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All about **MAJORS**

Page 4



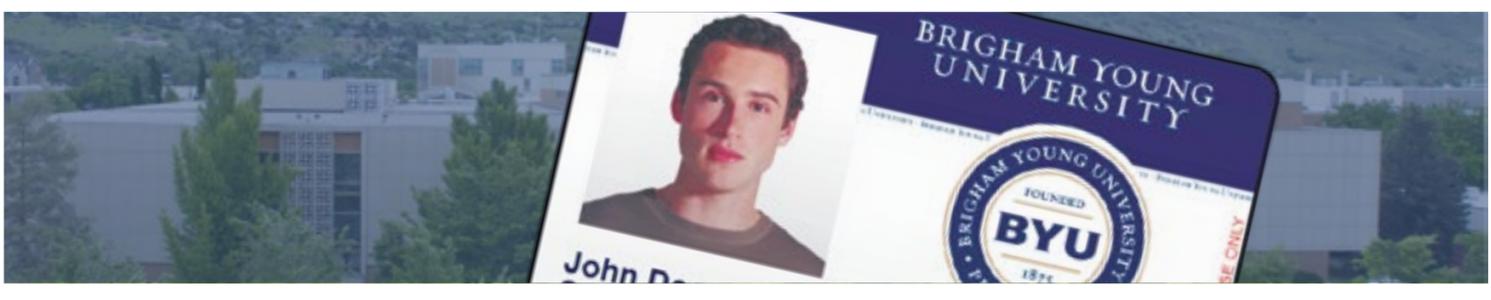
Campus **MAP**

Page 26



Getting your **ID CARD**

Page 17



Navigating the **LIBRARY**

Page 32



Rockin' a **ROC PASS**

Page 43



TESTING **CENTER**

Page 20



Adventures in **PROVO**

Page 24



CONTENTS

This edition of The Universe has been prepared for incoming BYU freshmen and transfer students. We hope you enjoy spending some time reading about things that await you in Provo. To help you find what you need, we have divided the New Student Edition into three sections: Academics, Navigating and Living.

ACADEMICS

Choosing a major	5
Freshman mentoring	7
How to finish in four years. . .	8
Honors program	9
Advisement centers	10
Thriving in large classes. . .	12
Internships	13
Elective classes	14

NAVIGATING

What's in the Wilk?	17
BYU sports facilities.	18
Campus eateries.	21
Getting around Provo	22
Scheduling classes	25
Textbooks	29
Study spots.	31
Online survival kit	34

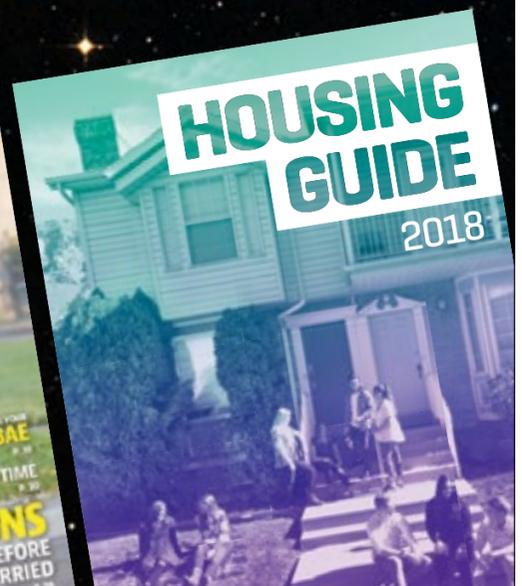
LIVING

Freshman firsts	38
Cool things on campus.	40
What I wish I knew	41
Sports year in review	42
Random roommates	45
Clubs.	47
Fall events	50
Mission deferment	53

THE DAILY UNIVERSE

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2018 New Student Edition

THE UNIVERSE

universe.byu.edu

Serving the Brigham Young University Community

Brigham Young University
Provo, Utah



Natalie Saunders



Ari Davis

Top: BYU President Kevin J. Worthen at a campus devotional. Typically, President Worthen and Sister Peggy Worthen speak at one of the first devotionals of fall and winter semesters. Below: Cosmo greets President and Sister Worthen with a fistbump at a basketball game in the Marriott Center.

President Worthen previously served as BYU's advancement vice president and dean of the J. Reuben Clark Law School. He received both his juris doctor and bachelor's degrees from BYU.

Dear New Students,

Welcome to Brigham Young University. We are pleased that you will be with us this year as you begin the exciting process of learning in an atmosphere of faith.

I encourage you to take advantage of the many on-campus activities that are available to you. They will greatly enhance your BYU experience. Make new friends. Get involved in your ward or local congregation. Attend campus devotionals and forum assemblies. Most of all, involve yourself fully in your courses and studies and commit yourself to live the Honor Code with complete integrity. As you do so, you will be changed for good.

BYU's mission is "to assist individuals in their quest for perfection and eternal life." To that end, BYU "seeks to develop students of faith, intellect, and character who have the skills and the desire to continue learning and to serve others throughout their lives." (The "Aims of a BYU Education" and BYU's mission statement can be found online at aims.byu.edu.) I am confident that as students, faculty and staff focus on, and work toward, this inspired goal, we will positively impact not only those on this campus, but also thousands who will benefit from the goodness you will engender as you go out into the world.

A sign on the entrance to campus reads, "Enter to learn, Go forth to serve." I hope you will do both of these things on a daily basis during your time at BYU. It will set a pattern that will bless you and those around you for years to come.

Thank you for choosing BYU. I look forward to our journey together.

With high hopes for the future,

Kevin J. Worthen
President, Brigham Young University



MEASURING UP

The **6 million items** contained in the Harold B. Lee Library could be stacked about 300 high in each of the 21,000 seats at the LDS Conference Center in Salt Lake City.



The Y on Y Mountain is **380 feet tall**. That is taller than the Statue of Liberty, which stands at 121 feet from toe to torch and 305 feet including the pedestal.



600,000 tests are administered on average at the Testing Center each year. The record for a single day is 13,081.



There are **101 steps** from the Joseph F. Smith Building (JFSB) down to the Richards Building (RB). Anyone climbing the stairs will note that it is easier to descend than climb.



98 miles

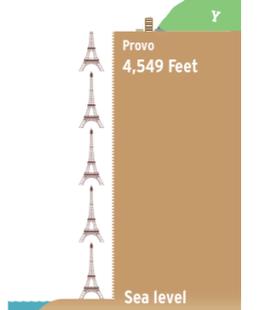
is the approximate length of shelving in the Harold B. Lee Library. That is enough to go from Provo to Salt Lake City and back, with more than 10 miles of shelves to spare.



If the **over 4,800 beds** in Helaman Halls and Heritage Halls were placed end to end, they would stretch for over 6 miles. You could ring campus with a mattress barricade.



4.6 is the number of Eiffel Towers you would have to stack to reach the elevation of Provo from sea level.



Your perfect major

When coming to BYU, students are expected to choose a major. Some students may not know what they want to study when they come, so this expectation could seem daunting. Below is a chart showing the majors available at BYU. It is separated into 11 separate interest categories with majors listed under each category or an intersection of categories. Students can narrow down their interests and find academic programs they might consider.



THE UNIVERSE

Serving the Brigham Young University Community

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EDITOR
Camille Baker

ONLINE EDITOR
Sarah Sanders

PHOTOGRAPHERS
Dani Jenkins
Hannah Gasinski
Ty Mullen
Leaie Flickinger
Claire Gentry
Josh Ellis

EDITORIAL DESIGNER
Danny Burnham

GRAPHIC DESIGNERS
Katy Klima
Rachel Andrews
Joan Phillips
Jacob Baker

SPECIAL SECTIONS
Shaye Mullen
Taryn Royall
Camilla Owens

MARKETING
Madison Everett

ADVERTISING SALES
JC Eastwood
Emma Lythgoe
Emily Strong
Spencer Fisher
Mitch Horne
Lauren Holly

ACCOUNTING
Tyler Lythgoe
Adam Esplin

PROFESSIONAL STAFF

DIRECTOR
Steve Fidel

BUSINESS MANAGER
Ellen Hernandez

DESIGN MANAGER
Warren Bingham

NEWSROOM MANAGER
Carrie Moore

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letters@byu.edu

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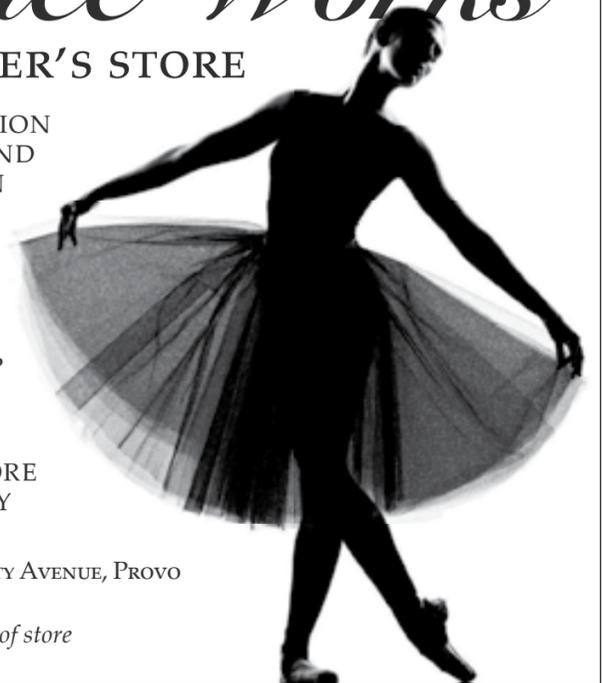
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Jaren Wilkey/BYU Photo

Isaac Ostlund, a lab technician in the Jeffrey Edward Lab, studies the effects of marijuana on adolescent brain cells.

Making a major decision

By SAMANTHA GILBERT

College is a new chapter in a student's academic career. New challenges, opportunities and fields of study are available to students, if they are willing to seek them out and put in the work.

Getting accepted into a limited enrollment major can be a difficult process, but with the right attitude and work ethic, students can do it. These four tips can set students up for success in college:

Attend all classes

It can be hard to attend every single class, but it is necessary. Skipping classes is one of the things that puts students at the greatest disadvantage. Not only do students miss the material

covered in class, but skipping also tends to become habitual. Attending every single class will put dedicated students ahead of the curve.

"Attending class is essential," said Nate Raspensen, a neuroscience major. "I think it's really important to attend class because in lots of my classes we have textbook reading before class, but the professors like to expound on other things. I feel you are tested more on what the professor says than on what is in the textbook. I say it's 100 percent important to go to class and pay attention."

Meet with advisers early

Everyone has heard the horror story of the college senior who does not graduate on time because he or she has one class they did not take. Meeting with academic advisers early in a collegiate career can prepare students

to take the best route possible, and give them a clear path to graduation. Even if students change their minds down the road, meeting with a counselor early can save students both time and money.

"It's helped (me) being able to talk to people, different advisers and faculty about what the major entails," said Jacob Anderson, a mechanical engineering major from American Fork, Utah.

Build relationships with professors

If students are taking introductory classes for a major they are interested in, they should try to build positive relationships with their professors. As students gain their trust and respect, those professors may be willing to act as mentors and advisers. Getting a head start on knowing the faculty and staff, particularly in one's desired

major, can increase chances of being accepted into the program.

"Professors can make really good mentors," said Aidan Mourik, a junior from Midland, Texas. "The professors that I've built relationships with have taken the time to really invest in my future. Professors enjoy teaching and helping students who are starting their lives. When you build those connections, you can get job opportunities, research opportunities, letters of recommendation and lots of other opportunities."

Get involved in the desired major

If a particular major has a student organization attached with it, students would be wise to join.

"Our major is kind of a smaller one, but we have all sorts of different clubs that stretch throughout various majors," said Rowen Sugden, a Middle

Eastern studies and Arabic major.

"You get really close to your professors (and) get to know the professors really well."

Student organizations and clubs are a great way to network with peers and get a leg up on how to get into the major, and also how to succeed in the field.

"I'm doing neuroscience as a pre-med route, so there's a pre-medical club that I've been going to," Raspensen said. "It's been really helpful meeting people who are taking the same classes and it's a good chance to see which classes to take, which professors you should take and interacting with other people."

These four steps, along with hard work and confidence, can assist students in achieving their dreams and being accepted into their desired major.

How other students chose their major



"I knew I wanted to do something in the medical field, so I looked into a bunch of different things. However, none of those things really felt right to me. So, I walked into the nursing building to talk to the adviser. I didn't want to apply, but the advisor told me I should! So I applied and here I am!"

Ashley Langford, a nursing student



"Freshman year, I was majoring in Exercise Science, but I always liked my chemistry classes more. Then I went on my mission, and my favorite thing to do was to teach. So, I came home and decided that being a chemistry teacher would be the thing for me."

Kali Stoker, a chemistry education major



"I am going to be going into acoustics, but this is the route I wanted to take. I want to work on sound in stadiums, theaters and music halls."

Nick Anderson, an applied physics major



"I'm doing elementary education. It's something I knew I wanted to do for a long time, but I went to observe a teacher. I realized it was something I really wanted to do. It's such a rewarding thing to be able to work with kids and help their future."

Caroline Krebbs, an elementary education major



"I chose genetics because I love science, and I think genetics is the most interesting part of science. I know we have spiritual DNA, but our physical DNA makes us who we are. I value the fact that each one of us is different and that you're able to see that in our DNA."

Emma Jackson, a genetics major



"My major is PDBio. I really like science, chemistry and biology. It matched up really well with the classes you have to take for the MCAT."

Benton Tullis, a physiology and developmental biology major



"I did political science. I thought about the career that I wanted. I knew that I wanted to be a lawyer, so I found the major that I felt would be best for me to accomplish that goal."

Glenn Krebbs, a political science major



"I'm a neuroscience major. I'm doing it as a pre-med route—it contains most of the same classes I need to be pre-med."

Nate Rasmussen, a neuroscience major



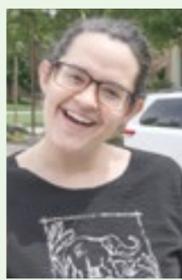
"I spoke Persian on my mission and worked with a lot of Middle-Easterners. When I was looking at the major list, Arabic really stood out to me so I took the intro class, and I love it!"

Rowan Sugden, a Middle Eastern studies major



"I chose my major because I took a class that I liked. I took Econ 110 and loved it."

Cade Perry, an economics major



"I came in as an international relations major and realized that it was not what I wanted to be doing; it's not how I wanted to impact people. I knew that I enjoyed listening to people and talking to people, so I thought psychology would be a good match. I took Pysch 111 and Psych 101 my first semester and didn't look back after that."

Kelly Woods, a psychology major



"I love this because it's a broad look at biology, chemistry and physics. Originally, I was a biology major, but I didn't like looking at my schedule and just seeing biology. PD Bio is just really cool."

Zach Taylor, a physiology and developmental biology major

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

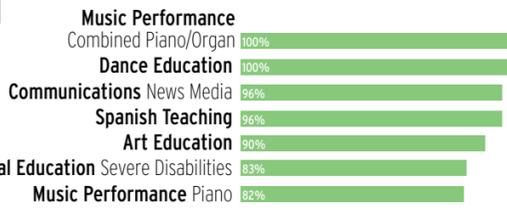
Major	LIMITED enrollment APPLICATION							Accepted (%)
	Audition	Essay	Exam	GPA	Interview	Letter	Portfolio	
Accounting								79
Acting								30
Animation								30
Art BFA								40
Art BA								48
Art Education K-12								90
Business Management								*
Commercial Music								27
Communication Disorders								65
Communications News Media								96
Communications Public Relations								56
Communications Advertising								50
Computer Science Animation								46
Dance								*
Dance Education								100
Design Photography								50
Design Illustration								46
Design Graphic Design								48
Dietetics								69
Entrepreneurial Management								56
Experience Design and Management								73
Finance								69
Global Supply Chain Management								54
Graphic Design								19
Human Resource Management								73
Illustration								30
Industrial Design								58
Information Systems								69
Marketing								59
Mechanical Engineering								81
Media Arts Studies								71
Medical Laboratory Science								64
Music Composition								46
Music Dance Theatre								18
Music Education K-12 Choral								25
Music Education K-12 Instrumental								56
Music Education K-12 General Music								50
Music Performance Combined Piano/Organ								100
Music Performance Percussion								75
Music Performance Organ								50
Music Performance Woodwind								47
Music Performance String								41
Music Performance Brass								44
Music Performance Piano								82
Music Performance Vocal								27
Nursing								37
Photography								50
Spanish Teaching								96
Spanish Translation								71
Special Education Mild/Moderate Disabilities								78
Special Education Severe Disabilities								83
Strategic Management								74
Therapeutic Recreation and Management								74

Application requirements
Typical requirements for limited enrollment programs include:

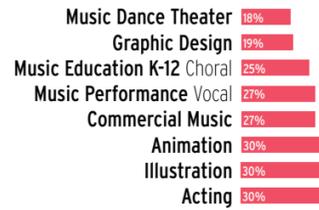
- Audition** Students perform to show their skills and abilities in a certain talent.
- Essay** Majors may require students to write an essay along with the application.
- Exam** Applicants take an exam based on prerequisite class material before turning in an application to the major.
- GPA** GPA Programs 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.

LIMITED enrollment ACCEPTANCE RATES

HIGHEST acceptance rates



LOWEST acceptance rates



* No current admission data available.

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- Ethics and values
- Leadership skills and team building

Visit the Manufacturing Engineering Technology website at: www.et.byu.edu/mfg

Manufacturing Office
265 Crabtree Building (CTB)
801-422-6300
sot_sec@byu.edu

Advisement Office
250 Snell Building (SNLB)
801-422-1818
sot_advisement@byu.edu

First-Year mentoring

By PHILLIP RASH

BYU is a big place. With more than 30,000 students, nearly 300 buildings and 560 acres of land, it's common for even the most confident and prepared student to feel overwhelmed. But, there is good news. Every new student has an experienced guide to support them as they settle into life at a highly competitive university—their peer mentor.

BYU's Office of First-Year Experience employs nearly 100 trained peer mentors who are each assigned to help a group of new students adjust to university life. This usually starts with answering basic questions like "Where is the Kimball Tower?" and "How do I sign up for intramural sports?" Over the course of the school year, these questions evolve into questions about managing time, choosing a major and preparing for exams.

Though each student's experience with their peer mentor will be unique, there are some basic things to expect.

During the summer

Messages from your mentor

You'll start to get to know

your peer mentor long before you arrive on-campus. In fact, you should have already received an email, text message or perhaps even a phone call from your peer mentor. Make sure to respond to your peer mentor this summer. If you have questions relating to BYU, whether it is registering for classes, finding an on-campus job or getting involved on-campus, they are your go to person.

Invitation to attend New Student Orientation

In mid-July your peer mentor will contact you with some basic information about fall New Student Orientation. Be sure you register so you don't miss out on the chance to start your BYU experience on the right foot.

During your first month

New Student Orientation leader

New Student Orientation will be your chance to meet your peer mentor and start to get to know campus. Your mentor will lead a campus tour, where they will get to know you over lunch and answer any questions you have about getting started.

The Hub meetings

During your first few weeks on-campus, your mentor will

contact you to schedule a short meeting in The Hub. The Hub is a space in the Harold B. Lee library designed specifically for new students (see more below). During this first meeting, your mentor will check in to see how classes are going, answer any new questions and help make a plan for a successful first semester. You will walk away with a BYU Arts discount card (see page 50) and a coupon for a free ice cream cone from the BYU Creamery.

Throughout the semester

Help connecting to resources

Peer mentors can help you find the help you need to succeed academically. These include labs and research assistance (American Heritage Lab, the Writing Center, etc.), academic advisors, involvement opportunities and campus activities.

Regular check-ins

Not only will your peer mentor provide a friendly welcome to campus, but they can also be a "friend with training" to make sure you have all the information and support you need for a fantastic semester. They will be happy to visit with you whenever you need a sounding board, and are there to make sure you succeed.

A hub in the center of campus just for freshmen

By SARAH JAMES

Distinguished by the giant banner that first-year students sign during orientation, The Hub is a sanctuary 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. "A sort of home away from home."

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.

Prayer in class



Ari Davis

Some classes at BYU begin with a prayer, which can be a bit of a shock for students who attended public high schools. If your professor has this tradition in his or her class, they will generally ask which students are comfortable offering the prayer and call on them to pray during the semester. If you are uncomfortable praying in class, simply speak with the professor to let them know.



Don't be stuck wearing a banana suit. Get geared up at the BYUstore!

byustore.com

How to finish in four years

CREDITS REQUIRED

To graduate in four years, students need to take 15 credits each semester – 120 credits total. On average, BYU graduates earn 128 credits by graduation.

Visit mymap.byu.edu to make a specific plan for each semester.



CORE classes range between 1-5 credits.

Most religion classes are two credits.

Plan on taking these courses as soon as possible.

Explore other interests by getting a minor, but they aren't required.

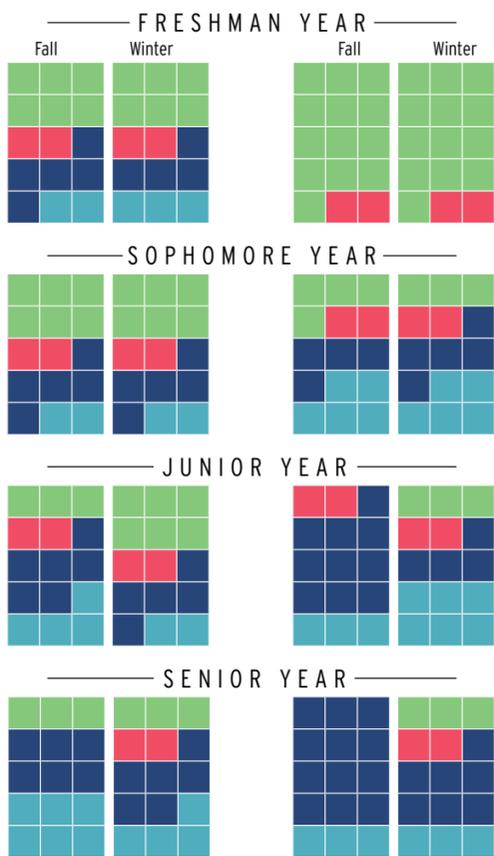
SUGGESTED SCHEDULES (one square = one credit hour)

Declared majors

Many majors have prerequisites and an application. Take these classes as soon as possible. Go to mymap.byu.edu to make a specific plan. Keep in mind that within a major as well, often certain classes cannot be taken until others have been completed.

Searching for a major

It's important to take time to find the right major, but BYU requires that a major be declared by the time a student earns 60 credits. Majors cannot be changed after a student has earned 75 credits, unless special permission is granted.



BYU offers technology solutions for success

By SARAH AVERETT

Incoming freshmen will find many technological resources and programs to help them have a successful college experience.

Laptops

Paul Grayson, a library reference assistant, said laptops can be helpful to college students for taking notes in class and working on assignments.

"I think it's a great asset to always have your own personal laptop," Grayson said. "It's more reliable to have something that you own rather than to rely on someone else's."

If students do not wish to purchase their own personal laptop, they can rent one from BYU Office of Information Technology. Rental rates range from five dollars per month to \$30 per month. These laptops are refurbished computers, but they are pre-loaded with the software that most students need. Visit unvr.se/computerrental.

Routers

Technology buyer Joe Allred of CougarTech, the BYU Store electronics department, said BYU students living in on-campus housing must have a router in order to access the Internet from their apartments. Internet network access is included in the cost of on-campus housing, but students must either own or share a router to use it.

Allred said routers must be dual-band, meet the 802.11ac standard and support wired connections, according to the minimum networking requirements for on-campus housing. Allred said routers with these specifications usually cost around \$60.

The wireless setup for students moving into off-campus housing will depend on the networking services offered by their apartment complex.

"One thing that students need to be sure of is that they



Universe Archives

can't just buy any old router or a cheap router because they'll get the quality of cheap, which is not a very good connection," Allred said.

Students who wish to stream video in their apartments should buy a dual-band router costing over \$100, according to Allred. Students should also limit the number of connections on their routers because too much user demand can slow down the Internet connection for everyone using the router.

Software

Microsoft Office 365 is available free to students each active semester at office.byu.edu. However, when a student's active role at BYU ceases, for example if a student stops taking classes, the software becomes read only.

Software packages are also available for purchase at the BYU Store for students who prefer to purchase a subscription to Microsoft Office, Adobe Creative Cloud, and other major-specific software. A list of the

includes 24-hour phone service for students with technical questions or problems with any of their Apple devices.

Students may also buy a four-year SafeWare insurance plan from the BYU Store, which includes accidental damage coverage, advance replacement and on-campus repairs. CougarTech is an authorized service center for any Apple device in or out of warranty, including iPhones, according to CougarTech Supervisor Craig Tracy.

OIT offers technical support on weekdays from 7:30 a.m. to 6 p.m. for students having trouble with any of BYU's computer services by calling 801-422-4000.

Financing technology

CougarTech sells all of its electronics at discounted academic pricing, according to Allred. In addition, BYU students are not required to pay sales tax for technology purchases at the BYU Store, which applies to all CougarTech laptops, routers, software and other electronic products.

"Students at least get the double savings of academic pricing and no sales tax," Allred said. "Sometimes there are sales that are even better than that and at that point it's like a triple savings."

Allred suggested that students watch for back-to-school promotions from hardware and software companies as the school year approaches. Tracy said Apple initiates one of these sales every summer, last year offering a free pair of Beats headphones with the purchase of a Mac laptop. These yearly promotions are available at the BYU Store.

Students are also able to finance their tech purchases through their student account. This payment plan includes the option to pay over six months with 20 percent down, or over a year with a 30 percent down payment. These plans can be applied to any major tech purchase, even custom model orders.

available software packages at the BYU Store is online at academic.byubookstore.com.

Computer rentals

BYU's Office of Information Technology (OIT) offers a computer rental service. This is especially advantageous for incoming freshmen who will soon leave on missions or who do not wish to buy a computer. Allred recommended that students who wish to rent a computer make arrangements with OIT early.

Allred said students may rent laptops installed with complete software packages, including Microsoft Office, for an affordable monthly fee. More information about this service is available at it.byu.edu.

Tech support and repairs

Allred recommended Apple Care insurance for incoming freshmen who buy a Mac computer. He said the academic price for this service is \$183 for three-year coverage, which

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Explore great questions within Honors program

By HANNAH CHILDS

Do you have a love for learning and want to be around others who share that love? Do you have deeper questions and want more opportunities with your BYU education? If so, BYU's Honors program can help you with all of this and more.

The Honors program is more than just students graduating with "University Honors." According to Joseph D. Parry, Department of Philosophy chair and former Honors program director, the Honors program is not the high school experience.

"The Honors program is not what it was for most students in high school and that is the group where smart students gather and relate to each other apart from others," said Parry. "BYU has 30,000 honor students in that way."

Being involved in Honors is about answering bigger life questions.

"It is to do something different and study big questions," Parry said. "General education classes bring students together in a class to help prepare them for their majors, but Honors wants to be a complement to that."

With smaller classes that are set up differently than GE classes, Honors offers a unique experience not found in other BYU programs. Students begin the Honors program by taking Honors 120, which introduces the aims and goals of the program and helps students shift the way they look at education and the quest for knowledge. After completing this intro course and a first-year writing course, students take three core curriculum classes. Each core class counts as two different GE classes, as they combine the concepts and principles taught in each course.

"The (core) classes can count as two for one, but only if the student needs it to," Parry said.

The three core classes are Univ 291, which combines biological science with letters; Univ 292, addressing physical science with global and cultural awareness and Univ 293, which integrates social science



Maddi Driggs

The first building on what is now BYU's campus, the Karl G. Maeser Building, houses the University's Honors program.

with arts. These classes are set up to answer life's questions in two different ways.

"It has to do with the great questions. Most questions can't be answered by one answer," said Steve Turley, a professor in the department of physics and astronomy.

By having two different subject

matters in one class, students are able to make connections between different fields and are able to learn to communicate effectively with professionals in different fields. These classes are designed to encourage students to overcome traditional biases in education as well as building a more open mindset.

After completing the three core classes, students are required to enroll in Honors 320, which functions as the capstone course in the Honors program. In this course, students receive group and individual instruction regarding researching and writing a "great question essay." This essay is multi-disciplinary, and

seeks to answer a "big" or "great" question of the student's choice.

Additionally, to graduate with honors students are required to complete a thesis project based on original research or creative work, and defend this thesis before a faculty panel, in addition to creating a bound portfolio containing their "great questions" essay and this thesis project.

The Honors program is open to all BYU students. Students can enroll online after watching the orientation video and filling out the enrollment form, or they can go to the Honors Advisement Center in 120 of the Maeser Building and apply.

"I signed up my first semester at BYU. I went to an orientation meeting, and while I was there I filled out the enrollment form," said Lucy Schouten, who graduated BYU with University Honors in journalism.

If a student is not sure if Honors is for them, the student can take the introduction to honors class, Honors 120. After taking this class, a student can decide whether to officially enroll in Honors or continue on a different path.

One of the best parts about the Honors program are the professors.

"What makes Honors fun is being able to ask a professor a question in class and having them be really excited about what they are teaching," said Turley.

If students are worried about their GPA, they shouldn't let that stop them from joining. The professors grade fairly and try to make the grades comparable to GE classes.

"The professors work hard to make sure it is fairly graded," said Turley.

If you want to get a jump start on Honors, freshmen can sign up for the Late Summer Honors Program — a one week, one credit class in August before fall semester starts.

Schouten emphasized that Honors can offer a student so much more than they think it can.

"I loved the smaller classes, and having the best professors in the field," said Schouten. "I had so many more experiences than I would have had if I hadn't been in Honors."

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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 make. 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.”



Danielle Jardine

Academic Adviser Stan Wilson sits down with David Stoddard about his academic plans at the Marriott School of Management 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.

Another reason students avoid the advisement centers is

because they feel they are asking questions that are obvious to other students.

“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. If students have questions about major choices, all they need to do is talk to an adviser.

BYU ADVISEMENT CENTERS

University Advisement Center (undecided majors)

2500 WSC, 801-422-3826
university_advisement@byu.edu
unvr.se/universityadvisement

kennedy_advisement@byu.edu
unvr.se/kcadvisement

College of Life Sciences

2060 LSB, 801-422-3042
lifesciences@byu.edu
unvr.se/clsadvisive

College of Family, Home, and Social Sciences

1041 JFSB, 801-422-3541
fhssadvisement@byu.edu
unvr.se/cfhssadvisive

Marriott School of Management

460 TNRB, 801-422-4285
msm_advisement@byu.edu
unvr.se/msadvisement

College of Fine Arts and Communications

D-444 HFAC, 801-422-3777
cfacadvisement@byu.edu
unvr.se/cfacadvisement

David O. McKay School of Education

350 MCKB, 801-422-3426
mseweb@byu.edu
unvr.se/domadvisive

Ira A. Fulton College of Engineering and Technology

242 CB, 801-422-4325
engineering_advisement@byu.edu
unvr.se/fcadvisive

College of Nursing

551 KMBL, 801-422-4173
nursing_advisement@byu.edu
unvr.se/cnadvisive

Honors Program

102 MRSB, 801-422-5497
honors@byu.edu
unvr.se/honorsadvisive

College of Physical and Mathematical Sciences

N-181 ESC, 801-422-2674
cpmsadvisement@byu.edu
unvr.se/cpmsadvisive

College of Humanities

1175 JFSB, 801-422-3541
liberalarts@byu.edu
unvr.se/humanitiesadvisive

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Pre professional advisement

By COLTON PALMER

Becoming a competitive candidate for professional schools is a challenge, but the Pre Professional Advisement Center is ready to help through the entire process. The center exists to help students interested in business, dentistry, law or medicine make the most of their undergraduate career.

Pre Professional Advisement Center Director Kris Tina Carlston encourages all students to consider visiting the office for guidance.

“I don’t want students to think that once they walk in, they’re committed to (law, dental, business or medicine),” Carlston said. “We exist to help them figure out if one of those is a good fit and allow them to explore their options.”

The Pre Professional Advisement Center employs counselors who can offer advice and support during the decision process.

“We have student assistants here who answer 90 percent of students’ questions when they walk in, and then we encourage them to meet with the adviser from their field for further discussion,” Carlston said.

Students are encouraged to go to the Pre Professional Advisement Center office in room 3328

of the Wilkinson Student Center. Advisers will help identify ways students can better prepare to be competitive candidates for the schools they want to attend.

“It’s helpful to sit down with students early in their college careers and to ask them what they want on their resume when they graduate from BYU,” Carlston said. “Once you identify what you want, you’re more likely to look for and find ways to make those goals happen.”

The Pre Professional Advisement Center also offers career classes that count for university credit to help students explore their different options. A few notable offerings are Preview of Medicine, Introduction to Health Professions and the Law Lecture Series.

Once students decide to pursue a certain field, the Pre Professional Advisement Center can help them find a club that relates to their future careers.

“Professional schools aren’t interested in your achievements from high school, so take your college experience as a fresh start,” Carlston said. “Don’t just walk past the booths in the Wilkinson Student Center – pick something you’re passionate about and go make a difference.”

For information about the Pre Professional Advisement Center, visit ppa.byu.edu.

Reaching out to an academic adviser

By CAMILLA OWENS

Academic advisers are great resources no matter the student's year in school, major or background. They help students navigate the maze of classes and their major. Some students may feel uncertain about approaching an adviser, while others neglect these resources while busy with the academic whirlwind. Students will find their advisers are ready to help them succeed.

Start now

Students who decide to meet with their adviser early benefit in the long term.

"Advisers have a lot of knowledge about all of the academic requirements and sometimes they can save you from taking a lot of extra courses," said Marcia Richards, a College of Life Sciences academic adviser. "Most students that meet early with an adviser feel more confident navigating the BYU system and campus."

Meeting with an adviser regularly can also be beneficial for staying on track.

"The sooner you come in, the more able we are to help," Richards said. "We continue meeting with students throughout their college experience. Some students feel the need to meet often and others may meet once or twice and be fine."

Much like a tour guide in an unfamiliar place, academic advisers guide students through the details.

"Advisers can help students understand the academic requirements early in (their) education and take the guessing out of how to plan and organize

classes," Richards said.

Available

With busy class schedules, some new students may wonder if there is a specific time available to meet with their academic adviser.

According to Richards, advisers are available to help anytime a student has a question or concern. They like to meet with students to make sure students understand major, GE and other academic requirements. Advisers can also offer suggestions for campus resources for struggling students.

Don't wait

It is easy to procrastinate or go it alone. Advisers know each student has specific needs they can help students with.

"If things are feeling hard, don't wait to come and see an adviser," Richards said. "The sooner you come in, the more able we are to help."

Find options

Advisers understand the options available to students along with the specifics for the college they represent.

"Advisers can help you understand different majors and career options," Richards said. "They can also help you plan your GE requirements and show you how some GE courses double count. They can help you understand MyMap and how to use it to plan and register."

Personalized help

Advisers take a personalized approach to helping students.

"Usually your adviser will try to clearly understand what questions you have and answer them," Richards said. "Your



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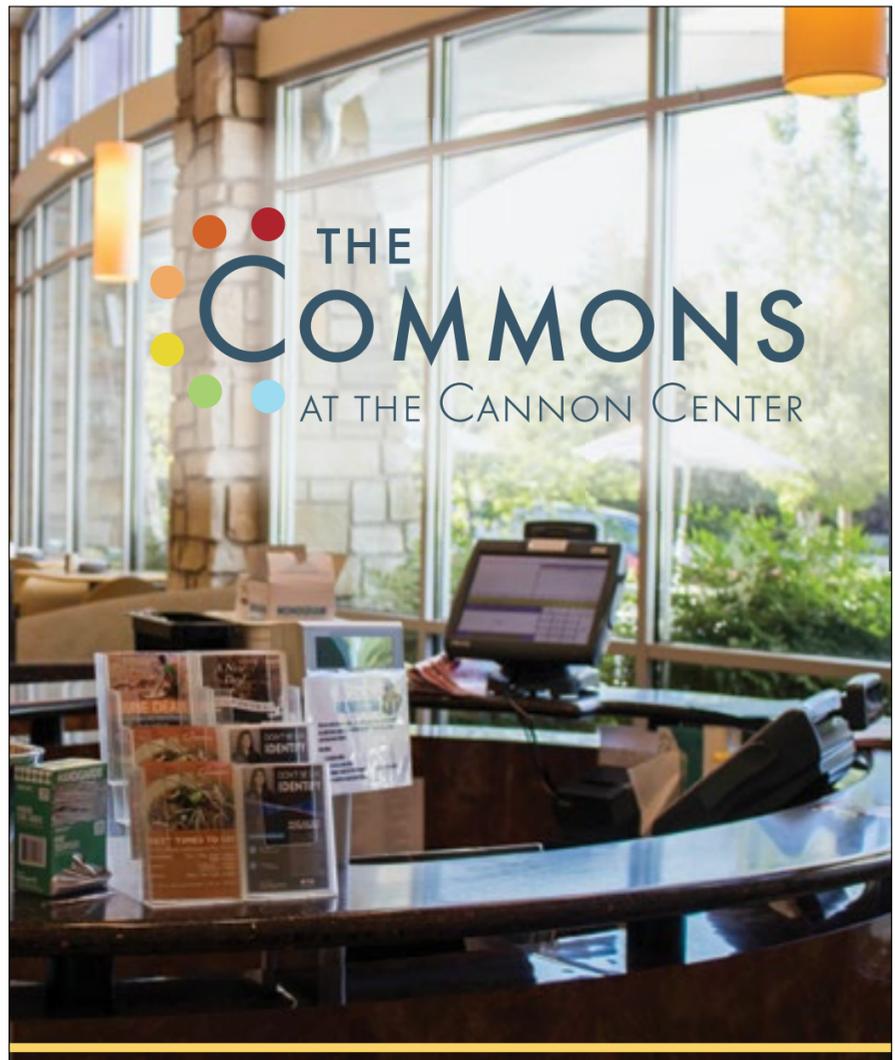
Marcia Richards, a College of Life Sciences academic adviser.

adviser also cares about you and wants to get to know you, so they may ask you a few questions about your interests and goals. This also helps your adviser give you the best advice. In the first visit with a student, advisers may show them how to use myMap to plan courses and how to register."

Once students have chosen a major, they should make an appointment with an academic adviser for their major department. The staff will help students find an adviser for their needs.

"Come prepared with lots of questions," Richards said. "Search online and check out myMap, major requirements and GE requirements so you have enough understanding to ask helpful questions."

According to Richards, advisers often answer questions like "How do some classes double count," "How do you use MyMap" and "what are some good campus resources that can help me."



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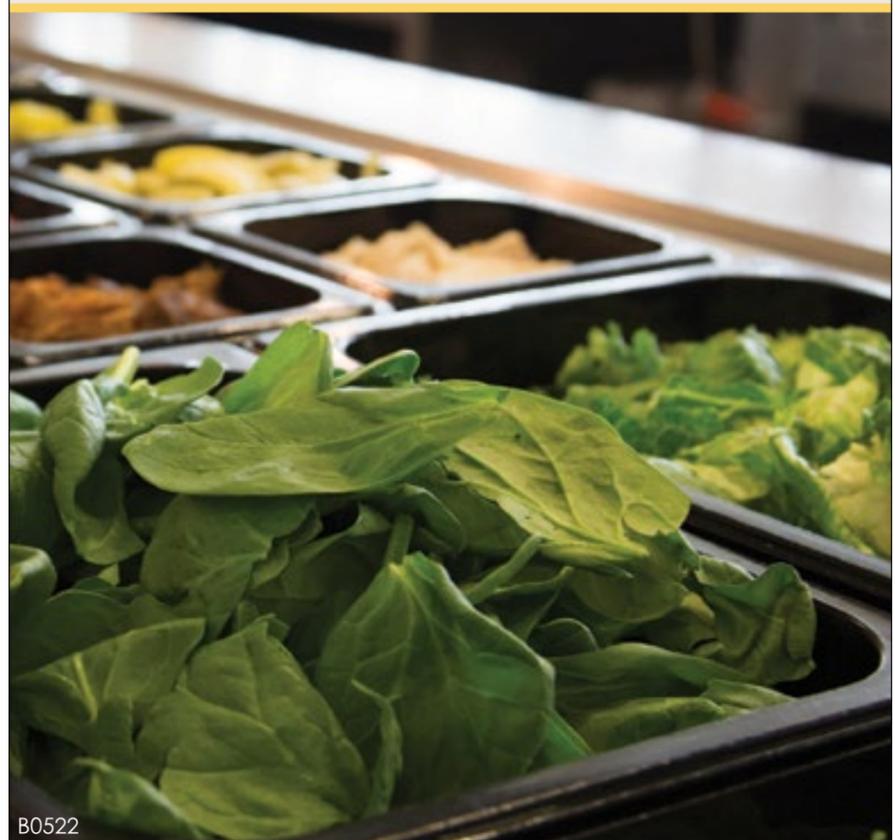
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21:1 Student teacher ratio

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1st Stone-cold sober (20 years running)



Academic

3rd Best accounting program

3rd Best entrepreneurship program

35th Best business school



5th Best college library

1st College where students are both attractive and smart.



Financial

1st Least expensive college

3rd America's best value colleges

11th Best value school



Rankings from: Forbes, U.S. News & World Report, Money magazine, niche.com, Princeton Review, bestcolleges.com, businessinsider.com



Josh Ellis

Classes can be large for some introductory major or general education classes like this one held in the MARB. Study groups and one-on-one office visits with professors can help students thrive.

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."

Do's

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 your 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 that you ask for help when you need it.

"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."



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 to India, described the 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 \$15,000 per semester in India. BYU's program is \$5,900 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 as well.

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 at the Kennedy Center in the Herald R. Clark Building or by visiting kennedy.byu.edu.

Test drive work with internships

By SHAYE MULLEN

According to the National Association of Colleges and Employers, 91 percent of employers said that an important factor in their hiring decision for college graduates is candidate work experience. This can be frustrating to recent graduates who feel they are not given the opportunity to demonstrate the skills they have spent four years gaining and improving. One way students gain this essential experience is by completing internships while in school.

The BYU Internship Policy defines internships as “academic, curriculum-based practical work experience.” A successful internship is more than simply an out-of-classroom experience for students. Beyond completing tasks related to their field of study, students will have the chance to be mentored by someone in their field and to receive personalized guidance.

In an address to BYU faculty in August 2015, President Kevin J. Worthen said that experiential learning opportunities, such as internships, “produce the kind of learning that (BYU’s) mission statement challenges teachers to provide.” He also said that “experience connects theory with application and deepens our understanding of the principles and truths we learn.”

Beyond gaining work experience and looking great on a résumé, internships have many advantages.

Take a test drive

Internships offer the opportunity to get a feel for the career, and see if it will be a good fit for a student’s interests, strengths and lifestyle. This can include whether a student is good working with patients, how many overtime hours are typical in a particular field

or how much time they will spend behind a desk staring at a computer screen.

“Internships can be a great confirmation that you’re on the correct academic path,” said Adrienne Chamberlain, program coordinator at the BYU internship office. “They can also give you an opportunity to change paths if the experience wasn’t what you thought it was going to be.”

Network

Internships give students a chance to network. Not only will they meet potential employers but also clients and industry experts.

“My first internship was working for Bernie Sanders’ political campaign,” said Hunter Hallows, a junior studying political science. “I’m still very involved in the political world because of that. This summer I’m working for a local law firm. I’ve met a lot of different lawyers who have made various job offers.”

Earn college credit or certification

Many majors require that students complete internship credits before graduation. Students should talk to the internship adviser for their major before applying to ensure that their internship will meet the criteria required for these credits.

“We encourage students to meet with their coordinators, because they will have a list of internships that are pre-approved for students to use as their internship credit,” said Chamberlain. “That way, students can be sure their internship experience will count towards their degree.”

Dive right in

Students can use internships as an introduction to the culture and etiquette of a certain field or career. Specific habits or rituals can help students fit into a workplace, such as knowing how to

properly introduce themselves, what to wear for casual Fridays or whether it is appropriate to decorate their workspace.

“Internships have given me real world experience for potential professions,” said Hallows. “I’ve always wanted to be a lawyer, but I wasn’t solidified in that idea until I did a couple internships at different law firms.”

Improve job prospects

Studies have shown that those who complete internships along with their college degree enjoy a starting salary that’s on average \$6,300 higher than those who didn’t complete an internship. Chamberlain also noted that students who complete an internship are more likely to be offered a job than other candidates. Studies show that 70 percent of employers find employees from their intern pool and 62 percent of students hired full-time by employers have had internship experience.

Practice, practice, practice

Internships are also a chance to practice skills learned in the classroom in a real-world environment, and to improve them with mentoring and help from seasoned pros.

“Coming out of college, internships arm you with experience,” said Parker Strong, a senior studying public relations who is currently interning with General Motors. “You haven’t just done classwork, but you’ve actually had real-world experience. You’ve gone out and implemented what you’ve learned into an actual company.”

To find an internship, students should meet with the department internship coordinator, visit their department website and check the department job board. Talking to department faculty or students who have interned in their field of study can also be beneficial.



Sandefur Schmidt

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

ART OF THE AUDITION

With a myriad of performing groups that dance, sing or play, BYU holds auditions and invites talented students to participate.

The BYU choirs posted a video a few years ago showing the audition process to join Men’s Chorus, Women’s Chorus, Concert Choir and BYU Singers. The video, found at unvr.se/Auditions, explains the audition process and calms some of the nerves students may feel towards auditioning.

Typically, the audition will begin with a few vocal exercises to determine the singer’s vocal range, tonal memory and sight-reading skills. Students are then asked to sing the prepared material detailed on the audition website. Ultimately, the singer’s interest, audition performance and availability all influence what choir a student may be selected for.

Since those conducting auditions love students and love music even more, whether or not a student is chosen the experience is always a positive one.

Similar auditions occur for music, dance and performing groups. To find out about auditions and requirements, visit these websites below.



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unvr.se/dancegrps

Ballet
Ballroom
Contemporary
World Dance
Dancensemble

Music ensembles

unvr.se/choirgrps

BYU Singers

Concert Choir
Men’s Chorus
Women’s Chorus

unvr.se/BYUmusicgrps

Chamber Orchestra
Concert Band
Gamelan Bintang Wahyu
Jazz Combos
Jazz Ensembles
Jazz Lab Band
Jazz Legacy Dixieland Band
Jazz Voices

Marching Band
Pep Band
Philharmonic Orchestra
Symphony Orchestra
Synthesis (Jazz)

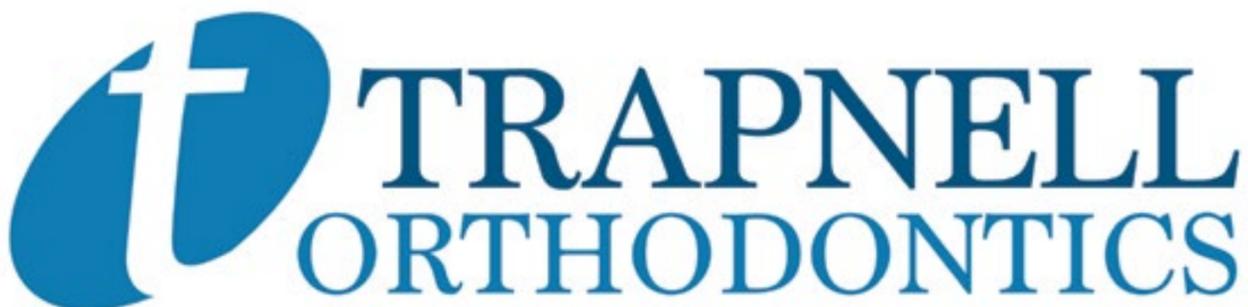
Other groups

unvr.se/choirgrps

Living Legends

unvr.se/youngamba

Young Ambassadors



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CLOSE TO CAMPUS · INVISALIGN · CLARITY BRACES

Learn new skills with elective classes

By SHAYE MULLEN

Whether just a few credits short to keep a scholarship, or still deciding on a major, these classes provide opportunities to gain new skills, fulfill General Education requirements, and have fun.

Out of the classroom

These classes provide opportunities to get off campus and into the real world.

Anthropology 311: Museums and Cultures Visit museums and gain a greater appreciation of different cultures.

Geological Sciences 100: Dinosaurs Experience hands-on learning with fossils and visit both the local paleontology museums and actual dig sites.

Experience Design and Management 223R (all classes) Gain valuable outdoors skills such as backpacking, fly-fishing, hiking, mountain biking or Dutch oven cooking.

Life skills

These classes focus on gaining valuable habits, talents and general knowhow

Student Activity (all classes) Improve skills in sports and activities such as basketball, tennis, bowling, Zumba or self-defense.

Dance (all classes) Learn jazz, tap, ballroom, Latin and other styles of dance.

School of Family Life 110: Food Preparation in the Home Improve cooking abilities and learn new recipes.

School of Family Life 185R: Beginning

Clothing Construction Learn the basics of using a sewing machine and the creation of apparel.

Entrepreneurial Management 301: Basic Entrepreneurship Skills Learn how to become an entrepreneur without majoring in business.

Physical Education Teacher Education 169: Elementary Skills and Activities Learn and play games designed for elementary-age children.

Tech 313: Startup Bootcamp Learn and apply the basic skills needed when creating a startup company. This class only meets twice a semester and is incredibly hands-on.

Creative outlets

Love art but don't want to be an art major? Take one of these classes to improve creative skills.

Art 101: Introduction to Art and Drawing, 104: Introduction to Sculpture, 105: Introduction to Ceramics, 110: Painting for Non-majors Learn the basics of creating art in a variety of disciplines.

Plant and Wildlife Sciences 112: Floral Design Learn some floral history and principles, and master the techniques of creating basic floral arrangements.

Music 311R - University Chorale Join the university's non-auditioned choral ensemble and improve your singing abilities. Perform in concerts throughout the semester.

Music 117 - Basic Guitar Skills Pick up the basics of guitar, including chords, accompaniment techniques and how to read music.

Tech help

These classes give help



Universe Archives

Students learning guitar skills in Music 117.

students improve both tech abilities and job prospects.

Digital Humanities and Technology 250: Web Publishing Learn basics of web programming and how to build a website.

Digital Humanities and Technology 230: Print Publishing Learn how to use software such as Adobe InDesign as well as traditional publishing methods.

Information Systems 110: Spreadsheets and Business Analysis Learn how to excel with Microsoft Excel.

Lecture series

These classes are like watching TED Talks: expect to be motivated, challenged, and inspired.

Entrepreneurial Management 381: Entrepreneurship Lecture Series Listen to lectures by entrepreneurs about how to be successful in the field.

Student Development 168R: Law Lecture Series Explore various legal professions through presentations by visiting lecturers.

Philosophy 449R: Philosophical Lecture Series Learn about various

philosophical topics by watching presentations given by both faculty and advanced students.

Nutrition, Dietetics, and Food Science 191: Careers in Food Science Guest lectures introduce possible careers in food science.

Widen perspectives

These classes help students become more informed members of society.

Religion C - Church History and Doctrine (all classes) Learn church history, doctrine, genealogy and survey other faiths.

English 232: Shakespeare Increase your appreciation of some of Shakespeare's finest works.

Plant and Wildlife Sciences 100: Plants in the Environment Gain a basic understanding of plants.

Sociology 112: Current Social Problems Become more informed on social issues and individual deviance, including conditions, causes and solutions.

International Cinema Studies 290R: International Cinema Watch the best international films and understand their messages.

How many credits to take

Enrollment in 12 credits or more is required to be considered a full-time student. Different credit counts can affect students more than they might think. The BYU Academic Advisement website states that, "full-time, ¾ time, and part-time statuses are important as they impact how much tuition you will be charged, what campus services are available to you and your eligibility to receive financial aid."

Some University scholarships require you to take a certain amount of credits.

"I take at least 14 credits," said Melinda Morco, a senior dietetics student from Stockton, California. "I mostly

do it to keep my scholarship, but I also think it's just smarter to take a lighter load. One semester of classes can make a big difference in when you graduate."

Students should consider their graduation timeline when considering how many credits to take per semester. However, students should also consider how many credits they can personally handle. University advisers can help students make these decisions. To make an appointment, visit unvr.se/UniversityAdvisement.

	Fall or Winter Semester	Spring or Summer Term
Full-time	12-18 credit hours	6-9 credit hours
¾-time	9-11.5 credit hours	4.5-5.5 credit hours
Part-time	0.5-8.5 credit hours	0.5-4 credit hours

Career Studio helps students move from high school to college to career

By TARYN ROYALL

With nearly 200 majors and more than twice as many career options, freshmen students may feel a little overwhelmed with their professional future. Many students aren't sure what to study and others don't understand

the steps they need to take to accomplish their professional goals. Luckily, BYU's Career Services is there to help students make the transition from high school to college and from college to career.

Once they get on campus, students can start their career exploration at the Career Studio, which is located in 2590 WSC.

"We help students with career exploration," said Marie Howell, Career Studio director. "We want them to get to know themselves, find their interests and understand what they can do with different types of degrees. Much like an artist goes to a studio to create, this is where students come to create their career."

The first step is meeting with a trained career mentor to discuss what interests the student, what they are good at and what other people say they are good at. Students can also take online interest surveys like the Meyers Briggs personality tests or the strong interest inventory and review their results with a staff member.

Noelanie Wayes, the Career Services events and marketing director, said the Career Studio can help ease the stress that freshmen students have about careers.

"Students come in feeling overwhelmed," said Wayes. "Then they get one-on-one attention from trained peers which really helps ease the feelings of nervousness and inadequacy. The best part is that you can do it whenever you have the chance. If you have 20 minutes between classes, you can just walk in."

The Career Studio also helps students begin putting together professional documents such as resumes, cover letters and portfolios. Students can drop in at any time during the work day and receive direct help from trained career mentors and student peers with resume and cover letter reviews, LinkedIn account creation, mock interviews, networking, career development and more.

Amanda Crowley, a senior from Chandler Arizona said that learning how to network was the most beneficial thing she learned from this resource.

"For me, networking is hard," said Crowley. "It's not that fun. But it's the most rewarding feeling because you're working towards your own future. You're putting equity into your own future."

Students can work on resumes, cover letters and other professional skills right there in the office. As they work, they can get the help they need immediately.

"It's nice to come in and get tips and advice for your future, because we are all need those tips," said Crowley. "If you have any questions about careers, the Career Center has so many resources and so much knowledge. Even if you don't know where to start, they really can help you get started early. By starting as a freshman, you'll be better set for when you are looking for a career."

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is.byu.edu



byuonline.byu.edu

‘Dear Professor, I am writing you to ask a little favor, er, question’

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 communication channel of each professor

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. 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, volunteering to answer questions or actively taking 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.”

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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.

■ 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.

Summer 2018

JULY 2

Fall 2018

SEPT. 11

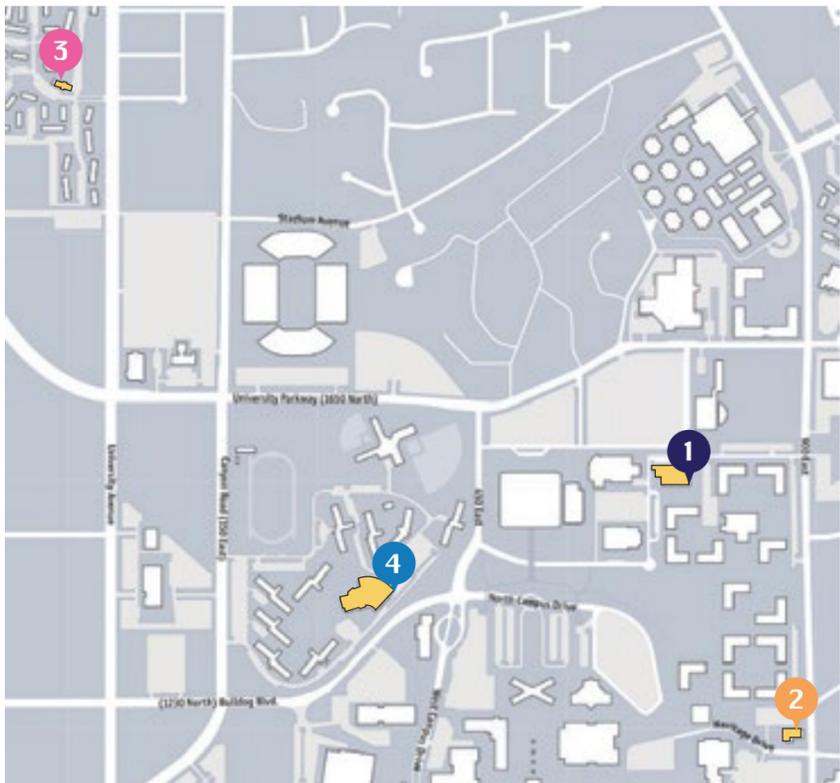
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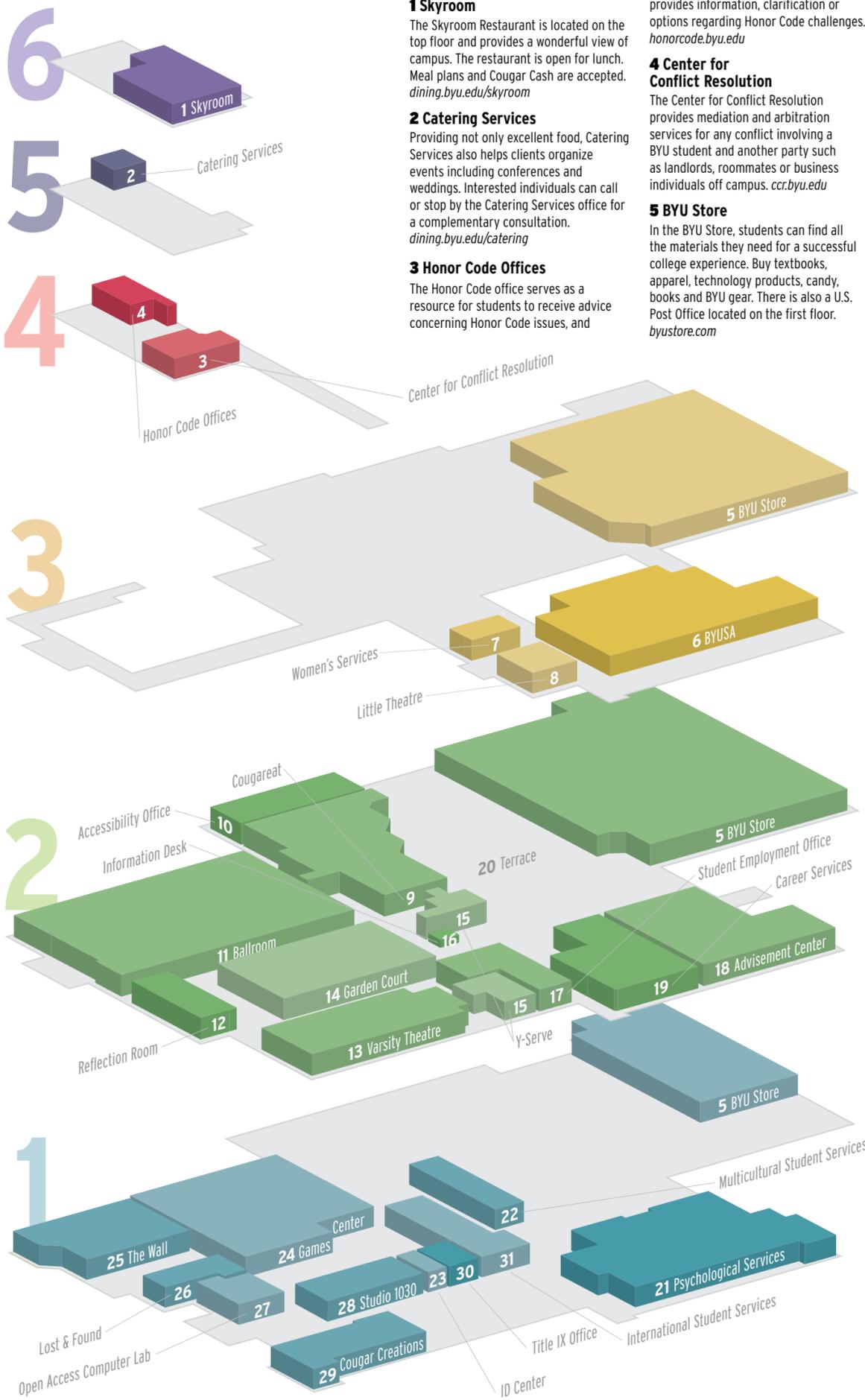


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flavors, our
famous chocolate
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What's in the WILKINSON CENTER?

The Wilkinson Student Center is home to many of the resources students need



1 Skyroom

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

2 Catering Services

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 complimentary consultation. dining.byu.edu/catering

3 Honor Code Offices

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

4 Center for Conflict Resolution

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

5 BYU Store

In the BYU Store, students can find all the materials they need for a successful college experience. Buy textbooks, apparel, technology products, candy, books and BYU gear. There is also a U.S. Post Office located on the first floor. byustore.com

6 BYUSA

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

7 Women's Services

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

8 Little Theatre

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

9 Cougareat

The University Accessibility Center helps students with disabilities achieve academic success at BYU by acting as a liaison with professors, offering specialized technologies and many other services. The UAC also offers service opportunities to students without disabilities. campuslife.byu.edu/uac

11 Ballroom

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

12 Reflection Room

The Varsity Theater 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 Theater. Visit the Wilkinson Student Center Information Desk or check the BYU Event Calendar to see what shows are playing.

14 Garden Court

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

16 Information Desk

The Information Desk helps students 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.

17 Student Employment Office

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

18 Advisement Center

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

19 Career Services

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

20 Terrace

21 Counseling and Psychological Services

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

22 International Student Services

International 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

23 ID Center

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

24 Games Center

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

25 The Wall

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

26 Lost and Found

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.

27 Open Access Computer Lab

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

29 Cougar Creations

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

30 Title IX Office

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

31 Multicultural Student Services

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

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 a lot 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 WSC (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 at seven cents per page in black and white and 15 cents per page in color.

TAKE A TEST

Many classes, especially general education 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

over 6 million items including books and films, there's bound to be something of interest.

TAKE A RIDE

Starting August 2018, use your BYU ID card for free access to all UTA transit. This includes Frontrunner, Trax and all bus routes, including the new Provo-Orem Bus Rapid Transit line currently under construction. For more information on UTA, see page 23.

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:

- **Sprouts:** 15 percent off for students with ID on Thursday
- **Spotify:** Premium account for \$4.99 a month
- **Express:** Get 15% off at checkout in store or online
- **Adobe:** Get the entire Adobe Suite at the BYU Store for \$99 with your I.D. card
- **J. Crew:** Receive 15% off on regularly priced merchandise in-store

Stay fit at BYU



BYU offers many opportunities for students to increase their physical fitness. Here are some of the resources available:



REGISTER FOR CLASSES

Students can register for Student Activities (STAC) courses on MyMAP. BYU offers yoga, Zumba, weightlifting and cycling classes, as well as beginning, intermediate and advanced sports classes for soccer, basketball, volleyball and more. STAC classes are each worth half a credit.



BUY A WRISTBAND

For those who prefer a class structure but can't fit STAC courses into their schedule, Y Fitness offers on-campus aerobic fitness classes during the week. A wristband is required for participation and costs \$48 for a semester and \$25 for a term. Wristbands can be purchased at the Richards Building information desk (112 RB). Classes include Zumba, pilates, yoga, kickboxing and cycling. If you do not want to purchase a wristband, students can also pay \$5 to drop in on a class-by-class basis. For more information visit unvr.se/FitnessClasses



TAKE A MORE PERSONAL APPROACH

Students can use the BYU Fitness Center and weight room located in room 293 of the Smith Fieldhouse. Personal trainers are also available to work with individuals to help them reach their fitness and health goals at no charge by signing up at unvr.se/fitnesstrainers. There is also a women's gym in 163 RB. Part-time students need to pay \$45 a semester to use these facilities.



MAINTAIN ATHLETIC GLORY

Open play is time and available spaces in activity facilities that are not in use by a class, team or authorized activity. BYU has open play facilities for aquatics, badminton, basketball, racquetball, soccer, tennis (indoor and outdoor), track, volleyball, wallyball and water polo. All aquatic facilities will be closed until September 2018 for remodeling. Full-time students can check out equipment for these sports at no charge in locker rooms using their BYU ID card.

The indoor track is located on the west end of the SFH. The track is designed short and long track. The short track is 7 1/7 laps to a mile and the long track is 5 laps to a mile.

Open play water polo is scheduled during fall and winter semesters on available Saturdays. All levels of ability may participate in this activity. For more information contact the aquatics director, Conrad (Connie) Todd at 801-422-8140.

BYU sponsors extramural competition in four sports - racquetball, rugby, lacrosse and men's soccer. Full time students may try out for each of these teams.

- **Racquetball** unvr.se/BYUracquetball
- **Men's Lacrosse** unvr.se/BYUlacrosse
- **Women's Lacrosse** unvr.se/BYUwomenslacrosse
- **Men's Rugby** unvr.se/BYUrugby
- **Women's Rugby** unvr.se/BYUwomensrugby
- **Men's Soccer** unvr.se/BYUmenssoccer

Another sport available is the BYU hockey team, which is recognized while not officially sponsored by BYU. Visit unvr.se/BYUhockey for more information.



PARTICIPATE IN INTRAMURALS

Students can sign up to participate in competitive intramural sports at the Office of Intramural Activities in room 145 of the RB. Intramurals provide competitive sports programs to all levels of ability and experience. A schedule for each semester will be posted three weeks before the semester begins.

The Office of Intramural Activities is open from 9 a.m. to 5 p.m. Monday through Friday, and is closed Tuesdays from 10:45 a.m. to noon for devotionals and forums.

For information go to 145 RB, call 801-422-7597 or visit intramurals.byu.edu

OTHER USEFUL INFORMATION

- While using BYU fitness resources, students must abide by BYU's Dress and Grooming Standards. Shorts must extend to the tip of the fingers when a student's arms by their side and tank tops are not allowed in gyms or weight rooms. To use gym or weight room facilities, students must first present their ID card or net ID. Students also need their ID card or net ID in order to reserve racquetball, indoor tennis, badminton or wallyball courts. Students can also use their BYU ID to check out equipment for use during open play: basketball, soccer ball, volleyball, wallyball, racquetball, football, tennis racquet and tennis ball, badminton racquet and badminton birdie. Equipment is available for checkout in the locker rooms.
- All facilities are closed for devotionals on Tuesday's from 10:45 a.m.-12:05 p.m.
- There is a men's locker room in the SFH and a women's locker room in 163 RB. Lockers can be reserved for \$10 per semester. This fee includes towel service. Lockers can be rented either in person or online at unvr.se/lockers. You must be a full-time student to use these services.
- Equipment for other active pursuits can be rented from BYU's Outdoors Unlimited. These items include anything from tents to Dutch ovens to wetsuits. Visit unvr.se/outdoors or 2201 N. Canyon Rd. for more information.
- Women's Services & Resources holds free weekly yoga classes every Saturday morning at 9:30 in WSC. Spring and Summer term classes are held every other Saturday. Visit unvr.se/WSR to learn more.



Richards Building

Hours: 6 a.m. to 10 p.m. Monday-Saturday

Closed Tuesdays from 10:45 a.m. to 12:05 p.m.

Holiday hours may vary, call 801-422-3644 to check.

Information desk located at 112 RB. This is where wristbands, lockers and court reservations can be bought/rented.



Smith Fieldhouse

Hours: 6 a.m. to 10 p.m. Monday-Saturday

Closed Tuesdays from 10:45 a.m. to 12:05 p.m.

Holiday hours may vary.

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

Located at 1 Helaman Halls, right by The Cannon Commons




Campus keeps up-to-date with The Daily 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, The Daily Universe's web editor, said she appreciates

the valuable experience she has gained from her job and values the opportunity she has 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 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 cell 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 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 this app, students have more access to deals, entertainment and information right at their fingertips.

When students arrive on campus they can download The Universe Plus app, look for a new edition of The Universe every Tuesday or check universe.byu.edu any time.



On left, front pages from Tuesday print editions covered the death of President Thomas S. Monson, caffeinated sodas coming to campus, and the Me Too movement. Above, the Universe Plus app icon.

Open access computer labs



Natalie Saunders

Whether a student needs to edit a video, analyze statistics or write a paper, the open access computer labs have both the software and the capacity to get it done. Students can find programs to get their creative juices flowing such as those included in Adobe Creative Cloud or programs like MATLAB to crunch some numbers. All computer labs are closed during devotional hour on Tuesdays.

Campus labs:

Spencer W. Kimball Tower, 101 KMBL

Monday-Thursday, 8 a.m. to 6:30 p.m.
Friday-Saturday, 9 a.m. to 5 p.m.
801-422-1185

Wilkinson Student Center, 1111 WSC

Monday-Friday, 8 a.m. to 7 p.m.
Saturday, 8 a.m. to 3 p.m.
801-422-9798

Harold B. Lee Library labs

The library has six labs. Some labs are more tailored to a specific study, but useful programs are on all library computers. For more information on library computer labs, visit unvr.se/librarycomputerlabs.

- Humanities: 5-C
36 Windows
4 Macs
- Media Center: Floor 4-S
31 Windows
45 Macs
- Learning Commons: Floor 3-C
111 Windows
- Family History: Floor 2-N
36 Windows
- Reading Room: Floor 2-C
43 Windows
- Science: Floor 2-C
66 Windows
- Social Science: Floor 1-N
33 Windows



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*Mention this ad during your interview. Upon successful hire and completion of your 2nd pay period- your bonus will be automatically added to your check.

Copy centers



Dani Jardine

The Cougar Creations copy center in the Wilkinson Center.

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.

ABRAHAM SMOOT BUILDING C-3 ASB

Mon. - Fri.: 8 a.m. - 5 p.m.
801-422-4215

Closed for renovation, reopens summer 2018

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 F. SMITH BUILDING B-115 JFSB

Mon. - Fri.: 8 a.m. - 5 p.m.
801-422-4265

JOSEPH SMITH BUILDING 163 JSB

Mon. - Fri.: 8 a.m. - 3 p.m.
801-422-2745

LIFE SCIENCES BUILDING 2110 LSB

Mon. - Fri.: 8 a.m. - 5 p.m.
801-422-4880

TANNER BUILDING 550 TNRB

Mon. - Fri.: 7:30 a.m. - 5 p.m.
801-422-4197

UNIVERSITY PRESS BUILDING 275 UPB

Mon. - Fri.: 8 a.m. - 5 p.m.
801-422-3116

Campus restaurants and eateries

SUMMER HOURS	FALL/WINTER HOURS
--------------	-------------------

Blue Line Deli & Market Blue Line reflects the foods of New York: soups, salads, hot sandwiches, and snacks. Closed	W117 TNRB (Tanner Building) Mon. - Thurs.: 7:30 a.m. - 8 p.m. Sandwich & Antojitos line closes at 5:30 p.m., Fri.: 7:30 a.m. - 5 p.m. Closed during devotionals.
--------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Commons at the Cannon Center Mainly used by residents of Helaman Halls, but open to anyone. Serves a variety of foods. The Canon Center is open during BYU devotionals.	141 CANC (Helaman Halls) Mon. - Sat.: 7:30 - 9 a.m., 11 a.m. - 1:30 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 The campus food court. With ten different options, there's always something good.	2nd floor WSC (Wilkinson Student Center)
Cougar Express Packaged fresh salads, sandwiches, convenience store Mon. - Fri.: 10 a.m. - 4 p.m.	Mon. - Thu.: 7:30 a.m. - 9 p.m., Fri.: 7:30 a.m. - 7 p.m.

Papa Johns Pizzas Mon. - Fri.: 10:45 a.m. - 2 p.m.	Mon. - Fri.: 10:45 a.m. - 7 p.m.
--------------------------------------------------------------	----------------------------------

L & T Salad & Soup Soups, salads and wraps Closed	Mon. - Thurs.: 10:30 a.m. - 7:30 p.m., Fri.: 10:30 a.m. - 4 p.m.
---------------------------------------------------------------------	------------------------------------------------------------------

Scoreboard Grill Made to order breakfasts, burgers and fries Closed	Mon. - Fri.: 8 a.m. - 7 p.m.
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Subway Submarine sandwiches and salads Mon. - Fri.: 8 a.m. - 7 p.m., Sat.: 8 a.m. - 4 p.m.	Mon. - Fri.: 7:30 a.m. - 9 p.m., Sat.: 8 a.m. - 8 p.m.
------------------------------------------------------------------------------------------------------	--------------------------------------------------------

Cougar Cafe Freshly baked bread, doughnuts, sandwiches, treats and ice cream Mon. - Fri.: 8 a.m. - 6 p.m.	Mon. - Wed.: 7:30 a.m. - 9 p.m., Thurs. - Fri.: 7 a.m. - 9 p.m., Sat.: 8 a.m. - 4 p.m.
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Taco Bell Tacos, burritos and nachos Mon. - Fri.: 10:45 a.m. - 4 p.m.	Mon. - Fri.: 10:30 a.m. - 8 p.m., Sat.: 11 a.m. - 7 p.m.
---------------------------------------------------------------------------------	----------------------------------------------------------

Chick-fil-A Chicken nuggets, sandwiches, salads and fries. Mon. - Thurs.: 10:45 a.m. - 9 p.m., Fri.: 10:45 a.m. - 8 p.m., Sat.: 10:45 a.m. - 6:30 p.m.	Mon. - Fri.: 8 a.m. - 9 p.m., Sat.: 11 a.m. - 8 p.m.
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Grab & Go Variety of items, including some from Cougareat restaurants Closed	Mon. - Fri.: 10:30 a.m. - 2:30 p.m.
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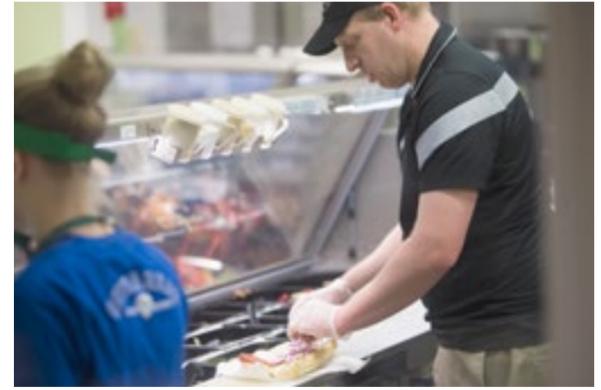
Creamery BYU's famous ice cream, cheeses and other dairy products. Buy groceries here too.	
------------------------------------------------------------------------------------------------------	--

Creamery on Ninth East Mon. - Sat.: 11 a.m. - 11 p.m., Grill: Mon. - Sat.: 11 a.m. - 9 p.m.	1209 North 900 East
-------------------------------------------------------------------------------------------------------	----------------------------

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

Helaman Creamery Mon. - Thurs.: 8 a.m. - 8 p.m., Fri.: 8 a.m. - 6 p.m., Sat.: noon - 6 p.m., Grill: Mon. - Thurs.: noon - 8 p.m., Fri. - Sat.: noon - 6 p.m.	141 CANC (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.
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Wyview Creamery Mon. - Fri.: 8 a.m. - 11 p.m., Sat.: 9 a.m. - 11 p.m.	1990 N. 40 West Mon. - Fri.: 7 a.m. - 11 p.m., Sat.: 8:30 a.m. - 11 p.m.
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Ty Mullen

Student employees at Cougareat Subway prepare sandwiches.

SUMMER HOURS	FALL/WINTER HOURS
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Harvey's New restaurant opening Fall semester in the new Engineering Building.	EB
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Jamba Juice Healthy smoothies, oatmeal and treats.	
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At the Wilkinson Center Mon. - Fri.: 10 a.m. - 6 p.m., Sat.: 10 a.m. - 4:30 p.m.	2047 WSC Mon. - Fri.: 7:45 a.m. - 9 p.m., Sat.: 10 a.m. - 8 p.m.
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At the Student Athlete Building Mon. - Fri.: 9 a.m. - 4 p.m.	102 SAB (Student Athlete Building) Mon. - Fri.: 7:45 a.m. - 7 p.m.
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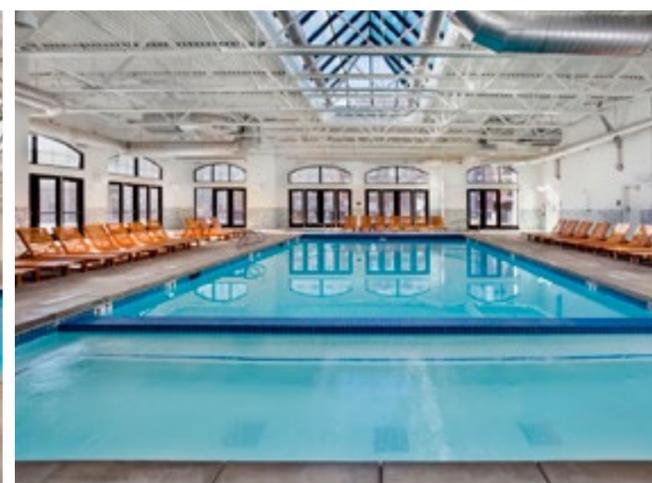
Legends Grille Enjoy the game while eating soup, salad, dessert bars with pastas and entrees. Closed	106 SAB Mon. - Thurs.: noon - 2:30 p.m., 3 p.m. - 7 p.m., Fri.: 11:00 a.m. - 2:30 p.m., 3 p.m. - 7 p.m.
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MOA Café Dine on specialty sandwiches, soups, salads and desserts inside the Museum of Art. Mon. - Fri.: 11 a.m. - 2 p.m.	Mezzanine of the Museum of Art (MOA) Mon. - Thurs.: 10:30 a.m. - 2 p.m., Fri.: 10:30 a.m. - 8 p.m.
----------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------

Pendulum Court Cafe Dietetics lab for hands-on food service training. Closed	ESC (Eyring Science Center) 2nd Floor Center Court 8 weeks during the semester: Mon., Wed., Thurs.: 11:30 a.m. - 1:10 p.m., Tues.: noon - 1:10 p.m.
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Skyroom Restaurant Lunch buffet with a view of campus from the top of the Wilkinson Center. Reservations accepted. Closed	6th floor WSC Mon., Wed. - Fri.: 11 a.m. - 1:30 p.m., Tues.: noon - 1:30 p.m.
----------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------

The Wall 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., Thurs.: 11 a.m. - 9 p.m., Wed.: 11 a.m. - 10:30 p.m., Fri.: 11 a.m. - 10:30 p.m.	1st floor WSC Mon.: 11 a.m. - 7 p.m., Tues.: noon - 9 p.m., Wed. - Thurs.: 11 a.m. - 9 p.m., Fri.: 11 a.m. - 10:30 p.m., Sat.: 11 a.m. - 9 p.m.
------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------



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Grabbing The Ryde to class and back

BYU offers 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.

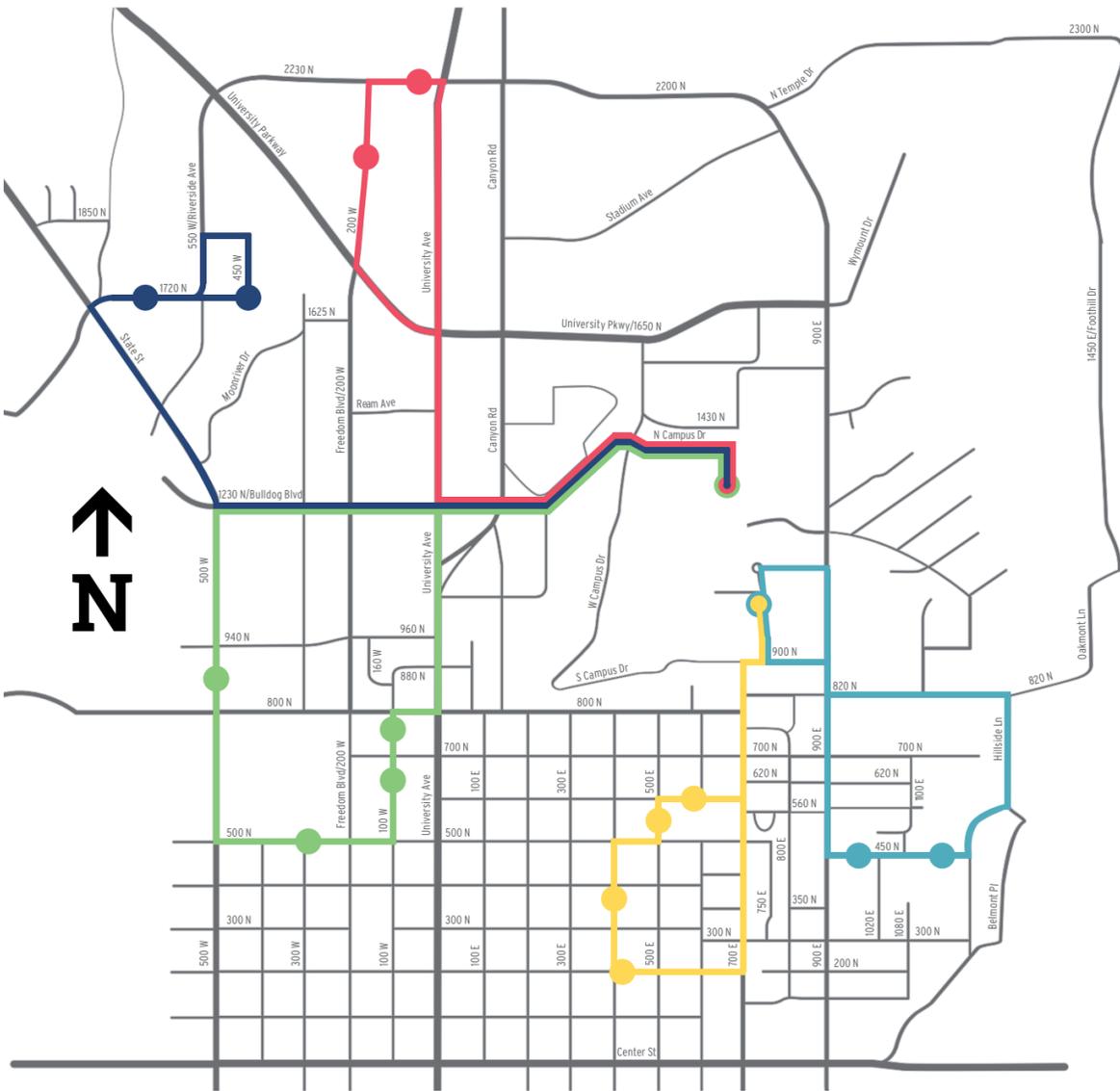
The service includes five routes to accommodate most students living off campus. Routes are from Branbury

to the MOA, southwest of campus to the MOA, Wyview to the MOA, Joaquin to the Wilkinson Center and King Henry to the Wilk. 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 buses run at regular

times throughout the day, and more often during high demand times. Buses gather students from 7:40 to 7:45 a.m., early enough to arrive for 8 a.m. classes. The last buses leave campus around 9 p.m. On Fridays, the bus schedule ends at 6 p.m. The RYDE does not function 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 additional information on the routes and to check schedules visit studentmovement.com.



GETTING AROUND PROVO

A cost/benefit analysis of a BYU student's transit options

CARS

EASE	SPEED	COST
●●●●●	●●●●●●●●	●●●●●●●●
<ul style="list-style-type: none"> + Quickest and most convenient of all modes of transportation 		<ul style="list-style-type: none"> - Most expensive of all modes of transportation \$60 on-campus parking permit required Some apartments don't have adequate parking

Cars should be registered on MyBYU before parking on campus. Enterprise Car Share has vehicles available for short-term rental at locations around campus.

MOTORCYCLES & SCOOTERS

EASE	SPEED	COST
●●●●●	●●●●●●●●	●●●●●●●●
<ul style="list-style-type: none"> + Closer on-campus parking than cars better parking elsewhere, too Less expensive than a car and nearly as convenient 		<ul style="list-style-type: none"> - \$60 on-campus parking permit required Risky during wet/icy months

Motorcycles and scooters should be registered on MyBYU before parking on campus.

BIKES

EASE	SPEED	COST
●●●●●	●●●●●●●●	●●●●●●●●
<ul style="list-style-type: none"> + Provo is one of the most bike-friendly cities in the U.S. More than 3,000 bike routes 		<ul style="list-style-type: none"> - The weather isn't always perfect Some energy required

Bikes should be licensed through Provo Police. Bikes are subject to impound if not secured at campus bike racks.

FEET

EASE	SPEED	COST
●●●●●	●●●●●●●●	●●●●●●●●
<ul style="list-style-type: none"> + Least expensive by far No need to find parking 		<ul style="list-style-type: none"> - Not quick Distance/endurance issues Dating can be tough on foot Utah's fickle weather

PUBLIC TRANSPORTATION

EASE	SPEED	COST
●●●●●	●●●●●●●●	●●●●●●●●
<ul style="list-style-type: none"> + Students ride free with their new BYU ID cards High-speed trains (UTA FrontRunner) to Salt Lake City and Ogden Free shuttles to campus provided by The Ryde 		<ul style="list-style-type: none"> - Waiting for buses and trains Walking to/from bus stops and train stations

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Stephanie Rhodes

The FrontRunner commuter rail system has stops from Ogden through the Salt Lake Valley and south to Provo.

UTA buses, trains provide access to Wasatch Front

By TARYN ROYALL

The Utah Transit Authority offers many convenient and inexpensive options for students in need of alternate transportation. In 2017, BYU President Kevin J Worthen announced that beginning August 2018, BYU students, employees and their spouses will receive free UTA passes, which can be used on FrontRunner, bus systems and the new BRT system.

FrontRunner Train

FrontRunner is UTA's commuter

rail line. Frontrunner connects Utah from Provo in the south to Ogden in the north with 16 stops in between. This system is highly cost and time effective. Running Monday through Saturday, trains are available every 30 minutes during peak times, and every hour during off peak periods. All FrontRunner trains are equipped with complementary Wi-Fi, and have designated cars for cyclists and their bikes. See the full FrontRunner schedule at unvr.se/frontrunnerschedule.

Buses

Current bus routes connect Santaquin to Eagle Mountain and Provo to

Salt Lake City, with a wide variety of stops in between. Depending on the time of day, buses run every 15, 30 or 60 minutes. Some routes, such as the route connecting Santaquin and Eagle Mountain, only run during peak service hours. Local routes connect the FrontRunner stations in Orem and Provo with major destinations in Utah Valley, such as BYU, UVU, Provo Towne Centre, University Place and downtown Provo and Orem. To see the full schedule, visit rideuta.com.

Bus Rapid Transit

Recently named the Utah Valley Express, this line will use 25 new

articulated buses primarily driving in the new exclusive bus lanes, making the system faster and more efficient. This project began in the summer of 2016 and is expected to be finished early in 2019. Service will begin in south Provo, around the Provo Town Centre and loop around from the Provo FrontRunner Station to BYU with stops on campus. UVX will then make its way towards Orem and UVU with stops at the University Place mall and the Orem Wal-Mart. The bus will arrive every 10 to 15 minutes during peak times and every 30 minutes when there is less demand.

HOW TO USE THE PRINTERS



DOWNLOAD

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

INSTALL

Install the print driver for the appropriate computer type.

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.

B&W	7¢
Color	15¢

Catering
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campus floral

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<https://www.dining.byu.edu/catering/applnow>

*Mention this ad during your interview. Upon successful hire and completion of your 2nd pay period- your bonus will be automatically added to your check.



Provo and the surrounding area host a myriad of adventures. Whether you prefer to be indoors in a theater seat or under the stars, here are a few places of interest to other students.

- Arts & music**
- 1 Velour Music Gallery**
135 N. University Ave., Provo, 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 6-8, 234 W. 540 N. Garden Dr., Lehi.
 - 5 Rooftop Concert Series**
May - September, First Friday of every month, Center St. and 100 W., Provo, Free.
 - 6 Color Me Mine**
5033 N. Edgewood Dr., Provo, M-Th 11-9 p.m., F-Sat 11-11 p.m., \$8 studio fee.
 - 7 SCERA Center for the Arts**
669 S. State St., Orem, Prices and events vary.
- Museums & activities**
- 8 Crandall Historical Printing Museum**
275 E. Center St, Provo, Mon.-Sat., tours by appt., 9 a.m. - 8 p.m., Free.
 - 9 Monte L. Bean Life Science Museum**
645 E. 1430 N., 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., \$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., Provo.
 - 14 Getout Games**
283 N. University Ave., Provo, \$16-20/person, min 4-6 people.
 - 15 Laser Assault**
264 N. 100 West, Provo, \$8-\$13/person.
 - 16 Nickel City Fun Center**
1515 S. State St., Orem, Admission \$2.25, individual game prices vary.
 - 17 Fat Cats**
1200 N University Ave, Provo, Prices vary.
 - 18 BYU Bowling & Games Center**
1171 WSC, BYU, Provo, -\$5/person.
 - 19 Springville Museum of Art**
126 E. 400 S., Springville, Free.
 - 20 LAN King Gaming Lounge**
746 E. 820 N., Provo.
 - 21 Anime Banzai**
Oct. 19 - 21, Davis Conference Center, Layton, \$45 preregistration.
 - 22 Salt Lake Comic Convention**
Sept. 6 - 8, Salt Palace Convention Center, Salt Lake City, \$42+.
- Food**
- 23 Provo Food Truck Roundup**
Every Thursday 6-10 p.m., The Startup Building (560 S. 100 W.), Provo.
 - 24 180 Tacos \$**
Tacos. 3368 N. University Ave., Provo.
 - 25 Brick Oven \$\$**
Pizza, Italian. 111 E. 800 N., Provo.
 - 26 Bowl of Heaven \$**
Acai bowls, Smoothies, Juice Bar. 1283 N. University Ave., Provo.
 - 27 Bruges Waffles & Frites \$**
Gourmet waffles and fries. 42 W. Center, Provo.
 - 28 Chip Cookies \$**
Chocolate chip cookies. 159 W. 500 N., Provo.
 - 29 Cubby's Chicago Beef \$**
American (New). 1258 N. State St., Provo.
 - 30 Cup Bop Korean BBQ \$**
Korean. 815 N. 700 E., Provo.
 - 31 Don Joaquin \$**
Mexican. 150 W. 1230 N., Provo.
 - 32 Good Thyme Eatery \$**
Mixed, healthy. 63 E. Center, Provo.
 - 33 Hokulia \$**
Shave Ice. 1445 N. Canyon Rd., Provo.
 - 34 Hruskas Kolaches \$**
Breakfast, brunch. 434 W. Center, Provo.
 - 35 JDaws \$**
Hot dogs. 858 N. 700 E., Provo.
 - 36 JCWs The Burger Boys \$**
Burgers & Shakes. 396 W. 2230 N., Provo.
 - 37 The Penguin Brothers \$**
Ice cream sandwiches. 83 N. Bulldog Blvd., Provo.
 - 38 Provo Bakery \$**
Pastries. 190 E. 100 N., Provo.
 - 39 Roll with it Creamery \$**
Ice cream. 63 E. Center, Provo.
 - 40 Rockwell Ice Cream Company \$**
Ice cream. 43 N. University Ave., Provo.
 - 41 Slab Pizza \$**
Pizza. 671 E. 800 N., Provo.
 - 42 Swig \$**
Soda. 1523 N. Canyon Rd., Provo.
- Sporty & outdoors**
- 43 Hikes, Exploring & Camping**
The Y. Provo.
Slate Canyon. 601 S. Slate Canyon Dr., Provo.
Rock Canyon. 1500 E. 2300 N., Provo.
 - 44 Sundance Ziptour**
May 18- October 7, 8841 N. Alpine Loop Road, Sundance, Packages range from \$49-\$99.
 - 45 The Quarry (Indoor Climbing)**
2494 N. University Pkwy., Provo, Prices vary.
 - 46 East Bay Golf Course & Driving Range**
1860 S. East Bay Blvd., Provo, 7 a.m. - 8 p.m., \$6 for 75 balls on the driving range.
 - 47 Topgolf**
920 Jordan River Blvd., 9 a.m. - 11 p.m., \$25-45 for 6 players.
 - 48 Local farmers markets**
Downtown Provo, Pioneer Park, 500 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. - dusk.
 - 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, Provo.

GERONTOLOGY

The Study of Aging

Rachel Wells, BYU Nursing & Gerontology Alumna with her baby and grandfather

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
2086 JFSB
(801) 422-1410
gerontology_info@byu.edu

TO-DO LIST

- FIND JOB!
- housing
- classes
- books

studentjobs.byu.edu

Student Employment
2024 WSC · 801-422-3562

The Core of Campus



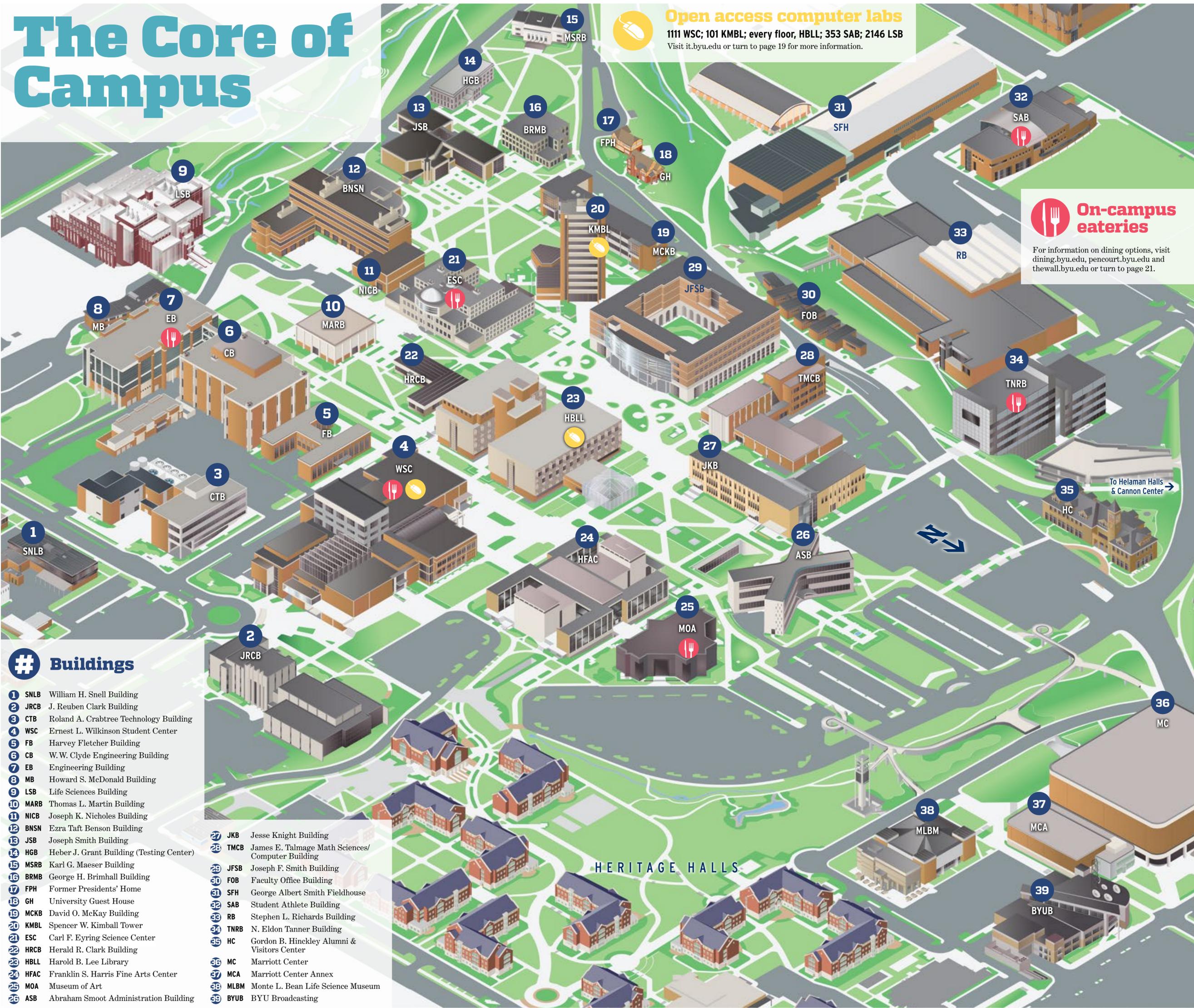
Open access computer labs

1111 WSC; 101 KMBL; every floor, HBLL; 353 SAB; 2146 LSB
Visit it.byu.edu or turn to page 19 for more information.



On-campus eateries

For information on dining options, visit dining.byu.edu, pencourt.byu.edu and thewall.byu.edu or turn to page 21.



Buildings

- 1 SNLB William H. Snell Building
- 2 JRCB J. Reuben Clark Building
- 3 CTB Roland A. Crabtree Technology Building
- 4 WSC Ernest L. Wilkinson Student Center
- 5 FB Harvey Fletcher Building
- 6 CB W.W. Clyde Engineering Building
- 7 EB Engineering Building
- 8 MB Howard S. McDonald Building
- 9 LSB Life Sciences Building
- 10 MARB Thomas L. Martin Building
- 11 NICB Joseph K. Nicholes Building
- 12 BNSN Ezra Taft Benson Building
- 13 JSB Joseph Smith Building
- 14 HGB Heber J. Grant Building (Testing Center)
- 15 MSRB Karl G. Maeser Building
- 16 BRMB George H. Brimhall Building
- 17 FPH Former Presidents' Home
- 18 GH University Guest House
- 19 MCKB David O. McKay Building
- 20 KMBL Spencer W. Kimball Tower
- 21 ESC Carl F. Eyring Science Center
- 22 HRCB Herald R. Clark Building
- 23 HBLL Harold B. Lee Library
- 24 HFAC Franklin S. Harris Fine Arts Center
- 25 MOA Museum of Art
- 26 ASB Abraham Smoot Administration Building

- 27 JKB Jesse Knight Building
- 28 TMCB James E. Talmage Math Sciences/Computer Building
- 29 JFSB Joseph F. Smith Building
- 30 FOB Faculty Office Building
- 31 SFH George Albert Smith Fieldhouse
- 32 SAB Student Athlete Building
- 33 RB Stephen L. Richards Building
- 34 TNRB N. Eldon Tanner Building
- 35 HC Gordon B. Hinckley Alumni & Visitors Center
- 36 MC Marriott Center
- 37 MCA Marriott Center Annex
- 38 MLBM Monte L. Bean Life Science Museum
- 39 BYUB BYU Broadcasting

HERITAGE HALLS

To Helaman Halls & Cannon Center



Universe Archives

Kaelin Stanley shops for textbooks at the BYU Store. Many students aren't aware that most textbooks are available through the Harold B. Lee Library.

Budgeting for textbooks

By SHAYE MULLEN

When considering the cost of college, having to add the price of textbooks can feel like the straw that broke the camel's back. Depending on their major, students can spend several hundred dollars on books alone. However, there are many ways students can save money on textbooks, freeing up funds for other activities or expenses.

To potentially save money on textbooks, try these strategies:

Look at the syllabus before buying

Professors will often post the

course schedule before classes begin, giving students an opportunity to check how often their textbooks will be necessary. If a required text will only be used for a few class periods, or if you only need to read a few chapters, consider borrowing it from a friend or checking it out from the library instead of buying the book.

Buy used

Using a pre-owned version of a textbook is an obvious way for students to save money but can be easily overlooked. Most sellers, including the BYU Store, Amazon and eBay, offer used options alongside their new prices. It may also be possible for students to buy books from

other students who recently completed the course and are selling their books on sites like Facebook Marketplace. If unsure whether the textbook is the same as what you're looking for, check the ISBN number listed for the book.

Ask the professor

While many classes will list books as "required" for a class, their use may be limited or sporadic throughout the semester, or only required for a single assignment. By asking a professor beforehand, students can hold off buying books at the beginning of the semester and may have better luck finding a cheaper option after the peak textbook season.

Try using an older edition

While professors typically recommend buying the most recent edition of a textbook, in some cases there are only minor edits made between versions. Reach out to your professor and ask whether you will be able to get by with an older, and likely cheaper, edition of the same textbook.

Look for a digital edition

Many books will offer an online edition in addition to the traditional print version. These digital copies are typically cheaper, although they are generally unable to be transferred or resold once the class has ended. For literature

courses, many classic novels are public domain and thus can be found for free through apps such as Kindle or Apple Books. However, check with a professor before using this option, as some may not allow electronic devices to be used during class.

Consider sharing with a friend

A simple solution is to find a friend taking the same course and ask whether they would be interested in splitting the cost of the book and sharing throughout the semester. Find a way to organize your study schedules so that each person has access to the book when needed. Some professors may require that each student has their book

available during class, so figure out the professor's style and method of textbook use before using this option.

Check the library

Many students aren't aware that most textbooks are available through the Harold B. Lee Library. The key to using this method is to be sure that access to the required text will be possible whenever needed. Check with library staff to see how often a specific book is checked out, or whether it is only available to be checked out for short periods of time. Some books might be possible to check out ahead of time, available online or requested through the inter-library loan system.



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Options available for purchasing textbooks

By DEVYNN MACLENNAN

Textbooks are a major expense for college students. Looking for the best, easiest or cheapest option for books for classes can be frustrating, overwhelming and confusing. However, it doesn't need to be. BYU and other companies have made buying textbooks almost effortless; some even provide buyback options.

BYU Store

The BYU Store is a great option because it has everything on a student's booklist, order it and have it available to pick up.

This may not be the most cost-effective option, but it's a very convenient way for a student to get all the textbooks they need with minimal effort.

BYU Book Exchange

This is an online resource for purchasing and selling textbooks. Only BYU students can use this service, and there is a chance that students might not find a specific textbook, or be able to sell one. However, it can be a good option for students. Visit bookexchange.byu.edu.

Amazon

Using Amazon.com is an easy way to get textbooks. The books can be significantly cheaper,

and they can be delivered right to a student's doorstep. However, there is the risk of buying a textbook that won't be needed after the first two weeks of class with no possibility to return the book.

Chegg Books

This online service allows students to rent textbooks for a semester, or buy the book outright. Students can also sell back textbooks they no longer need. By renting textbooks, students can significantly lower the amount spent on books, allowing them to reallocate the funds into other expenses. However, this service might not have certain required texts, especially BYU-specific editions.



Universe Archives

Students wait in line to buy textbooks at the BYU Store. There are many places to purchase textbooks.

BYU Store offers textbook rental options

By MEGAN JOHNSTON

The BYU Store has increased the number of textbook titles available to rent by 35 percent in response to the growing number of students choosing to rent rather than buy.

A total of 4,267 books were rented from the BYU Store during Winter Semester 2017. The store is preparing to increase the number of rentals in the future. Initial cost savings is just one of the reasons students opt to rent textbooks rather than purchase them.

"The average rental prices are usually 30 to 40 percent less than the retail prices," BYU Store academic resources buyer Cindy Jensen said. "The discount on used rentals is usually higher."

Books must be returned at the end of the semester. Students will be charged the difference of the cost and an additional \$5 late fee if they do not return the books.

Hannah Chamberlin, a sophomore from Chicago, IL, said that some of her textbooks have been offered online, which has been helpful for her book bag and budget throughout the semester. When she needs a traditional textbook, she said the bookstore's pricing is honest and fair. "I haven't had to pay for any really expensive textbooks. I never feel like they're ridiculously priced," she said.

All book titles for rent have a sign showing new and used prices in addition to the rental price. For example, the BYU Store's current pricing of one particular book is \$213.80 new, \$160.35 used. Students can rent the same book new for \$131.60 or used for \$78.15.

Renting isn't always the cheapest option. Students sometimes can sell books back for close to what they bought them for at the end of the semester.



Universe Archives

Caroline Stanley, left, and Lauren Montgomery, right, shop for books at the BYU Store.

"It's actually more cost effective to buy the book if there's a chance it will be used the next semester," Jensen explained. "BYU will buy back books depending on if the professor adopts it again for the next semester and how many students are registered for the course."

Books rented from the BYU Store can be used just like books that are purchased. Students are free to highlight and make some notes in rented books. Highlighting, underlining, taking notes in the margins is all allowed,

but students should take care of their books to ensure they are still usable.

The BYU Store makes it easy and hassle free to get the right textbook. "I just sign up for the class I want and then go get the textbook they tell me to get," Chamberlain said.

Deciding whether to buy or rent depends on each student's situation. Students who purchase new or used books and sell them back can sometimes obtain similar savings, but students can lock in the savings up front with a rental.

EATING ESSENTIALS

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Art, science, history fill

By HANNAH C. LUNT

BYU has five museums on campus: The Museum of Art, the Monte L. Bean Life Science Museum, the Museum of Peoples and Cultures, the Museum of Paleontology and the Education in Zion exhibit. Each museum offers learning experiences for all ages.

Museum of Art

The Museum of Art offers different exhibits from movie costumes to religious art. The MOA contains ten exhibition galleries and an auditorium. The exhibits change on a regular basis, allowing for new shows. Recent exhibits have included illustrations from Dutch artist, M.C. Escher, sacred paintings by Danish painters including Carl Bloch and Heinrich Hoffman, and BYU's holdings of Minerva Teichert. The museum has 102,000 square feet of space and was built not only to house art, but also to be a work of art itself. To find out what exhibits are on display now, go to moa.byu.edu. Admission is free. Located on campus north of the Harris Fine Arts Center and the east of the Abraham Smoot Building.



Natalie Saunders

People enjoy treats and the love of art on the first Friday of the month during the Night at the Museum in the BYU Museum of Art.



Todd Wakefield/BYU Photo

The Monte L. Bean Life Science Museum gives visitors an up close look at many of Earth's creatures.

Monte L. Bean Life Science Museum

Opened in 1978, the Bean museum's collection has over 2 million species represented. The Bean conducts research on all the specimens. The museum is open to the public and offers educational programs. Admission is free to the museum. The Bean also offers a live traveling animal show for family home evening events, available at no cost for Provo area residents. Visit unvr.se/mlbean for more information. Located on campus between the Marriott Center and Heritage Halls.

Museum of Peoples and Cultures

The Museum of Peoples and Cultures offers visitors the chance to learn about the history and lifestyle of past civilizations as well as developing cultures and trends today. Learn about the city of Paquimé in northern Mexico and the culture of its inhabitants, the history of shoes throughout the world and more by taking a free self-guided tour. The MPC also has hands-on tours with more information for a fee. The museum provides fun activities for date nights and family home evenings. Find the calendar and prices at unvr.se/museumofpeopleandcultures. The museum is located at 2201 N. Canyon Road.



Natalie Stoker

The Museum of Peoples and Cultures relocated to 2201 North Canyon Road.

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MOA Café 

BYU museums

Museum of Paleontology

With over 25,000 visitors each year, the Museum of Paleontology is the place to learn about dinosaur fossils. The museum has fossils from Utah, Colorado, Wyoming and Montana, which used to be stored under the football stadium seating. Recently, the museum gained a 5,000 square-foot addition, allowing almost all the fossils to be kept in the museum. The paleontology museum provides labs and hands-on experiences for all BYU students. Admission is free. Tours must be booked at unvr.se/paleontologymuseum. The museum is west of LaVell Edward Stadium at 1683 N. Canyon Road.

Education in Zion

Education in Zion is a permanent exhibit about the educational history of the LDS Church and BYU. Tours can be guided or self-guided. Rotating exhibits have covered topics such as emotion in the scriptures, Karl G. Maeser and the evolution of Cosmo. Guided tours are Monday through Friday at 1 p.m. or by appointment at educationinzion.byu.edu. Admission is free. Located on the second floor of the Joseph F. Smith Building.



Bryan Pearson

Brooks Britt showcases several fossils found in storage at the BYU Museum of Paleontology.



Natalie Saunders

Carissa and Mason Stewart enjoy the Education in Zion exhibit at the Joseph F. Smith Building.

Best study spots

By TARYN ROYALL

Here are some favorite campus study spots that might appeal to you:

Family history room in the Harold B. Lee Library

Located on the second floor of the library, the family history room is a quiet place to study. Students who have a hard time staying off their phone while studying might find this location might be the best study spot for them.

Tanner Todd, an advertising student from Lehi, Utah, said the family history room is his go-to study place.

"If I want to be off the grid, I'll go to the religion and family history room of the library. It doesn't get cell reception and it has private desks."

Joseph F. Smith Building fourth floor

The bright, natural light and beautiful balcony in the Joseph F. Smith Building is ideal for many students. Here, students are encouraged to keep cell phone use and loud conversations to a minimum, which creates a great study environment.

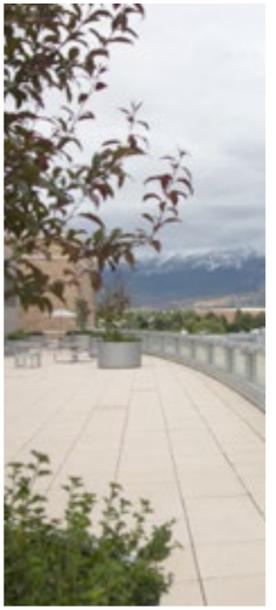
"Sometimes when you're hunkered down in the library, the dark can be a little depressing. The light in the JFSB makes it feel inviting and motivating," said Erica Ostergar, a senior from Salt Lake City.

Life Science Building roof

This hidden gem is located on the fifth floor of the Life Science Building. Complete with Wi-Fi and covered seating, this location gives students a chance to relax in the sun with a beautiful view while studying for their biology test.

Library fifth floor

When it's too cold to be outside, the fifth floor of the



Dani Jardine

The fourth floor terrace of the Joseph F. Smith building.

library is a great place to study with some sunshine. With tables and desks framed by beautiful large windows that looks out onto Y Mountain and campus, this location offers a serene and comfortable study environment.

"Here you have a beautiful view, lots of natural lighting and really comfortable chairs," said Elena Arana, a junior studying interdisciplinary humanities.

Grassy area by the MOA

In the summer, this is a great place to study. Located by the Museum of Art, this grassy study spot is covered with shade from the beautiful trees that surround it.

"The grassy area of the sculpture garden next to the MOA is a beautiful spot," says Alex Gosch, a recent graduate from California. "It feels like you're in nature."

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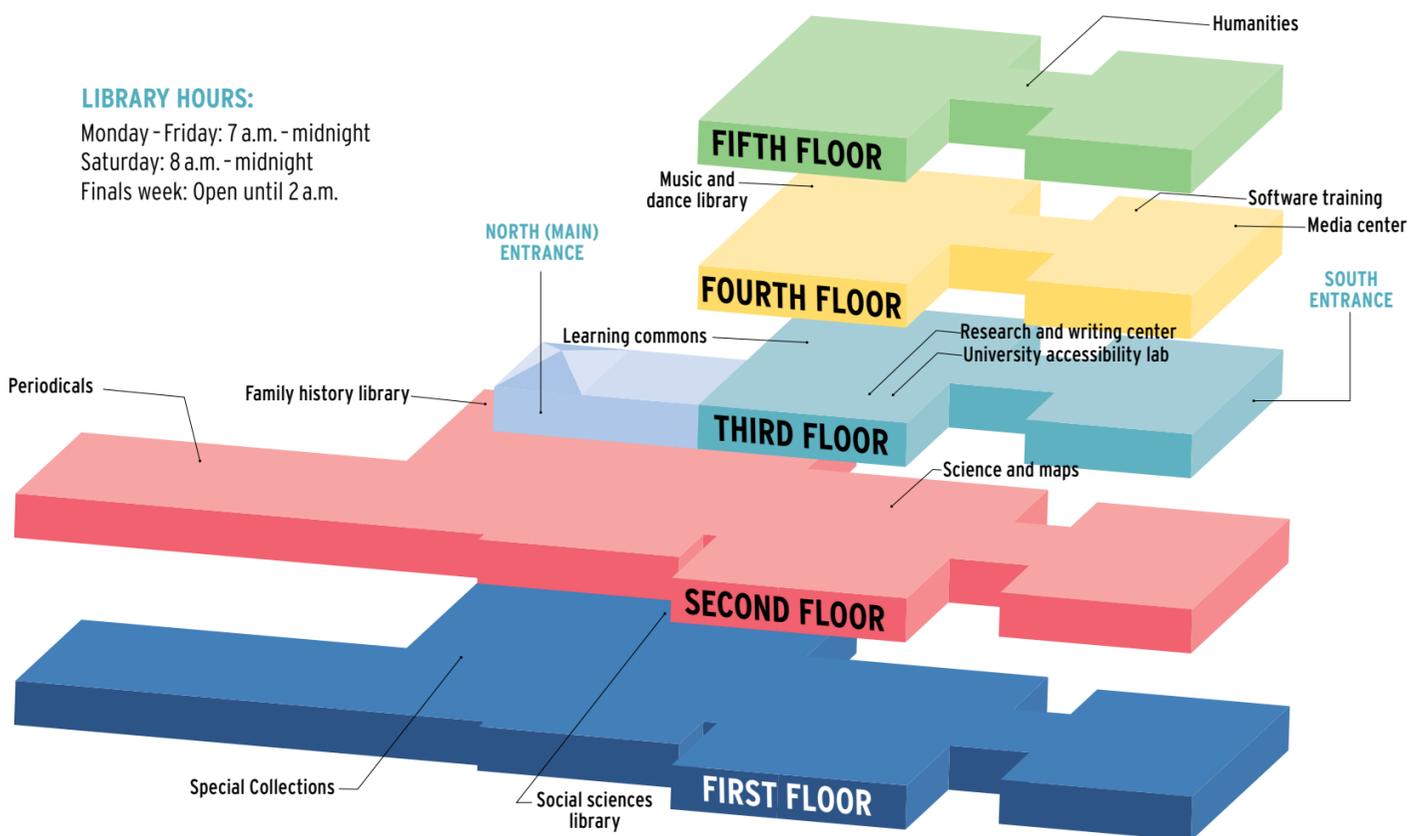
Harold B. Lee Library

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.

LIBRARY HOURS:

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



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 construction giving 235,000 square feet, primarily underground, below the central quad. The library currently has about 98 miles of shelving storing more than 6 million items, and has a total square feet 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 president of the church 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 as well as starts the main hall of the library. The circulation desk is to the east and the Learning Center is on the west. Each floor has help desks to assist users.

Here are some of the main library resources:

FIRST FLOOR

Special Collections

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KATALIN BOLLIGER, Class of 2014

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"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

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 ACQUIRE PROFESSIONAL KNOW-HOW
 OBTAIN DIVERSE FINANCIAL OPPORTUNITIES**



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.



Savannah Hopkinson

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 printer, large format scanner or 3D printer.



Savannah Hopkinson

THIRD (MAIN) FLOOR

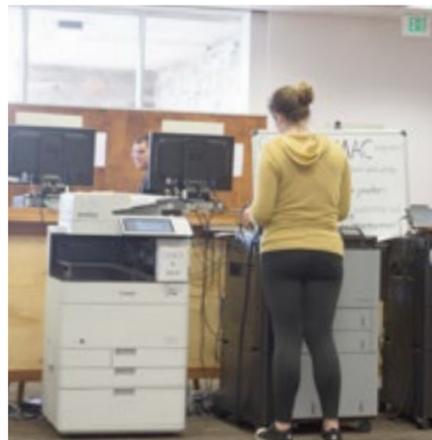
Accessibility office

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

Learning commons

The nexus of the library. A few of the items in the learning commons:

- Color and black and white printers
- Computer lab with 131 Windows computers
- "No Shhh Zone" study area where patrons don't have to be quiet
- The Hub (see page 7)
- Group study rooms
- Circulation and help desk



Ty Mullen

Research and writing center

Learning how to research and write at the college level can be a challenge for some students. There is help available for every step

along the way. No appointment necessary.

FOURTH FLOOR

Media center

Anything audio visual is available to students. Patrons can reserve time in the recording studio, on Apple computers with Adobe Creative Cloud, check out cameras and microphones and even rent DVDs and VHS tapes.

Music and dance library



Ty Mullen

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 organs on the fourth floor.

Software training

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



Ty Mullen

FIFTH FLOOR

Humanities library

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

LIBRARY RESOURCES

Study rooms

Reserve a study room on any of the five floors at groupstudy.lib.byu. 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.



Ty Mullen

3-D printer



Ty Mullen

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.

Equipment checkout

In the media center students can also check out all kinds of equipment for free. The lab has GoPro cameras, handheld HD cameras, Nikon and Cannon 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.

Media center 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.

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.

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 genealogy research.



Ty Mullen

Periodicals

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.

BYU

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A little bit of history about the buildings students 'enter to learn'



Universe Archives

The east entrance to the Wilkinson Student Center.

Ernest L. Wilkinson Student Center

When BYU announced plans to build a student center, it was named the Y Center. Before the dedication, a surprise decision by the Board of Trustees named the 1964 building the Ernest L. Wilkinson Center in honor of then-BYU president Ernest Wilkinson. After an extensive 1999 remodel, LDS Church President Gordon B. Hinckley rededicated it as the Wilkinson Student Center.

George Albert Smith Fieldhouse

The fieldhouse was built in 1951 and was named after the eighth president of The Church of Jesus Christ of Latter-day Saints, who died the year the fieldhouse opened.

Carl F. Eyring Science Center

The ESC was built in 1950 and named after acoustic physicist, Carl F. Eyring, who served as dean of BYU's College of Arts and Sciences for nearly 30 years. When it was built, the Eyring was the largest academic building in the Mountain West.

Spencer W. Kimball Tower

One of the most visible buildings on campus, this 12-story building is home to many

colleges and departments. The tower was built in 1981 and is named after the 12th president of the LDS Church, Spencer W. Kimball.

N. Eldon Tanner Building

The Tanner building houses the Marriott School of Business. The building is named after N. Eldon Tanner, a Canadian politician and counselor to four LDS Church presidents. The seven-story granite building was completed in late 1982.

Franklin S. Harris Fine Arts Center

The Harris Fine Arts Center, known to students as the HFAC, is one of the most used buildings on campus. It was built in 1962 and cost \$5 million to complete. It was named after Franklin S. Harris, a former president of BYU, because of his passion for the arts.

Joseph F. Smith Building

Named after Joseph F. Smith, the sixth president of the LDS Church. Built with the theme of "light and truth" in mind, the building has a modern glass exterior and a beautiful inner courtyard. The building was dedicated in 2005.

Thomas L. Martin Building

The Thomas L. Martin Building was dedicated in 1970 along with 35 other buildings. It is named after former BYU professor and dean of the College of Applied Sciences, Thomas L. Martin.

Herald R. Clark Building

Originally, the Clark Building served as the bookstore until the completion of the Wilkinson

Student Center in 1965. Many other departments were housed there including the campus post office, student publications and the housing office. Currently, the Herald R. Clark Building houses the Kennedy Center for International Studies. It is named after Herald R. Clark, former dean of the College of Commerce, and was built in 1953.

Ezra Taft Benson Building

The Benson Building was built in 1995 and was named after the LDS Church's 13th president. The building currently houses the chemistry and biochemistry departments.



Universe Archives

The north side of the George H. Brimhall Building.

George H. Brimhall Building

In 1918, the Mechanic Arts Building was built as a one-story building for vocational training. In 1935, two floors were added to the building and it was renamed for the president of BYU. The School of Communications is housed in the Brimhall.

Karl G. Maeser Building

Completed in 1911, the Maeser building honors Karl G. Maeser, former principal of Brigham Young Academy. The building currently houses the Honors program.

Stephen L. Richards Building

Known by students as the "RB," it is an athletics building that includes sport courts, locker rooms, dance rooms and swimming pools. The building is named after Stephen L. Richards, an LDS Church First Presidency counselor and apostle.



Universe Archives

The north side of the Harold B. Lee Library.

Harold B. Lee Library

In 1961 a new library was completed, named after First Presidency counselor J. Reuben Clark. In 1973, after the law school was named after President Clark, the library was enlarged and renamed to honor the LDS Church's 11th president. In 1999, the library was enlarged again to meet BYU's academic needs.

Jesse Knight Building

When it was first built, the JKB was the business building. In 1966, classrooms were added and it grew significantly. After the Tanner Building was completed, the JKB was home to the College of Humanities until the JFSB was built. Now, the JKB is home to University Police and human resources as well as classrooms.

W.W. Clyde Building

Dedicated in 1974, the building houses the College

of Engineering and Technology. It was named after W. W. Clyde, a contractor and contributor to BYU.

William H. Snell Building

The Snell Building was completed in 1960 and is named after a professor in mechanical arts. The building was renovated in 2014.

James E. Talmage Math Sciences/Computer Building

Named for LDS apostle and scientist, James E. Talmage, this building was built in 1971 and enlarged in 1990. It is home to the computer science, math and statistics departments.

Roland A. Crabtree Building

The Crabtree Building is home to the School of Technology and the Mechanical

Engineering Department. It also contains classrooms and labs.

David O. McKay Building

The McKay Building is named after the ninth president of the LDS Church, David O. McKay, who was the president of the church when it was built in 1954. Befitting a building named after an educator, the building is home to the David O. McKay School of Education.

Heber J. Grant Building

Also known as the Testing Center, the Heber J. Grant Building was once the campus library. The building was completed in 1925. It is named after the seventh president of the LDS Church.

See Pages 26 and 27 for The Universe campus map.

Social media and essential apps

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 smart phones. 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:

SOCIAL MEDIA

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.

BYU Instagram Story

Get a glimpse into the lives of other BYU students by keeping up with this Instagram story.

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.

Daily Universe (Facebook)

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

APPS

BYU

The BYU app provides students with access to college life essentials: check test scores, add Cougar Cash, find a classroom or the nearest restroom and more.

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.

The ROC

Earn points when attending sporting events by "checking in" through the app, and redeem points for prizes. Students can also check out photos from other students at the event, check rosters and vote in fan polls.

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.

Universe Plus

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

iClicker tips to answer correctly in class

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.

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

According to BYU Store employee Hannah Cottle, a student from West Point, Utah, buying an iClicker is easy. Cottle said all students need to do is visit the store in person or online to purchase their own iClicker.

"We have some new iClickers and we have some old ones, but they work exactly the same," Cottle said. Once students buy

their iClicker they'll need to get it registered. Students can register their iClicker at clicker.byu.edu.

If students need an iClicker and are looking to save money, Cottle said they can turn their smartphone into an iClicker at a reduced cost.

"There's the iClicker REEF pulling access codes, that's an access code for an app you can get on your phone and you can access it like an

iClicker," Cottle said. To find the iClicker app visit clicker.com/students.

Cottle said the apps don't pay off as much in the long run. "There are six month ones and one year, so they expire after one full year. So not a lot of people buy those because they expire year after year," Hannah says. "But if you buy an iClicker you can use it forever and you can sell it back to people too."



Jacob Baker

iClickers like this are used in some classes to answer multiple-choice questions. They range in price from \$35.25 to \$47.

Got Game? Then get involved with Intramural Activities!

Build your own team & sign-up for a Fall Semester schedule on September 4th.

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



Until you update this,

don't forget to update this.

Contact Information

Summary Contact Names Identifiers Personal Languages Id Card Unlist

Update Addresses

It is your responsibility to keep these addresses up-to-date at all times.

Mailing Address Permanent Address

Update your residential address online every semester or term.

BYU Off-Campus Housing Office
och.byu.edu

C-141 ASB

Places to know

Here are some other resources and places on campus that students should know about.

RESOURCES

Labs: Writing, Math & American Heritage

The **Writing Center** provides one-on-one writing help for students. Employees help students with anything from thesis construction to idea development to style. 4026 JKB, closed Spring and Summer. Library Research & Writing Center: 3322 HBLL. Mon., Fri.: 10 a.m. – 6 p.m., Tues. noon – 8 p.m., Wed. – Thurs.: 10 a.m. – 8 p.m. 801-422-4306. writingcenter.byu.edu

The **Math Lab** provides tutoring for students of different math levels.

159 TMCB. Mon.: 10 a.m. – 5 p.m., Tues.: noon to 7 p.m., Wed. – Thurs.: 10 a.m. to 7 p.m., Fri. 10 a.m. to 4 p.m., Sat. 10 a.m. to 1 p.m. 801-422-4695. unvr.se/mathlab-byu

The **American Heritage Lab** tutors students on class topics.

2218 HBLL. Mon. – Fri.: 9 a.m. to 5 p.m. 801-422-6076. unvr.se/americanheritagelab

Student Health Center

Students can go here to receive medical care. 900 East & University Parkway. Mon. – Fri.: 8 a.m. – 6 p.m. plus extended hours for Urgent Care Services. 801-422-2771. health.byu.edu

Tutoring Center

BYU Tutoring Services provides free peer-to-peer tutoring for students requiring one-on-one help. Tutors have all achieved a B grade or higher in the classes they tutor, and can help students improve their understanding of concepts taught in class and in developing essential learning skills. Students can sign up for a tutor at tutoring.byu.edu.

PLACES

Brigham Square

Located in the outdoor area between the Lee Library and the northwest entrances of the WSC, many campus activities and social events are held here.

Wilkinson Terrace

Located inside the Wilk, north of the Cougarat, the terrace is a place for students to

study, eat or just hang-out. Events and other activities also take place here.

Group Study Rooms

Students can go online and reserve a room in the library for study groups in HBLL. Rooms are available every half hour. groupstudy.lib.byu.edu.

“No Shh! Zone”

Found on the south side of the third floor in the HBLL, this is the one area in the library where students can study without having to keep quiet. Mon. – Fri.: 7 a.m. – midnight, Sat.: 8 a.m. – midnight.

Snack Zone

A designated area in the No Shh! Zone that allows food and includes vending machines so students can snack while studying in the library. Mon. – Fri.: 7 a.m. – midnight, Sat. 8 a.m. – midnight.

Family Friendly Study Room

An area on the third floor of the library 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 designed specifically for younger children. Mon. – Fri.: 7 a.m. – midnight, Sat. 8 a.m. – midnight.

Creamery on Ninth East

From groceries to ice cream and grilled hamburgers, the Creamery on Ninth East is a place for students to shop and socialize on campus.

1209 N. 900 East. Mon. – Thurs.: 7 a.m. – 11 p.m., Fri. – Sat.: 7 a.m. to midnight. 801-422-CONE (2663). dining.byu.edu/creamery.

Additional Creamery locations with smaller inventories can be found at Wyview Park (1990 N. 40 West. Mon. – Fri.: 7:30 a.m. – 11 p.m., Sat: 9 a.m. – 11 p.m. 801-422-9201), Helaman Halls (141 CANC. Mon.: 8 a.m. – 11 p.m., Tues. – Sat.: 7 a.m. – 11 p.m. 801-422-2663), and Creamery Outlet (4528 E. 1550 North Mon. – Fri.: 8 a.m. – 9 p.m., Sat.: 9 a.m. – 8 p.m. 801-422-2581).

OneStop office

Students can use the resources available in the OneStop office to help simplify their university career. From questions about financial aid to student accounts to registration, students can find the answers they need (D-155 ASB. 801-422-4104. onestop.byu.edu).



Whitnie Larson

A group of incoming freshmen gather for a meeting with their Y Group on Brigham Square during New Student Orientation in September 2017.



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Run, punt, serve and score with intramurals

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

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 p.m. 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.

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

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

In order to participate, students need to register with the Intramural



Maddi Driggs

Spencer Hafen and Marissa Paxman celebrate winning the Spring Term 2016 tennis mixed doubles tournament.

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

THE COVETED INTRAMURAL T-SHIRT

The intramural champion T-shirt has often been referred to as the "Holy Grail" of intramurals. With roughly 1,400 shirts printed yearly, it's tempting to think getting one is a cake walk, but ask anyone wearing the T-shirt and they will disagree. 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.

Making friends



Savannah Hopkinson

BYU students talking outside of off-campus housing complex.

By DEVYNN MACLENNAN

BYU is a prestigious school with ample opportunities, whether they are educational, social or religious. As first year students begin the journey of a university education, they start a new chapter in life with opportunities that allow them to grow.

While these opportunities may be exciting, students may also find them a little frightening, especially if making this journey on their own. This is when the kind, cheerful and outgoing stereotype that BYU is known for comes in handy.

"I mean I was worried about it (making friends)," said Savannah Stone, a senior from Redding, California studying English. "I didn't want to be lonely all the time, but I also had to tell myself if I don't have something to do every night that's OK, I'll make friends eventually. The more people that you try to get to know, the more opportunities you have to make friends."

Many people, with good reason, have felt the same way. University friendships are glorified and the pressure to make them a reality can be stressful. However, with a desire, good attitude, genuine interest in others

and a willingness to put oneself out there, making friends is something every student can accomplish.

Caroline Raines said she had to learn how to reach out to people.

"Sometimes it's overwhelming when you first move because you're like, 'there are just so many people for me to get to know,'" said Raines.

Making friends, whether they are lifelong or only for a semester, requires effort. People should say hello to the person they're walking beside on the way to class, sit at a table with more than one person for lunch and talk to new people for opportunities to gain new friendships.

"Even though it's scary even introducing yourself like, 'Hi, I'm Caroline. What's your name? Cool.' and then it's their turn to continue the conversation or not, but if you can even introduce yourself, I think that helps," said Raines.

Finding friends in a new environment may seem daunting, but don't let it be overwhelming. Students need to put themselves where potential friends are, and take the initiative to talk to them. In addition, it's important to make plans to hang out with people they want to know better and then continue the process to see where a budding friendship might go.

Quirks at BYU

By DEVYNN MACLENNAN

No matter what campus someone visits, each university has characteristics that make the school unique. After 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.



Dessert parties

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



Blind dates

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

Midnight food runs to the hospital

Whether for some shakes or fries, students often go to the Utah Valley Hospital to socialize and grab some grub for a midnight snack.



Conversations with random people

It is not uncommon that while walking during class breaks, a student walking the same route will start a friendly conversation.

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 p.m. to 11 p.m., to sing hymns. Everyone sounds better with the

reverberation from the tunnel.

Headphone dance parties

Although these might only happen a couple of times a semester and are organized by random students, some students will sync a specific playlist on their phones and press "play" simultaneously so that observers can't hear the music, but participants dance their hearts away.



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 sugar cookie and soda fix.



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 pack up and go home.

Freshman year: A time of firsts

Entering college brings changes and new experiences. Here are a few “firsts” freshmen have to look forward to and prepare for.



First time going grocery shopping

Facing the grocery store can be both daunting and financially risky. The myriad of options can seem overwhelming, and students can make poor choices if unprepared. Use these tips to save money and time.

1. Always make a list. Think of things you eat frequently, and things you would like to eat in the coming weeks. Stock up on basics such as chicken breasts, pasta, eggs, milk, bread and cheese. Next look for more specific items, such as fruit and vegetables, cereal, granola bars or tortilla chips.

2. Check prices. Look at flyers for various local grocery stores and in weekly grocery ads in The Universe. See what special offers are available. When prices go down on storable items such as cereal, crackers or pasta, stock up.

3. Shop on a full stomach. Choosing to shop on an empty stomach can lead to impulse buys, as well as forgetting actual necessities.

4. Go with store or generic brands when possible. Brand names are often more expensive than the same item in store or generic brands.

5. Consider buying items you eat or use often in bulk. Common lunch items such as granola bars, bottled water or juice boxes are much cheaper when bought in bulk rather than packs of six.



First time doing laundry

Let's face it; laundry is tough. Whether it is the dreaded red sock sneaking in with the whites, or accidentally adding bleach instead of detergent, mastering the art of laundry takes practice.

Basics: Before starting a load, check clothing for stains and pockets for items. Secure zippers, buttons, snaps or buckles. Make sure to tie drawstrings and unroll cuffs on shirts or pants.

Sorting: Sort laundry into piles of whites, lights, darks, brights and delicates. You also may want to keep lint-generators (sweatshirts, towels, flannel fabrics) away from lint attractors (nylon blouses, microfibers).

Temperature: Hot water (130 degrees F or above) – for whites or very dirty clothes, hot water is most effective at removing germs and heavy soil. The hotter the water, the more likely an item is to shrink, especially cotton. Warm water (90 F) – for man-made fibers, knits and jeans. Most clothes can be washed in warm water. It offers good cleaning without significant fading or shrinking. Cold water (80 F) – for dark, bright colors that bleed or for delicate fabrics.



First time getting sick without mom

Getting sick at college can be a big deal if managed incorrectly, especially when students get into higher division classes. Here are some tips to help students manage illness and get back on their feet:

1. Get plenty of rest. A lack of sleep keeps the body from functioning normally and can lengthen the recovery process. Sleeping provides more energy to the immune system, shortening recovery time and ensuring a quick return to a normal routine.

2. Don't use illness as an excuse to miss class or not complete homework. Too often students use illness as an excuse to skip class or miss handing in assignments. While it is important to ensure a sufficient amount of rest, even taking a day or two off school can have long-term consequences for the rest of the semester. If missing class is necessary, be sure to notify professors or TAs of your absence and take care to catch up on missed material as soon as possible.

3. Don't share your illness. Keep contagious germs to a minimum by using hand sanitizer, washing hands frequently, coughing into your elbow and cleaning up after yourself.

4. Stay hydrated. Illness drains the body, and it is important to replace any fluids lost.

5. See a doctor. If conditions don't improve, visit a competent medical professional.



First time failing a test

When a student is used to excelling in school, a low grade on a test can be a very humbling experience. The key to overcoming this challenge is to avoid discouragement and use it as a learning experience.

Here are some tips to overcome disappointment and to find future success:

1. Take a break and treat yourself.

2. Evaluate what went wrong and find ways to overcome it for the next exam.

3. Review test materials with a TA after the exam closes and see which types of questions were the most difficult. TAs will be able to provide advice on how to study for these types of questions and how to better answer them in exams.

4. Before the next test, try a variety of studying methods and discover which feels most effective.

— *Shaye Mullen*

Balancing your college life

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.

The 10 Most Preferred Nursing Programs
TheKnowledgeReview.com

2017

#1

2016

#3

50 Best Colleges for Nursing
Niche.com

2018

#19

Best Value Colleges for a Nursing Degree
BestValueSchools.com

2018

#22

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Time management

By CHELSEA JACKSON

Managing an academic workload, a social life and the transition to BYU can be stressful. The key to success and happiness is finding a balance.

The first step is to identify personal priorities and goals. Goals determine where time is allocated. If being academically successful is the top priority, more time will be spent on assignments and test preparation than on a goal centered to win an intramural T-shirt. Establishing and prioritizing goals are the first steps to budgeting time.

"Determine in your life what are the good, the better and best things that you're doing to manage that time and priorities," said Jeddy Tuiloma, a sophomore from Topeka, Kansas. "I try to be flexible so that there's room for those surprises that always happen in life."

There is a common myth that students can only have two of three Ss — sleep, school or a social life. This is not always true. It is possible to do well in school, get an adequate amount of sleep and make friends. The trick is learning how to say no.

"When I get overwhelmed, I like to rethink and reevaluate what my priorities are," says Hirschi Tuiloma, a senior studying interdisciplinary humanities. "Setting goals gives a framework for all those priorities that we have

and helps us keep our time. When I have a goal in mind it helps me stay more motivated to stay within the time that I've set to do certain things."

It is possible to have a well-balanced life, but it is not possible to do everything one would like to, or even everything others would like one to do.

"I think it helps to know what's expected of us. We like to plan out our week and every night plan out our next day, setting aside specific time for specific assignments or projects," said Jeddy.

It helps to write a tangible, realistic list of what needs to be done each day. Scheduling is important when trying to accomplish personal goals.

"I think it is really easy to get overwhelmed," said BYU student counselor William Lane. "If you are sensitive to your core priorities and stick to them, you will be just fine."

However, priorities change each semester, each week and even each day. It is not only essential to identify priorities, but it is important to establish which ones are time-sensitive and which ones are not.

If the long-term goal is to get into a specific major, then doing well in a prerequisite class is important.

Each student is not alone in working on time management. Both new and experienced students are still learning how to best manage their time. Experience is the best teacher.



Maddi Driggs

The essentials for effective studying: laptop, notes, phone, backpack and a quiet place in the Harold B. Lee Library.

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.

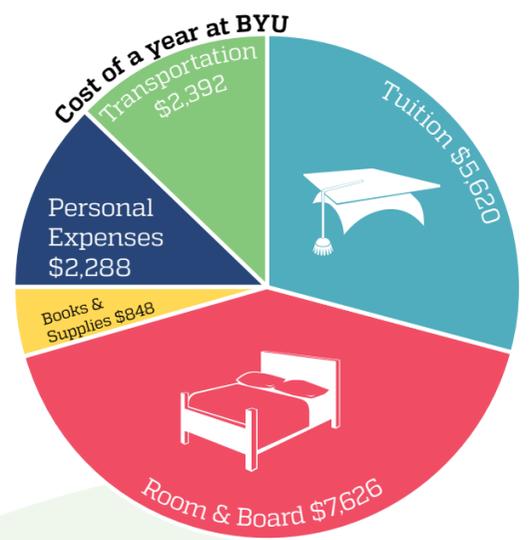
6. Review awards. The Financial Aid Office accepts grants for students, but students must decide on which loans they will take.

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 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 www.fafsa.ed.gov
2. Check My Financial Center for tasks and/or YMessages



LDS total: \$18,836

These costs can vary depending on the type of housing and meal plan (if any), student transportation modes, major and personal spending habits.

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 2018, Summer 2018 and Fall 2018 was February 1, 2018. The deadline for Winter 2019 scholarships is August 1, 2018. For continuing students, the scholarship deadline is March 1, 2018 for Spring 2018, Summer 2018, Fall 2018 and Winter 2019 scholarships.

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

Government need-based 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.

Join the Conversation!



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For more information, visit law.byu.edu

Cool things on campus

Coming from high school, first-year students can be intimidated by the number of students and sheer size of the BYU campus. Covering approximately 550 acres of land, there are 93 buildings and countless routes to each class. With the difficulty of getting from place to place, it is possible that students could miss these interesting and helpful spots:

Campus Floral

A full-service floral shop, Campus Floral provides students, faculty and the community with quality floral products and designs. Specializing in custom designs for important occasions from weddings to dances to holidays, students can find the arrangements and decorations they are looking for.

JFSB terrace

This fourth-floor terrace is a peaceful spot to study, reflect or simply enjoy the sun with a great view of campus and the surrounding mountains.

JSB atrium

Located in the heart of the JSB, the atrium offers students a secluded place of peace, quiet and solitude. Featuring a bronze statue depicting Joseph Smith during the First Vision, it is a place where students can reflect, study scriptures or pray.

LSB deck

On the fifth floor of the Life Sciences Building students can find an outdoor studying oasis. Here students can enjoy Provo's beautiful weather while still maintaining a positive studying environment. However, with only a small number of seats, the deck fills up quickly.

Museum of Art

One of the largest and best attended university-campus art museums in the United States, the MOA features artwork from some of the world's most prominent artists. Admission is free, and students are invited to explore the works found in each

of the ten exhibition galleries.



Universe Archives Brian Kershnik's "Nativity" on display at the Museum of Art.

MOA Café

Located on the second floor of the Museum of Art, the MOA Café provides students a unique dining experience. With a menu including specialty sandwiches, soups, pasta dishes, salads and desserts, students can enjoy quality food while overlooking the sculpture garden and reflecting pool.

Reflection Room

Located on the east side of the second floor of the Wilk, the Reflection Room offers a reverent space where students can enjoy a few moments of contemplation and peace while enjoying stunning views of Y mountain.

Planetarium

The Royden G. Derrick Planetarium offers students the chance to learn more about the night sky without having to leave campus. The planetarium offers shows on Fridays, and the cost is \$2 per person. See unvr.se/planetariumschedule for a full schedule of shows.



Andrew Van Wagenen

The BYU Planetarium is located on the 4th floor of the Eyring Science Center.

BYU Honor Code – the Spirit of the Y

HONOR CODE OFFICE

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. Each student has also committed to continue living standards consistent with the gospel of Jesus Christ.

Elder Jeffrey R. Holland, a former BYU president, explained why BYU has an Honor Code:

"The great secret I want to share with you ... is that this isn't your former high school or any other university. 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 BYU 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 men and women who work in 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.



Looking out to the library from the Joseph F. Smith Building terrace.

Josh Ellis

Upgrade that Daily Top Ramen.

Better Resume = Better On-Campus Job = Better Food

SAUTEED NAMES

Your name should be the largest item on the resume

SALTY SKILLS

Skills on a resume should be hard skills, such as languages, coding, or computer programs

HOMEMADE RESUME REVIEW

Come to the Career Studio and get your resume reviewed to get the best on-campus jobs

ACTION VERB SEASONING

Start each bullet point with an action verb to convey what you did at the job. Avoid pronouns!

SLICED VOLUNTEER EXPERIENCE

If you don't have a lot of work experience, include some volunteer work.

BOILED CHURCH SERVICE

Show off skills and use titles that convey what you did that can be understood by people unfamiliar with your church.

FRESH EDUCATION

Include your GPA, awards, and clubs to show off your well-rounded education

come visit the
career

Studio

WSC 2590

What I wish I knew my freshman year...

"Grades aren't everything. Yes, knowledge is important, but it's the experiences you have and learn from that really make a difference. I should've taken opportunities because I know I would have learned a lot more skills. I could've strengthened those skills if I had started earlier. Plus, those opportunities look good on resumes."

— Jolene Henderson
senior, experience industry and design

"I wish I knew how to get involved and get experience in fields related to my area of study, like research and community service. Professors love that, that's what they do. Just get to know professors and start talking to them."

— Aidan Mourik
junior, microbiology

"I wish that I knew that it was totally cool to make social life a priority. It's really important for your mental health."

— Megan Cicerone
junior, physiology and developmental biology

"It's OK if it takes time to figure out your major. You don't have to have your life figured out in your first semester."

— Rebekka Loderup
junior, political science

"Get out of your comfort zone. Meet as many people as you can and make connections."

— Taylor Knudsen
junior, advertising

"Everything is a lot more accessible than you think. BYU seems big and intimidating, but the professors are great and they love it when you talk to them, so go talk to them! Get involved in things."

— Deserae Winters
masters student, instructional psychology and technology

"I wish I had realized how accessible the professors at BYU really are and how willing they are to help! I was struggling in a few of my classes my freshman year and it would have made all the difference if I had just stopped being shy and taken advantage of the resources available to me."

— Ashley Hamilton
junior, communications

"Use your resources. There is lots of stuff that you can use. Classmates, professors, workshops, and all sorts of stuff on campus."

— Joseph Douglas
sophomore, mechanical engineering

"College is a whole different animal. You can't just put things off until the last minute. It requires diligent studying overtime throughout the entire semester otherwise you're not actually going to be successful and learn the material that you need."

— Carsen Kendall
junior, public relations

Maddi Dayton

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Sports year in review



BYU Photo

Rose Huang swings at the NCAA Austin Regional on May 9. Huang was the only BYU golfer to qualify for nationals competition.

By JOSH ELLIS

Football

BYU football endured its first losing season since 2004 and finished the season 4-9. It was the first time the Cougars had lost nine games since 1955 and snapped a 12-game bowl appearance streak that stretched back to 2005.

After a season-opening win over FCS opponent Portland State, BYU lost its next seven games before winning three of its final five games to end the season.

Offensive coordinator Ty Detmer was relieved of his duties just two days after the Cougars' final game and former BYU offensive line coach Jeff Grimes was brought in from LSU as Detmer's replacement on Dec. 14, 2017.

Grimes coached at BYU from 2004 until 2006 and most recently was LSU's offensive line coach and running game coordinator.

The Cougars will open the 2018 schedule on Sep. 1 at Arizona in the first of three-straight games against Power 5 opponents.

Men's basketball

Men's basketball finished 24-11 and reached the West Coast Conference Tournament championship game for the first time since 2015.

The Cougars swept their in-state competition, beating Utah, Weber State, UVU and Utah State before beginning conference play.

In the WCC, BYU finished third behind Gonzaga and Saint Mary's with an 11-7 record.

At the conference tournament

in Las Vegas, the Cougars got past San Diego before avenging two regular season losses to Saint Mary's with an 85-72 win in the semifinals.

In the championship game, No. 6 Gonzaga was too much for BYU, with the Bulldogs running away to a 74-54 win.

The Cougars then finished the year with an 86-83 loss to Stanford in the first round of the NIT.

Guard Elijah Bryant declared for the NBA Draft after the season concluded, but guard Nick Emery and forward Yoeli Childs have announced they will be returning to the team this fall.

Women's basketball

Women's basketball finished 16-14 with an 11-6 record in WCC play, which landed the Cougars the No. 3 seed in the conference tournament.

The regular season was highlighted by a 77-68 win over rival Utah that snapped a 4-game losing streak.

Overall, the team finished with an 11-4 record at home.

In the conference tournament, the Cougars were upset by No. 6 seed San Diego 61-56 in the first round.

Soccer

The BYU women's soccer team finished 14-9-4 and missed the NCAA Tournament for the first time since 2011.

It also marked the first time since 2011 the Cougars failed to win the WCC regular season title.

After going winless in its first six games, BYU won five of its next seven games, including wins over Kansas, UVU and Saint



Josh Ellis

Elijah Bryant drives to the basket during BYU's loss to Saint Mary's on Dec. 30, 2017. Bryant declared for the NBA Draft but Yoeli Childs and Nick Emery have announced they are returning to the team.

Marly's.

However, a tough 2-1 loss to No. 13 Pepperdine and a 4-3 loss to runner-up Santa Clara came as BYU took just seven out of a possible 18 points to end the season.

Gymnastics

The gymnastics team finished the year ranked No. 17 nationally — its highest ranking in 13 years.

Early in the season, the team upset No. 10 California at the Smith Fieldhouse and posted a season average 196.010, which was a whole point better than last year's result.

BYU reached the NCAA Regionals, where the Cougars placed fourth with a 196.300. It was the best team performance at a regional in program history.

At nationals, Shannon Hortman Evans was named a second-team All-American after posting a 9.900 on the uneven bars, becoming BYU's first All-American gymnast in 14 years.

The team also posted the highest GPA of the winter sports teams on campus.

Men's volleyball

The men's volleyball team won the MPSF regular season and tournament championships and reached the semifinals of the NCAA tournament, where the Cougars fell to UCLA in five sets.

After an opening loss to Loyola-Chicago, BYU rattled off

five-straight wins, including a win over No. 1 Ohio State.

A three-game losing streak followed, but the Cougars bounced back with a 13-game winning streak and a No. 2 ranking in the polls.

BYU clinched the regular season title after sweeping No. 4 Pepperdine and defeated USC and UCLA at home to claim the tournament title.

In the national semifinal, the two teams split the first set before UCLA won a hard-fought third set 29-27 and the decisive fourth set.

Women's volleyball

Women's volleyball cruised to another WCC championship and reached the Sweet 16 of the NCAA tournament, where the Cougars fell to Kentucky in five sets.

The team finished with a 30-3 record, going 17-1 in conference play. The Cougars' only losses were to Baylor in the Outriggers Resorts Volleyball Challenge in Honolulu, No. 17 San Diego at home and at Kentucky in the NCAA tournament.

BYU defeated four Top 25 teams, including a 3-2 win over No. 16 Utah in Salt Lake City.

Baseball

Baseball missed the WCC Tournament and finished the year 22-28 after losing 15 of its final 20 games.

The team debuted a new artificial field at Miller Park and swept Nebraska-Omaha in the inaugural home series.

On the new surface, BYU finished 12-9 at home.

Softball

It came down to the final day of the regular season, but BYU softball defended its WCC crown with a doubleheader sweep of LMU to claim a 10th-consecutive conference title and a berth in the NCAA tournament.

The Cougars finished with a 36-22 record and went 1-2 in the Eugene Regional of the NCAA tournament, losing to Drake twice and defeating Albany in between.

Men's and women's cross-country and track and field

Men's cross-country took third place at the NCAA Championships while the women's team took 11th this past season.

Casey Clinger, Connor McMullan and Rory Linkletter took home All-American honors after finishing in the Top 40 while Courtney Wayment led the women's team with a 71st-place finish.

In track and field, BYU sent 52 athletes to the NCAA West Preliminaries. The men's 3,000-meter steeplechase and 10,000-meter teams and the women's high jump team entered the

preliminaries ranked No. 1 in the nation for the events.

Men's and women's golf

Men's and women's golf swept the WCC championships this year and the men's team advanced to the NCAA Championships after finishing in second place at the Norman Regional.

On the women's side, Rose Huang finished tied for 21st as an individual at the championships after finishing in fourth place at the Austin Regional.

The women's team finished in a tie for ninth place at the Austin Regional.

Men's and women's tennis

The men's tennis team finished in second place in the WCC while the women's team took fourth this year.

Both teams finished above their expected places based on preseason WCC polls and lose just one senior.

In the WCC tournaments, the men fell to LMU while the women fell to Saint Mary's.

Men's and women's swimming and diving

This season, the teams set 11 new Top 5 BYU records and saw 21 athletes make the MPSF All-Conference team.

The men's team finished third at the MPSF Championships and the women's team took fourth.



Dani Jardine

Tanner Mangum scrambles during BYU's game against San Jose State. Mangum missed the final three games of the season with a ruptured achilles but is competing to be this year's starting quarterback.



Josh Ellis

Price Jarman spikes the ball against UCLA during the national collegiate volleyball semifinal in Los Angeles on May 3, 2018.



Savannah Hopkinson

Cosy Burnett and Veronica Jones-Perry go to block the ball against Gonzaga. The Cougars swept the Bulldogs on Nov. 9 in Spokane, Washington.



Savannah Hopkinson

Madie Lyons Mathews dribbles across midfield during the Cougars' game against Utah. The game ended in a 1-1 tie.

Cougars ROC

The ROC pass will get you into every regular season, home, NCAA sponsored sporting event. Passes are available beginning Aug. 2018 at BYUtickets.com



Dani Jardine



Ari Davis

BYU's 2018 home football season includes opponents Utah, Wisconsin, Boise State and UMass.



Josh Ellis



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*
*Price may change

The Cougar Song

By Clyde D. Sandgren, 1932

Rise all loyal Cougars and hurl your challenge to the foe.
We will fight, day or night, rain or snow.
Loyal, strong, and true
wear the white and blue.
While we sing, get set to spring.
Come on Cougars it's up to you. Oh!

CHORUS

Rise and shout, the Cougars are out along the trail to fame and glory.
Rise and shout, our cheers will ring out as you unfold your victory story.
On you go to vanquish the foe for Alma Mater's sons and daughters.
As we join in song, in praise of you, our faith is strong.
We'll raise our colors high in the blue and cheer our Cougars of BYU.

Ra ra ra ra!
Ra ra ra ra!
Ra ra ra ra!
Go Cougars!

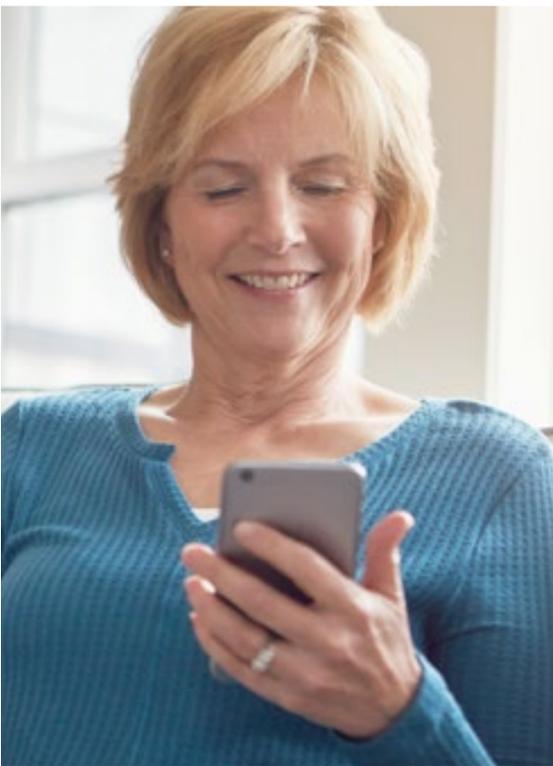


Elliott Miller



#byuabroad

BYU International Study Programs



iStock

Parents enjoy regular updates from college students.

Call home — for more than money

By DEVYNN MACLENNAN

The transition from high school to college brings many changes and new experiences. Some students are living apart from their families for the first time, requiring adaptations in these important relationships. These changes can include the way they communicate with and how involved parents are in the day-to-day life of a student.

These adjustments can leave students questioning not only how to communicate with family members, but how often. Should they call with every new exciting life event? Only when they need something? Every day on their way home from class? Or only on Sundays after church? Deciding how often to call home is a personal decision that will be different for each individual.

“It really depends on the person,” said Julia Tebbs, a senior from Las Vegas studying experience design and management. “As a freshman, I called home every day.”

In order to keep a student’s family a part of their life while also maintaining a healthy university life, students and parents should set up expectations for how often they will communicate.

“I communicate with my family pretty often,” said

Stephie Weist, a sophomore from Salt Lake City. “I usually call on my way home from classes and talk for about fifteen minutes.”

While it can be easy to get caught up in college life and forget to communicate with parents or other family members, students need to maintain and continue to build these relationships while living apart.

“I like to talk to my family about all of the things I’m trying to decide to do,” said Lucy Ghene, a junior studying chemical engineering. “It’s great to be able to ask for advice. We are really good friends.”

“Coming to college, I’ve realized how much my parents have blessed me,” said Weist. “Keeping in contact with them is a way for me to thank them for giving me the opportunity to come to college.”

As students adapt to living apart from their families, they should try to find the amount and style of communication that is right for them. Group messages can help keep families in touch, as can video calls, Snapchats or Facebook messages. While there is no right amount that will apply for every student and family, finding time to communicate with parents, whether every day or once a week will strengthen family relationships and ease feelings of homesickness.

Dealing with homesickness

By EMILY PARKISON

Jillian Innes moved to Provo only two weeks after her high school graduation. Her first experience with homesickness came the first time she missed a family get-together while at college.

“I think I prayed the hardest I ever prayed in the first months away from home,” Innes said. “I tried to be good at praying and reading my scriptures so I could have the spiritual strength I needed to get through that.”

It is not uncommon for first-year students to struggle with missing family and friends back home. BYU upperclassmen have learned how to overcome

homesickness and can share their advice with incoming freshmen.

Innes, a senior from Thatcher, Arizona has a large, close-knit family. She said her faith was important in helping her adjust to life away from home.

“Some advice I would give would be to really have faith,” Innes said. “Look for the positive and realize how great of an opportunity it is to be at BYU.”

Barbara Morrell works as a psychologist at the BYU Counseling Center. Morrell said the most important thing for new freshmen to remember is that feelings of homesickness are normal.

“Whenever you go through a big change, it can be really unsettling,” Morrell said. “It is a huge

change coming to college, not only because of leaving home, but because of the way the school system changes and because of the added demands of college education, especially here at BYU.”

Often new students think the only opportunity to meet people is to make friends in their wards and housing complexes, but Morrell said students should take advantage of all the social activities BYU has to offer.

“Because it is such a big university, not everyone easily finds their niche, so I would really recommend looking for clubs or service opportunities or some other way to be connected to people besides wards,” Morrell said.

While outgoing personalities

may make friends quickly and easily, Morrell said more reserved personalities may struggle to find social outlets.

“Often times there is not a real obvious social outlet for people who enjoy smaller group activities, and that is where finding clubs for people with similar interests can be really helpful,” Morrell said.

Nick Porter, a sophomore studying physics, understands missing home and recommends students be proactive in making new friends at school.

“Make friends, that’s my advice,” Porter said. “If you make friends, you establish a kind of little home base here, it makes it so you don’t feel as far from home anymore.”

Tips to remain safe and secure



Natalie Saunders

Students enjoying campus on a spring afternoon at the Kimball Tower quad.

By LT. STEVEN MESSICK
University Police

Welcome to BYU! My name is Steven Messick; I am a lieutenant with University Police.

BYU is one of the safest campuses in the United States. Our department wants each student to have an awesome university experience. With everyone’s help, we can keep our campus a safe living and learning environment.

A couple of factors contribute to BYU being a safe campus. The most significant factor is our outstanding students, faculty and staff. Another factor is BYU having a police department. University Police is a Utah State certified law enforcement agency. It is comprised of 31 full-time and 10 reserve police officers supported by a state-of-the-art 911-dispatch center.

The following are some suggestions to keep the campus community safe:

Take responsibility for personal safety.

Get to know roommates. As a BYU community, each person has a responsibility to take care and watch over others. If students see something different with your roommate, they should take the time to talk with them and determine how to help. Talking with them might prevent a crisis later.

Get involved with the Women’s Services and Resources’ “Voices of Courage” campaign – check it out online at voicesofcourage.byu.edu.

Be selective when you date. Set standards and communicate those standards.

Stay safe online. Social networks are a great way to stay connected with others, but be wary about how much personal information to post. Think before sharing or downloading. Check out “StaySafeOnline” at www.staysafeonline.org/stay-safe-online/protect-your-personal-information/social-networks.

Lock apartment doors.

Protect personal identity. Check out “Identity Theft” at www.consumer.ftc.gov/features/feature-0014-identity-theft.

Read the federal BYU Campus Security Report found on the police department’s department’s website – police.byu.edu.

View the videos “Shots Fired,” “Run-Hide-Fight” and “Flashpoint” on the department’s website; they may save your life.

To receive immediate notification of a significant emergency or dangerous situation that is an imminent threat to the health or safety of the campus community, register online via the myBYU personal account:

1. Log into home.byu.edu
2. Click on the “myBYU” tab
3. Enter Net ID and Password, and then click on the “sign in” tab.
4. Click on the “Update my Personal Information” link.
5. Click on the “Contact” link.
6. Click on the “Campus Emergency Alert Contact Information” link.
7. Complete the appropriate

fields and click the “Save” button.

Those involved in a traffic accident, no matter what the damage is, must notify the appropriate law enforcement agency.

“If You See Something Say Something.” Any suspicious activity on campus should be reported to the University Police. Check out Homeland Security’s “If You See Something, Say Something” campaign at www.dhs.gov/if-you-see-something-say-something.

Anyone who becomes a victim of any crime on campus should notify University Police immediately.

A few individuals make choices that wreck their BYU experience. Here are a few of the more common ones that officers on campus see.

Domestic and dating violence — No one deserves to be physically or emotionally abused. Utah Criminal Code (UC) 77-36-1 / UC 78B-7-402

Stalking and harassment — If he or she does not want a relationship, “leave me alone” means exactly that, leave them alone. UC 76-5-106.5 / UC 76-5-106

Theft — Stealing any type of property is against the law. UC 76-6-404

Fires — Starting a fire may also be called arson or reckless burning. UC 76-6-101 / 76-6-104

Dry ice bombs — Manufacturing and/or detonating any explosive, chemical, or incendiary device is serious stuff. UC 76-10-306

Trespassing — If the door is locked or a no trespassing sign is posted, those who enter without permission are trespassing. Anyone who is told to leave and refuses is trespassing. UC 76-6-205

A criminal record is not a positive addendum to one’s resume. University Police treats everyone the same. When an individual elects to commit a crime on campus, police officers seek to identify and prosecute them.

The University Police Department at 2120 JKB offers tours for students. Those with any law enforcement or security concerns, questions or suggestions, please contact me at 801-422-7334 or steven_messick@byu.edu.

Cute single girl, 21
Brigham Young University



If you’re still swiping, you’re still living in BYU contracted housing.

Questions about off-campus housing?
Och.byu.edu has answers.

BYU Off-Campus Housing Office
och.byu.edu

C-141 ASB



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 can establish close friendships that can last a lifetime while other relationships can 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 I haven't made my 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."



Ty Mullen

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

Communication with roommates

By MIRANDA FACER

Living with new people can present some challenges as you adapt to sharing a space. You may have different definitions of clean, different laundry schedules, or different ideas of what "quiet time" means. It may be helpful to sit down together and talk once everyone has moved in to your new dorm, apartment or house. Having a talk early — before bad habits are created — can save everyone stress, prevent contention and reduce passive aggressive notes about dirty dishes.

Honor Code

If you live in BYU contracted housing, all of the residents in your apartment agree to live by the standards of the Honor Code. Going over the Honor Code as an apartment solidifies the agreement not only between the individual and the university but also between roommates.

Visitors

Visiting hour rules are established in the Honor Code, but your apartment may also want to establish "quiet times" when guests aren't over to help create an environment conducive to studying or resting. It's also helpful to establish a communication routine for scheduling the apartment, in the event a roommate wants the living room for a date night or use of the kitchen for a dinner party.

Significant others

It's likely at least one of your roommates or you will have

a significant other and want "couple time" in the apartment. Sometimes, however, a significant other can start to feel like an extra roommate who doesn't pay rent or do dishes. If you foresee this being a problem, discuss as roommates how often the happy couple can reserve the living room and make sure all residents feel comfortable with the situation.

Temperature

This doesn't seem like a big deal until one roommate is

roasting or shivering instead of sleeping. Consider the physical and financial needs of everyone in the apartment and come to a conclusion about a standard temperature for the thermostat during various seasons.

Dishes

Everybody eats, but not everybody does dishes (or at least that's how it may seem with some roommates). Some apartments do well rotating who does the dishes every day or week, while others adopt a policy of "if you dirtied it, you

clean it." Regardless of your specific system, it can be helpful to establish time boundaries for when dishes need to be done after they've been used to avoid clutter, mold, foul smells and unwelcome vermin.

There are other topics roommates should discuss during the first few weeks of living together, depending on the needs of the apartment. Establishing open communication, treating everyone in the apartment with respect and being aware of one another's needs helps to create a happy home.

Best tweets about BYU

@nikilaws

If you don't play The River Flows In You in the Wilk, do you even play the piano? #byuprobs

@BrettTwin

#fastsundayproblems When your stomach makes the mating call of a beluga whale during sacrament

@beammeupscotty2

Sitting in my senior level english class listening to a bunch of 24 year olds talk about Pokemon- the joys of #BYUprobs

@SaraBitterman1

@UniverseBYU I'm not engaged, but I am #anxiouslyengaged in convincing my FHE husband that we should make the calling last for eternity.

@sunshinemmaline

#byuprobsays "You should pimp out your story. Isn't pimp a cool word?" @UniverseBYU @UniverseLife

@elena_hirst

Anonymous nice note that told me I looked like a good snuggler #awkwardsinglesward

@racheliericksons

"Hi, I'm Rachel." "Oh, I'm Jacob." Bible names can be awkward. #byuprobs

@sarahes13

I'm so grateful I don't have to carry a baby to class. #byufirstday #byuprobs

@allyandreasen96

Awkward moment when the couple in front of you start kissing during a chemistry quiz #byuprobs

@JosephGCarson

If you don't hold hands on the way to every class, are you REALLY dating? #byuprobs

@bretmortimer

My crush is a pizza bagel from the vending machine. If you microwave it for 20 sec it becomes a real big bagel bite. #iwantyou #BYUCrushes

@Smart_Alec

I guess I just don't understand how you're supposed to do well on an exam when you're dead inside from waiting in line for hours.. #byuprobs

@Maiswam

That moment when everyone is planning their wedding and you're planning which Netflix show to watch. #byuprobs #netflixislife

@BaoTheHa

What is more difficult and more desirable during finals week? A date? Or an empty table in the @hbl1? #byuprobs #finalsweek

@tanner_call

When all your pictures are of your teachers' notes on the whiteboard instead of you and bae, you know it's time for finals. #BYUProbs

@rachelkenttt

always weird to hear an 18 yr old start her sentence "So my husband and I..." #BYUprobs

@HannahWoolley1

I strategically walk through the Wilk for candy and I am not ashamed. #byuprobs

@Its_Jadeee

I am convinced that more prayers are said in the testing center each day than in a church building all year #ByuProbs

@HannahWoolley1

The bell tower's rendition of "Come Come Ye Saints" makes me feel like I'm being haunted by the spirits of a thousand pioneers #byuprobs

@mikebarker2015

Eating a fun size Milky Way bar in the periodicals of the @hbl1 is my way of living on the edge #byu #byuprobs

@allyyosson_

The kid saying the prayer in my stats class: "we are thankful that the snow and stats hasn't quite killed us yet" #byuprobs

@teachacorinne

The problem with hot TA's at BYU is they're married and have a kid. #byuprobs

@mega_nallen

The quality of my day directly reflects if my wardrobe choices matched the actual weather experienced. #BYUProbs #UtahWeather

@ChocoTacos

"When I was on my mission it was easiest to think of the exchange rate in dollars to tacos instead of pesos" #overheardatbyu

@LuistheSwift

"Our message is about happiness, so we should probably stop talking about girls" -My Home Teacher #byuprobs #ysaprobs #mormonthings

@wehdelboe32

Unpopular opinion: BYU brownies taste like toothpaste

@rtmccombs

Last time LeBron wasn't in the finals Jimmer was still at BYU lol

@megaleonardon

"Bro if she ain't sliding into your Learning Suite messages she ain't the one" @HeardAtBYU #BYU

@thekwakuel

Ever since black panther came out, I've been asked out seven times & my dating game has increased exponentially.

I guess I'm as close to Michael B. Jordan as byu girls are gonna get. So I will use my powers responsibly.

@sammy_smiless

Honestly the biggest joke life threw at me was how I made fun of byu couples for YEARS and then I BECAME the byu couple. you really do become what you fear I guess

@ashytin_

I have a very strong opinion that everyone in Utah county needs to stop assuming that everyone they talk to knows everything about BYU. "Oh, it's in the LMNOP building."

That literally means nothing to me, Derek, I have no idea what that means.

@MaryAlessandra9

My professor got a hot guy and a hot girl and told us we'd get a date with them if we got 100% on our test. #onlyatbyu #byuprobs

@dtosborn11

YSA stake conference: watching 25 awkward back scratches instead of just 5 #BYUprobs

@jennkoffe

My first Utah winter I felt the bones freezing under my face. Should I wear a ski mask now? #BYUisSoCold

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Improve your ramen-making skills

By TARYN ROYALL

There's nothing more pleasant to the ears of a college student than the three beeps of the apartment microwave telling you that your food is ready. In a college residence, freshmen students may be limited to groceries they can fit in a box under their bed or meals they can make in 15 minutes. After a long day of classes, studying and socializing, there is nothing more satisfying than fast and delicious food. However, "fast" and "delicious" don't always go hand in hand. Sometimes, those ramen noodle packets can get a little old. Here are some ramen tips that will change the way you look at these noodles:



Shaye Mullen

Ingredient ideas to add more flavor to ramen.

Tex-Mex ramen

This recipe is for all the Mexican food lovers. Simply cook up some ground beef and beef flavored ramen, season it with chili powder and top with sour cream, shredded cheese, lettuce or avocado.

Spicy ramen

Add a little kick to your ramen packet by adding Sriracha sauce, Tabasco sauce, red-pepper flakes or any other spicy addition. This one will definitely wake you up enough to finish that final paper you have due at midnight.



Cheddar broccoli ramen

This recipe combines two college staples: ramen and Rice-A-Roni. Add a packet of cheddar broccoli powder Rice-A-Roni mix, one packet of ramen steamed broccoli and top with shredded cheddar cheese.



Ramen 'n' cheese

For this new recipe, all that is needed is cheddar cheese and milk. Once the noodles have been made, mix one tablespoon of milk, a flavoring packet from Four Cheese Rice-A-Roni and ¼ cup of cheese into the ramen. This delicious mixture will definitely satisfy that cheese craving.

Lemon garlic ramen

This might be the fanciest ramen creation money can buy. Add a little lemon seasoning, parmesan cheese, garlic and green onions to your ramen noodles and enjoy.

Simple ramen stir-fry

With this super customizable recipe, it's almost impossible to find something you don't like. Combine your favorite veggies, eggs or meat with a package of cooked ramen and add them to a frying pan. Cook until the vegetables are soft and the meat is cooked.



Popular items at the Helaman Halls' Cannon Center

The Cannon Center offers customers a wide variety of options, with a new menu every day of the week. Keep an eye out for these student favorites:

- Seared tilapia over creamed spinach
- Potstickers
- Roasted pork ribs
- Smoked salmon with quinoa
- Buffalo style chicken tenders
- Philly cheesesteak and fries
- Breaded cheese ravioli
- Stuffed pepperoni sticks
- Steak fajitas
- Canadian cheese soup
- Baked potato bar
- Jalapeño poppers
- Navajo tacos
- Beef tri tip Santa Maria
- Chicken enchilada casserole



Dani Jardine

Students pick their breakfast options at the Cannon Center.

Make the most of a meal plan

Meal plan name	Prices	Key features	Cannon Center meal prices (beginning August 2018)		
			Breakfast	Lunch	Dinner
19+	Fall 2018 - Winter 2019 \$2,870 Winter 2019 \$1,435	<ul style="list-style-type: none"> • Plan holders receive the entire allotment at the beginning of each semester (\$1,435) • Only available to residents of Helaman Halls who turn 19 prior to January 1, 2018 • Additional blocks of 55 Dining Dollars may be purchased for \$50 via My Dining Account 	\$5.40	\$6.70	\$9.30
Basic Plan	Fall 2018- Winter 2019 \$3,475 Winter 2019 \$1,737	<ul style="list-style-type: none"> • Plan holders may dine in the Cannon Center up to 12 times per week. • Holders pay for additional meals • Unused meals are forfeited at midnight on Sunday of each week • Plan holders receive an allotment of 25 Dining Dollars per semester 	1 pass	1 pass	1 pass
Cannon Block of Meals	50 meals option \$400 25 meals option \$200 Additional 5 meals \$40	<ul style="list-style-type: none"> • Plan holders are allocated a block of meal passes to use at the Cannon Center. • Plan holders can use their meal passes for themselves and others • Plan holders choose a block of 25 or 50 meals per year • Additional passes can be purchased in blocks of 5 via My Dining Account 	\$8.00 (1 pass)	\$8.00 (1 pass)	\$8.00 (1 pass)
Dining Dollars	Summer 2018 \$250 Fall 2018 - Winter 2019 \$1,000 Winter 2019 \$500	<ul style="list-style-type: none"> • Plan holders receive an allotment at the beginning of each semester (\$500) or term (\$250) • Additional blocks of 55 Dining Dollars may be purchased for \$50 via My Dining Account 	\$5.40	\$6.70	\$9.30
Dining Dollars Blue	Fall 2018 - Winter 2019 \$4,300 Winter 2019 \$2,150	<ul style="list-style-type: none"> • Plan holders receive the full allotment at the beginning of each semester • Additional blocks of 55 Dining Dollars may be purchased for \$50 via My Dining Account 	\$5.40	\$6.70	\$9.30
EZ Dining	EZ Dining 100 \$100/mo. EZ Dining 150 \$150/mo. EZ Dining 200 \$200/mo.	<ul style="list-style-type: none"> • EZ Dining meal plan holders receive monthly allocations of Dining Dollars which they can use to purchase goods for themselves and others at Dining Services locations • Plan holders choose monthly allocation of 100, 150, or 200 Dining Dollars • Unused Dining Dollars carry over from month to month with no maximum accrual limit until the end of the agreement. • EZ Dining meal plan holders receive a 5 percent discount at the Cougarreat after 2 pm Monday - Friday and all-day Saturday 	\$5.40	\$6.70	\$9.30
Eating Essentials	Weekly Allowance 30 40 50 Fall 2018 - Winter 2019 \$990 \$1,320 \$1,650 Winter 2019 \$510 \$680 \$850 Spring 2019 \$270 \$360 \$450	<ul style="list-style-type: none"> • Provides weekly allocations of Dining Dollars • Plan holders choose weekly allocations of 30, 40 or 50 Dining Dollars • Unused dollars carry over from week to week with maximum accrual limits of 100, 150 or 200 respectively. • Ideal for students living in Heritage Halls and off-campus • 15 percent off Cannon Commons entrance fee • Tax free purchases at all dining locations including groceries 	\$6.37	\$8.29	\$9.52 \$11.90 Sunday
Open Door 7	Fall 2018 - Winter 2019 \$4,070 Winter 2019 \$2,035	<ul style="list-style-type: none"> • Plan holders may eat in the Cannon Center as often as desired during business hours, every day of the week • Plan holders are allocated 200 Dining Dollars per semester to use at other Dining Dollars locations • Additional blocks of 55 Dining Dollars may be purchased for \$50 via My Dining Account 	Covered	Covered	Covered

The Cannon Block of Meals works only at the Cannon Center. Other meal plans do not work at Pendulum Court Café, concessions, the Wall and BYU Store. They do work at the Cannon Center, vending machines, the Cougarreat, the Skyroom, Jamba Juice, MOA Café, Legends Grille, Blue Line Deli, BYU Catering, Food to Go and all BYU Creamery locations.



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Students find adventures, new skills in campus clubs

By SHAYE MULLEN

Typically when people think of clubs, they focus on the recreational side: playing Quidditch, breakdancing, or for the more intellectually-minded, playing chess. While these may form important, even essential pieces of a well-rounded educational experience, clubs can also provide opportunities for life-long connections and possibilities.

Improved time management skills

Finding time for extracurricular activities can be challenging, and finding a balance between classes, homework, church responsibilities, friends and extracurricular activities is a must.

Clubs give students motivation to find that balance and teach them valuable life skills that they can continue to apply after graduation.

“Being part of a professional club has helped me understand where my strengths are, where I can improve and what goals I can set to keep getting better,” said Talon Hatch, a senior studying public relations.

Learning new talents

Clubs create a unique environment in which new talents and abilities can be cultivated. Many of these new abilities can be applied in professional settings, and can provide a needed boost to a resume. Among these skills could be an increased proficiency in a second language, improved writing abilities, or familiarity with public speaking.

Increased leadership abilities

Not only do clubs provide invaluable opportunities to gain new skills, they also



Sarah Hill

Above and below: members of the Hip Hop club gather to learn dance moves at their club meetings.

give students the potential to increase their leadership abilities and learn more about managing groups of people.

Networking

Working with others in club settings gives students the chance to meet many new people with similar interests, or even future employers.

Hatch personally saw the effects networking had on her job prospects after graduation. He said, “I’ve been able to do work for real clients, gain real work experience and build my personal network. That has been a huge resume builder and prepared me for my current job.”

The connections made during college will be invaluable after graduation, as students keep contact with these new friends and use these connections in a professional setting.

To learn more about clubs and organizations, visit clubs.byu.edu or talk to your academic adviser.



Get involved outside of class

By LATISHA JICHA

When Mai Vo, a junior from Pewaukee, Wisconsin, came to BYU, she wanted to make the most of her experience.

“I’m grateful I got involved early,” Vo said. “Service is a grand escape from the trials of every-day life.”

Classes are one way to obtain an education, but there are other opportunities to enlighten the mind and prepare students to go forth and serve. Getting involved on campus allows students to expand their education to encompass areas outside the secular field of study. BYU offers many ways for students to serve, get involved and meet new people.

BYUSA

The BYU Student Association is a common place to start when looking to get involved. The organization has several departments where students serve and can contribute their time.

“I am continuously growing in ways that I don’t think are possible in the university classroom setting,” Vo said. “BYUSA pushes me to be more confident and outgoing. Through these experiences, I am able to create connections with hundreds of students. This allows me to serve others, whether it’s through a cotton candy booth, an orientation presentation or a simple conversation.”

Vo said that the BYUSA office has become a refuge for her. She is grateful for the memories, relationships and experiences she made throughout her time there.

BYUSA is known for hosting campus-wide activities. Students not only can attend these events, but they can also volunteer to help plan and run them. Students can discover

more about these opportunities at byusa.byu.edu or by visiting the BYUSA office in 3400 WSC.

Clubs

BYUSA has an entire department dedicated to clubs, and hosts Club Night every Tuesday in the Wilkinson Student Center. The clubs span a range of interests from martial arts to ping pong to hip-hop to vegetarianism. There are academic clubs like Women in Business Club and Pre-Dental Club that are tied to majors and careers and help students find opportunities in their fields of study. More information about BYU’s clubs can be found at clubs.byu.edu.

Y-Serve

If students want to expand their influence outside of campus, Y-Serve is the place to look for opportunities. There are over 70 programs for student volunteers. Each one focuses on a different group or need in the community. Volunteers can work with children or the elderly, do heavy-duty work or teach a musical instrument. The options are endless.

Jared Dye, a senior studying economics and political science, has been involved with Y-Serve for two years now.

“It’s more than volunteering for me,” said Dye. “I’ve learned important lessons, albeit ungraded ones, of service and ministering along the way that have shaped me into a better friend.”

Dye said that Y-Serve has become his default hang-out spot because of the incredible people and opportunities that are there. Both Vo and Dye said that becoming involved has enhanced their BYU experience.

For a list of programs and more information, visit yserve.byu.edu or stop by 2330 or 2010 in the Wilkinson Center.

Both Vo and Dye said that becoming involved has enhanced their BYU experience.

“I am a strong believer that everyone on campus should be involved in something beyond school work,” said Vo. “Extracurricular involvement grows the mind and heart more than any textbook or lecture hall.”



Elliott Miller

Students Kalisha Foy and Trent Taylor sew puppets for Y-Serve’s Service to the World activity.

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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 and university administrators and professors. At least 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.



"It is because of the Atonement of Christ that we can recover from bad choices, and it is because of the Atonement of Christ that the impact on us of others' sins and mistakes – and every other injustice – is redressed. To be made holy, to be made whole, we need a Savior. And God needed to include a Savior in His plan if He was to have a chance of saving and exalting any of His children."

Elder D. Todd Christofferson
Quorum of the Twelve, Dec. 12, 2017

"To those whose hearts are breaking or who feel that no one is listening; to those who are stressed, worried, or afraid; to those who bear the burdens of sin; and to anyone whose heart is pleading, "Master, carest thou not that I perish?" the answer is yes. Your Savior does care and He does love you. The Savior will always love you, no matter what."

Carolyn Billings
Director of Sports Medicine, Oct. 17, 2017

"A technology is neither radical nor revolutionary unless it benefits everyone. ... We have to make technology work for us, not against us."

DJ Patil
Former US Chief Data Scientist,
Feb. 13, 2018



"If we want to increase our faith in a way that dispels our fears, we need to act. And often the best way to act is to serve others. Irrational fear causes us to focus on ourselves – on our own inadequacies and on our own inability to control things. When we focus on others and what we can do to help them, fear fades. This is just one way in which, as the scriptures teach us, "perfect love casteth out all fear."

President Kevin J. Worthen, Sep. 12, 2017



"One of the ways we are individuals is through our gifts—those things that come easily to us. Our innate capabilities help define who we are and are often related to those things we are naturally inclined to enjoy. In addition, we all have different experiences in life, which results in an infinite number of perspectives."

Julie Crockett
Associate Professor, Department of Mechanical Engineering, March 6, 2018



"If you are confused, uncertain, or disheartened, please seek out support and places to talk through your concerns. Our moral agency is a divine gift that makes it possible for us to progress through mortality by facing opposition, choosing the light, and returning to our Father in Heaven. If you have been harmed because of others' misuse of their agency, there are resources available to you on campus, and thankfully the way has been prepared through the Atonement of Jesus Christ for you to be healed from the injuries, injustices, and offenses of others."

Benjamin M. Ogles
Dean, College of Family, Home and Social Sciences, Jan. 30, 2018



"Maybe you are like me because you might ask, "What leisure time?" I know that you are busy university students with church callings, work, families, friends, and many obligations. But after an experience I had a couple of weeks ago, I realized that as busy as I think I am, the Lord puts opportunities right in my path, and all I have to do is take advantage of them."

Sharon Eubank
Director of LDS Charities and First Counselor, Relief Society General Presidency, Jan. 23, 2018

"The Lord provides the only real solution to living with other mortals: He asks us to forgive and love one another."

Elder M. Russell Ballard
Quorum of the Twelve, Nov. 14, 2017

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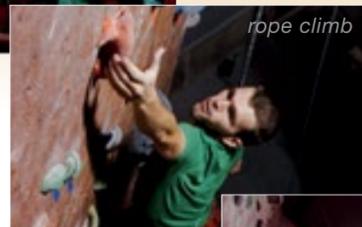
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Sexual assault resources on campus help 'empower' students

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, 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.

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.



Dani Jardine

Lisa Leavitt became the victim advocate at BYU in January 2017. She is a confidential resource and can connect students with other campus and community resources, if they choose.

The survey shows that about 3 percent 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 percent of survey participants didn't know what the Title IX Office was for, 41 percent said they knew how to help a friend, and 35 percent knew BYU's procedures in reporting sexual assault cases. Another 60 percent didn't know what campus resources are available and 75 percent 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 "no matter what she does, she can't take away the incident or pain a student has experienced."

"But the reason I come back and do it every day is because in those situations, if you're

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."

Victim 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 many 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 fix 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

By DANIELLA SUBIETA

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 that 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.



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Fall 2018 Events



September

- 4 First day of class
- 7 Laura Benanti, de Jong Concert Hall, 7:30 p.m.
- 8 Football vs. California, LaVell Edwards Stadium
- 9 Worldwide Devotional for Young Adults, Elder Quentin L. Cook, 6 p.m.
- 11 Add/Drop Deadline
- 15-16 Autumn Aloft Hot Air Balloon Festival, Park City
- 22 Football vs. McNeese, LaVell Edwards Stadium

October

- 4 I'm With Her, de Jong Concert Hall, 7:30 p.m.
- 5 Football vs. Utah State, LaVell Edwards Stadium
- 6-7 General Conference
- 9 Hike and light the Y
- 10 True Blue Foam, Helaman Halls Field
- 10 Major Fair, WSC Ballroom
- 11-12 BYU Spectacular, Marriott Center, 7:30 p.m.
- 13 Homecoming Football vs. Hawaii, LaVell Edwards Stadium
- 12 BYU Spectacular
- 28 Football vs. Northern Illinois, LaVell Edwards Stadium
- 20 The Haunted Half, Provo
- 31 Halloween



November

- 1-10 Mouse Trap, Pardoe Theatre, 7:30 p.m.
- 13 Jazz Voices, Madsen Recital Hall, 7:30 p.m.
- 14 Karina Gauvin, Madsen Recital Hall, 7:30 p.m.
- 17 Football vs. New Mexico, LaVell Edwards Stadium
- 21-23 Thanksgiving Break
- 23 Christmas Lighting at Temple Square, Salt Lake
- 29 Student Composers Showcase, Madsen Recital Hall, 7:30 p.m.



December

- 2 First Presidency Christmas Devotional
- 7 Ethel with Robert Mirabel, de Jong Concert Hall, 7:30 p.m.
- 13 Utah Symphony: An Evening in Spain with Boléro and Carmen, 7:30 p.m.
- 15, 17-20 Finals

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. 2-Oct. 25)



The cover and pages from the current issue of TWO.

Universe Design

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 place 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 ideas for dates. "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.



Jaren Wilkey/BYU Photo

The BYU International Folk Dance Ensemble performing on September 16, 2016.

Arts card—a freshman exclusive

By LUCY SCHOUTEN

The curtain of the de Jong Concert Hall slowly opens to a sold-out audience. The crowd quiets as the lights dim to reveal another world of color, music and theater from some of the finest performance groups at the collegiate level. A few BYU freshmen smile — they got in for only \$3 per ticket because of the arts card discount.

Arts Cards are distributed through the Office of First-Year Experience, passing the cards to first-year students through their peer mentors. The office took the idea from other schools that also have all-arts cards, which are similar to the BYU ROC pass for sporting events.

Katrina Arnell, a freshman mentor at the Office of First-Year Experience, said that the card exposes freshmen to the arts and gets them interested in the various opportunities that BYU has to offer. "I had a card my freshman year, and it helped me get involved in the arts program," Arnell said. "It was also a great excuse to get together with my friends because we knew we wouldn't have the same opportunity next year, and we wanted to take advantage of the discount."

Events this year will include Noteworthy, a performance of Comedy of Errors and the BYU Spectacular, to name a few. Another popular event is BYU Dance in Concert, held at the beginning of Fall Semester. This event

showcases BYU's top dance ensembles, including the International Folk Dancers, Ballroom Dance Company and Contemporary Dance.

Some tickets sell for around \$30 or more at regular price, so the card gives freshmen a significant discount. Most arts events are closer to \$10 per ticket, which can add up on a student budget.

The freshman arts card is especially useful for students taking Music 101 or other classes that have a fine arts requirement. The card is also a great resource for funding dates.

Peer mentors distribute the arts cards to freshmen during the first weeks of school, and transfer students can pick up their cards in 2014 JKB or during Transfer Student Orientation.



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[@byu_history](https://twitter.com/byu_history)

[@byuhistory](https://www.instagram.com/byuhistory)



Making an apartment a home: The stuff to bring

Moving is a hassle made more stressful by the fear of forgetting something. Here is a checklist of essentials, as well as some things to make an apartment feel more like home.

Many kitchen and cleaning items can be shared among roommates or may already be in the apartment.

Bedroom

- NECESSITIES**
- Bedspread/comforter
 - Clothing hangers
 - Pillow(s)
 - Sheet set/pillowcases

- NICETIES**
- Alarm clock
 - Bed lifts
 - Decorative rug
 - Extra blankets
 - Fan
 - Lamp
 - Mattress pad
 - Mattress protector
 - Shoe rack
 - Space heater

Kitchen

- NECESSITIES**
- Aluminum foil
 - Baking sheets
 - Blender
 - Can opener
 - Cheese grater
 - Chefs and paring knives
 - Colander
 - Cutting board
 - Dishware: cups, bowls, plates
 - Dish scrub brushes and sponges
 - Dish soap
 - Dish towels
 - Food storage containers
 - Garbage bags
 - Kitchen tools (spatula, tongs, slotted spoon, ladle, ice cream scoop, vegetable peeler, etc.)
 - Measuring cups and spoons
 - Mixing bowl
 - Plastic wrap
 - Pots and pans
 - Utensils
 - Zip top plastic bags

- NICETIES**
- Dish rack
 - Magnets
 - Oven mitts
 - Salt and pepper shakers
 - Whisk

Bathroom

- NECESSITIES**
- Shower curtain and liner

- Shower rings
- Shower caddy
- Towels (bath towels and washcloths)
- Small wastebasket

NICETIES

- Rug
- Shower/bath mat
- Soap dispenser/soap dish

Living Room

NICETIES

- Bookcase
- Dry erase board (to leave notes for others)
- DVD player
- End table
- HDMI cable
- TV

Cleaning supplies

NECESSITIES

- Broom and dustpan
 - General cleaning agent
 - Glass cleaner
 - Rags, sponges and scrub brushes (not the same as the ones for dishes)
 - Toilet brush
 - Toilet cleaner
 - Vacuum
- NICETIES**
- Mop and bucket
 - Rubber gloves
 - Wood cleaner

Miscellaneous

NECESSITIES

- Batteries
- Duct tape
- First aid kit
- Flashlight
- Jumper cables
- Laundry bag
- Laundry detergent, stain remover and dryer sheets
- Power strips and extension cords
- Prescription medications, ibuprofen, allergy and cold medications
- Sewing kit and safety pins
- Stacking storage containers
- Tool set and tape measure

NICETIES

- Iron
- Ironing board
- Lint brush
- Removable hooks
- Stamps and envelopes



Natalie Saunders

On left, Meignan Stevens works on a grounds crew. Right, a student custodian cleans the entry doors to a campus building.

How to land an on-campus job

By PAIGE MONTGOMERY

Finding a job can seem like another stressful item on an already overwhelming to-do list for new students who suddenly find responsibility for their education, social lives and finances resting solely on their own shoulders. But there are more on-campus jobs than there are students to fill them.

By using the available resources and showing initiative, students have the opportunity to secure an on-campus job that can be convenient, educational and profitable. Job-seeking students should brush up on their professional presentation skills before beginning the application process. Polishing resumes, cover letters and interview skills will prepare students to be successful in landing a job.

“Preparing for an interview can mean different things to different students, and some will need more help on specific elements of an application than others,” said Colton

Griffiths, a career director at University Career Services. “Some students might want to do mock interviews to prepare, while others might just want to improve their resume and cover letter.”

Regardless of what type of experience a student has, Griffiths offered three suggestions anyone can use to refine a job application and perform well in subsequent interviews:

1. Have professional-looking documents such as resumes and cover letters that highlight what you have to offer an employer, based on the employer’s needs and wants.
2. Know your resume well and be able to talk about your experience and what skills you have.
3. Always be on time and dress appropriately. Overdressing is going to be far more impressive to a potential employer than underdressing.

If this list seems daunting, help is readily available. Students can drop by the University Career Studio, 2400 WSC, whether they want to have a professional career counselor review a resume or cover letter,

need help rehearsing interview questions or want guidance about choosing a career.

“Even if a student is starting from ground zero with no experience, they can come into our office and we will help them build a resume,” Griffiths said. “If they’ve never had a job before, we can help them run through a job interview.”

Career directors can even help students identify potential jobs and decide the best way to pursue them, whether that is submitting an application in a specific way or knowing when to follow up on an application. On-campus jobs are listed in the Student Employment Office in the Wilkinson Center, as well as online at studentjobs.byu.edu. A wide range of jobs are presented on the job board — from receptionist positions to web programming or custodial jobs — and many new openings are posted throughout the semester.

Haley Garcia, a student studying public relations, has found most of her campus jobs through the BYU student job search.

“I had to go on to student jobs

to apply for it and then I just continued to use it from there,” she said. “I got my information specialist job at the University Advisement Center there. It’s very flexible.”

Amy Colton, a senior from Alpine, Utah, works as a BYU tour guide.

“On campus jobs are great because they’re really convenient,” Colton said. “You have class and work really close together, you have good hours, your bosses are flexible with your schedule. I just got mine by going onto the job board. It took like two seconds.”

Griffiths wants students to know that they have easy-access to many tools to help them find jobs on campus.

“We’re here to help students, and Career Services should be a place you should get to know from day one on campus all the way through the end of your time at BYU,” he said. “We want to see students as soon as possible. Whether they’re looking for an on-campus job, or just trying to figure out what they want to do with their lives, we want to talk to them about it.”

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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.

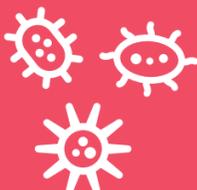


And five consequences of not getting enough of it

Increased risk of getting Type 2 diabetes



Weakened immunity and increased tendency to get sick



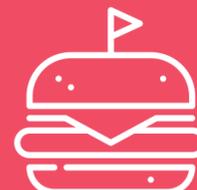
Impaired memory, alertness and decision-making



Increased impulsiveness, risk-taking and addictive behavior



Eating more and eating more unhealthy foods



Icons made by Freepik from www.flaticon.com

Famous alumni

SCIENCE

Paul D. Boyer

B.S. 1939. Winner of the 1997 Nobel Prize in Chemistry for his research on biosynthesis of ATP.

Philo Farnsworth

B.S. 1923. Honorary Doctorate of Science 1968. Inventor of the television.



of 1984, 1986 NBA Finals. Former Toronto Blue Jays second basemen.

Steve Young

B.A., 1983, J.D., 1994. Former NFL quarterback, winner of Super Bowls XXIII, XXIV and XXIX. Seven-time Pro Bowl selection, Pro and College Football Hall of Fame inductee.

POLITICS AND ACTIVISM

Elizabeth Smart

B.M. 2010. Kidnapping survivor and political activist.



Mitt Romney

B.A. 1971. Founder of Bain Capital; former Governor of Massachusetts, Republican nominee for President of the United States in 2012.

LITERATURE AND WRITING

Orson Scott Card

B.A. 1975. Author of "Ender's Game."

Stephanie Meyer

B.A. 1995. Author of the New York Times best-selling "Twilight" series and "The Host."

MUSIC

Ariel Bybee

B.S. 1965. Mezzo-soprano at the Metropolitan Opera for 18 seasons.

Lindsey Stirling

B.S. 2015. Violinist and composer, winner of the 2015 Billboard Music Award for Top Dance/Electronic Album.



BUSINESS AND FINANCE

Stephen Covey

D.R.E 1994. Author of "The Seven Habits of Highly Effective People," a New York Times bestseller. Listed in Time magazine's Top 25 most influential Americans.

Blake Roney

B.S. 1983. Founder and former chairman of Nu Skin Enterprises.

ENTERTAINMENT

Aaron Eckhart

B.A. 1994. Golden Globe-nominated actor known for roles in films such as "Erin Brockovich" and "The Dark Knight."

Jon Heder

B.F.A. 2004. Actor known for his roles in films such as "Napoleon Dynamite," "The Benchwarmers" and "Blades of Glory."

SPORTS

Danny Ainge

B.A. 1981. General manager of the Boston Celtics, former head coach of the Phoenix Suns and NBA shooting guard. Winner



Ari Davis

Preparing home cooked meals is a great way for students to eat healthy and save money.

Keep yourself healthy

By DEVYNN MACLENNAN

As students begin their university experience, finding a balance with their health can be overwhelming. With the end of home cooked meals, a new life routine and a new environment, it can be hard for students to find ways to keep healthy both mentally and physically.

College can be known for all-nighters, junk food and a limited work-out schedule. Although there are times when school will cause a lack of sleep, pizza will become the only dinner option and exercise won't fit in the schedule, students should recognize the importance and necessity of not letting these college stereotypes become an individual norm.

"I try my best to get enough sleep every night," said Ashly Weight, a sophomore studying athletic

training. "I feel my best when I get enough sleep, but sleep isn't a priority for most college students. Watching Netflix and going out are fine, but know when you need to get sleep! If you

take care of yourself, it will pay off in the long run."

Getting an adequate amount of sleep can help students not only physically, but also mentally. Getting sleep is especially essential with a new course load and social life.

In addition to sleep, students should keep themselves healthy by eating in moderation and exercising.

An easy way to get exercise and keep up with school is to get credits while working out. Students have the option to take student activities classes that include yoga, weight training, basketball and more. These classes can be a great option for exercising with motivation.

"Our attitudes and actions related to food affect both our physical and our spiritual well-being," said Beverly Hyatt Neville, a dietitian and health educator.

Attending college isn't a time for students to put their health on the back burner, it's a time to start or continue healthy living styles. By getting enough sleep, eating well and exercising, students will be able to increase their mental, spiritual and physical health.

How to stay organized at BYU

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.

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.



you could go on a twitter rant.

Or you could get real help.



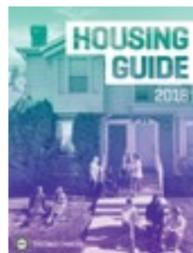
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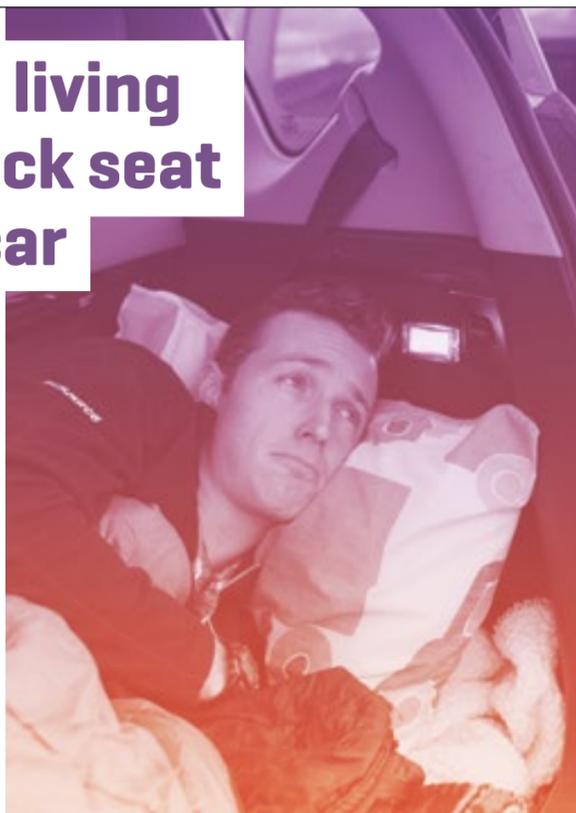
BYU Off-Campus Housing Office
och.byu.edu

C-141 ASB

Because living in the back seat of your car doesn't cut it.



Available on racks throughout campus.



Natalie Bothwell

Taking notes by hand can help keep students focused and organized.

Deferring for a mission

BYU knows many students will either defer enrollment before attending or after a year of school to serve an LDS Church 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.

"Serving a full-time mission is an important decision in the life of any Latter-day Saint. We want to help you prepare to embark on your mission knowing that you can easily transition back to BYU," the school's deferment website states.

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 not some important things to remember about the deferment process in the sidebar below.

DEFERMENT PROCESS

1. 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.
2. 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.
3. 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).
4. 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.
5. Do not attend or enroll at any college or university between leaving and returning to BYU.
6. 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.
7. 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.
8. 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.

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. There can be a lot to adjust to while experiencing a YSA ward for the first time.

"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 or youth programs means there won't be 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

an elders quorum president to have served in a priests quorum just a few weeks earlier, or 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 when someone is shy or has difficulty meeting new people.

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

INFORMATION SYSTEMS

WHERE

Business

meets

Technology

DO YOU WANT TO

- Love what you do?
- Learn how to bridge the gap between technology and business?
- Be creative and innovative?
- Develop skills you can use in your everyday life?
- Develop lasting friendships with teammates and mentors?
- Have a high earning potential?
- Have the ability to work from home?
- Maximize work-life balance?

INTERESTED?

Visit Michael Harker in 460 TNRB for more information or register for IS 201

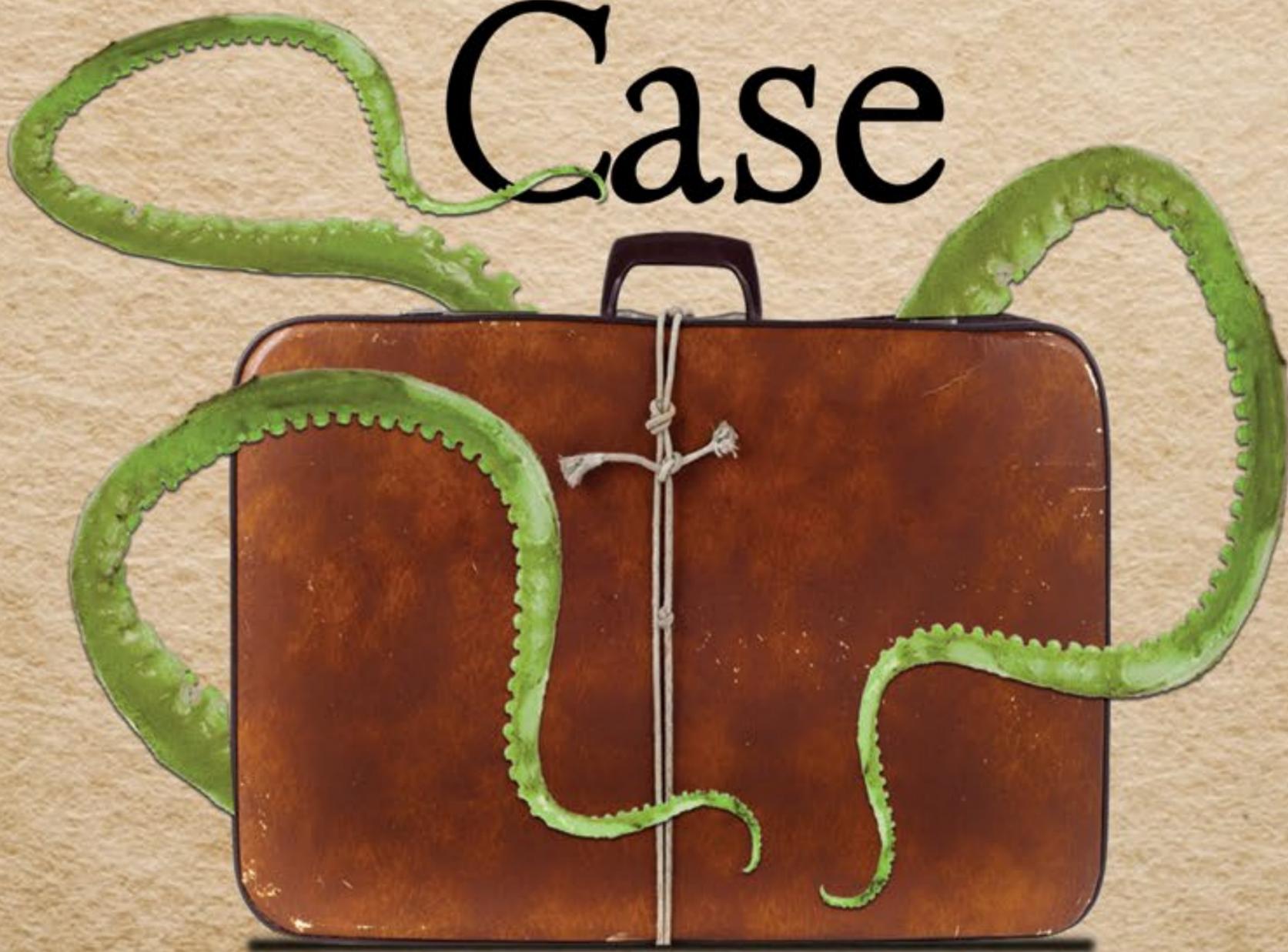
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