bothers you. That's better than living in silence or trying to be passive aggressive about it."

Be friendly

Students are better off in the long run when they seek out friendships with their roommates. However, busy schedules often make it challenging when starting a friendship. One of the best things students can do is simply start being friendly.

"Ask your roommate how they're doing when they get back," said Mitchell. "If you become their friend, it's a lot easier to get along with them. I found that roommates that asked me how I was doing, I got along with them a lot better."



Roommates Lauren Thomas, left, and Lauren Endler sit on a swing outside of Campus Lane.

Ty Mullen

How other students chose their major

Communication disorders



"I prayed about it, and I received an answer that this is what I was meant to do."
Iris Lao


Pre-nursing



"I love caring for people, and I knew it was perfect for me."
Claire Christianson

American studies

"I really wanted to study American history, but I didn't want to be a history major. I looked through the course catalog and I found this and it was a better fit for me. It was all the classes I wanted to take, and it was just a good fit."
Bridget Swanson



Economics

"I took Econ 110 and I really liked it. I was a bio major my freshman year, but after taking a business class I realized I was a business and math guy instead of hard sciences."
Michael Graff



Theatre arts studies

"It's something I'm good at. I wasn't always a theater major, but in my heart I was, so it was just coming to this point in my life."
Daniel Mesta



Exercise and wellness

"I grew up playing sports. I love to be active because it makes me feel good. It helps with my anxiety and depression, but I want to help younger girls in middle school and high school feel confident in themselves."
Morgan Johnson




Piano performance

"I picked my major because I couldn't stop practicing. I love music, and I love how it connects people in a powerful way. It affected me, and I want to help people have that same experience in their lives."
Hyrum Arnesen



Biodiversity and conservation

"I picked my major because I love biology and being out in nature. It felt like a good fit for me."
Cammie Garner



Pre-management and Russian

"I chose what was most interesting to me and what I thought would be a good career in the future."
Brendan Tanner



Exercise science

"I want to go to physician's assistant school and I was between exercise science and biology. I chose exercise science because it fit more of the pre-requisites for PA school. I don't know if I'm passionate about exercise science, but I am about going to PA school."
Nicole Kasper



Career Studio manager invites students to 'Come early, come often'

By MATTHEW BENNETT

"Enter to learn," a sign proclaims on the southwest entrance to campus, "Go forth to serve." But "go forth to serve" where?

BYU offers multiple resources to students to help them plan their career paths. One of the newest is the Career Studio, located in room 2590 of the Wilkinson Student Center, just north of Y terrace and the Cougarat.

"This is a place where students can come in, ask questions, and make mistakes," said Justin Jones, The Career Studio's Development Manager. "This is a place for students."

The Career Studio is a space where students can come at any time (without an appointment) and meet with peer mentors to practice interviewing or get help with other skills. The Studio offers resume consultation, LinkedIn help and online resources. Jones said students are even welcome just to come in

and have career conversations.

"We're your ally," he said. "You can drop in if you need one question answered, or if you need ten answered."

Jones encouraged new students to pay a visit to the Career Studio as soon as possible.

"Freshmen at BYU generally do not even have a career in mind," he said. "Instead, they're concerned with finding housing, taking generals, finding a social group, and maybe figuring out a major."

Jones explained that this approach is backwards, since career preferences should inform class choices, which in turn will inform other education decisions, like that of a major. "The sooner you start thinking of a career, the better," he said.

The alternative? Taking classes to prepare for an undesired career path.

"The biggest thing I hear from seniors, bar none, is 'I wish I had known about this earlier,'" he said. "We get seniors who come in here and say, 'this isn't what I want to be doing.' It would be

better if they came in earlier in their academic journey."

Jones also emphasized that the Career Studio is not just a place that students should visit early, it's also a place students should go often.

"It's not a place you only visit once. Get to know us," he said.

Jones explained that students who used the Career Studio often were able to use it as a guide through career milestones.

"We like to celebrate students," he said. "Anytime you gain employment, or an internship, you can come and ring our victory bell."

Once students choose a major, the Career Studio can work with their academic advisors to help make sure they are on their best educational path.

"We do the front end - the basics," Jones said. "Then, we transition them to something more specific for their needs."

Jones said all this information adds up to one thing.

"So, because you're a smart freshman," he said, "you'll use this resource soon."



Universe Archives

Peer mentors are available to help students who visit the Career Studio. The studio is in 2590 WSC.

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The world is our campus

By LUCY SCHOUTEN

When new BYU students arrive on campus, they might notice students sporting the David M. Kennedy Center for International Studies backpack. Not sold in stores, this accessory is given to students who travel out of the country through the Kennedy Center's many study abroad programs.

"The Kennedy Center aims to help 'expand your world,' which means that getting out of Provo on international internships and studies abroad is important," said Cory Leonard, associate director of the Kennedy Center.

Kennedy Center programs can provide a new cultural understanding, an out-of-textbook education and even foreign language experience.

"It's also never too late to begin to learn a language — an area in which BYU is rich with opportunities," Leonard said. "And it should be considered a crime for students who speak a foreign language, thanks to missionary service, not to further their language skills."

The most popular study abroad program offered by BYU is in London. Students have several different options there. Some choose to study at the BYU London Center, where they take classes with BYU professors. Other programs tour England and Scotland, or focus on theater, film or art in London.

For most students, studying abroad is an enriching addition to their education. However, certain programs of study actually require experience abroad. Students in the Middle Eastern Studies/Arabic major must take all of their 300-level Arabic classes during a BYU study abroad in the Middle East. Anthropology majors must do a field study and completing that requirement abroad can be even more beneficial. The anthropology



department offers experiences every semester in places such as Ecuador, Jordan and Thailand.

Charles Nuckolls, an anthropology professor and the program director of the anthropology program as a "full-service geared toward student research." Students have language and academic training in India. They live in three houses, eat food prepared by four cooks and benefit from the contacts Nuckolls has made during 40 years of study in India.

"It's the best India program from an American university," said Nuckolls, who has visited many other American programs in the country for comparison.

Cost is an issue for many students when it comes to studying abroad. However, numerous merit and need-based scholarships exist solely for study abroad experiences. Depending on the semester, the Kennedy Center also gives away one airfare for a study abroad at their International Study Program Fair. Like the cost of tuition, BYU study abroad programs are often relatively inexpensive.

"It's certainly the cheapest study abroad to India," Nuckolls said of the India study abroad, adding that most American universities charge more than \$15,000 per semester in India. BYU's program is about \$7,500 per semester.

One study abroad option is the global diplomacy program,

directed by Leonard. This program began taking no more than 18 students to various cities in Europe in 2010. Recently, a city in Morocco was added.

International internships also go through the International Study Program office. Many students on these internships earn university credit.

The requirements vary by program, but international students and even non-BYU students are welcome. An ecclesiastical endorsement is required, but most programs have no official minimum GPA requirement. Some programs, especially the foreign language programs, require certain prerequisite classes.

Most programs have a prep class the semester before the experience, where program directors prepare students with program details, culture coaching or historical background about the country they will visit.

"We're able to educate them in something they might not have access to otherwise," Nuckolls said.

Students can find out about available international opportunities offered at the Kennedy Center in the Herald R. Clark Building or by visiting kennedy.byu.edu.

Scan this story's headline and photos with the **Universe Plus** app for a list of study abroad programs.



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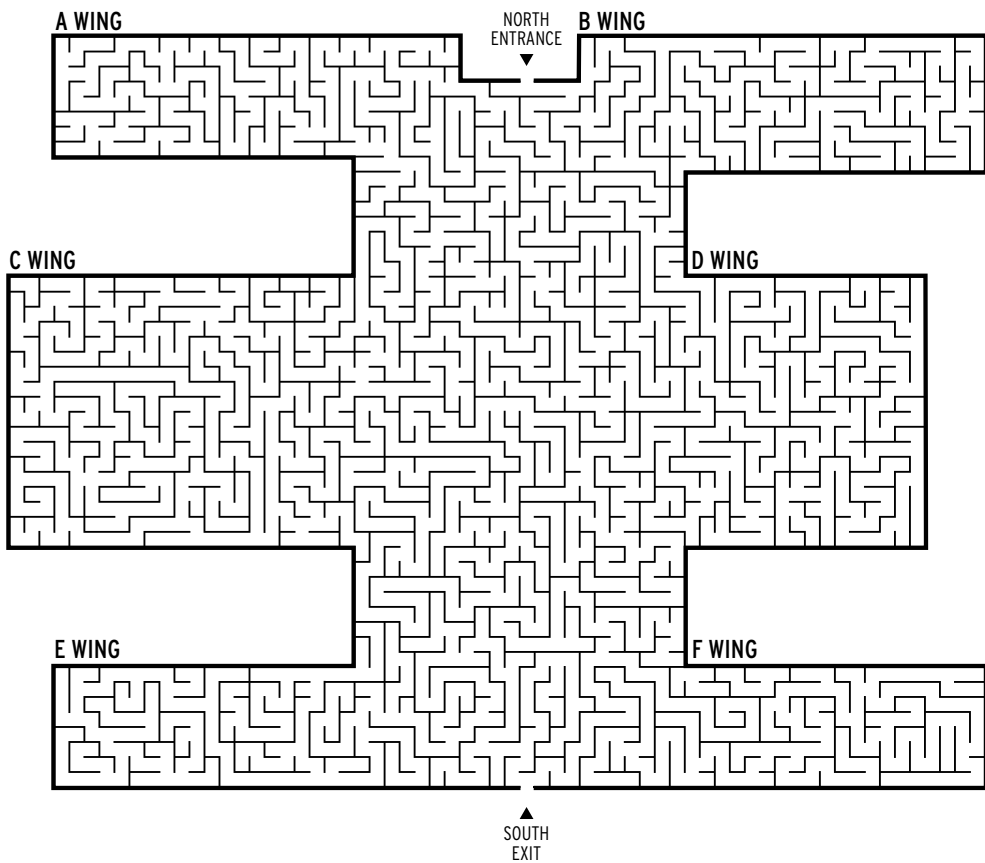


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"This building is a maze!"

The Franklin S. Harris Fine Arts Center is the fourth largest building at BYU and is one of the most confusing buildings for students to navigate, especially for those who are new. Here are some tips for students who may be panicking about trying to find their first HFAC class:

- If you enter the HFAC from the south doors, you enter on the third floor. If you enter the HFAC from the north doors, you enter on the fourth floor.
- There are six "wings" or hallways on each floor in the HFAC, lettered A through F. They are labeled alphabetically from west to east and then north to south, as shown on the HFAC maze below.
- Room numbers always begin with the letter of the wing, followed by the number of the floor the room is located on. For example, room A-450 is located in the A wing on the 4th floor.
- There are five theatres in the HFAC:
 - Pardoe Drama Theatre—D Wing, 3rd floor
 - Margetts Arena Theatre—Center, 2nd floor
 - Nelke Experimental Theatre—B/D Wing, 2nd floor
 - deJong Concert Hall—C Wing, 3rd/4th/5th floor
 - Madsen Recital Hall—D Wing, 4th floor



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Brigham Young University Abbreviation Guide
Brigham Young University — or, as many call it, BYU — is evidently an institution full of acronyms and abbreviations. Between building names, course offerings and local Provo and church slang, it can be difficult to pick up on all the Cougar lingo at first. In the interest of helping new students catch on to BYU's many acronyms, here's a list of the essential abbreviations on the BYU Campus.

COURSE OFFERING BUILDING STUDENT LIFE

A HTG American Heritage
ASB Abraham O. Smoot Administration Building "The A-S-B"
BNOC Big name on campus Referring to the BYU celebrities. This could range from a sports star to someone who went viral on Twitter this week.
BNSN Ezra Taft Benson Building "The Benson"
BRMB George H. Brimhall Building "The Brimhall" and School of Communications. If you don't stop talking, this is the school for you.
BYUSA Brigham Young University Student Service Association The BYUSA president and vice president are elected by the student body to fulfill BYUSA's mission of "students serving students." They plan BYU-sponsored

student activities such as campus dances, skate nights and service activities.
C2G Choose 2 Give Choose 2 Give is a campaign each winter semester that encourages students to donate to students in need on campus.
CANC George Q. Cannon Center "The Cannon Center." Most likely the reason that freshmen don't fit in their pants by November.
CB W. W. Clyde Engineering Building "The Clyde" or "The Clyde Building." Also see, "Students who never sleep."
CE EN Civil and Environmental Engineering
CH EN Chemical Engineering
CL CV Classical Civilization
COMMS Communications "Comms"

CONE Creamery on Ninth East Your one stop shop for freshman year. You can use your meal plan here, or you can stop by with a date or roommates for ice cream and grilled cheese.
CS Computer Science

CTB Roland A. Crabtree Technology Building "The Crabtree"

DTR Define the Relationship The "DTR" is the conversation a couple has to determine the status of their romantic relationship. Most students, after their roommate returns home from a third date, will ask something along the lines of, "Well, did you have the DTR?"

EB Engineering Building "The Engineering Building"

EC EN Electrical and Computer Engineering
ELANG English Language

EL ED Elementary Education "EI-Ed"

ENGL English
EQP Elder's Quorum President Pronounced "E-Q-P," this acronym is used to reference the Elder's Quorum President, usually in casual conversation.
ESC Carl F. Eyring Science Center "The Eyring" or "The Eyring Science Center"

EXDM Experience Design and Management

EXSC Exercise Science

FHE Family Home Evening Students at BYU are placed into singles' ward FHE groups so as not to miss out on spiritual and social development while away from their families. Since these groups are constituted of fellow ward members, students can receive a calling to be FHE group leaders and some will run into the dilemma of how to keep things normal after dating their "FHE brother/sister."

FIN Finance
FLSR Foreign Language Student Residence "The Fli-sir"

HBLL Harold B. Lee Library "The Library"



Universe Archives

HC Gordon B. Hinckley Alumni & Visitors Center "The Hinckley Center"

HFAC Franklin S. Harris Fine Arts Center "The H-Fac"

HGB Heber J. Grant Building "The Testing Center"

HRCB Herald R. Clark Building "The Kennedy Center"

IPF Indoor Practice Facility "The I-P-F"

IS Information Systems

IT Information Technology

ITB Information Technology Building "The IT Building"

JFSB Joseph F. Smith Building "The J-F-S-B"

JKB Jesse Knight Building "The J-K-B"

JSB Joseph Smith Building "The J-S-B"

KMBL Spencer W. Kimball Tower "Kimball Tower." Formerly known as the SWKT.

LSB Life Sciences Building "The L-S-B"

MARB Thomas L. Martin Building "The Marb"

MCKB David O. McKay Building "The McKay"

ME EN Mechanical Engineering

MFG Manufacturing

MMBIO Microbiology and Molecular Biology

MOA Museum of Art

"The Mo-uh." Don't forget to check out the cafe at the top of the stairs. BYU hidden gem.

MSRB Karl G. Maeser Building "The Maeser"

NCOM Non committal make out Watch out for this term on dating apps. It often leads to confusion and mixed emotions about pursuing worthwhile relationships ... or so we've heard.

NICB Joseph K. Nicholes Building "The Nicholes Building"

NDFS Nutrition, Dietetics and Food Science

OCHEM* Organic Chemistry "O-Chem" (Not an official BYU course abbreviation, but a common colloquial one.)

PDBIO Physiological and Developmental Biology

PETE Physical Education Teacher Education

PHSCS Physics and Astronomy

PHY S Physical Science

POLI Political Science "Poli Sci"

PWS Plants and Wildlife Sciences

RB Stephen L. Richards Building "The R-B"

REL A Ancient Scripture

REL C Church History and Doctrine



Universe Archives

RHA Residence Halls Association

On-campus housing complexes at BYU have an RHA: a student-run organization in charge of planning dances, activities and opportunities to meet other residents in their complex.

RM Return Missionary "RM" is a commonly used term for students who have already completed their missions and who love to share stories about their completed missions.

ROC Roar of Cougars

"The ROC" refers to the BYU student fan section at athletic events and is pronounced like "Rock."

SFH George Albert Smith Fieldhouse "The Smith Fieldhouse"

SFL School of Family Life

SOC Sociology

STAC/SWELL Student Activities/ Student Wellness "Stack"/"Swell" (All STAC classes will become SWELL classes in Fall 2019)

STDEV Student Development

TES Technology and Engineering Studies

TMA Theatre and Media Arts

TMCB James E. Talmage Building "The Talmage"

TNRB N. Eldon Tanner Building "The Tanner." Business majors. Enough said.

WSC Ernest L. Wilkinson Student Center "The Wilk." Come wait in 30 minute lines for Chick-fil-A and people watching. It's like Disneyland, and it even includes Dole whip.

YSA Young Single Adults Student wards at BYU are called "YSA wards." Married students attend family or married student wards, but single students attend church with other "YSAs."

ILP

Big Kids Needed To Help Little Kids

Join a group of other college-aged volunteers for a semester abroad of helping kids learn English or by serving in an orphanage. Locations all over the world to choose from!

TEXT BYU TO 474747
TO LEARN MORE
message and data rates apply

Catching The Ryde to class and back

BYU offers a free bus service to and from campus for students during fall and winter semesters. The third-party service is an alternative transportation option to help promote a safe, pedestrian-friendly campus.

The service includes five routes to accommodate most students living off campus. Routes are from Branbury to the MOA, southwest of campus to the MOA, Wyview to the MOA, Joaquin to the Wilkinson Student Center

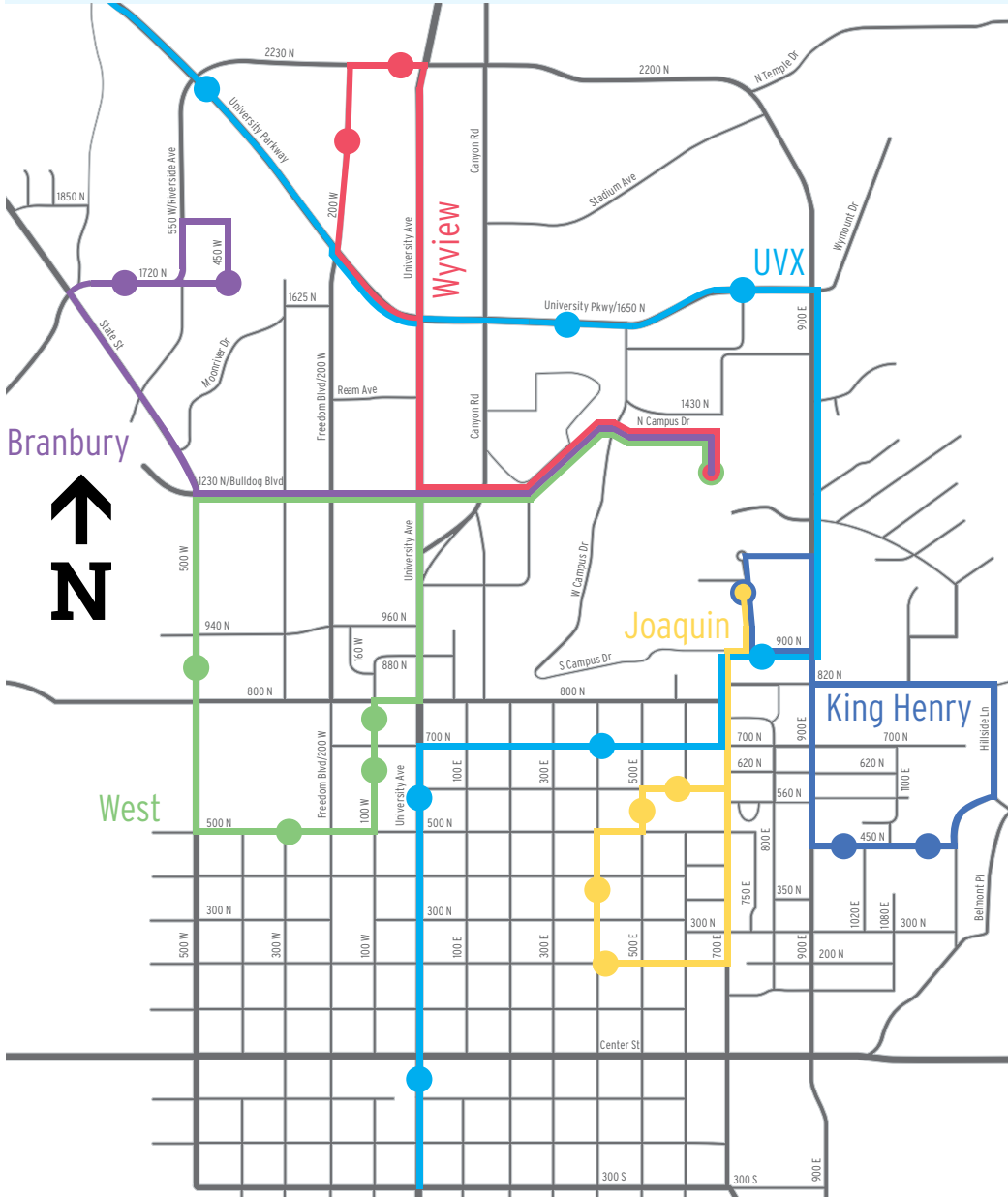
and King Henry to the WSC. Two additional routes include stops at local grocery stores and on-campus housing locations. Official schedules and routes can be found on The Ryde website.

The shuttles run at regular times throughout the day, and more often during high demand times. Shuttles gather students from 7:40 to 7:45 a.m., early enough to arrive for 8 a.m. classes. The last shuttles leave campus around 9 p.m. On Fridays, the schedule ends

at 6 p.m. The Ryde does not operate during spring and summer terms.

To subsidize the free shuttle service, students pay \$60 per semester for access to student parking. For those who do not want to pay, there are three free parking lots: Lot 45 (west of LaVell Edwards Stadium), Lot 18 (west of Helaman Halls) and Lot 44 (south of Wyview).

For shuttle schedules and additional information about the routes, visit studentmovement.com.



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or email it to Cannon_Secretary@byu.edu



Communicating with professors

By SHAYE MULLEN

One of many new experiences awaiting first-year students is a shift in classroom dynamics. In college, classes are typically larger than what students have experienced in the past, and it can be easy to feel lost in a crowd of students. However, this feeling can be lessened if students can learn how to effectively communicate with both their professors and class teaching assistants. Here are some guidelines students can follow to improve interaction.

Start early

Don't wait until the end of the semester to seek help from a professor or TA. Near the beginning of the semester, review all class materials and assignments and look for things that are unclear. Take your concerns to professors or TAs, asking for guidance. Continue to do this throughout the semester as new assignments are announced, but don't wait until the day before a project is due.

Have a personal touch

It can be helpful for students to take some time during the first weeks of classes to attend a professor or TAs office hours to introduce themselves. This can assist professors and TAs in putting a face to a name, and will make the student more memorable. Having a more formal introduction can also help students, professors and TAs build a stronger relationship.

"For a long time, especially my first two years in college, I still felt like I was in high school," said Zach Weber, a junior studying public relations. "The professors were my superiors, like my teachers were. But really, we're both adults. If you treat them like an adult and expect them to treat you like an adult, you have a better relationship. They have more experience and they are

mentoring me, but we can still have a relationship. Be personable, thank them after class, say good morning and just treat them like an actual person. If we don't have a relationship with our professors, it's our own fault."

Ask professors about their expectations

Discovering what the professor expects students to gain from their class can help students prepare for both assignments and exams, as well as highlighting the most essential parts of the class.

"If you want to know what the professor's expectations are at the beginning of the class, you should read the syllabus inside and out," said Matt Youngberg, a senior from Payette, Idaho. "But also talk to your professors. You can get loads of helpful information about your projects or homework from a verbal conversation with someone who knows the work much more thoroughly than yourself."

Find the preferred way to communicate

Some professors prefer students to only come by during office hours, while others are open to receiving emails at any time of the day. Directly asking professors how they prefer to communicate can help students know the timeframe in which they can expect an answer to a question and can improve the relationship between professor and student.

Disclose any relevant personal information

If there is anything that could keep a student from turning in an assignment on time or attending class, they should discuss it with their professor or TA. This can include physical or mental disabilities, extracurricular activities, illness, vacation plans or conflict with another class. Students should only share as much as they feel

comfortable with. By doing this, professors can help students find the help they need, and may grant an extension or take into consideration the student's circumstances while grading.

Learn the responsibilities of a professor versus a TA

Professors have TAs for a reason: to help lift some of the burden of teaching. Because of this, professors and TAs have different responsibilities when it comes to dealing with students. In many cases, TAs are responsible for grading assignments, and will be the best resource for help on due dates or expectations for individual assignments. Near the beginning of the semester, ask both professors and TAs which types of questions should be directed their way.

"If there are TAs in your class, you should try to resolve all your issues with them before you advance to your professor," said Youngberg. "They're meant to be a buffer between you and the professor, and they're paid so that the professor doesn't get bogged down with work. You should think of your professor as the supervisor of your supervisor, and only move on to them if you have an issue that a TA can't efficiently resolve."

Demonstrate a strong work ethic

Before reaching out to a professor or TA, students should ensure that they have taken every step possible to find the answer on their own, and that they aren't just asking out of laziness. This can include asking for help on a project before even reading the assignment description, asking basic questions about a difficult assignment the night before it's due or asking a question that was covered in the syllabus. This shows the professor a lack of personal motivation and doesn't give them room to give any suggestions or clarity on

the assignment. Coming with a draft or even just an idea shows that a student has taken time to prepare.

"Get to class on time, turn things in on time and email them at reasonable hours. If you've made an appointment with them during office hours, be early," said Weber. "It shows that you're disciplined enough to prioritize and schedule things. Work ethic is more than just sitting down and cranking out work. It's showing that you actually care."

Accept responsibility

Students need to be accountable for their own actions and decisions and should not attempt to shift that burden onto professors or TAs. That can include demanding the answer to a question in an unreasonable time frame, complaining about a grade or regularly asking for special treatment without doing anything to merit it. Students should understand that as college students, they will be held to a higher standard of maturity and accountability than in high school.

Participate in class

Engaging in class is a way to demonstrate respect for a professor or a TA and can help students retain more of the information being taught. Students can do this by paying attention to lectures instead of browsing the internet. Volunteer to answer questions and actively take notes.

"Everybody has different learning needs in regard to their courses, and you should allow yourself to work in a way that will be most efficient in helping you succeed in the course," said Youngberg. "Get at least some exposure to working with professors and TAs outside of classes and lab hours so that you get a good idea of how they can potentially help you in whatever array of classes you take in the future."

iClicker tips for in-class quizzes

By CAMILLA OWENS

BYU has many classes that require an active approach in learning to see just how well class members understand the information. During a lecture, a professor may ask a question while referring to a presentation slide and ask students for their response.

iClickers are a fast and easy way for students to give their feedback without needing to raise their hand or submit any type of paperwork at the end of a class.

An iClicker makes it easy for students by serving as a wireless remote recording of their individual response. It does this by sending a student's answer to a wireless receiver that connects it to the classroom's computer. It does it all in the blink of an eye so students can focus more on the information and less on how they're going to share their response.



Jacob Baker iClickers like this are used in some classes to answer multiple-choice questions. They range in price from \$35.25 to \$47. Scan this photo with the **Universe Plus** app to set up your iClicker.

So how does a student go about getting an iClicker? The BYU Store has them covered.

Add/drop deadline

The add/drop deadline is the date by which students have to make all changes to their class schedules. If they need to modify their schedule (switch to a different section of a class, drop a class, or pick up an additional class), these changes must be made within the first five class days of the semester.

Fall 2019
Sept. 10

Winter 2020
Jan. 13

Spring 2020
May 5

- Students should aim to have their class schedule finalized before the semester begins to avoid getting behind in classes and to ensure major and general education requirements are met for the semester.
- Students may drop all classes without penalty for one semester if they attended the previous semester (fall or winter).
- If you have any questions about the add/drop deadline, visit registrar.byu.edu/dates-and-deadlines or call 801-422-2631.



#byuabroad

BYU International Study Programs

Getting to know your BYU ID CARD



A *BYU ID* is more than just another form of identification, it's the key to making college life run smoother. Many of the services *BYU* provides can be accessed with the convenient swipe of a student ID card.

GET CARDED

When you arrive on campus, you can get your ID at the ID Center, 1057 Wilkinson Student Center. It is open Monday through Friday, 8:30 a.m. to 5:30 p.m. and on Saturdays from 10 a.m. to 2 p.m.

GRAB A MEAL

Dining Dollars allow you to purchase food on campus. Dining Dollars work in campus vending machines and at most

BYU Dining Services locations. Cash is loaded onto your card at the beginning of the semester. Unlike Cougar Cash, Dining Dollars only works to purchase food items.

SPEND COUGAR CASH

Cougar Cash is one of the most practical ways to make purchases at *BYU*. It's as simple as loading money onto your card or linking it to your bank account and using it in the more than 30 locations on campus. Cougar Cash can be used for any

item. No sales tax is charged at campus facilities when you use Cougar Cash. Visit cougarcash.byu.edu for details.

OPEN DOORS

This isn't just some sort of cheesy idiom, ID cards really can open physical doors. For example, Helaman Halls and Heritage Halls have alternative access doors that can be opened with the swipe of an authorized *BYU* ID card.

PRINT ON CAMPUS

Printers can be found in most buildings on campus, and Cougar Cash can be used to print just about whatever you want. See below for more information about printing on campus.

TAKE A TEST

Many classes, especially university core courses, will require students to take tests in the Testing Center. Your *BYU* ID will get you the test you need and faithfully accompany you on your journey through every successful or not-so-successful test.

CHECK OUT BOOKS

You can use your *BYU* ID card as a library card at the Harold B. Lee Library. With millions of items including books, tech and films, there's bound to be something of interest.

TAKE A RIDE

Use your *BYU* ID card for free access to *UTA/UVX* transit. This includes Frontrunner, Trax and all bus routes, including the new Provo-Orem bus rapid transit line. For more information about *UVX*, see page 48.

OFF CAMPUS DEALS

Some vendors offer discounts to *BYU* students. The best way to qualify is to show your *BYU* ID. Here are a few places where student magic happens:

- **Adobe CC:** Get a one year Adobe Creative Cloud at the *BYU* Store CougarTech for \$99.
- **Amazon Prime:** Free 6-month trial with ID, \$6.49 a month for students after trial ends
- **ASOS:** Students get 10% off on regularly priced merchandise online
- **Banana Republic:** Receive 15% off regularly priced merchandise in-store only
- **Brick Oven:** Use student ID to join the College Loyalty Program and order pizza at half price
- **Express:** Get 15% off at checkout in-store and online
- **J. Crew:** Receive 15% off regularly priced merchandise in-store and online
- **Living Planet Aquarium:** Students receive 15% off admission
- **Skiing/Snowboarding:** Students can get discounts on annual passes at resorts including Sundance, Park City and Alta, and on multi-resort annual passes through Epic and Ikon
- **Spotify:** Get a Spotify Premium subscription, which includes additional subscriptions to Hulu and Showtime, for \$4.99 a month
- **Sprouts:** 15% off for students with ID on Thursdays

Campus copy centers

There are several copy centers on campus that are available to serve students. Available services include printing and copying in both color and black and white, posters and oversized printing, coil binding and laminating. Students can visit unvr.se/printandmail for more information on the services at each location and can visit printandmail.byu.edu for more printing options. All copy centers close for campus devotionals and forums on Tuesdays at 11 a.m.

Cougar Creations
1010 WSC
Mon. - Fri.: 8 a.m. - 7 p.m.
(doors close at 6:45 p.m.)
Sat.: 11 a.m. - 4 p.m.
801-422-2786

Joseph Smith Building
163 JSB
Mon. - Fri.: 8 a.m. - 3 p.m.
801-422-2745

Tanner Building
550 TNRB
Mon. - Thu.: 7:30 a.m. - 5 p.m.
Fri.: 9 a.m. - 5 p.m.
801-422-4197

Joseph F. Smith Building
B-115 JFSB
Mon. - Fri.: 8 a.m. - 5 p.m.
801-422-4265

Life Sciences Building
2110 LSB
Mon. - Fri.: 8 a.m. - 5 p.m.
801-422-4880

University Press Building
275 UPB
Mon. - Fri.: 8 a.m. - 5 p.m.
801-422-3116

HOW TO USE CAMPUS PRINTERS

INSTALL

Download and install the appropriate print driver for your computer. Visit unvr.se/campusprintersetup and sign in with your net ID to view available drivers.

PRINT

Choose the *BYU* Public B&W or *BYU* Public Color printer from the print dialog in your application.

SWIPE

Go to a printing station anywhere on campus and swipe your ID card, then follow the instructions.

Your Cougar Cash account will be charged for each page printed.

For letter size paper:

B&W

5¢ single side
9¢ both sides

Color

19¢ single side
37¢ both sides

BYU CREAMERY
HELANAM

Your stop for groceries, hot foods, and frozen treats!

Located at 1 Helaman Halls, right by The Cannon Commons

Visit our Website for more information: <http://dining.byu.edu/creamery/>

Fall 2019 Events

Weekly local events

- Tue.** Devotionals/Forums, 11:05 a.m., Marriott Center
- Wed.** Open mic night at Velour
- Thurs.** Food truck roundup, 111 W. 600 South, 6-9 p.m.
- Thurs.** Farmer's Market at LaVell Edwards Stadium, 3-7 p.m. (Aug. 1-Oct. 31)

August

- 29** Football vs. University of Utah, LaVell Edwards Stadium

September

- 3** First day of class
- 7** Patti Lupone, de Jong Concert Hall, 7:30 p.m.
- 8** Worldwide Devotional for Young Adults, TBD
- 10** Add/Drop Deadline
- 14** Football vs. USC, LaVell Edwards Stadium
- 14-15** Autumn Aloft Hot Air Balloon Festival, Park City
- 21** Football vs. Washington, LaVell Edwards Stadium

October

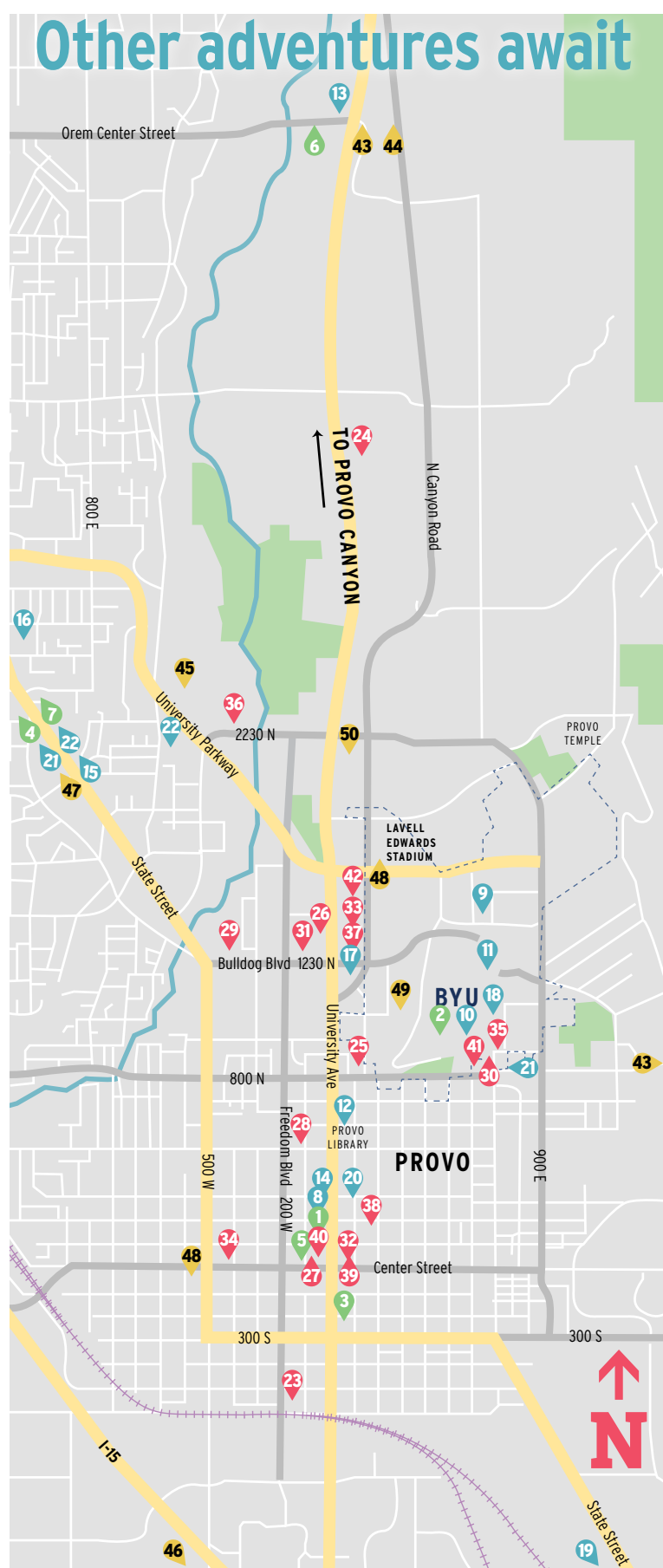
- 1** Thomas Hampson and Luca Pisaroni: "No Tenors Allowed," de Jong Concert Hall, 7:30 p.m.
- 5-6** LDS General Conference
- 9-19** "With Two Wings," Nelke Theatre, 7 p.m.
- 9** Major Fair, WSC Ballroom
- 15** Hike and light the Y
- 16** True Blue Foam, Helaman Halls Field
- 17-18** BYU Spectacular, Marriott Center, 7:30 p.m.
- 19** Homecoming Football vs. Boise State, LaVell Edwards Stadium
- 26** The Haunted Half, Provo
- 31** Halloween

November

- 8-23** "A Wilder Night," Margetts Theatre, 7:30 p.m.
- 14** Utah Symphony Rhapsody in Blue, featuring pianist Kevin Cole, de Jong Concert Hall, 7:30 p.m.
- 15-23** "Much Ado About Nothing," Pardoe Theatre, 7:30 p.m.
- 16** Football vs. Idaho State, LaVell Edwards Stadium
- 29** Christmas Lighting at Temple Square, Salt Lake City
- 28-29** Thanksgiving Break

December

- 5-7** "Rump," Nelke Theatre, 7:30 p.m.
- 8** First Presidency Christmas Devotional
- 14, 16-19** Finals



Arts & music

- 1** **Velour Live Music Gallery**
135 N. University Ave., Usually \$5 - \$15.
- 2** **International Cinema**
Fall/Winter, Kimball Tower, BYU, Free.
- 3** **Provo Art Stroll**
Art galleries on and near Center Street. Galleries open late, often includes live music and refreshments. First Friday of every month, Free.
- 4** **Timpanogos Storytelling Festival**
September 5-7, Thanksgiving Point, Lehi.
- 5** **Rooftop Concert Series**
May - September, First Friday of every month, Center and 100 West, Free.
- 6** **Color Me Mine**
5033 N. Edgewood Dr., M-Th 11-9 p.m., F-Sat 11-11 p.m., \$8 studio fee.
- 7** **SCERA Center for the Arts**
745 State St., Orem, Prices and events vary.

Museums & activities

- 8** **Heber Hatchets Axe Throwing**
261 N. University Ave. M-Th 1-10 p.m., Fri. 1 p.m.-12 a.m., Sat. 1-11 p.m. Prices vary.
- 9** **Monte L. Bean Life Science Museum**
645 E. 1430 North, BYU, Mon-Fri 10 a.m. - 9 p.m., Sat 10 a.m. - 5 p.m., Free.
- 10** **BYU Planetarium**
Fall/Winter/Spring, ESC, BYU, Fridays, 6:30 p.m. & 7:50 p.m., \$3/person (cash only).
- 11** **BYU Museum of Art**
MOA, BYU, M/Th/Fr 10 a.m.-9 p.m., T/W/Sat 10 a.m.-6 p.m., Free.
- 12** **Provo City Library**
550 N. University Ave., Mon-Fri 9 a.m. - 9 p.m., Sat 9 a.m. - 6 p.m.
- 13** **The Shops at the Riverwoods**
Shops, dining, lifestyle. 4801 N. University Ave.
- 14** **Getout Games**
283 N. University Ave. \$16-22/person, min 4-6 people.
- 15** **Cornbelly's Corn Maze & Pumpkin Fest**
3003 N. Thanksgiving Way, Lehi, Sept. 27 - Nov. 5, General admission \$18.
- 16** **Nickel City Fun Center**
1515 S. State St., Orem, Admission \$2.25, individual game prices vary.
- 17** **Fat Cats**
1200 N. University Ave, Prices vary.
- 18** **BYU Bowling & Games Center**
1171 WSC, BYU, -\$5/person.
- 19** **Springville Museum of Art**
126 E. 400 South, Springville, Free.
- 20** **LAN King Gaming Lounge**
746 E. 820 North
- 21** **Anime Banzai**
Oct. 18 - 20, Davis Conference Center, Layton, \$35 - 50 preregistration.
- 22** **FanX Salt Lake Comic Convention**
Sept. 5 - 7, Salt Palace Convention Center, Salt Lake City, Prices vary.

Food

- 23** **Provo Food Truck Roundup**
111 W. 600 South, Thursdays 6-9 p.m.

- 24** **180 Tacos \$**
Tacos. 3368 N. University Ave.
- 25** **Brick Oven \$\$**
Pizza, Italian. 111 E. 800 North
- 26** **Bowl of Heaven \$**
Acai bowls, Smoothies, Juice Bar. 1283 N. University Ave.
- 27** **Bruges Waffles & Frites \$**
Gourmet waffles and fries. 42 W. Center
- 28** **Chip Cookies \$**
Chocolate chip cookies. 159 W. 500 North
- 29** **Cubby's Chicago Beef \$**
American. 1258 N. State St.
- 30** **Cup Bop Korean BBQ \$**
Korean. 815 N. 700 East
- 31** **Don Joaquin \$**
Mexican. 150 W. 1230 North
- 32** **Good Thyme Eatery \$**
Mixed, healthy. 63 E. Center
- 33** **Hokulia \$**
Shave Ice. 1445 N. Canyon Rd.
- 34** **Hruskas Kolaches \$**
Breakfast, brunch. 434 W. Center
- 35** **JDawgs \$**
Hot dogs. 858 N. 700 East
- 36** **JCWs The Burger Boys \$**
Burgers & Shakes. 396 W. 2230 North
- 37** **The Penguin Brothers \$**
Ice cream sandwiches. 83 N. Bulldog Blvd.
- 38** **Provo Bakery \$**
Pastries. 190 E. 100 North
- 39** **Roll with it Creamery \$**
Ice cream. 63 East Center
- 40** **Rockwell Ice Cream Company \$**
Ice cream. 43 N. University Ave.
- 41** **SLAB Pizza \$**
Pizza. 671 E. 800 North
- 42** **Swig n' Sweets \$**
Soda, cookies. 1523 N. Canyon Rd.

Sporty & outdoors

- 43** **Hikes, Exploring & Camping**
The Y. Slate Canyon. 601 S. Slate Canyon Dr. Rock Canyon. 1500 E. 2300 North
- 44** **Sundance Ziptour**
May 24- October 6, 8841 N. Alpine Loop Road, Sundance, Packages range from \$59-159.
- 45** **The Quarry (Indoor Climbing)**
2494 N. University Pkwy., Prices vary.
- 46** **East Bay Golf Course & Driving Range**
1860 S. East Bay Blvd., Tues-Sat 6:30 a.m.-8:30 p.m., Mon 9 a.m.-8:30 p.m., Prices vary.
- 47** **Topgolf**
920 Jordan River Blvd., Midvale, 9 a.m. - midnight, Prices vary.
- 48** **Local farmers markets**
Downtown Provo. 100 W. Center. June - October, Every Saturday, 9 a.m. - 2 p.m. LaVell Edwards Stadium. South stadium parking lot. Thursdays in Aug. - Oct., 3 p.m. - 7 p.m.
- 49** **Y Be Fit**
Personalized health assessment and coaching by appointment. 127 RB, BYU.
- 50** **BYU Outdoors Unlimited**
Rent bikes, skis, camping gear, and more. 2201 N. Canyon Rd.

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Biomat USA Orem

349 East University Pkwy
(801) 235-9800
Appointments: biomatorem.com

Talecris Plasma Resources Provo

651 Columbia Lane
(801) 377-1243
Appointments: grifolsprovo.com

Biomat USA Provo

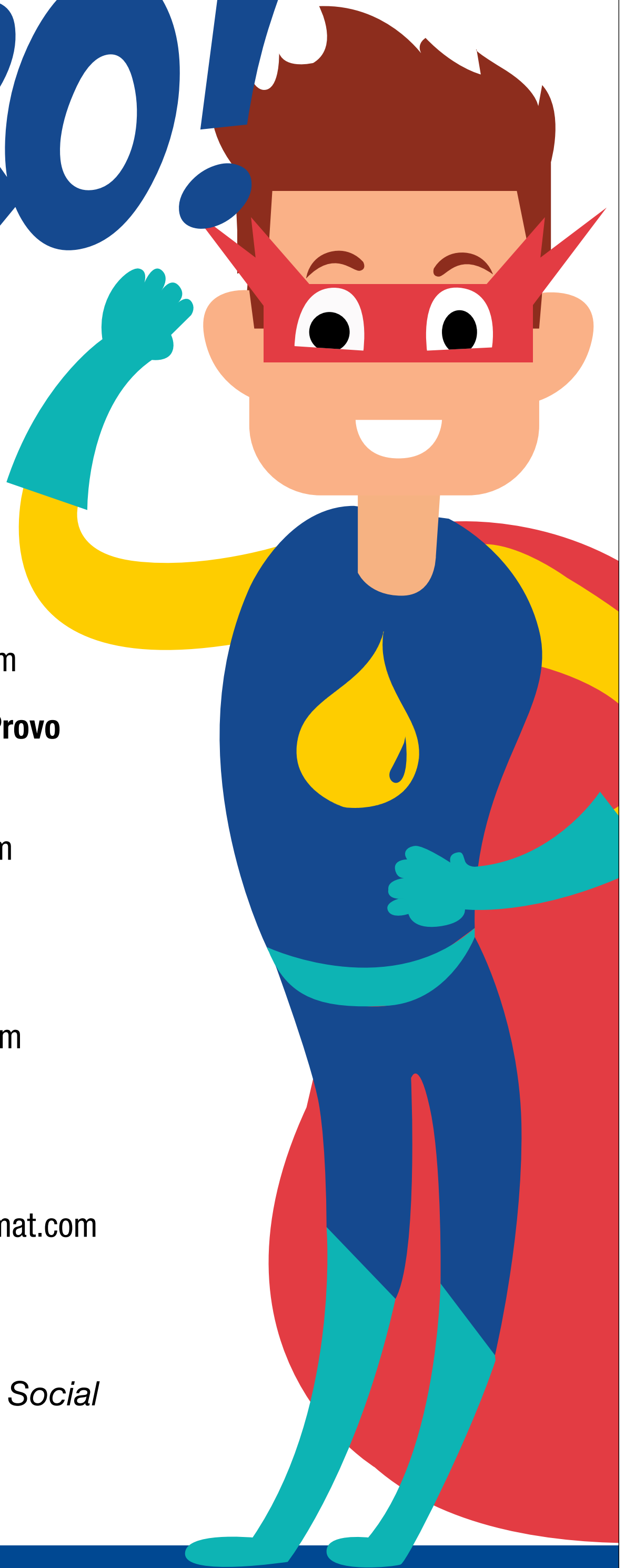
501 North 900 East
(801) 375-2279
Appointments: provobiomat.com

Biomat USA Spanish Fork

450 North Main St
(801) 798-7451
Appointments: spanishforkbiomat.com

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GRIFOLS

Nifty nooks for napping

By COLTON ANDERSON

A full eight hours of slumber often eludes college students. Whether it's because of a late-night study session or because we dove a few episodes too deep into the latest Netflix series, we often find ourselves looking to catch a few Zs between classes.

Luckily, there are places scattered across the BYU campus that afford students the chance to nap between classes. Students generally value napping locations that are quiet, comfortable and private. We've done the dirty work so you don't have to; here, in no particular order, are some of the best places on campus for napping.

Harold B. Lee Library



Arianna Davidson

The Reading Room on the second floor of the HBLL

The often-crowded library offers several havens for students in need of rest. Cubicles on its upper floors offer some privacy, albeit some less-than-comfortable seating. Situated a floor below the ground level of the HBLL is the Reading Room, a large, open area filled with dozens of study tables and couches. If you're not too averse to napping in the open, there's a large couch in the middle where students may be found reading or napping. The room is large, open and often crowded, so if you prefer something a little more private, the Reading Room provides that as well. Situated off to the side behind the bookshelves you'll find several nooks, each with a few comfortable chairs and ottomans where you can catch a quality nap.

Maeser Building



Arianna Davidson

Honors Program Lounge in the MSRB basement

The Maeser Building is a quiet, outlying location situated in the southwest corner of campus that doesn't often attract crowds. As such, it can be a perfect spot to catch a quick nap. The building may be dedicated to Honors Program classes and students, but anyone is free to explore it in search of a place to nap. You'll find comfortable chairs throughout the building, some more private than others. The Honors Program Lounge, located in the basement, offers a small, secluded study spot where people may occasionally be found napping.

J. Reuben Clark Building



Arianna Davidson

Hunter Law Library

Most BYU students never have a reason to find themselves in the JRCB. Dedicated to BYU Law, the building sits a little out of the way on the east edge of campus but is perhaps not too far out of the way for a student seeking a place for a nap. The Hunter Law Library housed here is far quieter than the main library on campus, and comfortable seating can be found throughout the rest of the building as well.

Kimball Quad



Arianna Davidson

Inside the cluster of trees just east of the Tree of Wisdom

If you like the idea of napping outside but also value privacy, this hidden gem might be just what you're looking for. Situated inside a cluster of pine trees by the Benson Building and the Joseph Smith Building is an opening almost entirely hidden from the outside. The area is completely covered, so it is hidden from onlookers and offers plenty of shade. The drawback here is that a bed of pine needles covers the ground, so something like a blanket or a jacket to lie on is a must.

Joseph F. Smith Building



Arianna Davidson

Lounges located on all upper floors of the building

Despite its relatively central campus location, the JFSB offers many quiet places for tired students to find some much-needed rest. The building's Education in Zion Gallery, located on the second floor, offers an especially quiet area with comfortable seating, but small, guided groups occasionally pass through. The second, third and fourth floors each have lounges on all four sides. Though the basement is full of classrooms and lecture halls, you won't find crowds of students traveling between classes on these upper levels as they are mostly populated by offices. The largest of these lounges can be found on the fourth floor's east hallway. Quiet, comfortable and fairly private, these JFSB lounges are great for napping.

Talmage Building



Arianna Davidson

Southeast stairwell on the ground floor

Often filled with overworked math and computer science students, the Talmage Building might not be the first place one would think to find a quiet place to nap. The benches and chairs that line the halls are usually full of students studying and working on projects, leaving little room for quiet or privacy. But nestled in the building's southeast stairwell is a couch. Though it appears a bit out of place, it might offer some solitude for students seeking an out-of-the-way place to nap.

Wilkinson Student Center



Arianna Davidson

First-level lounges

The WSC is one of the most crowded buildings on campus, yet some of its more secluded corners may provide some peace and quiet. The first floor is typically quieter and offers a more out-of-the-way destination for those seeking to nap. Three first-floor lounges supply the best napping spaces. The first gives plenty of couches and is located by the Multicultural Student Services office found at 1320 WSC. The Traditions Lounge, located between The Wall and the Bowling & Games Center, lends rows of couches and recliners in a somewhat more populated area. The Den can be found at the bottom of the WSC's southern staircase and offers another option with comfortable seating, if more foot traffic.

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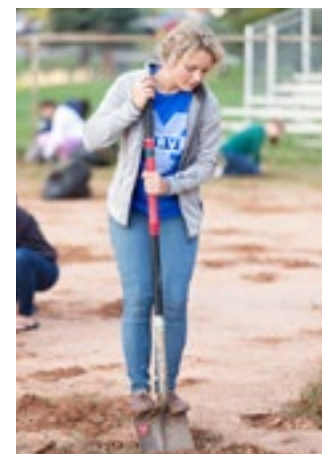
Y-Serve is an on-campus organization that has

70 PROGRAMS

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yserve.byu.edu

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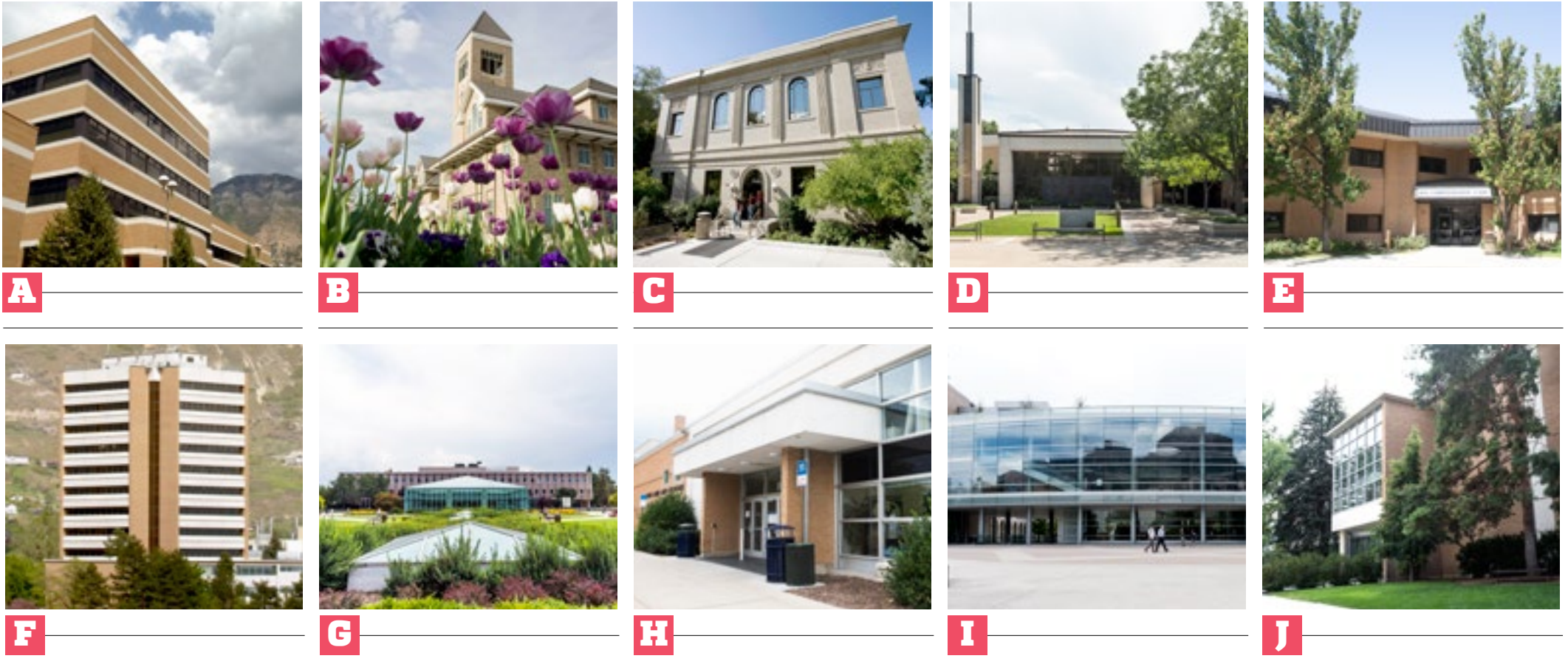
Finding the prophets

Ten buildings on campus have been named after a president of The Church of Jesus Christ of Latter-day Saints. Match each building to the prophet who is honored by that building.

LATTER-DAY PROPHETS



BYU BUILDINGS



Deferring for a mission

BYU knows many students will either defer enrollment before attending or after a year of school to serve The Church of Jesus Christ of Latter-day Saints on a mission.

BYU supports students in this decision and provides resources to help potential missionaries through the process of deferring their education in order to serve.

If a student decides to serve a full-time mission, the first step is to formally apply and receive a mission call through church priesthood leaders.

After a mission call is received, the next step is to fill out the online missionary enrollment and scholarship deferment, which can be found on BYU's website at admissions.byu.edu/mission-deferments.

Once the application is filled out, most of the other paperwork is taken care of by the university. However, BYU's website and university registrar note some important things to remember that are listed to the right.

MISSION DEFERMENT PROCESS

- BYU recommends deciding which classes a student wants to take once they return from a mission before they head out to the field. It may even be a good idea for a student to meet with their particular college advisement center and create a long-term schedule for graduation.
- If students are signed up for BYU's student health plan, they will need to notify the Health Plan Business Office (health.byu.edu) that they are leaving on a mission before beginning their mission.
- Scholarship recipients or anyone receiving federal financial aid should check with the Financial Aid Office to discuss plans and options for deferring payments or to work out repayments (financialaid.byu.edu).
- If for any reason the expected return date differs from the one listed on the BYU application, a student would need to contact the Student Services Office, 801-422-2507, to officially change the deferment date.
- Do not attend or enroll at any college or university between leaving and returning to BYU.
- Return for the semester or term indicated on the missionary deferment form. If the original request changes because of release times, students should contact the Admissions Office.
- BYU follows federal privacy laws. To authorize a third party, like parents, to have access to a student's academic information, the student must complete the missionary student information release form and the financial release form and submit them to the Registrar's Office.
- If a student is registered for a future semester or term but will be unable to attend due to a mission, the student is responsible for discontinuing from the courses prior to leaving the university.

Scan this sidebar with the **Universe Plus** app to start the deferment process.



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Extra credit for using Two for a date

In Provo, we flirt, we fall in love, we get engaged and we get married. According to Business Insider, BYU is the most likely college to meet a future spouse. It's obvious Cougars have dating on their minds.

Some students are happily single, others are in committed relationships and many are casually dating. Wherever students are in the dating process, they can open up Two for tips, ideas and advice about how to move forward, cut things off or start a relationship.

Two is also filled with over 1,000 ideas for dates along with every restaurant in the Provo/Orem area. It is a one stop shop for planning the perfect date.

"Before I even find a date for Friday night I check Two," said James Watt, a senior majoring in engineering. "I need the idea before finding a girl to take out."

So whether you are looking for dating advice, dating humor or a good dating story, pick a copy of Two from one of many on-campus newsstands and start reading today.



The cover and pages from the current issue of Two, BYU's dating and relationship magazine.. Universe Design

What peer mentors can do for you



Lexie Bennett

Freshman peer mentor Kellie Hender speaks with her freshman mentee. Peer mentors help students succeed at BYU.

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By KAITLYN BANCROFT

Ellie Clements was struggling at the end of her freshman year with decision-making and planning for the future. But then her peer mentor stepped in.

"(She) gave me confidence," Clements, now a senior studying English teaching, said.

This experience is what led Clements to also become a peer mentor, a role that helps students transition into university life by connecting them with an upperclassman who can answer questions, point out resources and talk about their BYU experiences, according to the Office of First-Year

Experience website.

Dan Chandler, assistant director with the Office of First Year Experience, said peer mentors aren't provided because incoming students are deficient in any way; rather, they're provided because everybody can benefit from having an upperclassman who can walk them through issues like classes, jobs and difficult roommates.

Chandler said outside of peer mentors, students can find mentors by reaching out to people who are where they would like to be. For example, they could reach out to a lawyer if that's a career they'd like to pursue.

However, when seeking mentoring, Chandler said the

biggest problem people have "is that they think they're seeking out mentors but then they ask questions that are very geared to a teacher or an advisor."

He added people in capacities like teachers and advisors may also provide mentoring through their roles, but mentoring in any context is specifically about helping individuals make informed decisions through a reflective process.

Peer mentor Falyn Crawford, a junior studying history, said she chooses to be a peer mentor because each BYU student is special and deserves to know it.

"Peer mentors are here to help our students reach their potential, and sometimes that begins with a friendly face," she said.

A hub in the center of campus

By SARAH JAMES

Distinguished by the giant banner that first-year students sign during orientation, The Hub is in the Harold B. Lee Library where first-year students can relax between classes, hold study groups, talk to their mentors and work on projects.

According to Dan Chandler, assistant director of First-Year Experience, The Hub caters completely to first-year students — complete with group tables, couches and more.

"We hope to see it as the place where first-year students go when they want to connect with other students, relax during a hard day, or just don't want to go home," Chandler said.

The Hub also serves as the area where first-year students can go to talk to their mentors.

"The mentors each have Hub hours, and there are mentors scheduled in the Hub from 9 a.m. to 5 p.m. weekdays to always answer any questions students might have," Chandler said.

Elizabeth Blomquist, a former freshman mentor, feels The Hub is a sacred space for freshmen.

"The Hub space is dedicated to and reserved for the freshmen for whatever refuge they may seek — whether it be space to hold a study group, to chill with friends or to sleep," she said.

Not only is The Hub a comfortable place for students to chill, but there are also resources

to help students know what is going on around campus.

"My favorite part of The Hub is the calendar they update every two weeks that includes information on the BYU calendar, and also unknown things, as well as activities that are relevant and for freshmen only," Blomquist said.

The Hub is also one of the few places in the Harold B. Lee Library where students can laugh and talk freely.

"We do it all the time. No need to feel obligated to keep your Hub activities to academics," Blomquist said. "It is a space for you to feel comfortable in."

First year students can pick up their free BYU planner in the Hub during the Orientation Information and Service Fair. There is also a banner that students in the incoming freshman class sign, which will hang on the wall for the rest of the year.

Natalie Haines used The Hub to host several study groups her first year of college, and even now she finds herself sneaking in to work on group projects on occasion.

"If I were a freshman, I would definitely still be taking advantage of The Hub," Haines said.

At the beginning of winter semester, freshmen are invited to visit The Hub to receive a free Y mug, cookies and enter a drawing for BYU prizes every 15 minutes. As freshmen leave the library, they can fill their mug with hot chocolate.

"It's the one week of the year when being a freshman is 'hot,'" said Scott Strong, from Spanish Fork, Utah.

MIXTAPE



"Kickin' it Old School"

Elvis Presley

Heartbreak Hotel

When I say old school I mean going way back, back to where it all began, 1956.

Elvis Presley began a career that would span decades and dub him King of Rock and Roll forever. His pioneering sound of blending country, rock & roll and rhythm & blues set him apart from any other artist in his time. Elvis recorded Heartbreak Hotel in January of 1956, just 2 days after his 21st birthday. It sold 300,000 copies in its first three weeks on the market and it topped both Billboard Pop charts and Billboard R&B charts, a feat unheard of in, a then, segregated America.

Bob Marley is as synonymous with Reggae as Santa Claus is with Christmas. His blend of reggae, ska and rock is mixed with his smooth, distinct vocals to create a sound unique only to him. No Woman No Cry was actually titled, No Woman Nuh Cry, which means "don't" in Jamaican. As with most of his music, Marley expressed his own political views and social commentary through the words of this song. His tribute to women reflects the changing times of the 1970's, celebrating a strong woman who can stand on her own.



"No Woman No Cry"

Bob Marley

Natty Dread



"I Want to Hold Your Hand"

The Beatles

Single

It's 1963 and a group of four, long-haired Brits take America by storm. The fab four from Liverpool establish a precedence for all future boy bands. Their sound is so unique, lively and inspiring that it has teenagers everywhere in an uproar. The country couldn't get enough and apparently, still can't. The Beatles' songs have collectively been covered more times than one can even imagine. Here is the song that kick started their reign in the U.S.

Scan the album covers with the Universe Plus app to hear a sample of each song.



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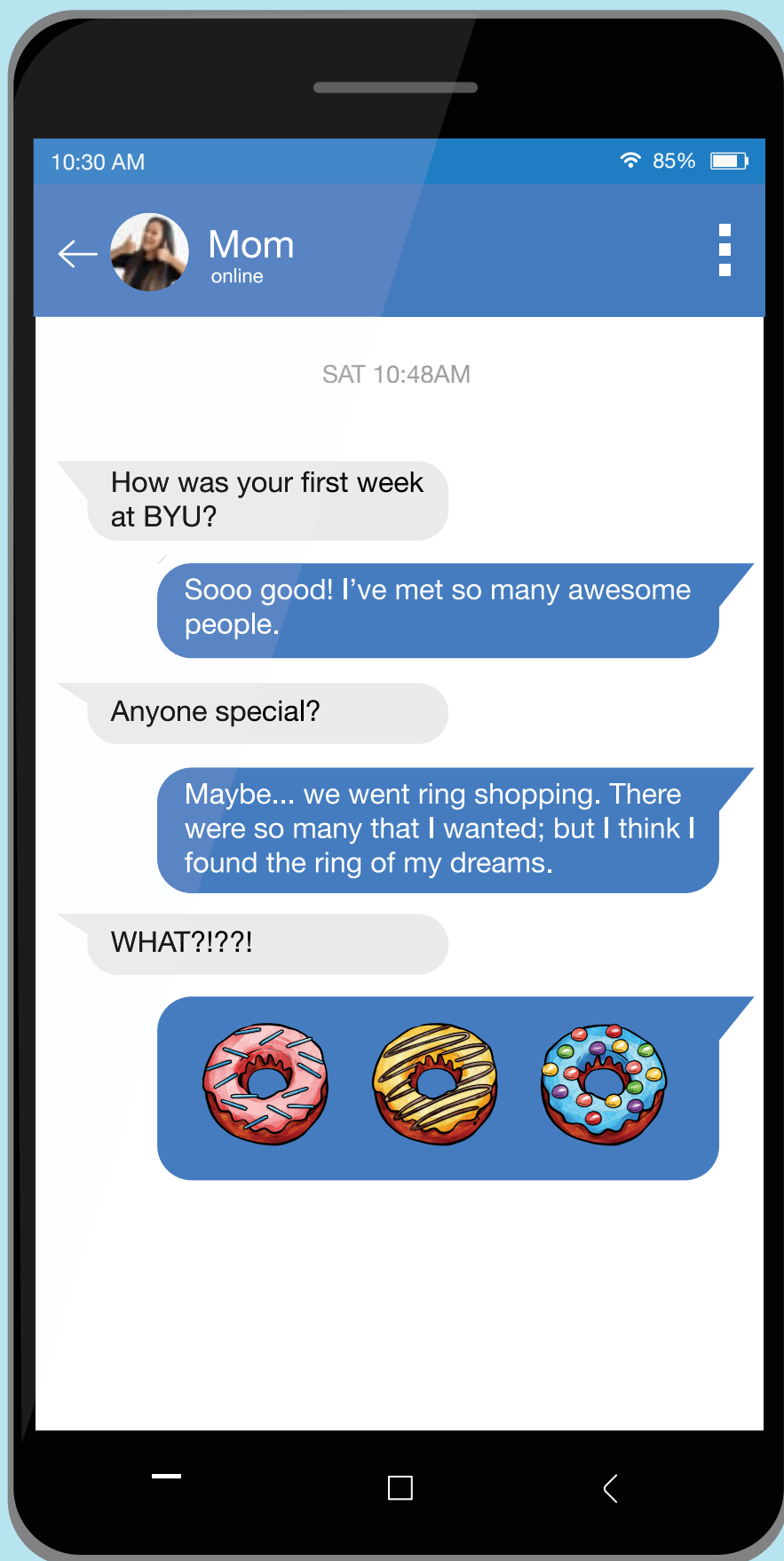
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BYU green initiatives

BYU is working on becoming greener. The grass, trees and bushes are nice and green, but the BYU campus is also becoming more eco-friendly. BYU is not done making improvements. Students can help out recycling everything they can and walking, biking or riding UTA to campus rather than driving. Consider switching from a daily plastic water bottle to a reusable water

bottle. Turn off the lights when leaving empty rooms (what parents always said) and use LED light bulbs. You can take class notes electronically and save some paper. If you need to throw away paper, newspaper, plastic bottles or aluminum cans, toss them in the appropriate recycle bin. Students can also join eco-focused student clubs like "BYU Recycles" and "Earth Stewardship."

Energy & water conservation



There are three LEED (Leadership in Energy and Environmental Design) buildings on campus: the Hinckley Center, BYU Broadcasting, and the Information Technology Building. Other new buildings on campus are being built to LEED standards according to Todd Hollingshead, BYU media relations manager.



BYU is implementing more natural lighting in its buildings. Indoor lighting accounts for 20 to 50 percent of total building power consumption. To minimize energy consumption, LED light bulbs are used in buildings and occupancy sensors turn off lighting fixtures automatically.



By using high-efficiency plumbing fixtures and appliances, BYU has improved water conservation by reducing water usage from sink faucets and flushing valves by 50 percent. BYU landscaping uses untreated water to irrigate the lawns and fill the south campus stream and ponds.

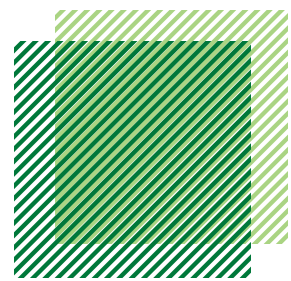
Waste reduction & recycling



From 2004-2011, BYU reduced overall waste by 16 percent, which was an 800 ton decrease from prior years. That's equivalent to 9,577 trash bags in 133 Dumpsters.



BYU runs an efficient recycling program. It recycles everything from office paper and plastic bottles to steel and asphalt. Each year, BYU recycles 1,700 tons of material and composts over 2,000 tons of green waste.



BYU uses eco-friendly modular carpet on campus that wastes 12% less carpet than the typical roll. It's made of environmentally friendly materials, is less toxic and reduces waste and landfill impact.



New heating, ventilation and air-conditioning systems are being installed across campus. During the past two years, BYU reduced its natural gas consumption by 50% and electrical cooling consumption by 30%. This equates to thousands of dollars in annual energy savings. The lessons learned from this process are currently being replicated across campus.

Living local



The weekly Stadium Farmers' Market is located outside the south end of LaVell Edwards Stadium from the end of July through the end of October. All the food sold is locally grown and half of the booths are required to sell produce. More information about the market is available at dining.byu.edu/famers_market.



All plants used by BYU landscaping are either native to Utah or are compatible with this zone of the country. Landscapers also use plants designated as low water-wise.

Jacob Baker

Information compiled by Lauren Layne from sustainability.byu.edu

BYU offers technology solutions for success

By MATTHEW BENNETT

BYU offers a variety of services and tools to help make technology assist in their studies.

BYU Store's CougarTech

CougarTech, located in the northeast corner of the third floor of the BYU Store, is a place where students can go for many of their technology needs. New computers and tablets are available for purchase, along with earbuds, cables and other accessories. CougarTech also services and repairs many devices.

Joe Allred, CougarTech's Department Manager, said students often underestimate the value offered to them by CougarTech. "People don't realize how good the deals are, especially for computers."

CougarTech is an authorized Apple campus store. This allows CougarTech to sell Apple products at their exclusive academic rate.

"We have the full line of iPads, watches and accessories available from Apple," he said. "We think that on Apple products overall, we're number one. We provide the best pricing overall, for students, faculty and staff. You probably won't find it for cheaper online."

Michelle Monk, CougarTech's Category Manager, agrees. "It's generally not true that people can get new Apple products cheaper online."

Because CougarTech is an authorized Apple campus store, it also services Apple products.

"We offer full service and support for all Apple devices,

including phones, in and out of warranty," Allred said. "Our salespeople are students, but they have training from Apple's office, and all our repair technicians are Apple-certified."

CougarTech is not just a place to buy and service Apple products.

"A common misconception is that we don't sell PCs," Monk said. "We do, and we service them too."

Allred said that CougarTech hopes to begin offering Microsoft Surface products this summer, and that Dell computers are also available for great prices.

"Dell computers that cost more than \$499 can get a \$100 mail-in rebate," he said. "The rebate program ends in the middle of September and is an exclusive for Dell computers sold in campus stores."

On top of these exclusive academic rates and rebates, Allred said students can also purchase one computer and one tablet per year without paying sales tax. Allred also explained that students who do not know what device to purchase can talk to CougarTech's salespeople for help.

"Most of our employees are students, so they're familiar with computing requirements at BYU," he said. "Animation majors need different computers than accounting majors, who might need different computers than physical science majors."

Allred said CougarTech, unlike other stores, does not incentivize employees to push customers to spend more money than they might need to.

"We know parents and students have limited resources,"

he said. "We're here to help them get the right computer for their needs, not just any computer for their needs."

If students need to finance their computers, Allred said they can—at 0% interest for 12 months.

"We also do trade-ins for gently used technology," he added.

Austan Sorenson, a 4-year BYU Store employee and a senior majoring in accounting, has three reasons to buy from CougarTech.

"One, academic pricing; two, no sales tax; three, help the store and help the university," he said.

Sales from CougarTech go to the General University Fund, which is used to fund scholarships and other student resources, Allred said.

Students who have questions about CougarTech are welcome to visit in-person. They can also sign up for the BYU Store newsletter at byustore.com, or call the BYU Store at 800-253-2578.

Free and discounted software

Students have free access to Microsoft Office for as long as they remain a BYU student. This includes Microsoft Word, Excel, PowerPoint, Outlook and One-Note along with other programs. Windows and Mac OS X versions are available.

To access Office, students log in to office.byu.edu with their Net ID and password. Click the "Install Office" button on the top right of the screen, and then "Office 365 apps." At that point, simply follow the on-screen instructions.

In addition to Office 365, Students also may purchase a yearlong license to use Adobe Creative Cloud for \$99. This

software suite includes more than 20 applications, including Adobe Photoshop, Illustrator, InDesign, AfterEffects and Premiere. Typical student pricing is \$239.88. Retail yearlong access to the Adobe Creative Cloud costs \$599.88. BYU students must purchase their Adobe Creative Cloud licenses in-person from CougarTech.

Online storage and personal domain name

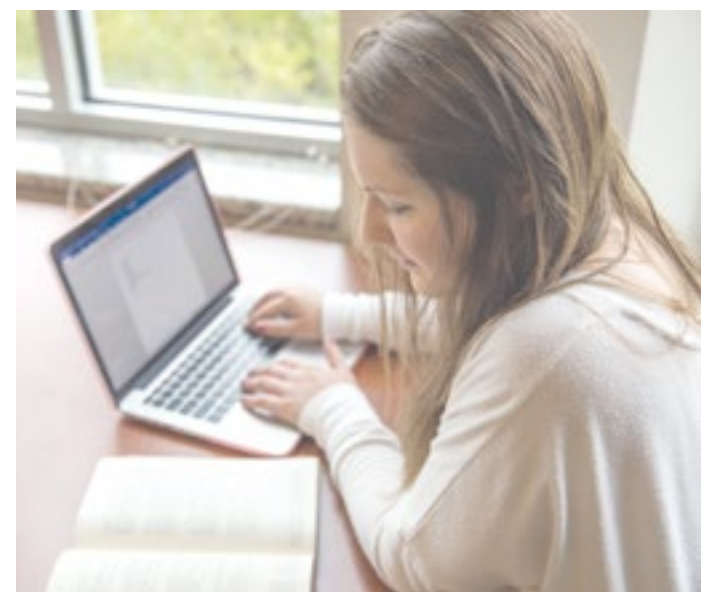
In addition to these services, BYU also offers free, unlimited online storage from Box.com for students or BYU employees. Box is available at box.byu.edu. Students can access their storage with their Net ID.

Box also offers collaboration and in-browser editing tools which are compatible with Microsoft Office 365 and Google Docs.

These aren't the only services BYU offers. Want to set up a blog? Need a place to store a portfolio? Want to craft a stately, professional online resume? BYU allows each student a free domain name they can use to host their website. To explore options for a domain name and website, visit domains.byu.edu and log in with a Net ID and password.

Rent computers or buy surplus

For some students, it might make sense to rent a computer for a short period of time rather than buy one. BYU offers used, refurbished laptop and desktop computers for students to rent. Windows and Mac OS devices are available. Pricing varies depending on the device, which are distributed on a first-come,



Universe Archives

Using technology is essential for most BYU students. BYU has services to help students use technology to their advantage.

first-serve basis.

These devices are rented from the Desktop Distribution Office, located in room 104 of the Ellsworth Building. The Ellsworth is located just north of Wyview Park apartments on the northwest corner of 2230 North and University Avenue at 76 West 2230 North.

In addition to offering rental computers, BYU sells surplus electronics. These may include desktops, laptops, monitors, and other computer accessories or assorted devices. Inventory varies. To see what devices are available for sale, visit itsurplus.byu.edu and click on "electronics." All items are sold as-is and are picked up from the Ellsworth Building.

Students with questions about buying or renting surplus

computers can contact Desktop Distribution at 801-422-9355. BYU Surplus also offers an email newsletter.

BYU IT support

Need to reset your Net ID password? Learning Suite not working properly? Need help with an internet outage?

BYU IT Support can help. Its services are available 24 hours a day, seven days a week, every day of the year—only ever closing for University Devotionals. To talk with BYU IT Support, simply call 801-422-4000 or chat at it.byu.edu. Students can also email questions or reports of problems to it@byu.edu. IT support representatives are also available in-person at a desk in the BYU Store, adjacent to CougarTech.

Textbook buying tips from the BYU Store

By MATTHEW BENNETT

Buying your textbooks is simple and straightforward. Students new to BYU may not be familiar with this process. Here's how it works:

Use My Book List

To see what books classes require, go to booklist.byu.edu. My Book List shows each textbook needed for each registered class, which edition to get, whether the BYU Store carries it and other information, like a book's unique 13-digit ISBN.

"The best way to know that you're getting the right edition of a book is to triple-check and make sure that you matched the ISBN that's on Book List to the one that is on the shelf," said Madeline Shipes, a senior studying communications disorders who works as a textbook expeditor for the BYU Store. "Your teachers and everyone in our office work really hard to make sure that My Book List reflects what the teacher is going to use."

Even if you plan to get your textbooks from somewhere other than the BYU Store, My Book List is the best place to start because it reflects the correct edition of each textbook, said Kent Minson, the BYU Store's academic publishing manager. My Book List also includes automatic price comparison with Amazon, so it's worth a look, even if you think Amazon or another online seller will offer a lower price.

"A lot of online sellers are now doing variable pricing algorithms, so the more the demand goes up, the more that the price goes up," he said. "Check Book List and see."

Minson said he once saw the



Hannah Miner

Addie Blacker sorts through her textbooks before purchasing them at the BYU Store. Buying or renting textbooks each semester can be stressful and expensive. Utilizing the tips given by the BYU Store can make the process much more enjoyable for students.

price for an American Heritage textbook skyrocket to nearly \$8,000 on Amazon because variable pricing algorithms detected so many BYU students were searching for the book.

Students who discover that a textbook that should be on My Book List is missing should contact their professor.

"Send your professor an email and say, 'Hey, do we need any

books for this course?'" Shipes recommended. "We're not going to know the answer to that; only the professor will."

Sometimes, My Book List is simply not up to date, perhaps because a course's professor has not yet contacted the BYU Store with what textbooks are needed.

In-store pickup

Buying textbooks online

doesn't just mean navigating Amazon. Students can go to byustore.com to purchase textbooks online for in-store pickup. BYU Store employees pick the books off the shelves for you and bag them for students. All customers need to do is go to the pick-up kiosk and get their bags.

Shipes said employees will provide help with this process if needed.

"A lot of freshmen are like, 'Oh, I purchased my book online,'" she said. "That does not mean that you can go to the shelf and take it off and walk out with the book."

Students who prefer in-store pickup should order as far in advance as possible.

"If we have 2,000 freshmen ordering their books the day before, that doesn't give our e-commerce team enough time to take the books off the shelf and fill the bags," Shipes said. "So you'll probably have a couple weeks before you get your books."

Shipes said in the rare case that the BYU Store doesn't have a particular textbook a course requires, students can still order the book through My Book List.

"It's called an 'out-of-stock request,'" she said. "We'll order it and we pay the two-day shipping for it to be shipped from the publisher to us."

Student accounts

Every BYU student has an account they can reach at "My Financial Center," which can be found at my.byu.edu. This is the account used to pay tuition,

but it can also be used to buy textbooks.

"That's the same account that any financial aid or scholarships or Pell Grants or whatever goes into as well," Minson said. "It allows you to use that money directly - any financial aid - directly to pay for your course materials."

Students should ensure their student accounts are tied to email accounts they check regularly.

BYU Store policies

The BYU Store has policies about textbook rentals and the circumstances can be returned.

Refund deadlines are typically stapled to receipts. Students who do not receive an attachment with this information should ask their cashier for one.

"We're not in a position financially to run as a library," Minson said. "Make sure you know the deadlines - your refund deadline, your rental return deadline, your sell-back dates."

Minson said that the refund deadline each semester is typically the same day or the day after the add/drop deadline. Items cannot be refunded after that day. Items that come with an access code are also non-refundable.

"I've had too many students that have bought something and then opened it up and then dropped the class. And guess what? There was an access code inside it; it's non-returnable," he said. "Or they dropped the class before add/drop deadline, but then they come in the week

after that saying, 'Oh, I never got around to returning my books.' Well, the refund deadline is the day after the add/drop deadline, and after that, it's kind of like, 'Well, sorry, the book is yours.'"

Similarly, shrink-wrapped items that have been opened cannot be returned.

Some classes require a course packet—a shrink-wrapped stack of paper. Opened packets cannot be returned.

"The whole point of offering packets is to help save the students time and money," Minson explained. "Instead of having to buy 30 different textbooks, you can get one packet that has just the articles or handouts or whatever it is that you needed it at a much less expensive price."

Renting a textbook

Some textbooks can be rented from the BYU Store. Books available for rent are marked on the shelves with the rental price beneath the sale price. Students interested in renting one of these books should mention to their cashier that they are renting and not buying the book. The full rental price is charged at this point.

"They'll give you a slip with all of the information on it, and tell you a brief overview of all the information," said Samantha McBride, a junior who works as a text information desk worker at the BYU Store. She said the process of renting a textbook is similar to the process of buying one, so long as students remember to bring the books back.

"If you forget to bring back your rental," she said, "we'll just charge you the rest of what the book is worth."

McBride said rental return dates are typically the same days as the sell-back dates for purchased textbooks.

Make informed decisions

"Don't be afraid to ask at the information desk," Minson said. "Sometimes your roommates don't always know everything. Make sure that you're getting accurate information."

Minson said uninformed purchasing decisions could result in unforeseen problems for students, causing them to make things harder for themselves than they need to be.

"Sometimes students are waiting two to three weeks into the semester to get their books. And meanwhile, we've got inventory sitting here on the shelf that might have cost them just a couple extra dollars, and sometimes actually would end up being cheaper once they paid for shipping," Minson explained.

"I've seen where students will risk the cost of a letter grade in tuition in their class just for what amounts to the price of a cheeseburger - to save \$5 on the book - by saying, 'I'm going to buy this older version of the textbook,' or, 'I'm going to not pay for expedited shipping and be late.' Be mindful of the consequences of what you're doing."

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BYU Student Employment, 2024 WSC



Sandefur Schmidt

Professor Rosalind Hall directs the 80-member Concert Choir, one of four auditioned BYU choirs.

Auditions at BYU

BYU offers a variety of performing arts groups for students to explore and share their talents, including dance and music ensembles. Due to the prestige of these groups, auditions are required. The different BYU ensembles students can audition for are listed below, along with website links that will direct students to more

information regarding each of the groups and their audition specifics.

If students feel they do not have enough time to audition, or if the process of auditioning feels too stressful, BYU offers several non-auditioning groups: university orchestras, bands and University Chorale.

BYU Performing Arts Ensembles

Dance	Music	Other
<p>dance.byu.edu/auditions</p> <p>Ballet</p> <p>Ballroom</p> <p>Contemporary</p> <ul style="list-style-type: none"> • Dancensemble • Kinnect • Contemporary Dance Theatre <p>World</p> <ul style="list-style-type: none"> • International Ensembles • International Folk Dance Ensembles • Traditionz 	<p>Choirs - byuchoirs.com/auditions</p> <ul style="list-style-type: none"> • Men's Chorus • Women's Chorus • Concert Choir • BYU Singers <p>Orchestras - music.byu.edu/orchestra/orchestral-auditions</p> <ul style="list-style-type: none"> • Chamber • Philharmonic • Symphony <p>Bands - bands.byu.edu/apply-auditions</p> <ul style="list-style-type: none"> • Wind Symphony • Symphonic 	<ul style="list-style-type: none"> • Marching & Pep Bands <p>Jazz - music.byu.edu/jazz</p> <ul style="list-style-type: none"> • Big Bands • Synthesis • Jazz Ensemble • Jazz Lab Band • Combos • Jazz legacy Dixielands Band • Salsa Combo • 5 Traditionals Jazz Combo • Jazz Vocal Ensembles • Syncopation
<p>Music Dance Theatre</p> <p>Young Ambassadors - youngambassadors.byu.edu/auditions</p>		<p>Vocal Point - byuvocalpoint.com</p> <p>Noteworthy - pam.byu.edu/group/noteworthy</p>

Utah road trip trivia

As of January 2019, 35 percent of BYU students are from Utah. The other 65 percent of students hail from all 49 other states and from 104 other countries, with 5 percent of the student population being international students. Whether your hometown is half an hour away or on the other side of the world, take this trivia quiz to find out how well you know the geography of your home for the next few years.

LEVEL ONE: Can you name each of these iconic Utah landmarks?



The Olympic torch relay in 2002 passed through this landmark, located near Moab in Arches National Park.



This peak is located on the north side of Rock Canyon, a popular canyon in Provo for hikers and climbers.



This stunning canyon in southern Utah will celebrate 100 years as a U.S. National Park in November.



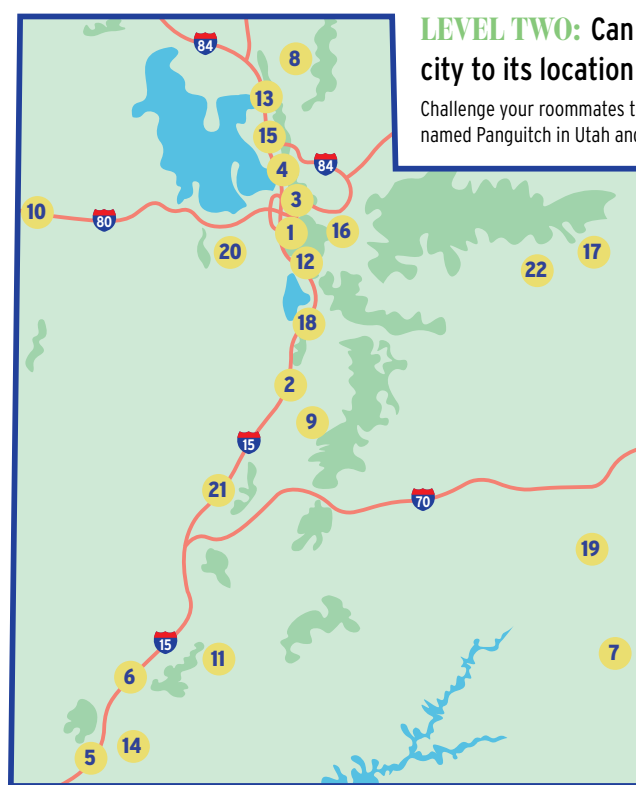
This Provo Canyon waterfall is a popular spot for locals and, as the name suggests, marriage proposals.



Towering about 7,000 feet over Utah Valley, this is the second tallest mountain in the Wasatch range and is visible just north of BYU.



BYU campus sits right at the base of this iconic mountain, which is at the center of decades-old BYU traditions.



LEVEL TWO: Can you match each Utah city to its location on the map?

Challenge your roommates to this matching game. Yes, there really is a city named Panguitch in Utah and no, Tooele is not pronounced the way it looks.

- | | |
|------------------|--------------------|
| ___ Brigham City | ___ Nephi |
| ___ Cedar City | ___ Ogden |
| ___ Draper | ___ Panguitch |
| ___ Fillmore | ___ Park City |
| ___ Hurricane | ___ Payson |
| ___ Layton | ___ Roosevelt |
| ___ Lehi | ___ Salt Lake City |
| ___ Logan | ___ St. George |
| ___ Manti | ___ Tooele |
| ___ Moab | ___ Vernal |
| ___ Monticello | ___ Wendover |



Using the **Universe Plus** app, scan the pictures above, the map of Utah or the questions below to see the answers.

LEVEL THREE: Can you answer these Utah trivia questions correctly?

- What is the Utah state flower?
 - Yucca flower
 - Sego lily
 - Poppy
 - Bitterroot
- What is the Utah state bird?
 - Mountain bluebird
 - Western meadowlark
 - California quail
 - California gull
- What was Utah's original proposed name?
 - Washoe
 - Zion
 - Deseret
 - Fillmore
- Which Utah restaurant is most often credited with popularizing fry sauce?
 - Crown Burger
 - Burgers Supreme
 - Hires Big H
 - Arctic Circle
- Which of the following inventions was not made by a Utahn?
 - Vacuum cleaner
 - Television
 - Electric traffic light
 - Frisbee
- Which school was founded by Brigham Young in addition to BYU?
 - Southern Utah University
 - The University of Utah
 - Brigham Young University-Idaho
 - Utah State University
- Which world-famous fast food chain was born in Utah?
 - Wendy's
 - Burger King
 - Kentucky Fried Chicken
 - Long John Silver's
- What is Utah's state nickname?
 - The Beehive State
 - The Mountain State
 - The Centennial State
 - The Granite State

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KATALIN BOLLIGER, Class of 2014

COMMERCIAL BANKING CREDIT ANALYST - CHASE BANK, UT



"The finance program at BYU did a fantastic job in preparing me to work in investment banking. It prepared me with the strong technical skills, financial theory and accounting principles needed to succeed. I love my job, it allows me to have a meaningful role in some of the most influential financial transactions."

STEVE FUNK Class of 2014

INVESTMENT BANKING ANALYST - GOLDMAN SACHS, NYC

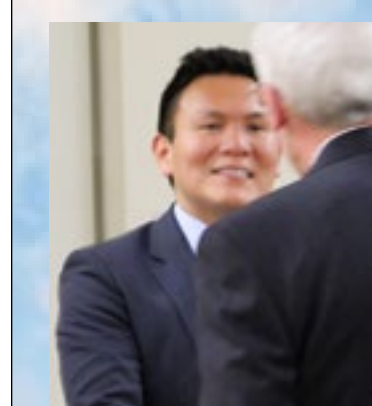
Y FINANCE?

LEARN MORE: FIN INFO SESSION

Thursday, 19 SEPTEMBER 2019 - 11:00AM-Noon - #710 TNRB

JOIN THE FINANCE SOCIETY

Explore & join the flagship, student-run, umbrella Finance Society at: careerlaunch.byu.edu/channels/byu-finance-society



- NetTREKS
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- SIX CORE FOCUS CLUBS
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OBTAIN KEY MARKETABLE SKILLS
ACQUIRE PROFESSIONAL KNOW-HOW
OBTAIN DIVERSE FINANCIAL OPPORTUNITIES



BYU
FINANCE



BYU Honor Code — the Spirit of the Y

Congratulations to the incoming class of students! Every new student took a unique journey here to BYU, and each one worked hard to qualify academically and to prepare themselves spiritually. By attending, each student also committed to continue living standards consistent with the gospel of Jesus Christ.

Then BYU President Elder Jeffrey R. Holland, explained why BYU has an Honor Code. "This isn't your former high school or any other university," he said. "It is a school with a mission, a mission it has been called to by prophets, and we want the medium, which is you and me and everyone here, to be representative of the message.

That is the agreement we made in coming here."

The Honor Code is a guide and protection for students. When embraced and lived, it will help the university accomplish its mission "to assist individuals in their quest for perfection and eternal life." We believe when students strive to come unto Christ through faith, repentance and righteous living, their character begins to resemble the Savior's, not just because they think it should but because that is the way they are.

The Honor Code Office has an ongoing review of procedures and practices. Students are presumed to not be in violation of the Honor Code. Students will now know why they are being

called into the office from the beginning of the meeting and will be told the name of the person who has reported the violation, except in severe cases. Students will also be granted information about their investigation and offered support resources.

The administrators of the Honor Code Office care deeply about students. They want students to succeed and reach their goals here at BYU. They focus on educating and counseling with students regarding the commitment each has made to abide by principles of the Honor Code. When students find themselves struggling, the Honor Code Office can provide support and help.



Looking out to the Harold B. Lee Library from the Joseph F. Smith Building terrace. Scan this photo with the **Universe Plus** app for more information about the Honor Code.

Josh Ellis



Grocery and living essentials

Self-Checkout

Located at
Heritage
Halls #14

GERONTOLOGY

— The Study of Aging —



BYU Honor Flight

gerontology.byu.edu

MINOR IN GERONTOLOGY

Our program gives students from any major the opportunity to learn about the aging process, which can expand career opportunities.

We help with internship and research opportunities with older adults, and offer scholarships.

CONTACT

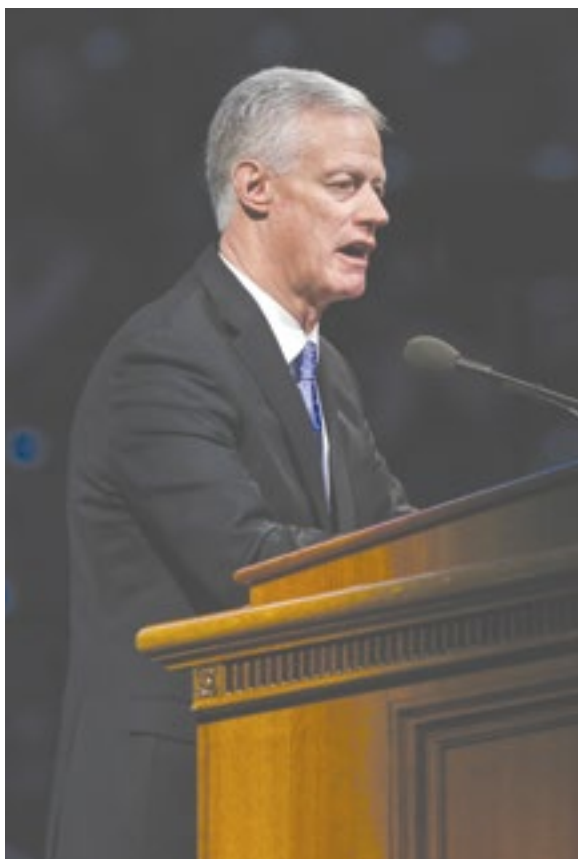
1065 JFSB
(801) 422-1410
gerontology_info@byu.edu

GATHERING FOR Devotionals & Forums

Since the days of Karl G. Maeser, second president of what is now BYU, students have gathered for devotionals. What began as daily meetings in 1876 have now become weekly Tuesday gatherings at 11:05 a.m. in the Marriott Center in fall and winter semesters or the de Jong Concert Hall in spring and summer terms.

Devotionals feature addresses from Apostles, General Authorities and General Auxiliary Presidency members of The Church of Jesus Christ of Latter-day Saints and university administrators and professors. More than once a semester, a campus forum is held where distinguished faculty and invited guests share their insights. Often, forum speakers hold a question and answer session following their address.

Devotionals and forums provide students a break from the school day and an opportunity to learn spiritually outside of the classroom.



Scan this photo of President Kevin J. Worthen with the **Universe Plus** app to read, listen to or watch his January 2019 devotional.



Feb. 5, 2019

"Remembering the Savior every single day affects every single decision we make. It affects, for example, how we speak; what we choose to do, to watch, to read, and to listen to; and how we treat one another. I can assure you that the Lord Himself will inspire these decisions, guide us in our challenges, and assure that the harvest will be positive."

Elder Ulisses Soares
Quorum of the Twelve Apostles

"Because of Heavenly Father's plan and the Savior's Atonement, challenges and afflictions invite us to lift up our eyes to Jesus Christ, the true source of joy. The precious perspective provided by the restored gospel allows us to learn lessons that prepare us for eternity through the adversities of mortality. Our suffering and misfortunes can be 'swallowed up in the joy of Christ' and consecrated for our gain, 'that thy performance may be for the welfare of thy soul.'"

Elder David A. Bednar
Quorum of the Twelve Apostles



Dec. 4, 2018



Oct. 30, 2018

"Hopelessness is the enemy of justice. Hope is our superpower, it is the way the world changes."

Bryan Stevenson
Founder and executive director of the Equal Justice Initiative



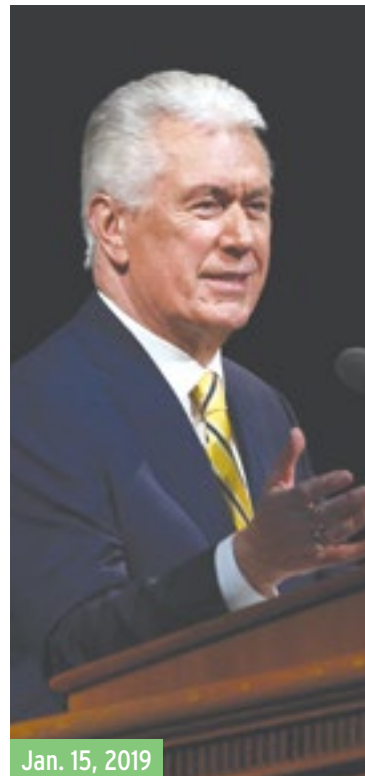
Jan. 8, 2019

"Our gifts are given to benefit others. If we want to discover and develop our gifts, we have to be willing to share them with others."

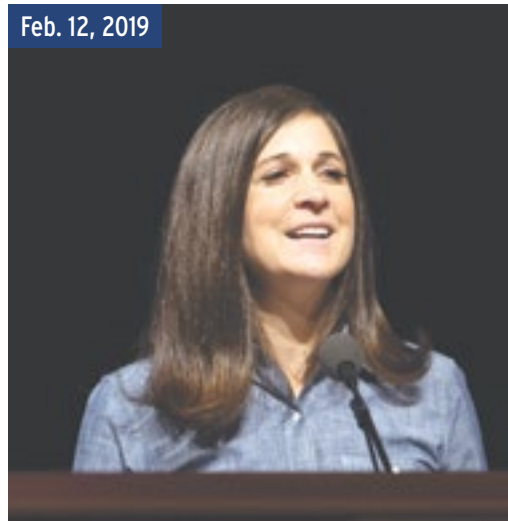
Peggy S. Worthen
Wife of BYU President Kevin J. Worthen

"Mistakes are events on the timeline of your life. But they don't define your life. They don't define you as a person or as a child of God. However, what you do about your mistakes by using the gifts given to us by Heavenly Father and His Son Jesus Christ will go a long way in defining the person you will yet become."

Elder Dieter F. Uchtdorf
Quorum of the Twelve Apostles



Jan. 15, 2019



Feb. 12, 2019

"Your journey is to know and understand your why so that you can live your life and not someone else's. You are to progress in the way that you need, not in the way that someone else thinks you should."

Carrie Roberts
BYU Women's Golf Coach



April 2, 2019

"At its core, commitment is a choice that is manifest in our repeated behaviors, particularly in behaviors involving personal sacrifice."

Jason S. Carroll
BYU Professor of Marriage and Family Studies

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Simple Bites

Fresh Peach Pie



- 8 large fresh peaches, peeled and sliced
- 9" graham cracker pie crust
- 1 cup sugar
- 1 cup water
- 2 tablespoons cornstarch

In a small sauce pan, mix sugar, water and cornstarch until completely dissolved. Heat mixture over medium heat, stirring constantly until mixture boils and thickens. Remove from heat and cool completely. Glaze will thicken more as it cools.

Place peeled, slice peaches in large bowl. Pour half of the glaze over the fruit. Gently mix to coat all the peaches. Add additional glaze if necessary.

Pour glazed peaches into prepared pie crust. Pile peaches as high as you desire.

Refrigerate for several hours or overnight to set. Serve cold with whipped cream. Makes 1 pie.



Scan this photo with the **Universe Plus** app to see the video of how to make Fresh Peach Pie.

Thirteen degrees of separation to Mitt Romney

BYU ALUMNI EDITION



Campus restaurants and eateries

Blue Line Deli & Market

W117 TNRB (Tanner Building)
The foods of New York: soups, salads, hot sandwiches, and snacks.
Mon. - Thurs.: 7:30 a.m. - 8 p.m.
Sandwich and Antojitos line closes at 5:30 p.m.
Fri.: 7:30 a.m. - 5 p.m.

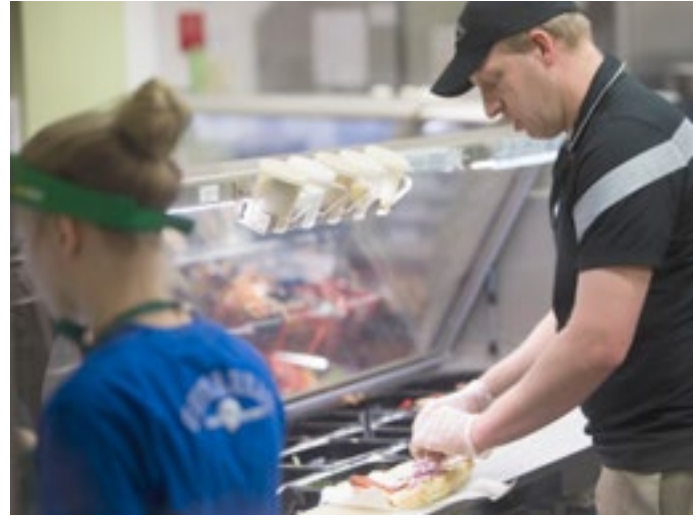
Commons at the Cannon Center

141 CANC (Helaman Halls)
Mainly used by residents of Helaman Halls, but open to anyone. Serves a variety of foods.
Mon. - Sat.: 7:30 - 10 a.m., 10 - 11 a.m. (limited service), 11 a.m. - 2:30 p.m. 5 - 6:30 p.m.
Sun.: 1:15 - 2:30 p.m., 5 - 6:30 p.m.
Fast Sunday: 3 - 4:30 p.m.

Cougareat

2nd floor WSC (Wilkinson Student Center)
The campus food court. With multiple options, there's always something good. Closed for Devotionals.

- **Aloha Plate**
Mon. - Fri.: 10:45 a.m. - 7 p.m.
Fri.: 10:45 a.m. - 6 p.m.
- **Chick-fil-A** Chicken nuggets, sandwiches, salads and fries.
Mon. - Fri.: 8 a.m. - 9 p.m.
Sat.: 11 a.m. - 8 p.m.
- **Cougar Cafe** Freshly baked bread, doughnuts, sandwiches, treats and ice cream.
Mon. - Wed.: 7:30 a.m. - 9 p.m., Thurs.-Fri.: 7 a.m. - 9 p.m.
Sat.: 8 a.m. - 4 p.m.
- **Cougar Express** Packaged fresh salads, sandwiches, convenience store, potato bar, and grab and go items. Includes self check out.
Mon. - Thu.: 7:30 a.m. - 9 p.m.
Fri.: 7:30 a.m. - 7 p.m.
- **Milk and Cookies** Cookies and flavored milk bar. Perfect for the "Stone cold sober" university. Opening late September.
- **Papa John's** Pizzas.
Mon. - Fri.: 10:45 a.m. - 7 p.m.
- **Subway** Submarine sandwiches and salads.
Mon. - Fri.: 7:30 a.m. - 9 p.m., Sat.: 8 a.m. - 8 p.m.
- **Taco Bell** Tacos, burritos and nachos.
Mon. - Fri.: 10:30 a.m. - 8 p.m.
Sat.: 11 a.m. - 7 p.m.
- **Wendy's** Hamburgers, fries and Frosties. Opening Sept. 3.
Mon. - Fri.: 7:30 a.m. - 9 p.m.



Ty Mullen

Student employees at Cougareat Subway prepare sandwiches.

■ **Choices** Custom-made bowls including allergy-free, vegan and vegetarian options. Opening Sept. 3.
Mon. - Fri.: 10:45 a.m. - 7 p.m.

■ **Creamery**
BYU's famous ice cream, cheeses and other dairy products. Buy groceries here, too.

■ **Creamery on Ninth East** 1209 N. 900 East
Mon. - Sat.: 11 a.m. - 11 p.m.
Grill: Mon. - Sat.: 11 a.m. - 9 p.m.

■ **Creamery Outlet** Culinary Support Center
Mon. - Fri.: 7:30 a.m. - 9 p.m.
Sat.: 9 a.m. - 9 p.m.

■ **Helaman Creamery** 141 CANC (Cannon Center at Helaman Halls)
Mon. - Fri.: 7 a.m. - 11 p.m.
Sat.: 10 a.m. - 11 p.m.
Grill: Mon. - Sat.: 11 a.m. - 11 p.m.

■ **Wyview Creamery** 1990 N. 40 West
Mon. - Fri.: 7 a.m. - 11 p.m.
Sat.: 8:30 a.m. - 11 p.m.

■ **Harvey's** Engineering Building
Located on the main floor, Harvey's offers hot breakfast items, burgers, paninis, salads, soups, gelato and more.
Mon. - Fri.: 8 a.m. - 6 p.m.

■ **Jamba**
Healthy smoothies, oatmeal and treats.

■ **Wilkinson Center** 2047 WSC
Mon. - Fri.: 7:45 a.m. - 9 p.m.
Sat.: 10 a.m. - 6 p.m.

■ **Student Athlete Building** 102 SAB
Mon. - Fri.: 7:45 a.m. - 7 p.m.

Legends Grille

106 SAB
Enjoy the game while eating soup, salad, dessert bars with pastas and entrees.
Mon. - Thurs.: noon - 2:30 p.m., 3 p.m. - 7 p.m.
Fri.: 11 a.m. - 2:30 p.m., 3 p.m. - 7 p.m.

MOA Café

Mezzanine of the Museum of Art (MOA)
Dine on specialty sandwiches, soups, salads and desserts inside the Museum of Art.
Mon. - Thurs.: 10:30 a.m. - 2 p.m., Fri.: 10:30 a.m. - 8 p.m.

Pendulum Court Cafe

ESC (Eyring Science Center) 2nd floor
Dietetics lab for hands-on food service training for 8 weeks during fall and winter semesters.
Mon., Wed., Thurs.: 11:30 a.m. - 1:10 p.m.
Tues.: noon - 1:10 p.m.

Skyroom Restaurant

6th floor WSC
Lunch buffet with a view of campus from the Wilkinson Center sixth floor. Reservations accepted.
Mon., Wed. - Fri.: 11 a.m. - 1:30 p.m.
Tues.: noon - 1:30 p.m.

The Wall

1st floor WSC
During the day hang out, study and eat; at night, listen to bands, comedy groups and karaoke.
Mon.: 11 a.m. - 7 p.m.
Tues.: noon - 9 p.m.
Wed. - Thurs., Sat.: 11 a.m. - 9 p.m.
Fri.: 11 a.m. - 10:30 p.m.

Standout alumni spotlight



Brian Crane

Brian Crane, B.A. 1973, is the syndicated comic strip illustrator and writer of "Pickles". Being a comic strip artist had been his dream since he was 12 years old, and he got his inspiration for his characters from his wife's parents. Earl and Opal run in over 1,000 newspapers every day. In 2001 Pickles was named best newspaper comic strip of the year by the National Cartoonists Society. Crane and his wife live in Sparkings, Nevada.



Sharon Eubank

Sister Sharon Eubank, B.A. 1988, is the first counselor in the Relief Society general presidency. She served as a missionary in the Finland Helsinki Mission and received a degree in English. After graduation, she taught English as a second language in Japan and worked as a legislative aide in the U.S. Senate. She currently works for the Church as director of Latter-day Saint Charities while also fulfilling her calling as first counselor.



Harvey Fletcher

Harvey Fletcher, B.S. 1907, was an American physicist. Fletcher created the early electronic hearing aid. As a student he excelled and even helped get the Y on Y Mountain. In 1911, he earned a Ph.D. in physics summa cum laude from the University of Chicago, and later returned to BYU founding the College of Engineering. The restaurant Harvey's is named in his honor. Fletcher passed away in 1981 at the age of 97.

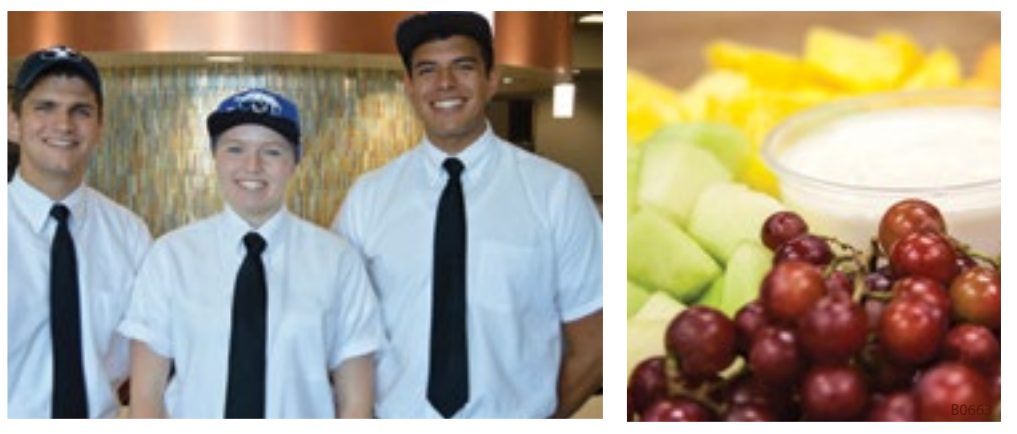



For employment information please contact the food to go office at 801-422-5001

Got Game? Then get involved with Intramural Activities!

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For more information call, click or visit: 801.422.7597, intramurals.byu.edu, or 145 Richards Building



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Tackling finances

By Stephen Hill, Director, Financial Aid and Scholarships, and the Universe Staff

Financial Aid Office's seven steps to pay for college

The Financial Aid Office is fully committed to helping students explore and leverage available options to finance education. Its website, financialaid.byu.edu, outlines seven steps to assist students:

1. Calculate the cost of being a college student. Plan ahead, recognizing that the total cost of college includes tuition, room, board, books, supplies, personal expenses, transportation and loan fees.

2. Determine financial aid options to fit each student's situation. Many opportunities are available at BYU, such as part-time work, scholarships, federal grants, loans and BYU loans.

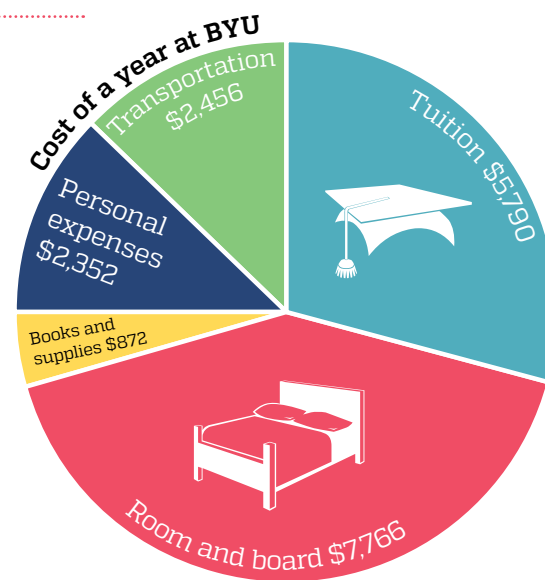
3. Apply for scholarships by the published deadlines. Scholarships are not automatically renewed; a student must initiate and complete the process.

4. Apply for federal student aid. Each program carries its own eligibility requirements, including enrollment and satisfactory academic progress.

5. Complete to-do list items listed in My Financial Center in a timely manner and read your messages regularly. Financial aid can be an intricate process, which requires communication and coordination.

6. Review awards. The Financial Aid Office accepts grants for students, but students must decide on which loans they will take.

7. Monitor disbursement. All financial aid and scholarship funds are first disbursed into a student's BYU accounts. These funds will automatically pay any applicable tuition and fees, and then excess funds are



Church member total: \$19,230

These costs can vary depending on the type of housing, meal plan (if any), transportation modes, loan choices, major and personal spending habits. Scan this chart with the **Universe Plus** app to start your financial plan.



refunded. Students are encouraged to set up a direct deposit for their excess student account refunds.

To learn more about financial aid, including institutional and federal programs, visit financialaid.byu.edu, schedule an appointment with one of the counselors by calling 801-422-4104 or stop by D-155 ASB.

When applying for federal aid, it is important to start early and complete these four steps as soon as possible:

1. Fill out FAFSA at fafsa.ed.gov
2. Check My Financial Center for tasks and/or YMessages
3. Complete verification, if required
4. Accept/decline awards

Scholarship deadlines

Most scholarships do not automatically renew each year. Students need to apply for scholarships every year. For new freshmen, the deadline to apply for scholarships for Spring 2019, Summer 2019 and Fall 2019 was Feb. 1, 2019. The deadline for Winter 2020 scholarships is Aug. 1, 2019. For continuing students, the scholarship deadline is March 1, 2019 for Spring 2019, Summer 2019, Fall 2019 and Winter 2020 scholarships.

To see the GPA requirements for each major-specific scholarship, students should go to unvr.se/scholarships.

Need-based government scholarships

In order to qualify for government need-based scholarships, students must fill out a FAFSA (Free Application for Federal Student Aid) for the appropriate year.

When students fill out their FAFSA, they need to complete all to-do-list items. When the eligibility requirements are met, then students' financial aid should start applying to some of the charges on My Financial Center, approximately one week before classes begin. If any pending tasks remain incomplete, financial aid will not be awarded.

If students have properly set up their direct deposit, excess financial aid money begins refunding on the third day of classes. If a student has not set up direct deposit properly, then the refunds are mailed to the address the Financial Aid Office has on file, causing the process to take longer. Students can update their direct deposit at unvr.se/depositupdate.



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What's WILKINSON

The Wilkinson Student Center is home to

Accessibility Office 2

The University Accessibility Center helps students with disabilities achieve academic success at BYU by acting as a liaison with professors, offering specialized technologies and other services. The UAC also offers service opportunities to assist other students. campuslife.byu.edu/uac

Advisement Center 2

The University Advisement Center serves students choosing or changing majors. All advisement is given through one-on-one sessions with a counselor. universityadvisement.byu.edu

Ballroom 2

BYUSA 3

Students can stop by the BYUSA offices to find out about the mission of BYUSA and for information on how they can start serving. byusa.byu.edu

BYU Store 3 2 1

In the BYU Store, students can find all the materials they need for a successful college experience. Located on the third floor are textbooks, course materials, office supplies, tech products and the CougarTech repair shop. Apparel, books and BYU gear are found on the second floor, as well as the Sweet Stop candy store, Wells Fargo, and Cosmo's Mini Mart. The first floor has LDS books and gifts, art and framing, and a Church Distribution Services center. A U.S. Post

Office is also located on the first floor. byustore.com

Career Services 2

Here students can set up one-on-one appointments with mentors, get advice on how to improve their skills before applying or interviewing for a job, learn about different career options and find answers to any questions they may have about a certain industry or job. ucs.byu.edu

Catering Services 5

Providing not only excellent food, Catering Services also helps clients organize events including conferences and weddings. Interested individuals can call or stop by the Catering

Services office for a complementary consultation. dining.byu.edu/catering

Center for Conflict Resolution 4

The Center for Conflict Resolution provides mediation and arbitration services for any conflict involving a BYU student and another party such as landlords, roommates or business individuals off campus. ccr.byu.edu

Cougar Creations 1

The place to make copies, have projects bound, laminate keepsakes and print large and small posters. printandmail.byu.edu

Cougareat 2

The Cougareat offers many restaurants where students can grab breakfast, lunch, dinner or a snack in between. dining.byu.edu/cougareat

Counseling and Psychological Services (CAPS) 1

At the Counseling and Psychological Services Center, students can receive counseling services and mental health screenings. caps.byu.edu

Games Center 1

With bowling, arcade games and air hockey, the Games Center is a great place to hang out with friends or go on a date. BYU students receive one free game of bowling per semester. Bowling.byu.edu

Garden Court 2

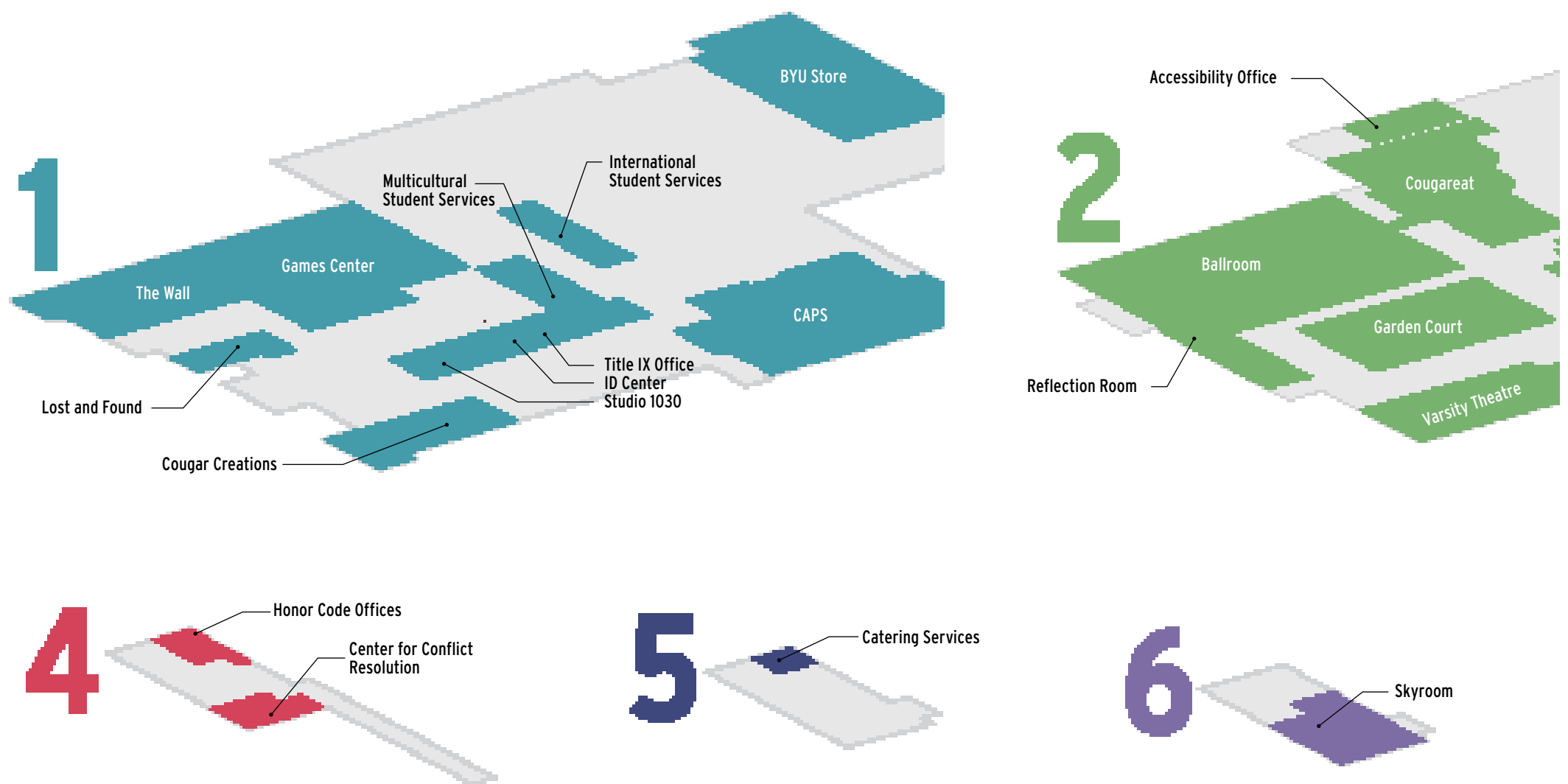
The Honor Code office serves as a resource for students to receive advice concerning Honor Code issues, and provides information, clarification or options regarding Honor Code challenges. honorcode.byu.edu

ID Center 1

In the ID Center, BYU students can obtain or replace their student ID card. signaturecard.byu.edu/idcenter

Information Desk 2

The Information Desk helps students



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- RECEIVE A \$75 SCHOLARSHIP!** (for non-TMA (Theatre & Media arts) majors, after the add/drop deadline)
- WATCH AND DISCUSS** the best of BYU's film and theatre productions!

QUESTIONS?
Go to <http://bit.ly/money4movies>



in the CENTER?

many of the resources students need

or visitors who have questions or need assistance navigating campus and the Wilkinson Student Center. Students can also buy tickets for various BYUSA activities and check out board games.

International Student Services 1

International Student Services assists international students and exchange visitors in conforming to U.S. government regulations so these students can legally study and work at BYU and in adapting to a new country and culture. international.byu.edu

Little Theatre 3

Lost and Found 1

If students misplace something on campus, they should check the lost and found. Whether the missing item is a coat, keys or a cell phone, many lost items make their way here.

Multicultural Student Services 1

Multicultural Student Services aims to develop the talents of all students of various backgrounds, including geographic, educational, cultural, ethnic and racial, and to assist multicultural students. multicultural.byu.edu

Reflection Room 2

A reverent place for students to enjoy a few moments of contemplation and peace.

Skyroom 6

The Skyroom restaurant is located on the top floor and provides a wonderful view of campus. The restaurant is open for lunch. Meal plans and Cougar Cash are accepted. dining.byu.edu/skyroom

Student Employment Office 2

Employment Services helps connect students with on-campus employers by posting available jobs in both the Student Employment Office and online. Many employment opportunities are available. byu.edu/hr/se

Studio 1030 1

Students can visit Studio 1030 to freshen up their style and be pampered. Offering

men's and women's haircuts and styling, makeup applications, manicures and more, it's convenient, affordable and right on campus. Appointments and walk-ins are welcome. studio1030.byu.edu

Terrace 2

This large, open seating area is a great place to eat, study and meet up with friends. Informational booths and events are often located here.

Title IX Office 1

The Title IX office protects students from gender discrimination by holding safety and prevention trainings, educational events and resources for victims of dating violence, domestic violence,

sexual assault or stalking. titleix.byu.edu

Varsity Theatre 2

The Varsity Theatre is a great place to catch both new and old films for about a dollar. Students can also watch devotionals and forums in the Varsity Theatre. Visit the Wilkinson Student Center Information Desk or check the BYU Events Calendar to see what shows are playing.

The Wall 1

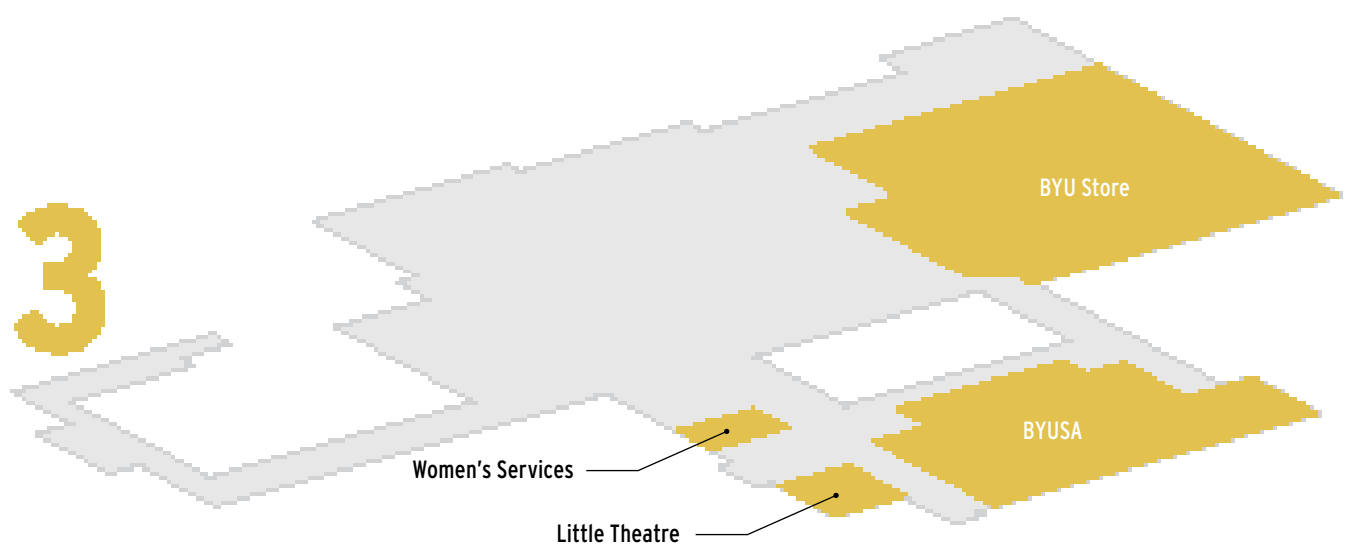
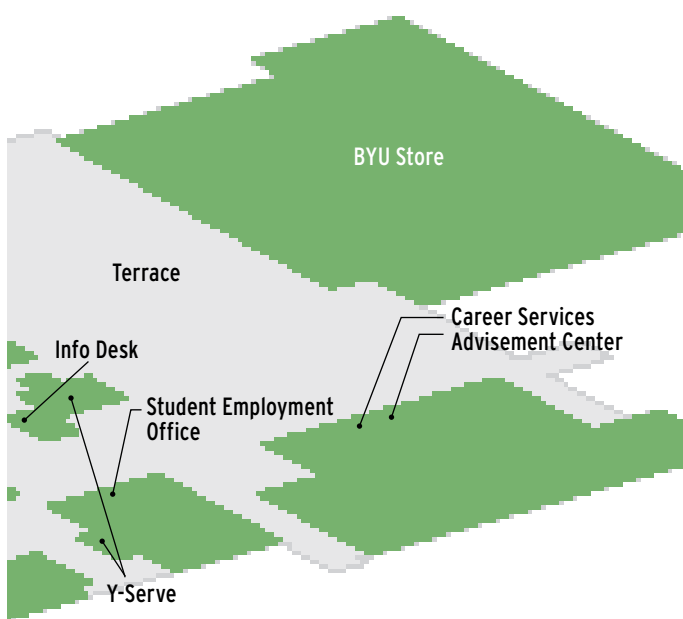
During the day, The Wall is a great place for students to hang out, study and eat. In the evening, bands, comedy groups, clubs, dances and theme nights are held. thewall.byu.edu

Women's Services 3

Women's Services holds events, campaigns and support groups on such issues as body image and acceptance, healthy eating, sexual assault awareness, creating healthy relationships, depression, anxiety and perfectionism. wsr.byu.edu

Y-Serve 2

The Center for Service and Learning offers more than 70 community service programs. Students can stop by the Y-Serve office to learn more about volunteer opportunities. yserve.byu.edu



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September 11, 2019 | October 16, 2019 | November 13, 2019



Each of the presentations will be in room 472 from 4 - 5:00 pm.

Utah Valley Express 101

The Utah Valley Express is Utah Transit Authority's newest public transit option. It began running on August 13, 2018. Using their BYU ID, BYU students, faculty and staff have free access to all of UTA, including UVX, which links BYU, downtown Provo, south Provo, University Place, south Orem and UVU. There are 18 stops on the 10.5 mile line, and buses stop every six minutes during morning and afternoon peak travel times.

UVX stops

These covered stops are designed to be weather proof with heated sidewalks to clear snow in the winter. Stops will have electronic, real-time signs. With level entries, UVX is wheelchair accessible. Cyclists can walk their bike onto UVX rather than mount them to the front.

UVX buses are level entry from their stops.

UVX stops in the center of the street
Bus-only lanes and stops in the center of the street are located from Lakeview to University Avenue and along 700 North to 400 South University Avenue.

No right turn signal
This electronic sign is located at the intersections of University Parkway and 400 West in Orem and University Avenue and 700 North in Provo indicating that other vehicles may not turn right because a bus is turning on the road. When the light is off, other vehicles may turn after yielding.

UVX only traffic lights and signs
Bus-only lanes also have their own traffic lights. These lights do not apply to other vehicles.

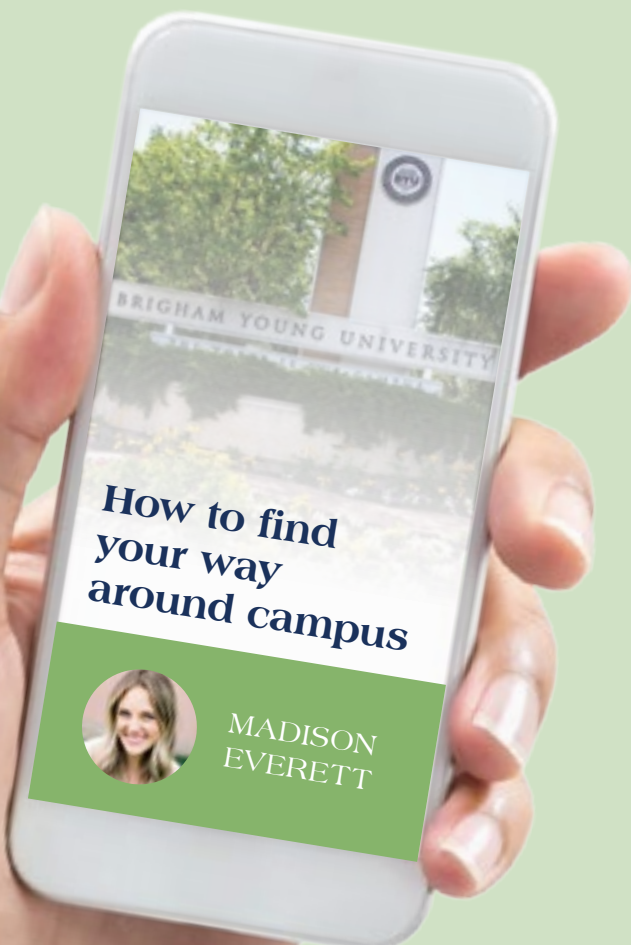
- UVX is free to everyone through 2021.
- Through UTA and UVX, BYU students, faculty and staff also have free access to Frontrunner, TRAX and the entire UTA system. Orem Central and Provo Central stops have connection to Frontrunner.
- Certain roads on the route have bus only lanes. No cars, bikes or other vehicles are allowed in bus lanes, even to turn left.
- On weekdays and Saturdays, UVX operates every 6-15 minutes. Check the schedule at rideuta.com for specific times. UVX does not operate on Sundays.
- For more information, go to rideuta.com or call 801-743-3882.

UVX stops on sides of the street
Other stops are on both sides of the street. At these stops, buses will have either their own lane or area to pull over. These areas are not for other vehicles.

Reading the bus
The destination displayed on the front of the bus is the final stop for the bus. Buses that say "Provo Central" are heading south and will loop around the East Bay stops. Buses that say "Orem Central" are heading north and began at the Provo Central station.

#BYU hacks

The 'how to' at BYU



Scan the picture on the phone using the Universe Plus app to view this hack!

UVX times and schedules

These times are approximate. Check rideuta.com for schedules, including Saturdays. No service on Sundays.

4 a.m.	7 a.m.	10 a.m.	noon	2 p.m.	5 p.m.	8 p.m.	11 p.m.	1 a.m.
Check schedule	Every 6 minutes	Every 10 minutes	Every 6 minutes	Every 10 minutes	Every 15 minutes	Check schedule		

Graphic by Joan Phillips, Jacob Baker

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Provo culture and BYU campus quirks

University campuses have characteristics that make the school unique. After moving to Provo and arriving at BYU, first year students will notice or experience many of these BYU quirks:

Ducks

It is not uncommon to see ducks on campus. Whether by the library, the Marriott Center, or even the JSB, ducks can be seen hanging out or waddling around.



Class friendships

Where you sit normally matters because the person you sit next to will most likely introduce themselves and conversation will continue until class starts.

Sidewalk behavior

It is not uncommon that while walking during class breaks, a student walking the same route will start a friendly conversation. Students walking in opposite directions will often say hello to each other, even if they are complete strangers.

Chocolate milk

New students will soon find out about this obsession. BYU guzzled 77,489 gallons of BYU Creamery chocolate milk in 2018 alone.

Blind dates



It's not uncommon for friends of friends to set people up for a date.

Dessert parties

Dessert parties are a typical Sunday night activity at BYU. It's another way to get to know people.

Tunnel singing

This is a standard Sunday-night activity—especially for first year students. Students gather every Sunday evening in the tunnel south of the Marriott Center, usually from 10 to 11 p.m., to sing hymns. Everyone sounds better with the reverberation from the tunnel.

Halloween



Students and professors alike go all out on campus with creative and elaborate Halloween costumes. Each year, BYU photographers take pictures of the costumes to share on BYU's official social media pages.

Soda shops

These are so popular for BYU students that they're practically a necessity. Soda shops are a place for hanging out, going on dates and especially getting a frozen frosted sugar cookie and soda fix.

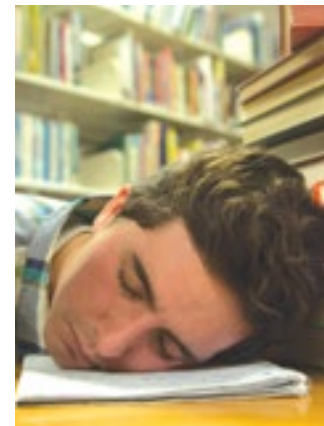
Midnight fast food runs

Whether for some shakes or fries, students often go to nearby fast food restaurants to

grab some grub for a midnight snack.

11:45 p.m. library music

Music varying from popular radio hits to the Star Wars theme goes on full blast to announce to students in the library that it's time to wake up, pack up and go home.



Ring check

At BYU, you'll need to do a ring check before you start flirting with a girl. Find the girl who is married in this picture.



UNIVERSE PLUS
Stumped? Scan the photo with the Universe Plus app to reveal the answer.

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Sexual assault resources on campus help empower students

By CAMILLE BAKER

Title IX Coordinator Tiffany Turley likes to compare BYU's Title IX Office to both a fence at the top of the hill and an ambulance at the bottom of the hill.

"We want to be the ambulance that can intervene if something happens," Turley said. "But we also want to be the fence at the top that keeps people from falling over in the first place."

According to Turley's analogy, being the fence and the ambulance is helping in prevention and intervention.

On Oct. 7, 2016, BYU issued a Report of the Advisory Council on Campus Response to Sexual Assault in response to public criticism of the university in spring 2016 regarding the school's Title IX investigation process. The report details concerns specific to the Title IX Office's and Honor Code Office's roles in sexual assault investigations and what resources are available to victims.

According to the Advisory Council report, President Kevin J. Worthen organized the advisory council to "identify changes that will help BYU work toward the elimination of sexual assault on campus and determine how to better handle the reporting process for victims of sexual assault as sensitively and compassionately as possible."

This initiative to improve the process and resources available on campus regarding sexual assault included proposing "structural changes within the university," reviewing the Title IX process on campus, proposing new ways to provide resources to students and distinguishing the relationship between the Honor Code Office and Title IX proceedings, according to the Advisory Council Report.



Dani Jardine

Lisa Leavitt became the sexual assault survivor advocate at BYU in January 2017. Scan this photo with the **Universe Plus** app to learn more about the resources available.



BYU's Sexual Misconduct Policy states the university "will not tolerate sexual harassment, sexual violence, domestic violence, dating violence, or stalking," whether university students, employees or visitors are the perpetrators or victims.

The Advisory Council then gave 23 recommendations. Some of these recommendations include providing a full-time Title IX coordinator position, moving the physical location of the Title IX Office "to separate the Honor Code Office from the Title IX Office — physically as well as structurally and procedurally," creating a victim advocate position and providing continued education for those individuals involved in responding to sexual assault situations and conducting a survey, according to the Advisory Council Report.

The survey shows that about 3% of 12,739 students experienced some form of unwanted contact while attending BYU during the

year prior to taking the survey.

The survey also reported that 25% of survey participants didn't know what the Title IX Office was for, 41% said they knew how to help a friend, and 35% knew BYU's procedures in reporting sexual assault cases. Another 60% didn't know what campus resources are available and 75% didn't know what off-campus resources are available to sexual assault victims.

Ben Ogles, dean of the College of Family, Home and Social Sciences and a member of the Advisory Council, said if he could tell one thing to students who are victims of sexual assault or harassment or to students who know a victim, it would be to go to the victim advocate and learn about the available resources, "because you can talk to them confidentially. They don't have to report it to Title IX, and they can refer you to other services if you want them."

Many campus resources are

confidential. These include the Victim Advocate, Counseling and Psychological Services (CAPS) and Women's Services.

The following are only a few of many campus resources available to students.

Title IX Office

Turley, who became BYU's full-time Title IX Coordinator in 2017 as a result of the recommendation from the Advisory Council, said the work she does is challenging because she can't take away the incident or the pain the student experienced.

"But the reason I come back and do it every day is because in those situations, if you're able to provide a little bit of support, a little bit of help to help that person get through it and feel like they were supported and respected and cared for and listened to, then it helps them get on that path to healing," Turley said.

Turley said it is important for students to understand how BYU's Title IX Office works with and differs from the Honor Code Office.

When the Title IX Office finds — through an investigation — that someone violated policy, it shares that information with the Honor Code Office. However, when Title IX shares a case with the Honor Code Office, it removes all names except for the name of the person needing discipline.

"So the principle of confidentiality is that all information shared with the Title IX Office is kept confidential and not shared with the Honor Code Office for anyone but, again, the person who was found to have violated the policy," Turley said.

Women's Services & Resources

Dixie Sevison, director of Women's Services & Resources, said her role on campus is to be "a support and a resource" for students.

Sevison said anything reported to her is confidential.

"After the student decides what they want to do with the resources I have provided, I am here to support them in their decision," Sevison said. "For example, if they decide they want to speak with Lisa Leavitt, the survivor advocate, I will walk with them to her office and make an introduction."

Survivor Advocate

Lisa Leavitt, a licensed therapist and psychologist in Utah, became the full-time victim advocate at BYU in January 2017. In addition to her doctoral degree and her specialization in sexual trauma, Leavitt received training in crisis and trauma plus about 180 hours of training specific to trauma and advocacy to successfully function in her role.

Leavitt said her main role is to help victims of sexual assault go through the process of healing.

"My primary role is to guide them, to counsel them, to connect them with resources," Leavitt said.

All of Leavitt's work is

completely confidential. If someone wants Leavitt to talk to anybody else, she must receive written permission from the student.

Leavitt can also accompany the student for anything in addition to victim advocacy, such as the Student Health Center, the Title IX Office or other resources. In each of these cases, Leavitt specified that the student is always the one to decide; Leavitt never makes decisions for the student. She only provides the student with the help they need and makes them aware of additional resources available to them.

"It's all about empowering them to make their own choices," Leavitt said.

Turley said resources available to students can include counseling, the victim advocate, Women's Services, the Student Health Center, the University Accessibility Center and more.

Students can obtain letters to professors for classroom accommodations, receive no contact letters, receive help to get out of a class through the Registrar's Office, obtain help to get out of a housing contract, work with student employment to change work

schedules and other services, according to Turley and Leavitt.

"There is so much we can do to help a student specific to their campus experience to allow them to continue in school and be successful students," Turley said. "Because one thing we found is once students find themselves in these difficult situations, the first inclination is to retreat, withdraw from school and try to figure it out, when really allowing them to continue in kind of that stability of classes and school — some sense of normalcy — is really important. So we want to help whatever we can do to make that happen."

Leavitt said a lot of time, money and resources have gone into making sure BYU's processes for handling sexual assault victims work and that the necessary and appropriate resources are available to students who are victims of or are involved in sexual assault cases.

"We have an administration that is very invested, and I believe will continue to be invested in making sure we are getting this right, and ultimately that we are doing the best thing for students," Leavitt said.

Counseling resources

Counseling and Psychological Services offers individual, couples and group therapy and biofeedback and relaxation services, all free of charge to students. Located on the ground floor of the Wilkinson Student Center in room 1500, CAPS helps hundreds of students each semester.

Jon Cox, a psychologist at CAPS, said students come to CAPS for a variety of reasons, many having to do with coping with stress.

"Learning to live semi-independently, learning to get along with roommates ... all of that stress can affect people in different ways," Cox said. "Anywhere from just feeling a little bit stressed out all the way through anxiety, depression and other psychological disorders ... (CAPS can) provide the resources that people need."

Sometimes students are not sure if they really need CAPS, but students should watch for changes in their behavior or moods to cue them into when some support might do them good.

"Warning signs can be lots of different things," Cox said, "but usually you would look for an increase in negative emotions, so maybe an increase in crying, isolation or a desire to stay away from people, or maybe homesickness that doesn't go away."

Cox said these types of problems can also manifest in poor use of time like spending too much time on the Internet, watching TV or procrastinating. To avoid this, he advised students to build a strong social support system, including people from home.

"(Freshmen) need to have frequent contact with family, frequent contact with past friends, and then do all they can to start making new friends and get involved socially," Cox said. "Social support networks are significantly correlated with improved mental health."

BYU wants its students to succeed, and encourages them to seek resources to make their time at the university a positive and healthy experience.

—Daniella Subietta



Lexie Bennett

Counseling and Psychological Services is located on the first floor of the Wilkinson Student Center.

AIMING FOR
MORE DATES?
THE ANSWER IS
IN THE STARS...



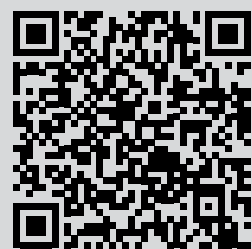
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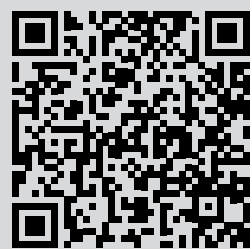


You may have seen one of these icons floating around in the Universe.

The **Universe Plus** app allows media to jump from your printed newspaper into Augmented Reality (AR). The Universe comes to life with videos, audio, shopping opportunities and links to deeper content.



Android



iOS



Use the QR codes to download the app, then scan articles and items that have the Universe Plus icon.

Losing 8 Utah games by 'that much' (7.2 inches)



Addie Blackler

BYU quarterback Jaren Hall drops back to pass during fall camp. Hall is currently slated as BYU's second-string quarterback.

By AARON FITZNER

It has been over eight years since BYU football has taken down Utah — that's something you've probably heard more than once. The last time BYU won a game of football against Utah was on Nov. 28, 2009 — a game that ended with BYU emerging victorious in a 26-23 overtime thriller.

By the time BYU plays Utah on Aug. 29, Utah's streak will have run 3,561

days since its Nov. 27, 2010, beginning. Major headlines from the time spoke about Obama's first term as president, The Blackeyed Peas' 'Boom Boom Pow' topping the Billboard chart, the Saints beating the Colts in the Super Bowl, Bryce Harper being taken first overall by the Washington Nationals in the MLB Draft, and Canada beating the U.S. in overtime to win gold in hockey at the Vancouver Olympics. If you had a child that year, he or she could now be baptized.

The losing streak has been long

and merciless to BYU fans. It may be at eight games, but there is more to consider.

During the streak, only one game has been decided by more than a possession. This game came in 2011 when Utah beat BYU 54-10. This game makes the point differential far more lopsided, and without that game, the average score is 24-20.

Since Utah's streak began in 2010, Utah has averaged 204.4 passing yards, 34.5 yards less than BYU's average of 238.9. Utah holds 34.6-yard average

edge in rushing yards, averaging 134.4 compared to BYU's 99.8.

As the two teams have excelled differently in these aspects of the game, the total yard averages show an interesting picture. The slightest difference possible separates the total yardage in this rivalry matchup over the course of the eight-game losing streak. Utah has averaged 338.8 total yards to BYU's 338.6 — a 0.2 yards (or 7.2 inches) per game difference.

The largest margin of victory ever recorded in the history of this rivalry

was 50 points — a 56-6 win for the Cougars. Utah holds the upper hand with an overall record of 58-31-4 against BYU, dominating the first half of the 20th century, but both schools have had nine-game win streaks against one another.

The most important figure, as with any sport, is the number of national championships. As far as these championships are concerned, BYU has an infinite edge, owning the rivalry's lone national championship, which the Cougars took in 1984.

Nov. 28, 2009, Provo BYU 26-23 (OT) Senior quarterback Max Hall connected to tight end Andrew George to score an overtime touchdown. Jubilation.	Nov. 27, 2010, Salt Lake City Utah 17-16 BYU led the game until the final four minutes. When Utah blocked a BYU field goal, the agony of defeat returned.	Sept. 17, 2011, Provo Utah 54-10 Not many class presentations go this poorly. Six fumbles, seven turnovers, one interception and one game in absentia.	Sept. 15, 2012, Salt Lake City Utah 24-21 BYU pulled within three in the fourth quarter. BYU's three final plays produced zero points and Utah fans stormed the field. Twice.	Sept. 21, 2013, Provo Utah 20-13 Utah scored early and more often. Down 20-6 at the beginning of the fourth quarter, BYU woke up, but not soon enough.	Dec. 19, 2015, Las Vegas Utah 35-28 At the Las Vegas Bowl, Utah led 35-0 after four minutes. Afterwards, Utah was held scoreless, but BYU scored less.	Sept. 10, 2016, Salt Lake City Utah 20-19 BYU's defense forced six Utah turnovers, resulting in 13 points. After a fourth quarter touchdown drive, BYU goes for two and fails.	Sept. 9, 2017, Provo Utah 19-13 For the sixth time, Utah established a lead and BYU played catch up. BYU's final drive ended with a turnover on downs.	Nov. 24, 2018, Salt Lake City Utah 35-27 BYU led early and through the third quarter. Utah scored on the next three possessions, stopped BYU and scored again to win.
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2019 BYU football schedule

BYU vs.  Aug. 29, 8:15 p.m.	BYU @  Sept. 7, 7 p.m.	BYU vs.  Sept. 14, 1:30 p.m.	BYU vs.  Sept. 21, TBA
BYU @  Sept. 28, TBA	BYU @  Oct. 12, TBA	BYU vs.  Oct. 19, TBA	BYU @  Nov. 2, TBA
BYU vs.  Nov. 9, TBA	BYU vs.  Nov. 16, 1 p.m.	BYU @  Nov. 23, noon	BYU @  Nov. 30, 6 p.m.

The year in BYU sports

Teams and individuals reach new heights in the 2018-2019 season

Continued on Page 52



BYU Women's Rugby

The BYU women's rugby team celebrates with its national championship trophy after beating Virginia Tech 48-0. This marked the first time in program history that the women's team won a national championship.

Cougars ROC

The ROC pass will get you into every regular season, home, NCAA sponsored sporting event. Passes are available beginning Aug. 2019 at BYUtickets.com



Ari Davis

BYU's 2019 home football season includes opponents Utah, Tennessee, Boise State and Washington.

Gavin Baxter



Students know the ROC pass was crucial to their freshmen experience.

"Going to only a couple of games pays it off," said Claire Rice, a sophomore studying nursing. "It's super fun to go with your friends and meet new people."

"It's definitely worth it," said Nelle Smith, from North Carolina. "You get to meet new people, get involved on campus and have something fun to do all the time."

ROC pass: \$150
Get into every home NCAA game

Without: \$1,040+
Price of every ticket sold separately

Scan the image of the ROC pass above with the **Universe Plus** app to buy your ROC pass now.



The year in BYU sports

Continued from Page 51



Jaren Wilkey/BYU Photo

Yoeli Childs puts Utes defender Novak Topalovic on a poster in a highlight-of-the-night moment during BYU's 74-59 win over its in-state rivals on Dec. 8, 2018. On May 29, Childs decided to return to BYU for the 2019-2020 season instead of going to the NBA draft.



Jaren Wilkey/BYU Photo

Peter Kuest holds his WCC trophy during the conference championships. Kuest was named WCC Golfer of the Year while helping BYU earn a NCAA championship berth.



Jaren Wilkey/BYU Photo

BYU women's basketball players celebrate with the championship banner and trophy following the team's WCC championship victory over No. 13 Gonzaga. The Cougars went as far as the round of 32 in the NCAA Tournament.

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Dilbert®

DILBERT, I WANT YOU TO PLAN THE TEAM-BUILDING CELEBRATION.

MAKE SURE THERE IS NO ALCOHOL, NO DANCING, NO TOUCHING, NO FLIRTING, AND NO JOKING AROUND.

CAN WE EAT? ONLY FOOD THAT HAS NEVER BEEN NEAR A PEANUT.

CAN I SKIP THE TEAM-BUILDING CELEBRATION TO GET SOME WORK DONE?

NO, BECAUSE I'M TRYING TO CHANGE THE CULTURE.

TO WHAT? ANGRY AND UNPRODUCTIVE? TRUST THE CAKE.

Peanuts®

DEAR SIR...

D x y z R k i Q ? ! c h m & f B d ? a L ...

MY SECRETARY ISN'T USED TO AN ELECTRIC TYPEWRITER!

YOU'RE PROBABLY THE MOST WISHY-WASHY PERSON I'VE EVER KNOWN!

YOU'RE REALLY NOT MUCH USE TO ANYONE, CHARLIE BROWN! YOU'RE WEAK, AND DUMB, AND BORING, AND HOPELESS!!

INCIDENTALLY, HOW COME I NEVER HEAR YOU SING ANYMORE?

Garfield®

SHOULD I GET OUT OF BED THIS MORNING?

WE'RE OUT OF COFFEE, BUT WE DO HAVE A LOVELY LAVENDER HERBAL TEA.

THAT WOULD BE A "NOPE"

HAPPY TUESDAY!

TUESDAY?

IT FEELS MORE LIKE MONDAY, THE SEQUEL.

Pickles®

TWEEDLE!

HELLO? HI... SHELBY?

NOPE, YOU HAVE THE WRONG NUMBER.

HAVE I EVER LIED TO YOU BEFORE?

IT LOOKS LIKE THE LAWN NEEDS MOWING.

WHAT ARE THE ODDS OF YOU GETTING AROUND TO IT TODAY?

I'D SAY THERE'S A 100% CHANCE...

...THAT THE ODDS ARE 50/50.

Non Sequitur®

I THINK WE CAN STOP CALLING IT THE NEW NORMAL NOW.

DUCK & COVER FASHIONS

FALL BODY ARMOR SALE!

THOUGHTS AND PRAYERS DISTRICT

THE MIDDLE MANAGEMENT EFFICIENCY EXPERT

Zits®

FOUR TESTS? THREE PAPERS DUE TOMORROW??

I CAN'T TAKE THE PRESSURE!

WHAT DO YOU MEAN? SCHOOL HASN'T EVEN STARTED YET!

I KNOW.

I WANT TO HIT THE GROUND COMPLAINING.

SARA AND I WANT TO GET MATCHING TATTOOS FOR THE NEW SCHOOL YEAR.

WHAT DID SHE SAY?

HOW DO YOU FEEL ABOUT MATCHING HIGHLIGHTERS INSTEAD?

Sudoku

Use the numbers 1-9 once in each row, column and marked grid of 9. Puzzles increase in difficulty from left to right. Solutions are at universe.byu.edu/sudoku.

8	4	7	5		1	2			5		7	9		1				7		5			9				2	6		7					
5			2			4				1		7						1	9	8	6							8				2			
	3			7					7	4	5	1	9	6					4		7						9	7	8		3				
3			6			1			6	9	7	3	4					3	2	7	8							7	5	8		2			
	5	9	8		3				4	2	6	8	9					1		4	5							7	3						
4		5			7				4	2	6	8	9					8	3	5	4						8	1	4	6					
	2			1						6	3	4	8	1	9				9		6							4		1	5	3			
9		3			8					8		4						7	6	2	9							3			7				
6	8	2	1	4	3				1	9	7			8				3		9		1						5		8	4				

The New York Times Crossword

Edited by Will Shortz No. 0722

ACROSS

- Mushroom part
- Xing (road sign)
- Managed to avoid
- South America's Carnival city, informally
- Not doing anything
- Baltimore bird
- Psychic ability, in brief
- Yard event to clear out the attic
- Manage to avoid
- Big coffee holder
- Applaud
- Louisiana's avian nickname
- Giant in health insurance
- Mortal dangers
- "Phooey!"
- Commotions

ANSWER TO PREVIOUS PUZZLE

CALF ROSY RAIDS
 ARIE OPIE EPCOT
 BUZZWORDS PREGO
 GAZA YENTA ABU
 PULDEST BOBSAGET
 OLDSAWS STBEDE
 WAS BILGE USSR
 PIXIEDUST
 OATH TOAST FUM
 REHEAT MERGING
 CREWNECK REESSES
 HAM GLOAT ELSA
 ATALL SHORTCUTS
 ROGUE ELIE AREA
 DRIVE COLA PEND

The New York Times Crossword

Edited by Will Shortz No. 0722

ACROSS

- Missing school
- Cousin of a lark
- Nonsense word repeated in Stephen Foster's "Camptown Races"
- Literally, "empty orchestra"
- "Spare me your lame reasons!"
- Home of Wall St. and Fifth Ave.
- "Chicago ..." (NBC drama)
- With 24-Across, food coloring in Twizzlers
- Compound with a fruity scent
- See 20-Across
- Roman emperor who wrote "Meditations"
- Waiting for a pitch
- Siesta, e.g.

DOWN

- 1981 hit with the lyric "We can make it if we try" ... or a possible title for this puzzle
- So far
- Getting some shut-eye
- Composer Bizet
- Alternatives to Ho Hos
- Mideast's Gulf of ...
- Squarish
- Necessity for achieving one's goals?
- Ending with "umich," or "upenn."
- Rapper Lil ... X
- Topics for book clubs
- Slated events, in brief
- Material for Icarus' wings
- Circle segment
- Branch of the Olympics?
- Misplace
- Gave the go-ahead
- Anderson who directed "The Grand Budapest Hotel"
- "Buona ..." (Italian greeting)
- Rip-off
- Famed child ruler, informally
- Compete in Pictionary
- "You betcha!"
- Colorful parrot

ANSWER TO PREVIOUS PUZZLE

ABRA A ABLE
 LAOS AVA MATD
 TTOP ACELA ATOI
 ATF AMERICA TNT
 REGALED ADSALES
 DANES A CAMEL
 JARTS ALA PADME
 ANDI ARENNA TRES
 NEE ANTENNA EST
 DYNASTY ENMASSIE
 JESSIE EENSIE
 FACEPLANT
 FRAMEBUILDINGS
 AFROS DANCE COOK
 SOOT ENTER SWAY

The New York Times Crossword

Edited by Will Shortz No. 0723

ACROSS

- Michael of "Weekend Update" on "S.N.L."
- Pull an all-nighter
- Expand
- Giggle
- Be laid up in bed
- Call to a lamb
- Garden plant also called stonecrop
- Facial hair for Sam Elliott and Wilford Brimley
- Equipment hauled by a roadie
- Course covering axons and dendrites, for short
- Mable product
- Chinese zodiac creature for 2019
- Consumer safety org.

DOWN

- 27 Some heart chambers
- Card game with suits of four different colors
- Caffeinated summer drink
- "You betcha!"
- Teacher's note that makes one go [gulp]
- [Oh. My. God!]
- Piece of siege equipment
- Get wind of
- Wander here and there, with "around"
- Disco ... ("The Simpsons" character)
- Any member of the 2019 N.B.A. championship team
- Meter or liter
- Mall cop's transport
- Apartment building V.I.P., in slang
- Regarding
- Benches along an aisle
- "Hamilton" climax
- Nile biters
- Put a cork in it!
- "Star Trek" spinoff series: Abbr.
- Meter or liter
- Mall cop's transport
- Apartment building V.I.P., in slang
- Timeworn

ANSWER TO PREVIOUS PUZZLE

ABRA A ABLE
 LAOS AVA MATD
 TTOP ACELA ATOI
 ATF AMERICA TNT
 REGALED ADSALES
 DANES A CAMEL
 JARTS ALA PADME
 ANDI ARENNA TRES
 NEE ANTENNA EST
 DYNASTY ENMASSIE
 JESSIE EENSIE
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- WALLYBALL
- VOLLEYBALL
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