



Light **Y** your

PRSR1 STD
US Postage
Paid
Provo UT
Permit 49

Academics

Page 5



Navigating

Page 19



Living

Page 39



Stor'em
SELF STORAGE

12 Locations

www.storem.com

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 8
- Technology solutions10
- Honors program 11
- Advisement centers12
- Career studio14
- Dealing with large classes . .15
- Elective classes17

Navigating

- Get to know your ID card . . 20
- BYU sports facilities. 22
- Textbooks 24
- The library 26
- Campus map 28
- Campus eateries.31
- Taking tests 36
- Public transportation 37

Living

- Making friends 39
- Freshman firsts 40
- Intramurals.41
- Sports year in review 42
- What I wish I knew 45
- Clubs. 46
- Finances 48
- Devotionals and forums51

THE UNIVERSE

THIS EDITION IS AUGMENTED!

Android



iOS



Scan here to download the Universe Plus app

Look for the **Universe Plus** logo throughout the paper. Using the **Universe Plus** app, scan the associated picture to reveal hidden video, audio, and other cool content.

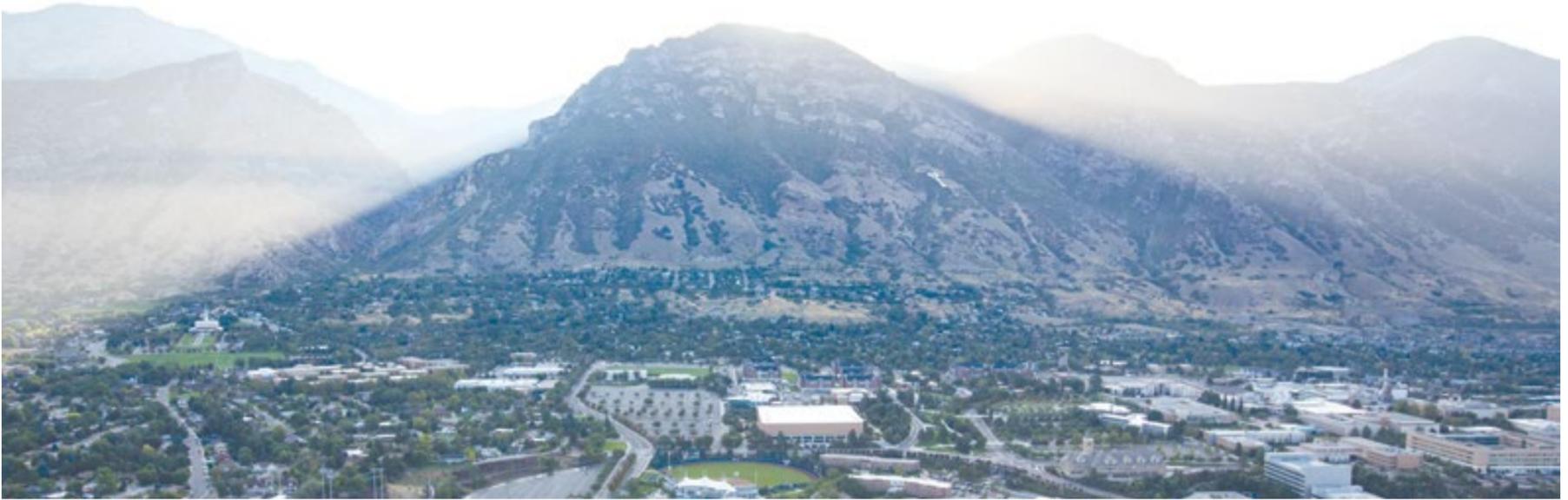


Scan the image of the phone for a video!

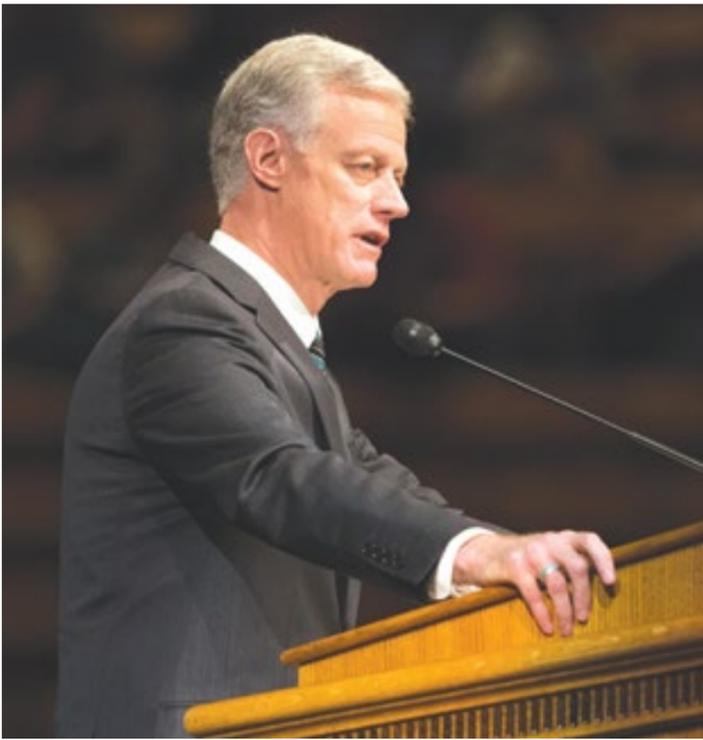


Enter the Universe Freshman giveaway!

See page 6 to find out how to enter



Jaren Wilkey/BYU Photo



Natalie Saunders

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



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.

Scan the photo of the Worthens with Cosmo with the **Universe Plus** app to hear President Worthen's January 2019 devotional.



MEASURING UP

The **4 million books** contained in the Harold B. Lee Library could be stacked 190 books high in each of the 21,000 seats at the LDS Conference Center in Salt Lake City.



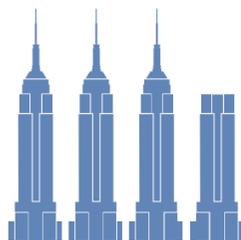
The Y on Y Mountain is **380 feet tall**. That is taller than the Statue of Liberty, which stands at 121 feet from toe to torch and 305 feet including the pedestal.



About **500,000 tests** are administered at the Testing Center each year. During fall and winter semesters, the Testing Center sometimes serves over 3,000 students daily.



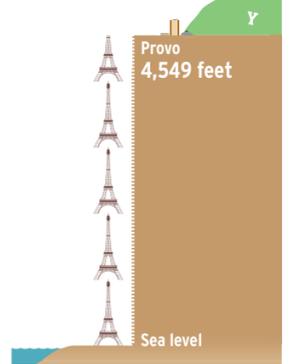
BYU has **10.5 million square feet** of floor space, including the MTC and Motion Picture Studio. That is 3.8 times the floor space in the Empire State Building.



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.



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





Jaren Wilkey/BYU Photo

Isaac Ostlund, a lab technician in the Jeffrey Edwards 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, if students 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

There are horror stories of a 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 love caring for people, and I knew it was perfect for me."

Claire Christianson, pre-nursing



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

Michael Graff, economics



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

Iris Lao, communication disorders



"I always had an interest in animation, and it's part of the reason why I came to BYU in the first place, was for the program."

Ethan Jacobson, pre-animation



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

Morgan Johnson, exercise and wellness



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

Hyrum Arnesen, piano performance



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

Bridget Swanson, American studies



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

Daniel Mesta, theater arts studies



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

Cammie Garner, biodiversity and conservation



"I was going to major in communications and minor in editing. I took some editing classes and thought I was going to hate editing, but I loved it. The next semester they opened the major and I switched."

Colton Anderson, editing and publishing



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

Nicole Kasper, exercise science



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

Brendan Tanner, pre-management and Russian

THE UNIVERSE FRESHMAN GIVEAWAY

Experience BYU before you get here

Enter to win!

Courtesy of the



How to enter:

1. Download the Universe Plus app.



Android



iOS

2. Look for all seven Universe Plus Giveaway icons in this paper and scan the associated picture.



3. Fill in your name, email and BYU net ID. All entries must be completed by June 28, 2019.

Each time you enter, you may win a **\$50 BYU Store gift card.**

Enter at **all 7** to be eligible for the **grand prize gift basket.**

Entering a major

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

OPEN enrollment majors

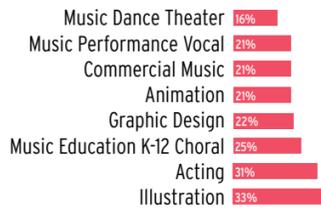
Actuarial Science · American Studies · Ancient Near Eastern Studies (Greek New Testament, Hebrew Bible) · Anthropology (Archaeology, Sociocultural) · Applied Physics · Arabic Language · Art History and Curatorial Studies · Asian Studies (China Studies, Japan Studies, Korea Studies) · Athletic Training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

LIMITED enrollment ACCEPTANCE RATES

HIGHEST acceptance rates



LOWEST acceptance rates



LIMITED enrollment APPLICATION

	Audition	Essay	Exam	GPA	Interview	Letter	Portfolio	Volunteer	Accepted (%)
Accounting		■		■					82
Acting	■								31
Animation				■		■	■		21
Art BFA				■		■	■		63
Art BA				■		■	■		48
Art Education K-12				■		■	■		100
Business Management		■		■					*
Commercial Music	■		■			■	■		21
Communication Disorders				■					73
Communications News Media		■	■	■					100
Communications Public Relations		■	■	■		■			65
Communications Advertising			■	■			■		57
Communications Studies				■		■			*
Computer Science Animation				■		■	■		35
Dance	■								85
Dance Education	■			■					100
Design				■			■		*
Dietetics				■	■			■	75
Entrepreneurial Management		■		■					46
Experience Design and Management		■		■					97
Finance		■		■					76
Global Supply Chain Management		■		■					53
Graphic Design				■		■	■		22
Human Resource Management		■		■					38
Illustration				■		■	■		33
Industrial Design				■			■		62
Information Systems		■		■	■				73
Marketing		■		■					41
Mechanical Engineering				■					71
Media Arts Studies		■		■	■				60
Medical Laboratory Science				■	■				88
Music Composition	■		■			■	■		33
Music Dance Theatre	■					■	■		16
Music Education K-12 Choral	■		■		■	■	■		25
Music Education K-12 Instrumental	■		■		■	■	■		38
Music Education K-12 General Music	■		■		■	■	■		35
Music Performance Combined Piano/Organ	■		■				■		100
Music Performance Percussion	■		■				■		83
Music Performance Organ	■		■				■		50
Music Performance Woodwind	■		■				■		77
Music Performance String	■		■				■		29
Music Performance Brass	■		■				■		59
Music Performance Piano	■		■				■		31
Music Performance Vocal	■		■				■		21
Nursing		■		■				■	38
Photography				■		■	■		48
Spanish Teaching		■		■					100
Spanish Translation			■						53
Special Education Mild/Moderate Disabilities				■					95
Special Education Severe Disabilities				■					87
Strategic Management		■		■					42
Therapeutic Recreation and Management		■		■					94

* No current admission data available.

Application requirements

Typical requirements for limited enrollment programs include:

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

B · Y · U ·
CREAMERY
HELAMAN

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

Located at 1 Helaman Halls, next to The Cannon Commons

Scan the BYU Creamery logo with the **University Plus** app for a complete menu and pricing

UNIVERSITY PLUS

A hub in the center of campus



Library space reserved 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.

What peer mentors can do for you

By KAITLYN BANCROFT

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

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

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

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

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

However, when seeking mentoring, Chandler said the biggest problem people have “is that they think they’re seeking out mentors but then they ask questions that are very geared to a teacher or an advisor.”

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

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

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



Lexie Bennett

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



Lexie Bennett

Freshmen from the class of 2018 speak with their peer mentors. The hub is where most peer mentoring takes place. It is found on the third floor of the Harold B. Lee Library.



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

“The Kennedy Center aims to help ‘expand your world,’ which means that getting out of Provo on international internships and studies abroad is important.”

Cory Leonard
Associate director of the Kennedy Center

Fair. Like the cost of tuition, BYU study abroad programs are often relatively inexpensive.

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

One study abroad option is the global diplomacy program, directed by Leonard. This program began taking no more than 18 students to various cities in Europe in 2010. Recently, a city in Morocco was added.

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

The requirements vary by program, but international students and even non-BYU students are welcome. An ecclesiastical endorsement is required, but

most programs have no official minimum GPA requirement. Some programs, especially the foreign language programs, require certain prerequisite classes.

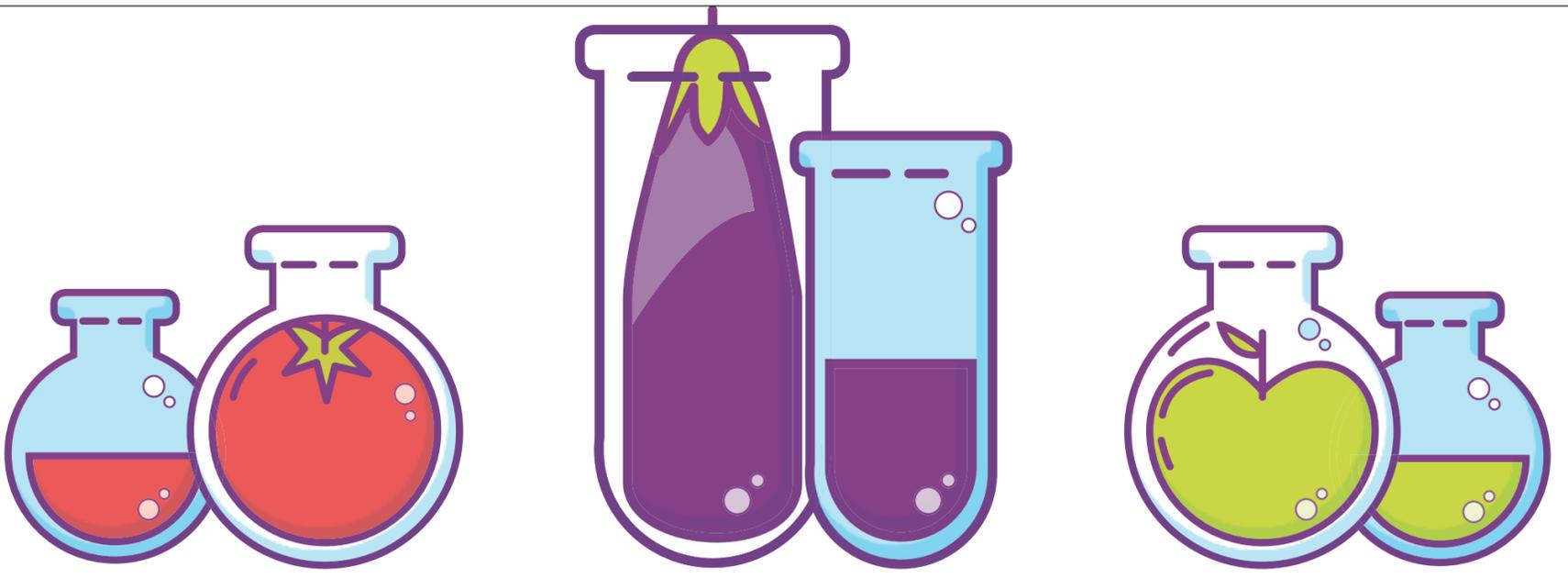
Most programs have a prep class the semester before the experience, where program directors prepare students with program details, culture coaching or historical background about the country they will visit.

“We’re able to educate them in something they might not have access to otherwise,” Nuckolls said.

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

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





MAJOR IN FOOD SCIENCE

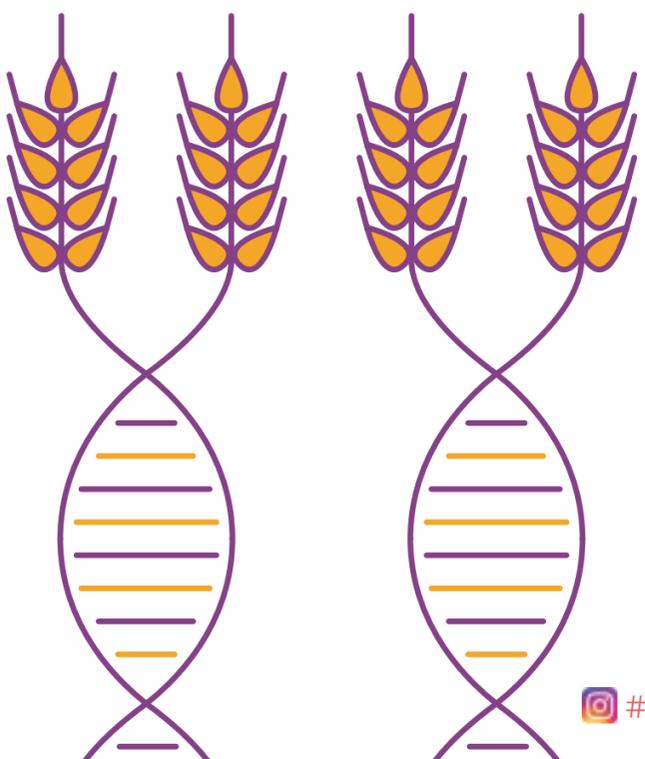
The multi-disciplinary study of food

Is this your idea of the perfect major?

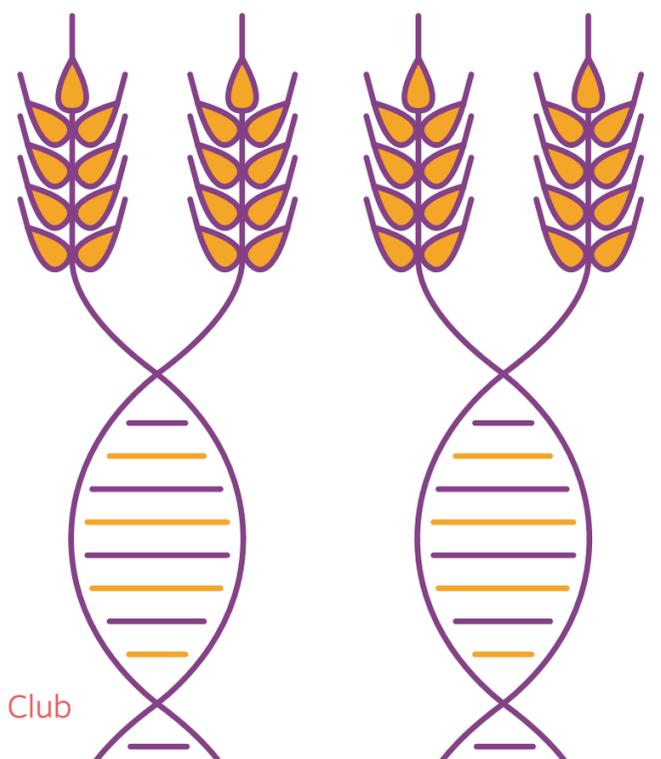
- Leads to great jobs in an exciting career field
- High career placement rates with a bachelor's degree
- Close-knit student community with extra-curricular opportunities
- Friendly faculty who want students to succeed
- Diverse opportunities for on-campus employment in the major

**If you checked any boxes,
check out Food Science!**

The food industry is the largest manufacturing industry in the world, offering career opportunities in product development, manufacturing and operations, purchasing, sales, quality assurance, and more! Guess who they are looking for? Food scientists – especially **BYU** food scientists.



For more information:
FSinfo@byu.edu
Dr. Frost Steele
801-422-6784



 #yfoodsci  BYU Food Science Club

BYU Department of Nutrition, Dietetics and Food Science

BYU offers technology solutions for success

By MATTHEW BENNETT

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

BYU Store's CougarTech

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

Joe Allred, CougarTech's Department Manager, said students often underestimate the value offered to them by CougarTech.

"People don't realize how good the deals are, especially for computers," he said.

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

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

Michelle Monk, CougarTech's Category Manager, said she agreed.

"It's generally not true that people can get new Apple products cheaper online," she said.

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

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

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

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

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

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

On top of these exclusive academic rates and rebates, Allred said students can also purchase one computer and one tablet per year without paying sales tax.

Allred also explained that students who do not know what device to purchase can talk to CougarTech's salespeople for help.

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

than physical science majors."

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

"We know parents and students have limited resources," he said. "We're here to help them get the right computer for their needs, not just any computer for their needs."

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

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

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

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

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

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

Free and discounted software

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

To access Office, students log

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

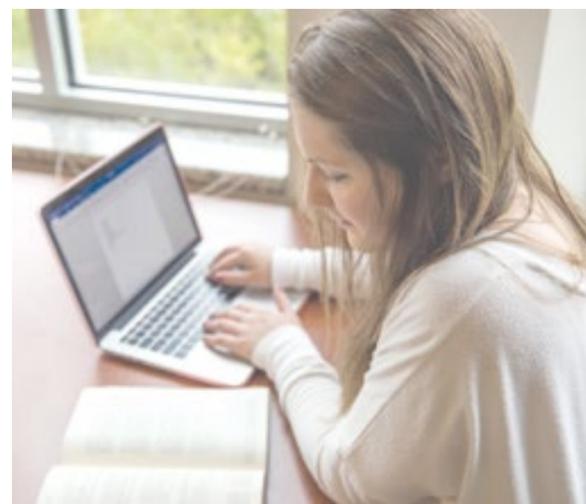
In addition to Office 365, Students also may purchase a yearlong license to use Adobe Creative Cloud for \$99. This software suite includes more than 20 applications, including Adobe Photoshop, Illustrator, InDesign, AfterEffects and Premiere. Typical student pricing is \$239.88. Retail yearlong access to the Adobe Creative Cloud costs \$599.88. BYU students must purchase their Adobe Creative Cloud licenses in-person from CougarTech.

Online storage and personal domain name

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

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

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



Universe Archives

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

and log in with a Net ID and password.

Rent computers or buy surplus

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

These devices are rented from the Desktop Distribution Office, located in room 104 of the Ellsworth Building. The Ellsworth is located just north of Wyview

Park apartments on the northwest corner of 2230 North and University Avenue at 76 West 2230 North.

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

Students with questions about buying or renting surplus computers can contact Desktop Distribution at 801-422-9355. BYU Surplus also offers an email newsletter.

BYU IT support

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

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

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.

Summer 2019
July 1

Fall 2019
Sept. 10

Winter 2020
Jan. 13

- 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.

BYU INDEPENDENT STUDY

OR

BYU ONLINE

You've heard of them. You know they both offer online courses. So, what's the difference?

Finish that one class left before graduation or fix scheduling conflicts

Preparing for graduate school? Retake a class or get ahead with prerequisites

Everyone pays \$193 per credit hour, no matter where you go to school

Enroll anytime – just complete your class within a year



is.byu.edu

For BYU students who want to take an online class instead of an on-campus class

Start and finish in the same semester or term

Included in BYU tuition

Register in MyMap just like your other classes



byuonline.byu.edu

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 with arts. These classes are set up to



The first building on what is now BYU's campus, the Karl G. Maeser Building, houses the University's Honors program. Scan this photo with the *Universe Plus* app to enter the Freshman Giveaway. This entry is one of seven entries in this paper. See the ad on page 6 for more information.



Maddi Driggs

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."



dinner
reception

Food for every occasion

dining.byu.edu/foodtogo

801.422.5001

2191 N Canyon Road

ward party
meeting

Need a Job?

For employment information, please contact the Food To-Go office at 801-422-5001



CENTRAL
p i z z a c o .

An on-campus only pizza delivery service. Offering gluten-free and vegetarian options as well as salad and a variety of drinks. Delivery available to any on-campus housing and school buildings (excluding HBLL), Mon-Sat 7 pm to 12 am. All cards, cougar cash, and meal plans accepted.

801-422-6212

centralpizzacompany.com



Advisement centers: advice that really matters

By JJ KNECHTEL

Choosing a major and deciding which classes to take can be difficult decisions for BYU students to 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.”

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.

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 Pre-view 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.

BYU ADVISEMENT CENTERS

University Advisement Center (undeclared majors)
2500 WSC, 801-422-3826
university_advisement@byu.edu
unvr.se/universityadvisement

College of Family, Home, and Social Sciences
1041 JFSB, 801-422-3541
fhssadvisement@byu.edu
unvr.se/cfhssadvisive

College of Fine Arts and Communications
D-444 HFAC, 801-422-3777
cfacadvisement@byu.edu
unvr.se/cfacadvisement

Ira A. Fulton College of Engineering and Technology
246 EB, 801-422-4325
engineering_advisement@byu.edu
unvr.se/fcadvisive

Honors Program
102 MRSB, 801-422-5497
honors@byu.edu
unvr.se/honorsadvise

College of Humanities
1175 JFSB, 801-422-3541
liberalarts@byu.edu
unvr.se/humanitiesadvise

David M. Kennedy Center for International Studies
273 HRCB, 801-422-3548
kennedy_advisement@byu.edu
unvr.se/kcadvisement

College of Life Sciences
2060 LSB, 801-422-3042
lifesciences@byu.edu
unvr.se/clscadvise

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

David O. McKay School of Education
350 MCKB, 801-422-3426
mseweb@byu.edu
unvr.se/domadvise

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

College of Physical and Mathematical Sciences
N-181 ESC, 801-422-2674
cpmsadvisement@byu.edu
unvr.se/cpmsadvise

Pre-Professional Advisement (law, medicine, dentistry, business)
3328 WSC, 801-422-3044
ppa@byu.edu
unvr.se/2ppadvise



Academic Adviser Stan Wilson sits down with David Stoddard about his academic plans at the Marriott School of Business Advisement Center. Scan this photo with the **Universe Plus** app for more information about advisement centers.

Danielle Jardine
UNIVERSE PLUS

LIVIN HERE & LOVIN IT



The Lodges
at
GLENWOOD
www.glenwoodapt.com
1565 N. UNIVERSITY AVENUE
#801-374-9090

Raintree Commons
www.raintreeapt.com
1849 N. FREEDOM BLVD.
#801-377-1511

BYU CONTRACTED ROOM FOR YOU SPOTS AVAILABLE NOW



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.

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 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



BYU Photo

Marcia Richards, a College of Life Sciences academic adviser.

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."

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 resume, 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 interned 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.

Grocery and Living Essentials



Self-Checkout



Located at Heritage Halls #14

Scan the Creamery logo with the **Universe Plus** app for Creamery locations and hours.



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



Universe Archives

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

By MATTHEW BENNETT

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

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

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

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

just to come in and have career conversations.

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

Jones encouraged new students to pay a visit to the career studio as soon as possible.

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

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

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

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

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

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

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

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

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

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

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

Jones said all this information added up to one thing.

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



Sandefur Schmidt

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

Auditions at BYU

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

information regarding each of the groups and their audition specifics.

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

BYU Performing Arts Ensembles

Dance

dance.byu.edu/auditions

- Ballet
- Ballroom
- Contemporary
 - Dancensemble
 - Kinnect
 - Contemporary Dance Theatre
- World
 - International Ensembles
 - International Folk Dance Ensembles
 - Traditionz

Music

Choirs - byuchoirs.com/auditions

- Men's Chorus
- Women's Chorus
- Concert Choir
- BYU Singers

Orchestras - music.byu.edu/orchestra/orchestral-auditions

- Chamber
- Philharmonic
- Symphony

Bands - bands.byu.edu/apply-auditions

- Wind Symphony
- Symphonic

Marching & Pep Bands

Jazz - music.byu.edu/jazz

- Big Bands
 - Synthesis
 - Jazz Ensemble
 - Jazz Lab Band
- Combos
 - Jazz legacy Dixielands Band
 - Salsa Combo
 - 5 Traditionals Jazz Combo
- Jazz Vocal Ensembles
- Syncopation

Music Dance Theatre

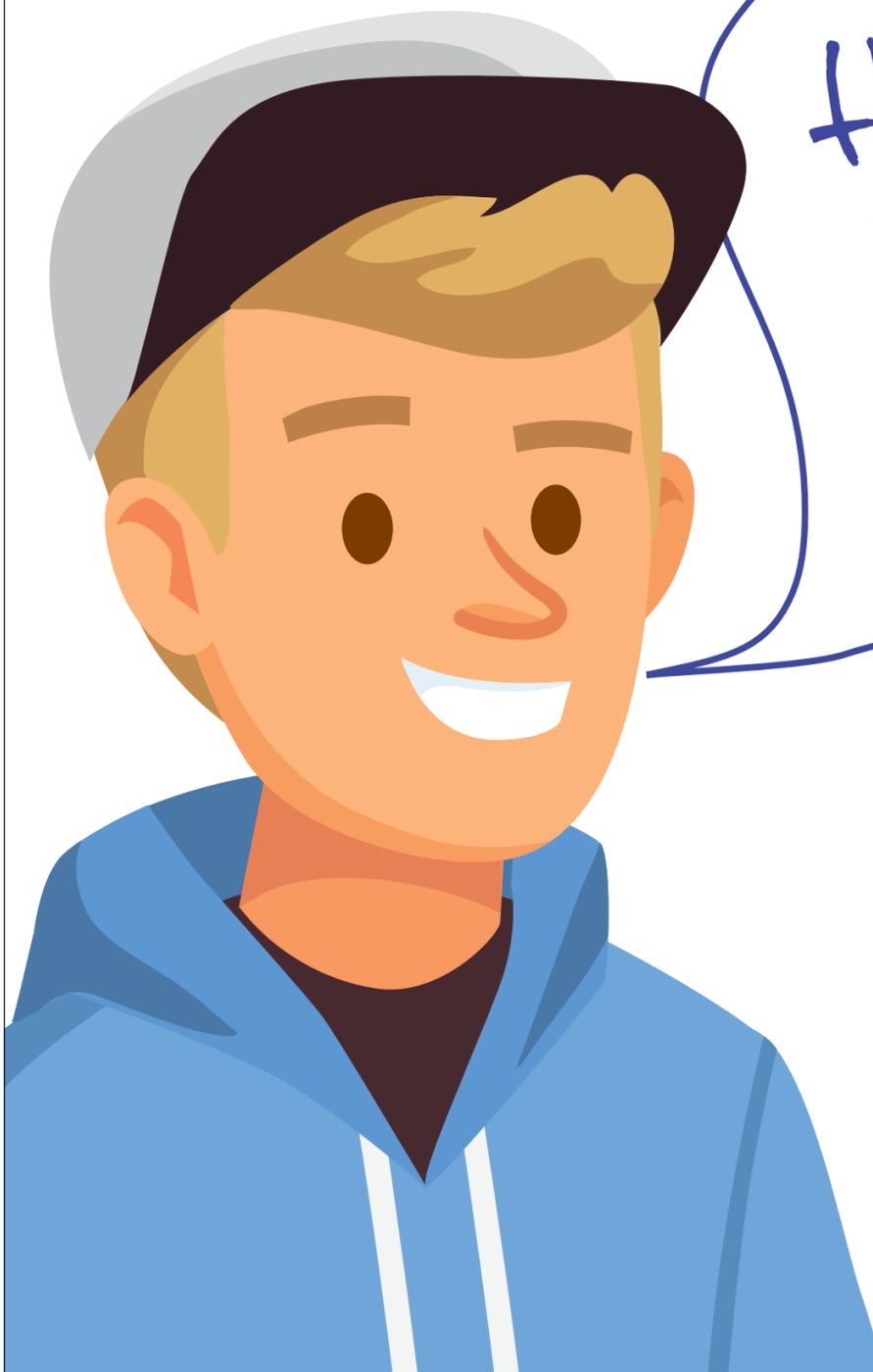
Young Ambassadors - youngambassadors.byu.edu/auditions

Other

Vocal Point - byuvocalpoint.com
Noteworthy - pam.byu.edu/group/noteworthy



Scan the illustration below with the Universe Plus app for more information about Dining Plus meal plans.



Helaman Hall's Most Popular Meal Plan!



Eat anywhere on campus

Huge discounts at the Cannon

Daily allocation of \$13.00 Dining Dollars

visit mealplans.byu.edu

2019 BYU national rankings

Overall

- 13th Best-run college
- 66th Best college
- 79% Graduation rate
- 20:1 Student teacher ratio



Academic

- 1st Best advertising program
- 1st Best animation program
- 2nd Best accounting program
- 35th Best business school



Religious

- 1st Stone-cold sober (21 years running)
- 6th Most religious



- ## Financial
- 1st Least expensive college
 - 10th Best value school



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

Thriving in a class with 350 friends

By STEPHANIE PROBERT

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

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

Eric Hirschmann, a physics and physical science professor, has taught numerous large classes and said the most

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

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

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

meeting with the class TA.

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

Dos

Jake Robley, a senior studying accounting, encouraged students to get to know their fellow classmates. He said that

it can be really easy for new students to keep to themselves but getting out of 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.”

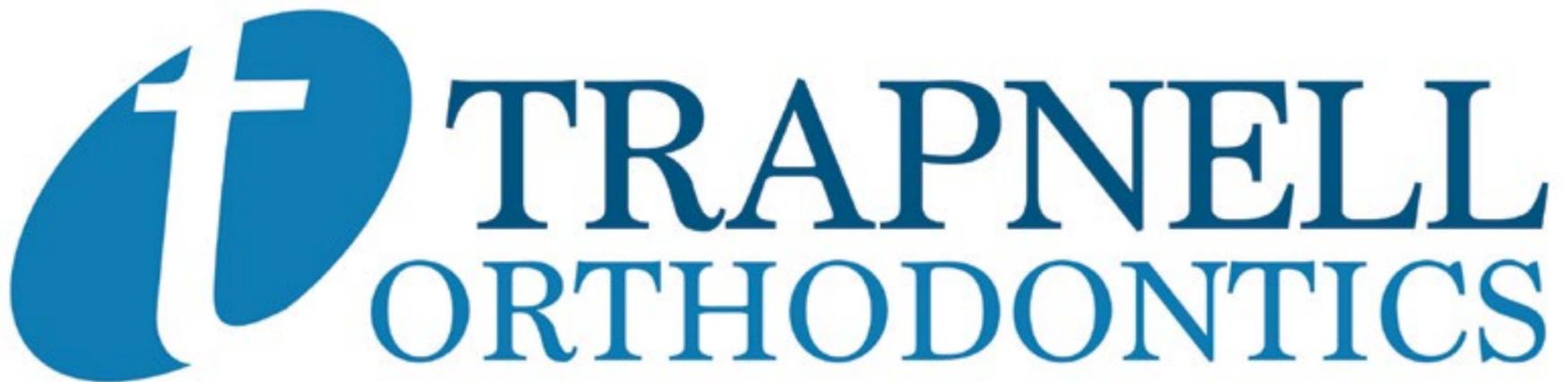
Don’ts

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.”

Scan this story’s headline with the **Universe Plus** app to enter the **Freshman Giveaway**.



Dr. Jeff Trapnell & Team

801-344-8887

3610 North University Avenue · Suite 175 · Provo
www.trapnellorthodontics.com

- Free initial consultations
- Accept most insurances
- Flexible appointment times
- Variety of payment plans
- Transfer and new patients welcome



CLOSE TO CAMPUS

INVISALIGN

CLARITY BRACES

Communicating with professors

By SHAYE MULLEN

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

Start early

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

Have a personal touch

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

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

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

Ask professors about their expectations

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

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

Find the preferred way to communicate

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

Disclose any relevant personal information

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

comfortable. 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."



Jacob Baker
UNIVERSITY OF
UTAH
PLUS

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

iClicker tips for in-class quizzes

By CAMILLA OWENS

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

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

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

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 ctl-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 iclicker.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."



#byuabroad

BYU International Study Programs

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 Wellness (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



Universe Archives

Students learning guitar skills in Music 117.

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 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.

WELCOME NEW STUDENTS



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

byustore.com

hello business

Develop Business Skills

Fulfill Your Potential

Impact the World for Good

From Events to Mentoring
Women in Business can give
you the tools to succeed,
no matter your major.

New Student Orientation
MEET & GREET

4pm | Friday, August 30
TNRB W408/410

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

women
business



GO PLACES...

Ride UTA free!

UVX and the rest of the UTA system (bus, FrontRunner and TRAX) can take you everywhere you need to go... ***for free!***

Your BYU ID gives you free access to ride UTA.

- UVX buses come every 6-10 minutes on weekdays.
- Service to and from Salt Lake City and the airport, all weekend long.

Find available routes and plan your trip:

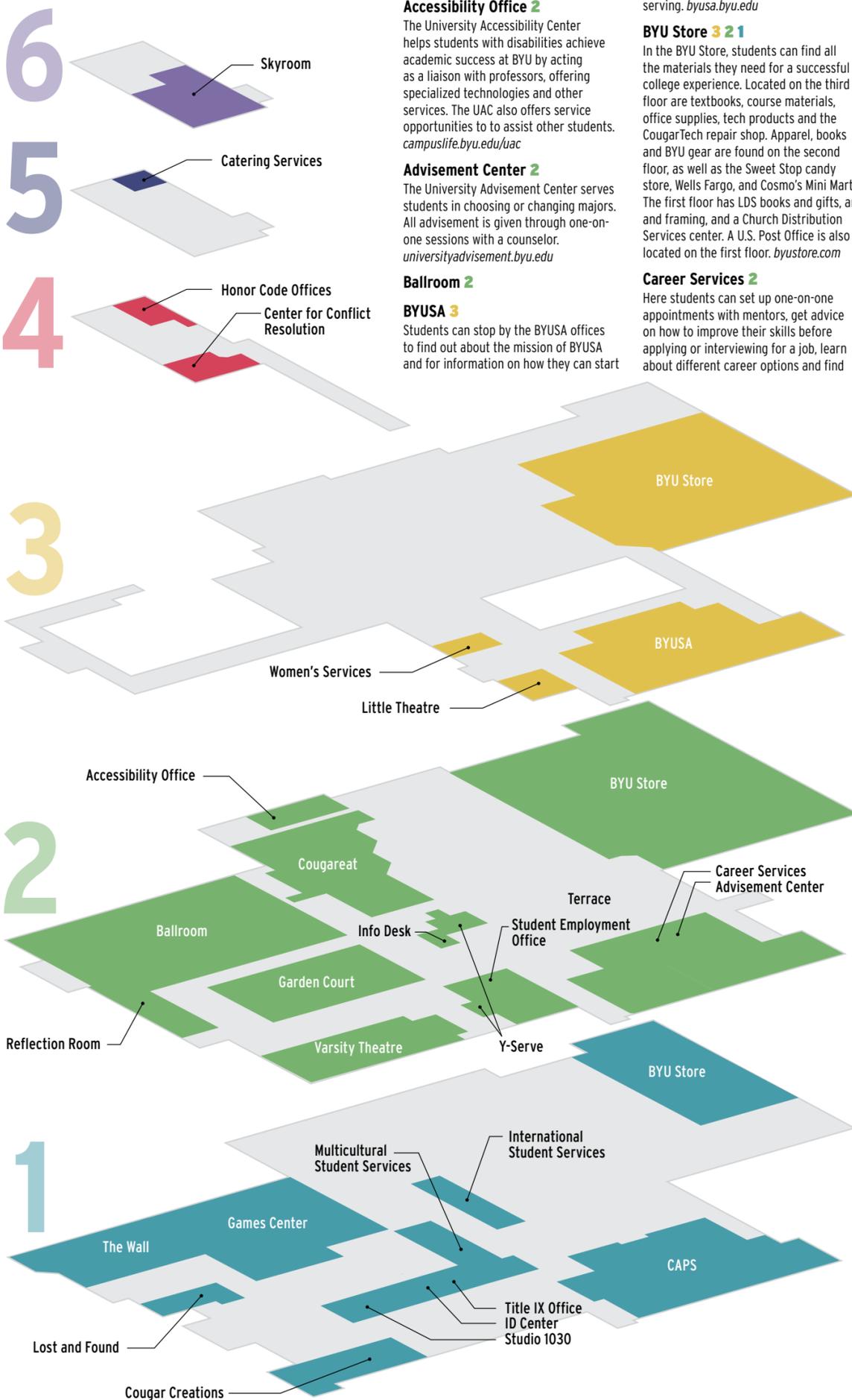
- Visit rideuta.com
- Call 801-RIDE-UTA (743-3882)
- Explore transit apps at rideuta.com/rider-tools/app-center

Then, simply tap your BYU ID as you board and exit the UTA system.

- See UVX schedule for evening and weekend frequency.
- Pass valid on all UTA buses, FrontRunner and TRAX. Excludes ski bus, PC-SLC Connect and Paratransit service.

What's in the WILKINSON CENTER?

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



Addie Blacker

Addie Blacker

The Wilkinson Student Center terrace.

answers to any questions they may have about a certain industry or job.
ucs.byu.edu

Catering Services 5

Providing not only excellent food, Catering Services also helps clients organize events including conferences and weddings. Interested individuals can call or stop by the Catering Services office for a complementary consultation.
dining.byu.edu/catering

Center for Conflict Resolution 4

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

Cougar Creations 1

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

Cougareat 2

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

Counseling and Psychological Services (CAPS) 1

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

Games Center 1

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

Garden Court 2

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

ID Center 1

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

Information Desk 2

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

International Student Services 1

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

Little Theatre 3

Lost and Found 1

If students misplace something on campus, they should check the lost and found. Whether the missing item is a coat,

Accessibility Office 2

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

Advisement Center 2

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

Ballroom 2

BYUSA 3

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

servicing. byusa.byu.edu

BYU Store 3 2 1

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

Career Services 2

Here students can set up one-on-one appointments with mentors, get advice on how to improve their skills before applying or interviewing for a job, learn about different career options and find

keys or a cell phone, many lost items make their way here.

Multicultural Student Services 1

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

Reflection Room 2

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

Skyroom 6

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

Student Employment Office 2

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

Studio 1030 1

Students can visit Studio 1030 to freshen up their style and be pampered. Offering men's and women's haircuts and styling, makeup applications, manicures and more, it's convenient, affordable and right on campus. Appointments and walk-ins are welcome.
studio1030.byu.edu

Terrace 2

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

Title IX Office 1

The Title IX office protects students from gender discrimination by holding safety and prevention trainings, educational events and resources for victims of dating violence, domestic violence, sexual assault or stalking.
titleix.byu.edu

Varsity Theatre 2

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

The Wall 1

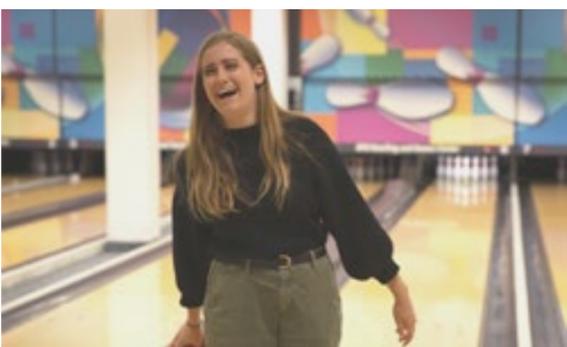
During the day, The Wall is a great place for students to hang out, study and eat. In the evening, bands, comedy groups, clubs, dances and theme nights are held.
thewall.byu.edu

Women's Services 3

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

Y-Serve 2

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



Addie Blacker

Students bowl at the Games Center on the first floor.



Addie Blacker

BYU's famous candies and sweets are available at the new Sweet Stop in the BYU Store.

Getting to know your BYU ID CARD

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



GET CARDED

When you arrive on campus, you can get your ID at the ID Center, 1057 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. See below for more information about printing on campus.

TAKE A TEST

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

CHECK OUT BOOKS

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

TAKE A RIDE

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

UVX, see page 37.

OFF CAMPUS DEALS

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

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

Campus copy centers

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

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

Joseph 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. - Thu.: 7:30 a.m. - 5 p.m.
Fri.: 9 a.m. - 5 p.m.
801-422-4197

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

HOW TO USE CAMPUS PRINTERS

INSTALL

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

PRINT

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

SWIPE

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

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

For letter size paper:

B&W	5¢ single side 9¢ both sides
Color	19¢ single side 37¢ both sides

Scan this picture with the **Universe Plus** app for a list of the Student Wellness courses offered.



LIVE WELL. GET CREDIT.

Sign up for a Student Wellness (SWELL) class and care for your emotional, physical, and social well-being.

FALL 2019 SWELL CLASSES

- Golf | Basketball | Zumba
- Weight Training | Volleyball | Tennis
- Scuba Diving | Self Defense | Racquetball
- Jogging | Functional Fitness | Bowling
- Indoor Cycling | Swimming | Dance Aerobics
- Soccer | Diving | Indoor Rock Climbing
- Yoga | Meditation | Pickleball | Pilates
- Gymnastics | Badminton | Martial Arts

studentwellness.byu.edu

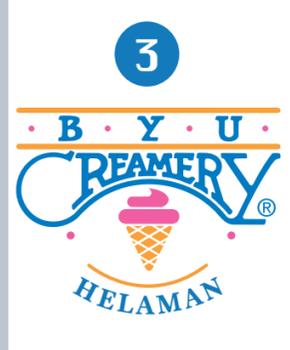
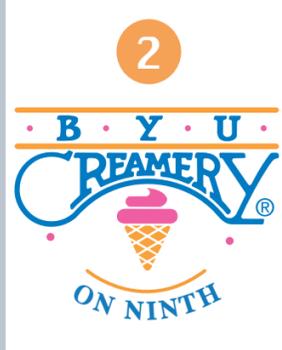
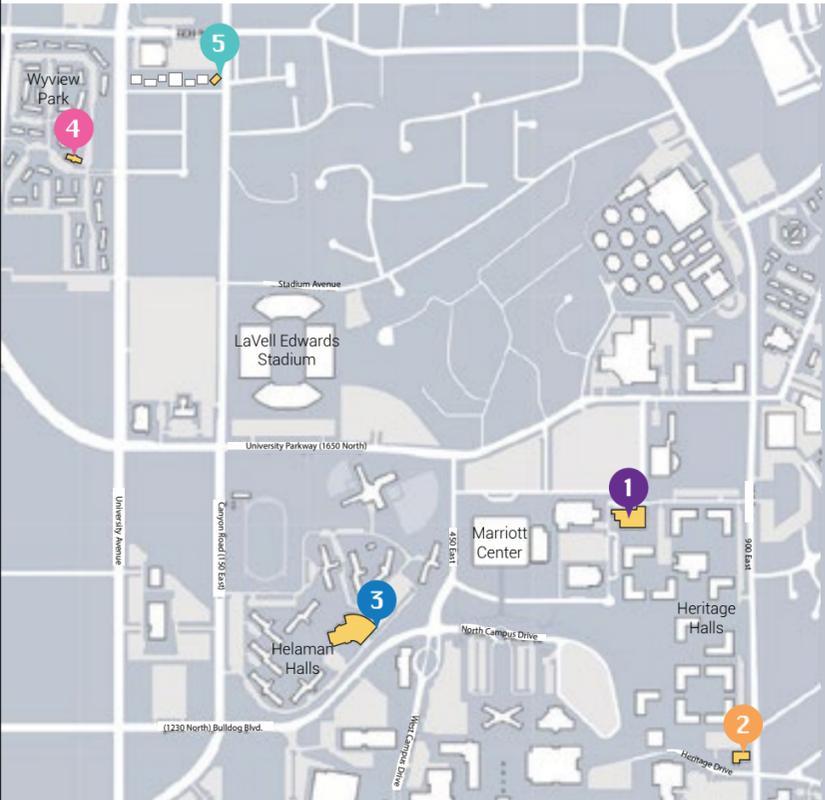


Come in to any BYU Creamery Location!



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

Scan this photo of ice cream with the Universe Plus app for more information on Creamery locations, hours and menus.



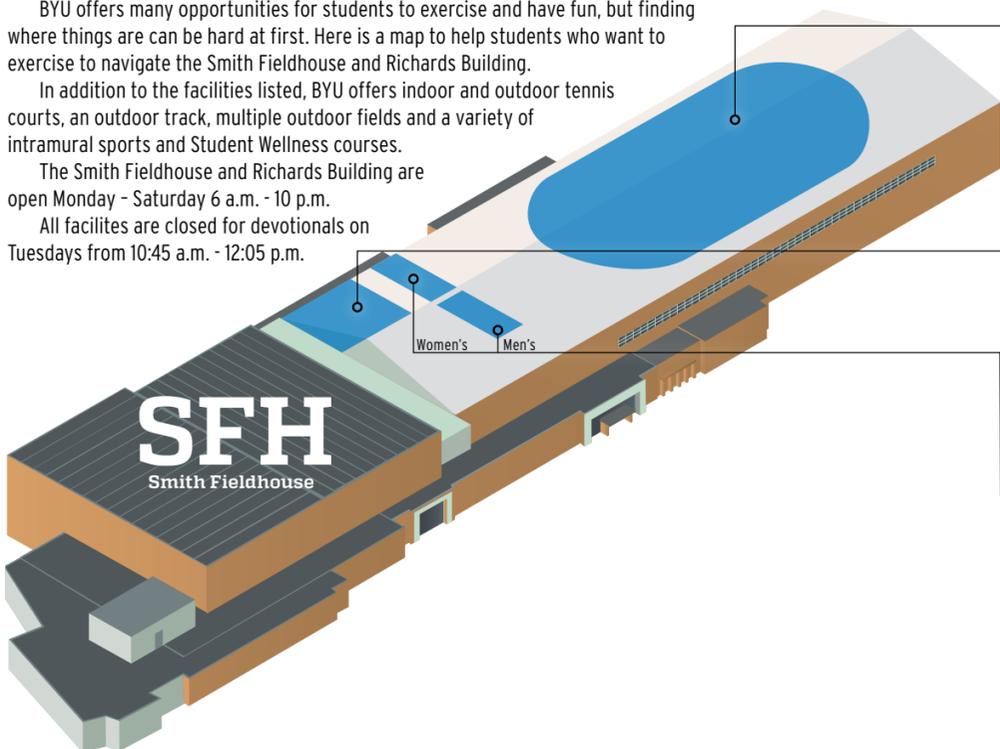
Stay fit at the RB & SFH

BYU offers many opportunities for students to exercise and have fun, but finding where things are can be hard at first. Here is a map to help students who want to exercise to navigate the Smith Fieldhouse and Richards Building.

In addition to the facilities listed, BYU offers indoor and outdoor tennis courts, an outdoor track, multiple outdoor fields and a variety of intramural sports and Student Wellness courses.

The Smith Fieldhouse and Richards Building are open Monday - Saturday 6 a.m. - 10 p.m.

All facilities are closed for devotionals on Tuesdays from 10:45 a.m. - 12:05 p.m.



Indoor track

The track is designed as a short and long track. The short track is 7 laps to a mile and the long track is 5 laps to a mile.
Open Monday - Saturday, 6 a.m. - 10 p.m.



Fitness center (2nd floor)

The 5,960 square foot student fitness center offers a full assortment of cardio, selectorized and free-weight equipment.

The center is open Monday - Saturday, 6 a.m. - 9:45 p.m. The weight room is open Monday - Saturday, 8 a.m. - 9:45 p.m.



Locker rooms

Lockers are free for students. Bring your own lock.

During open play times, items like basketballs, volleyballs, racquetballs (but not racquets) and footballs can be checked out at the RB information desk with your BYU ID.

A women-only gym is located inside the women's locker room.

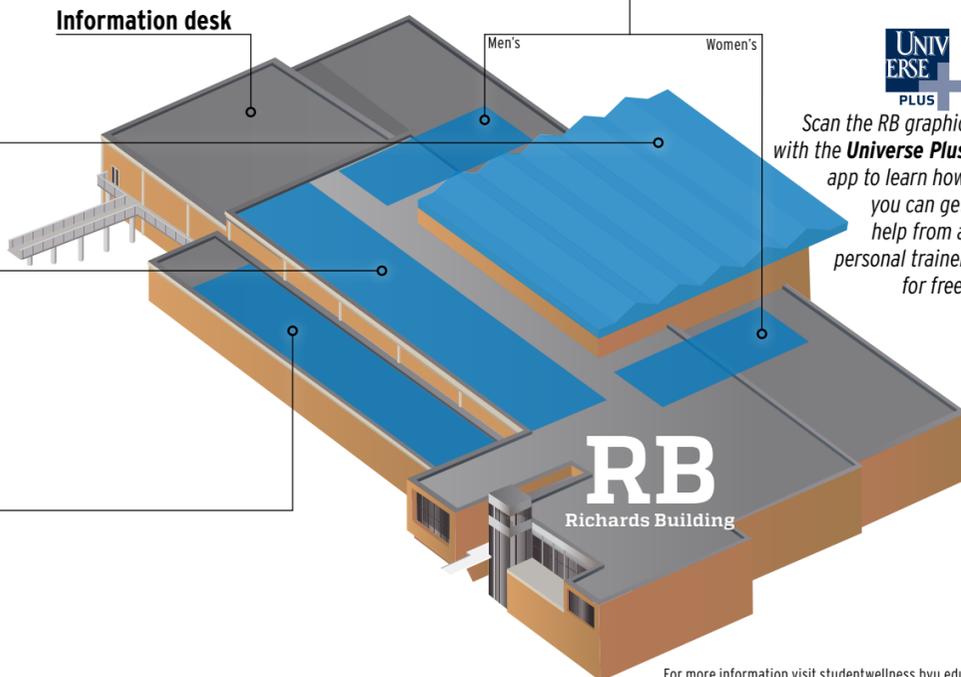
What to wear: Tops must cover shoulders, stomach, and back. Shorts must come to mid-thigh or below, no exceptions. No cut-off shirts, jeans, boots, or open-toed shoes. Exercise leggings are permitted.

Pool

Open swim is available Monday - Friday 6 - 9 a.m. and 7 - 9:45 p.m.
Enter through the locker rooms.



Information desk



Basketball and volleyball courts

Come with your bros during open play hours, which change daily and are posted at the RB information desk. The RB has five courts ready for all the sweat and cheap moves you can throw at them. There are another three courts within the track in the SFH.



Racquetball courts

Thirteen indoor courts are in the RB. Racquetball courts may be reserved up to one week in advance. Reserve courts at the information desk at 112 RB or by calling 801-422-3644.

Wear protective eyewear.



Scan the RB graphic with the **Universe Plus** app to learn how you can get help from a personal trainer for free.

For more information visit studentwellness.byu.edu

Share your favorite
outdoor adventures
with your friends
with our gear!



BYU
OUTDOORS
UNLIMITED
outdoors.byu.edu
801-422-2708

Essential apps and social media

By SHAYE MULLEN

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

APPS

BYU

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

Universe Plus

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

BYU Cougars

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

BYU New Student Orientation

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

BYU TV

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

ROC Pass

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

SOCIAL MEDIA

Daily Universe (Facebook)

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

BYU Probs (Twitter)

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

BYU ROC (Twitter)

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

BYU Sleeps (Instagram)

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

lounges or under the stairs.

BrighamYoungUniversity (Instagram)

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

BYU Photo (Instagram)

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

Provo Allstar (Instagram)

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

Harold B. Lee Library (Twitter)

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

By MIRANDA FACER

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

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

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

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

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

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

Sarah Sparks, a former Daily Universe web editor, said she appreciates the valuable experience she gained from her job and values the opportunity she had

to learn from real professionals in the field.

"We have first-hand mentors who have experience in the field," she said. "We can talk to them and they give us a lot of advice about the real world and how to prepare for that."

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

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

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

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

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

Once the app has been downloaded, users can grab a copy of The Universe and search for

the Universe Plus logo next to certain articles. Then, they can take a picture of the page and new content, including videos, photos or music, will automatically be available on their phone.

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

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

of translating material can also include something that is relevant to your day to day life."

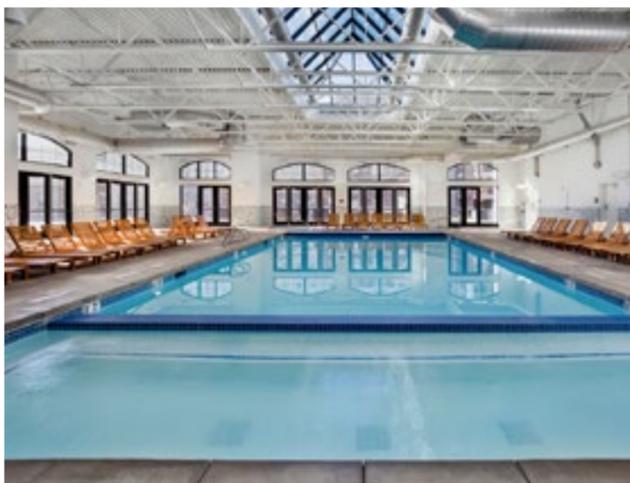
With the Universe Plus app, students have more access to deals, entertainment, information, and contests right at their fingertips.

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

Campus keeps up-to-date with The Daily Universe



Front pages from Tuesday print editions of The Universe. Scan these front pages with the Universe Plus app to enter the Freshman Giveaway.



- Private Bedrooms
- Washer & Dryer Included
- Over Sized Indoor Pool & Hot Tub
- 24 hour Fitness Center
- Valet Trash Service
- Sodalicious on Site

602 East 600 North

Provo, UT 84606

855-381-8302

VillageAtSouthCampus@peakliving.com

VillageAtSouthCampus.com



Universe Archives

Kaelin Stanley shops for textbooks at the BYU Store. Many students aren't aware that most textbooks are also 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 interlibrary loan system.

Scan the photo above with the **Universe Plus** app to see what books you need for your classes.



Scan the image of the salad with the **Universe Plus** app for a complete menu and pricing.

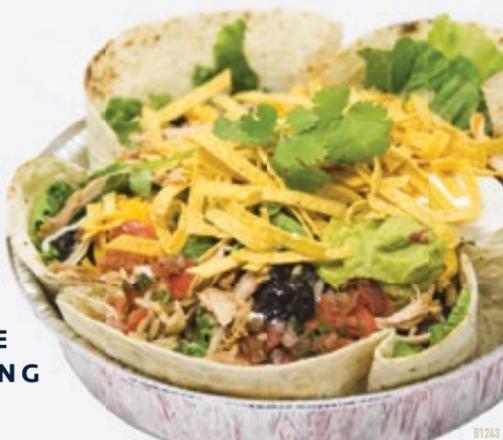
THE
BLUE
LINE

DELI & MARKET

TACOS
BURRITOS
SALADS
QUESADILLAS
SOUPS
SANDWICHES
BREAKFAST
GRAB-AND-GO

ANTOJITOS
THE BLUE LINE

LOCATED IN THE
TANNER BUILDING



GERONTOLOGY

The Study of Aging



BYU Honor Flight

gerontology.byu.edu

MINOR IN GERONTOLOGY

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

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

CONTACT

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

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 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, Illinois, 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 BYU Store'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. Scan this photo with the *Universe Plus* app for information about buying and selling textbooks through the BYU Store.

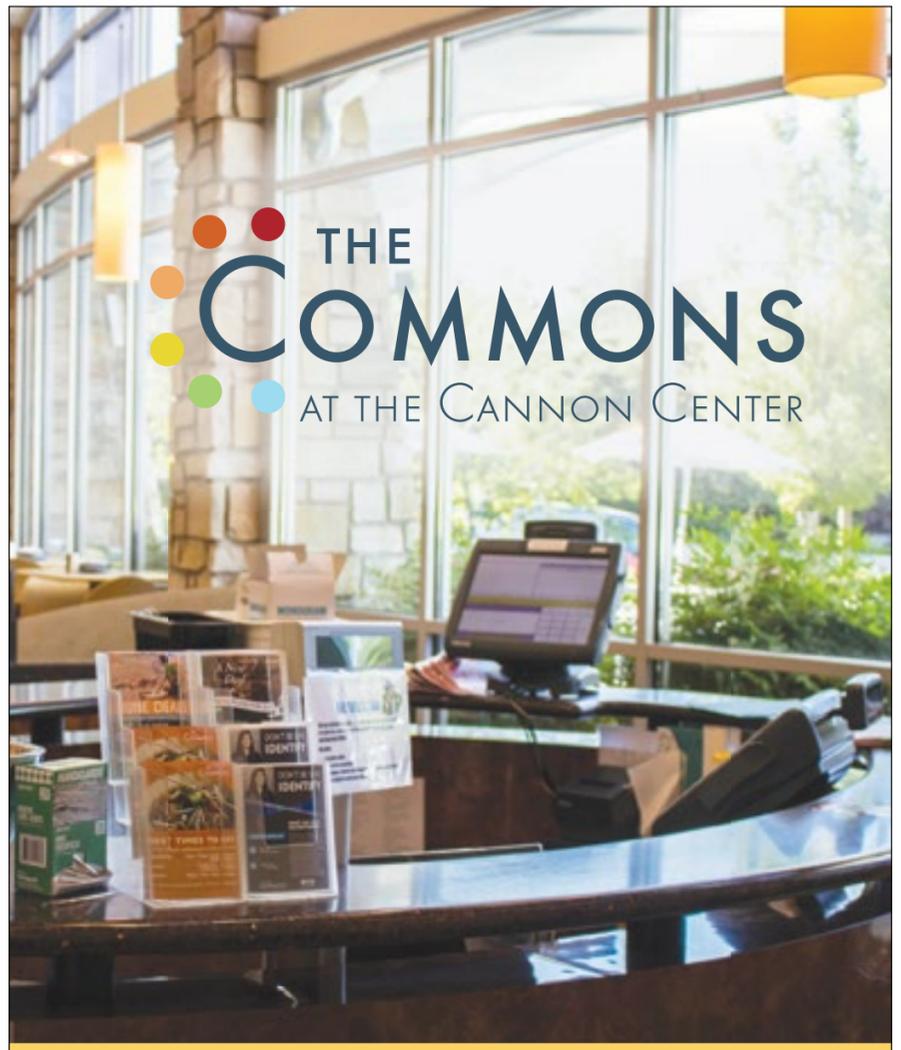
"It's actually more cost effective to buy the book if there's a chance it will be used the next semester," Jensen explained. "BYU will buy back books depending on if the professor adopts it again for the next semester and how many students are registered for the course."

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.



Employees Enjoy:

- 50% off your meals
- Fun & social environment
- Flexible schedules
- \$20 bonus upon hiring*

Interview immediately online or in person

DON'T WAIT, SCHEDULE NOW!

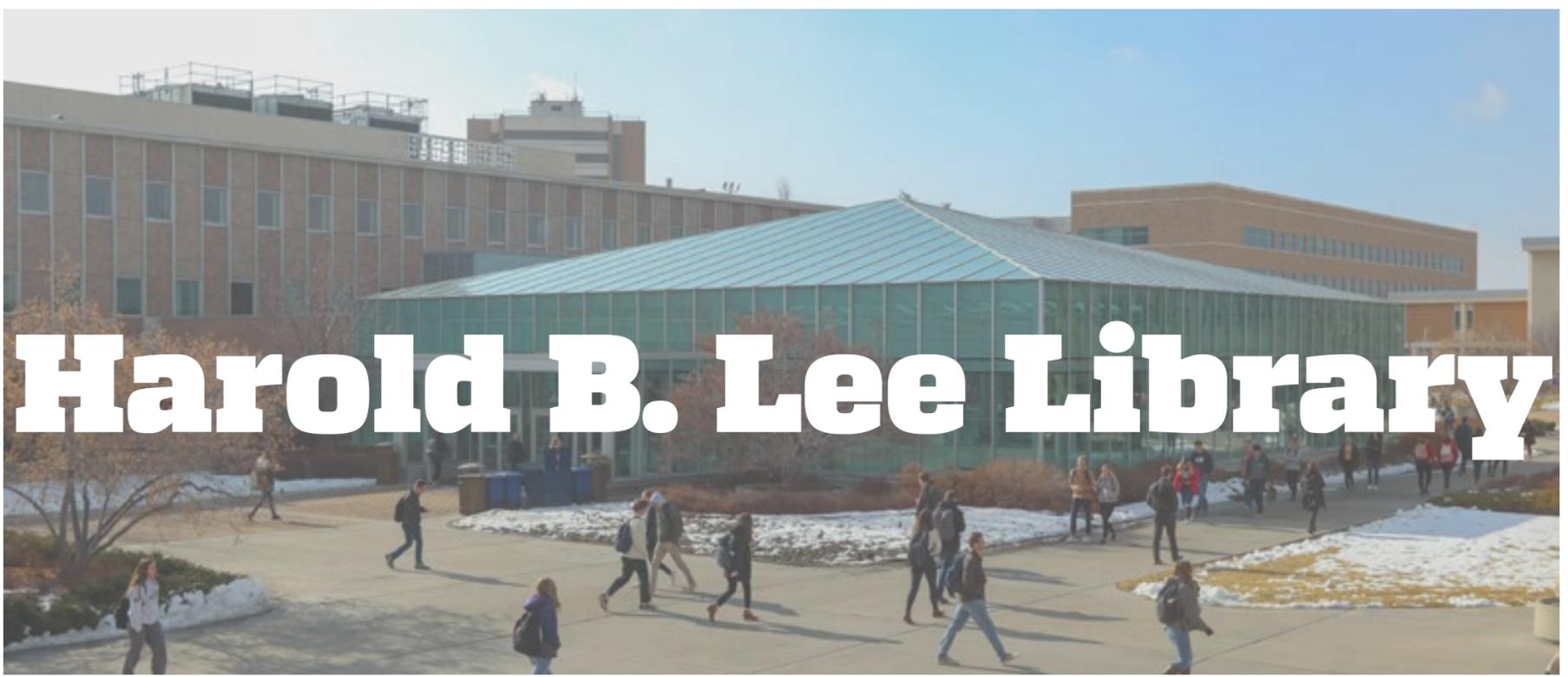
<http://dining.byu.edu/employment/>

*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.



Scan the Commons logo with the *Universe Plus* app for available jobs or to apply.





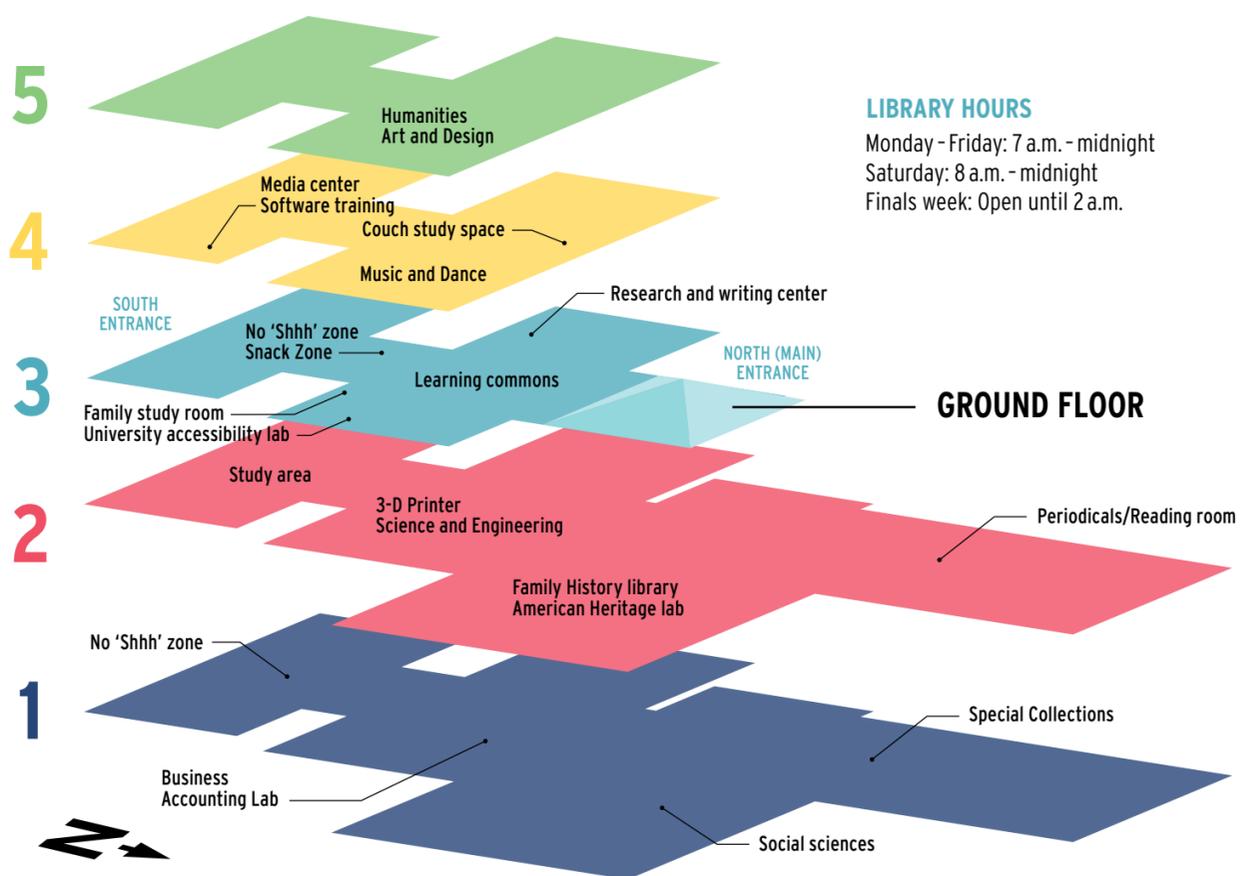
Lexie Flickinger

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

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

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

"Of all the wonderful buildings we have on this campus, none, I believe, is as important as the library," said President Gordon B. Hinckley, 15th president of The Church of Jesus Christ of Latter-day Saints at the 2000 rededication.



LIBRARY HOURS

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

"Of all the wonderful buildings we have on this campus, none ... is as important as the library."

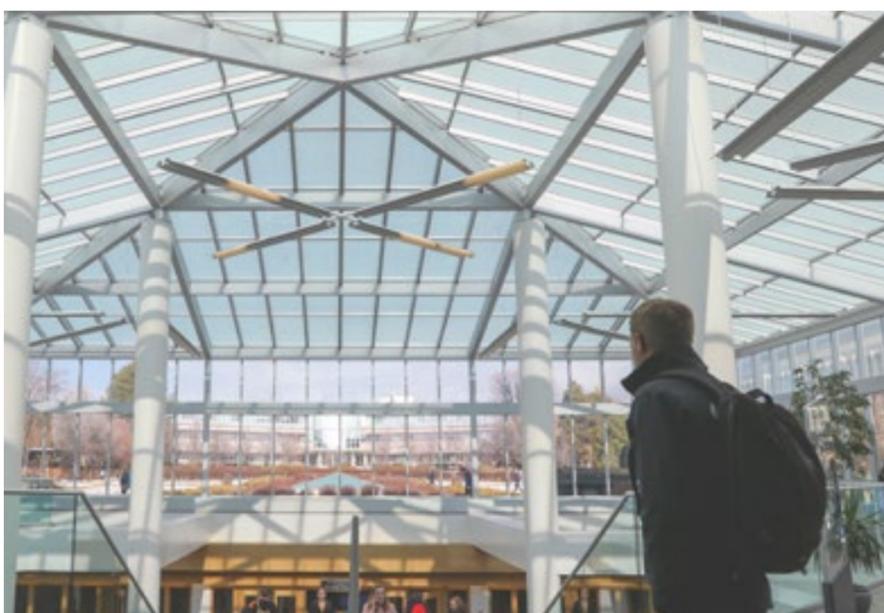
President Gordon B. Hinckley

Orientation

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

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

Here are some of the main library resources:



Lexie Flickinger



Lexie Flickinger

The Periodicals section on the second floor is a popular place for students to read and study.

FIRST FLOOR

Special Collections

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

Social sciences library

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

SECOND FLOOR

Family history library

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

Science and maps

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

Periodicals/Reading room

This is a great place to look for primary resources with magazines and newspapers dating back to the 1800s. There is also a large collection of fiction and periodicals about anything for leisure reading with a faux fireplace to read by. Patrons can read or study at one of dozens of tables or in a chair next to the large north window.

American Heritage lab

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



Addie Blacker

3D printer

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

THIRD (MAIN) FLOOR

Accessibility office

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

Learning commons

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

The atrium of the Harold B. Lee Library.

eat. A few of the items in the learning commons include:

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

Research and Writing Center

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

Family study room

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

FOURTH FLOOR

Music and dance library

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

Recording booth

Take music to the next level by reserving the library's sound booth. The booth is equipped with

microphones, a keyboard, and a computer with GarageBand and Audacity. Reserve the sound booth online at the same site as the viewing rooms.

Couch study space

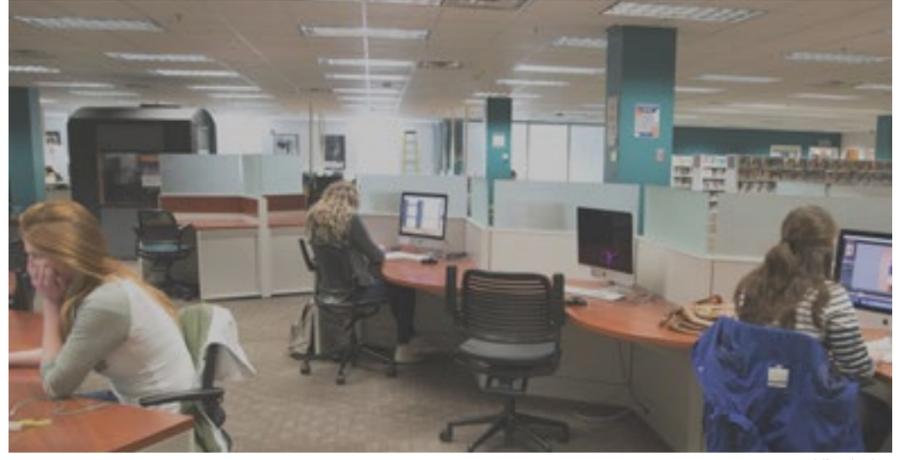
There are many places throughout the library where patrons can sit to read, study, and charge devices, but this new study area might be the most comfortable of all. Located by the windows on the north side of the fourth floor, students can relax in a quiet, customizable corner with couches and tables.



Addie Blacker

Media center

Anything audio visual is available to patrons here. Students can use Apple computers with Adobe Creative Cloud and check out all kinds of equipment for free. The lab has GoPro cameras, handheld HD cameras, Nikon and Canon DSLRs,



Addie Blacker

Students use iMacs available in the fourth floor Media Center.

lighting equipment, tripods and more, all available for three-day checkout. Call the lab at 801-422-5627 or stop by 4826 HBLL to reserve equipment.

Viewing rooms

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



Addie Blacker

Software training

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

FIFTH FLOOR

Humanities library

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

MORE LIBRARY RESOURCES

Study rooms

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

Online databases

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

Rotating exhibits

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



Lexie Flickinger

First-year students receive one-on-one help from their peer mentors in the Hub.

ROC PASS





ALL-SPORTS PASS TO EVERY REGULAR SEASON HOME BYU GAME

BYUTICKETS.COM



UTAH | AUG. 29

USC | Sept. 14

WASHINGTON | Sept. 21

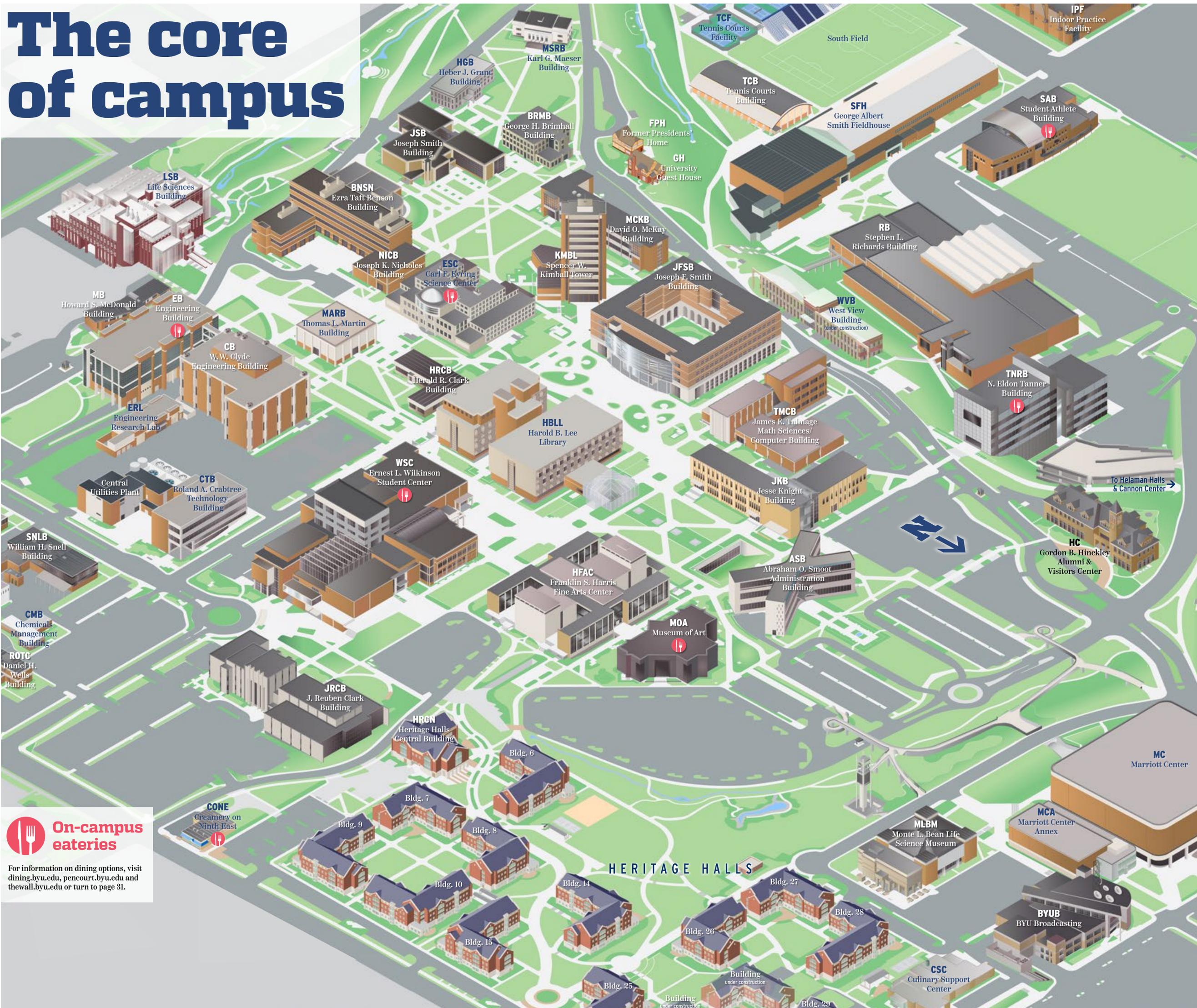




Scan the athletes with the Universe Plus app for more information about the ROC Pass.



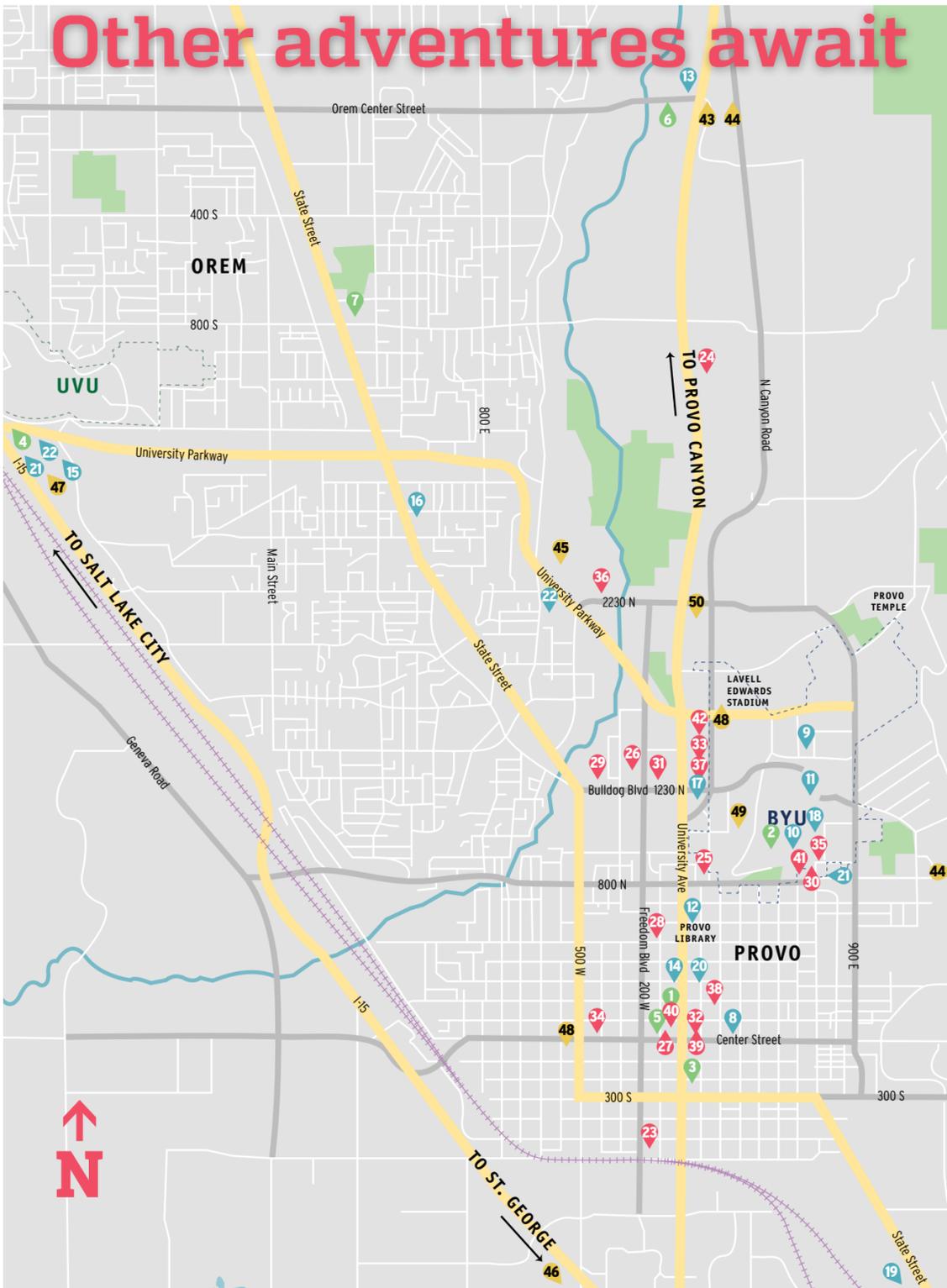
The core of campus



 **On-campus eateries**

For information on dining options, visit dining.byu.edu, pencourt.byu.edu and thewall.byu.edu or turn to page 31.

Other adventures await



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

Museums & activities

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

Food

- 23 **Provo Food Truck Roundup**
Thursdays 6 - 9 p.m. 2019 location & dates TBA

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

Sporty & outdoors

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



Mission Critical Men's Wear



For just \$495 you get:
 1 two-pant suit
 1 pair Ecco or J&M shoes
 4 wrinkle free white shirts
 4 washable ties

Missionary Package \$495

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

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



Campus restaurants and eateries



Ty Mullen

Student employees at Cougareat Subway prepare sandwiches.

SUMMER HOURS **FALL/WINTER HOURS**

Blue Line Deli & Market **W117 TNRB (Tanner Building)**
Blue Line reflects the foods of New York: soups, salads, hot sandwiches, and snacks.

Closed **Mon.-Thurs.: 7:30 a.m. - 8 p.m. Sandwich and Antojitos line closes at 5:30 p.m., Fri.: 7:30 a.m. - 5 p.m. Closed during devotionals.**

Commons at the Cannon Center **141 CANC (Helaman Halls)**
Mainly used by residents of Helaman Halls, but open to anyone. Serves a variety of foods. The Canon Center is open during BYU devotionals.

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. **Mon.-Sat.: 7:30-10 a.m., 10-11 a.m. (limited service), 11 a.m.-2:30 p.m., 5-6:30 p.m., Sun.: 1:15-2:30 p.m., 5-6:30 p.m. Fast Sunday: 3-4:30 p.m.**

Cougareat **2nd floor WSC (Wilkinson Student Center)**
The campus food court. With ten different options, there's always something good. More options coming for fall.

Cougar Express Packaged fresh salads, sandwiches, convenience store

Closed **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.**

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.

Taco Bell Tacos, burritos and nachos **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.

Grab & Go Variety of items, including some from Cougareat restaurants

Closed **Mon.-Fri.: 10:30 a.m.-2:30 p.m.**

Creamery **1209 North 900 East**
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.**

Creamery Outlet **Culinary Support Center**

Mon.-Fri.: 7:30 a.m.-9 p.m., Sat.: 9 a.m.-9 p.m.

Helaman Creamery **141 CANC (Helaman Halls)**

Mon.-Thurs.: 8 a.m.-8 p.m., Fri.: 8 a.m.-6 p.m., Sat.: noon-6 p.m. Mon.-Fri.: 7 a.m.-11 p.m., Sat.: 10 a.m.-11 p.m. Grill: Mon.-Sat.: 11 a.m.-11 p.m. Grill: Mon.-Thurs.: noon-8 p.m., Fri.-Sat.: noon-6 p.m.

Wyview Creamery **1990 N. 40 West**

Mon.-Fri.: 8 a.m.-11 p.m., Sat.: 9 a.m.-11 p.m. Mon.-Fri.: 7 a.m.-11 p.m., Sat.: 8:30 a.m.-11 p.m.

Harvey's **Engineering Building**

The new Engineering Building café. Located on the main floor of the new Engineering Building, Harvey's offers hot breakfast items, burgers, paninis, salads, soups, gelato, and much more.

Closed **Mon.-Fri.: 8 a.m.-6 p.m.**

Jamba Juice **2047 WSC**
Healthy smoothies, oatmeal and treats.

At the Wilkinson Center **Mon.-Fri.: 10 a.m.-6 p.m., Sat.: 10 a.m.-4:30 p.m. Mon.-Fri.: 7:45 a.m.-9 p.m., Sat.: 10 a.m.-8 p.m.**

At the Student Athlete Building **102 SAB (Student Athlete Building)**

Mon.-Fri.: 9 a.m.-4 p.m. Mon.-Fri.: 7:45 a.m.-7 p.m.

Legends Grille **106 SAB**

Enjoy the game while eating soup, salad, dessert bars with pastas and entrees.

Closed **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.**

MOA Café **Mezzanine of the Museum of Art (MOA)**

Dine on specialty sandwiches, soups, salads and desserts inside the Museum of Art.

Mon.-Fri.: 11 a.m.-2 p.m. Mon.-Thurs.: 10:30 a.m.-2 p.m., Fri.: 10:30 a.m.-8 p.m.

Pendulum Court Cafe **ESC (Eyring Science Center) 2nd Floor Center Court**

Dietetics lab for hands-on food service training.

Closed **8 weeks during the semester: Mon., Wed., Thurs.: 11:30 a.m.-1:10 p.m., Tues.: noon-1:10 p.m.**

Skyroom Restaurant **6th floor WSC**

Lunch buffet with a view of campus from the top of the Wilkinson Center. Reservations accepted.

Closed **Mon., Wed.-Fri.: 11 a.m.-1:30 p.m., Tues.: noon-1:30 p.m.**

The Wall **1st floor WSC**

During the day hang out, study and eat; at night listen to bands, comedy groups and karaoke.

Mon.-Fri.: 11 a.m.-4 p.m. 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.

Hours are subject to change due to private events. Follow the Wall's Instagram story for updates.

A YEAR OF FREE MILK

Purchase an Eating Essentials meal plan and you can forget about paying for milk!

- 1 Visit mealplans.byu.edu and click on the Eating Essentials meal plan
- 2 Click "Buy Now" and continue to purchase any Eating Essentials meal plan
- 3 Enter the promo code **MILKUNIVERSE19** at checkout

Look for an email confirmation near the start of Fall Semester.



Scan the Meal Plans logo with the **Universe Plus** app for more information about or to purchase a meal plan.



12 Gallons per semester with an Eating Essentials plan. For 1%, 2%, and Skim milk only. Offer available through Wyview Creamery, the Creamery Outlet (Heritage), and the Creamery on Ninth. For Fall-Winter 2019-20 Semesters. Must sign up by Midnight on September 2, 2019. Eating Essentials is not available to Helaman Halls residents.



SECURE, CLEAN, EASY TO RENT!

Orem 1450 West 500 North (801) 224-3635	Springville 205 West 1400 North (801) 491-7672	American Fork 420 East 620 South (801) 756-5388
Lehi 1985 North Pointe Meadow Dr. (801) 766-5508	Mapleton 920 North 2000 West (801) 806-1929	Payson 992 West 170 North (801) 465-0570

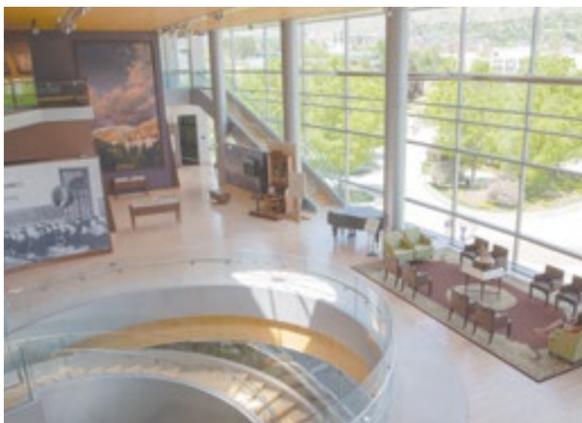
RESERVE YOUR UNIT ONLINE TODAY FOR A SPECIAL RATE AT

www.storem.com

Art, science, history fill BYU museums

BYU has five museums: 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.

Education in Zion



Rilee Scoresby

The Education in Zion exhibit resides in the Joseph F. Smith Building on campus.

Monte L. Bean Life Science Museum



Rilee Scoresby

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

Museum of Peoples and Cultures



Rilee Scoresby

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

Education in Zion is a permanent exhibit about the educational history of The Church of Jesus Christ of Latter-day Saints 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 education-inzion.byu.edu. Admission is free. The exhibit is located on the second floor of the Joseph F. Smith Building.

Opened in 1978, the Bean museum's collection represents more than 2 million species. The museum conducts research on all the specimens. The museum is open to the public and offers educational programs. Admission is free. The Bean Museum 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. The museum is located on campus between the Marriott Center and Heritage Halls.

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 North Canyon Road.

INFORMATION SYSTEMS

WHERE

Business meets Technology

DO YOU WANT TO

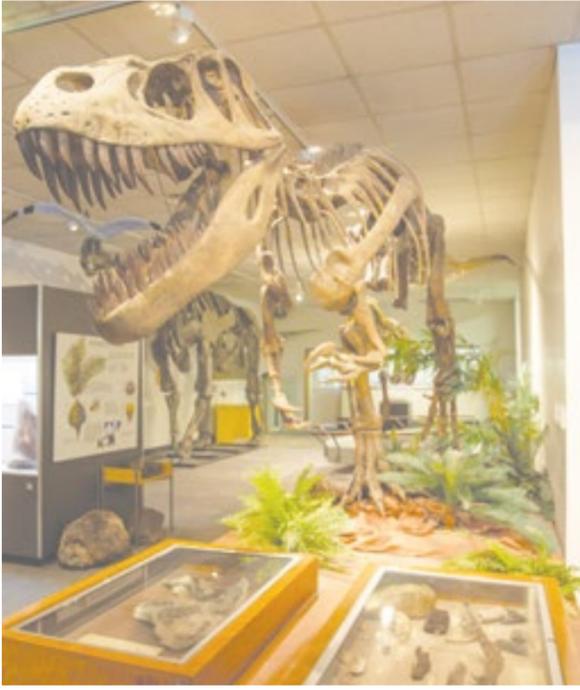
- Love what you do?
- Learn how to bridge the gap between technology and business?
- Be creative and innovative?
- Develop skills you can use in your everyday life?
- Develop lasting friendships with teammates and mentors?
- Have a high earning potential?
- Have the ability to work from home?
- Maximize work-life balance?

INTERESTED?

Visit Michael Harker in 460 TNRB for more information or register for IS 201

FLEXIBILITY. CREATIVITY. OPPORTUNITY.
Making a difference in the world

Museum of Paleontology



Rilee Scoresby

The Museum of Paleontology is home to a diverse selection of fossils and provides hands on experience to visitors young and old.

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 North Canyon Road.

Museum of Art



Rilee Scoresby

"Windswept" by Patrick Dougherty is a contemporary piece made from willow branches. The exhibit is on display through Dec. 19, 2019. Scan the pictures above with the *Universe Plus* app to learn more about the 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. 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.

—Hannah C. Lunt

Best study spots



Dani Jardine

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

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," he said.

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 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," said Alex Gosch, a recent graduate from California. "It feels like you're in nature."

COUGAREAT
FOOD COURT

JOIN OUR TEAM!

Fun & social environment

\$20 bonus upon signing*

50% off your meals

Flexible schedules

Interview immediately online or in person!



Scan this ad with the *Universe Plus* app for available jobs or to apply.



*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.

The 2019 BYUAG

Brigham Young University Abbreviation Guide

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

COURSE OFFERING **BUILDING** **STUDENT LIFE**

A HTG American Heritage

ASB Abraham O. Smoot Administration Building
"The A-S-B"

BNOG Big name on campus

Referring to the BYU celebrities. This could range from a sports star to someone who went viral on Twitter this week.

BNSN Ezra Taft Benson Building
"The Benson"

BRMB George H. Brimhall Building

"The Brimhall" and School of Communications. If you don't stop talking, this is the school for you.

BYUSA Brigham Young University Student Service Association

The BYUSA president and vice president are elected by the student body to fulfill BYUSA's mission of "students serving students." They plan BYU-sponsored student activities such as campus dances, skate nights and service activities.

C2G Choose 2 Give

Choose 2 Give is a campaign each winter semester that encourages students to donate to students in need on campus. It is student-run and student-funded (put on by the Student Alumni Association) and helps to fund scholarships offered by BYU.

CANC George Q. Cannon Center

"The Cannon Center." Also, your new best friend and most likely the cause to why freshmen don't fit in their pants by November.

CB W. W. Clyde Engineering Building

"The Clyde" or "The Clyde Building." Also see, "Students who never sleep."

CE EN Civil and Environmental Engineering

CH EN Chemical Engineering

"Chem-E"

CL CV Classical Civilization

COMMS Communications
"Comms"

CONE Creamery on Ninth East

Your one stop shop for freshman year. You can use your meal plan here, or you can stop by with a date or roommates for ice cream and grilled cheese. We recommend "Graham Canyon," but try them all and decide your favorite.

CS Computer Science

CTB Roland A. Crabtree Technology Building

"The Crabtree"

DTR Define the Relationship

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

EB Engineering Building

"The Engineering Building"

EC EN Electrical and Computer Engineering

"E-E"

ELANG English Language

EL ED Elementary Education

"El-Ed"

ENGL English

EQP Elder's Quorum President

Pronounced "E-Q-P," this acronym is used to reference the Elder's Quorum President, usually in casual conversation: "The EQP sent me a text asking to meet this week."

ESC Carl F. Eyring Science Center

"The Eyring" or "The Eyring Science Center"

EXDM Experience Design and Management

EXSC Exercise Science

FHE Family Home Evening

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

FIN Finance

FLSR Foreign Language Student Residence

"The Fli-sir"

HBL Harold B. Lee Library

"The Library" also includes mass amounts of anxiety filled students, especially during finals week.

HC Gordon B. Hinckley Alumni & Visitors Center

"The Hinckley Center"

HFAC Franklin S. Harris Fine Arts Center

"The H-Fac"

HGB Heber J. Grant Building

"The Testing Center"

HRCB Herald R. Clark Building

"The Kennedy Center"

IDK I don't know

Used in texting or in colloquial conversation to inform the opposite party that you, in fact, don't know.

ILY I love you

Used in texting to let someone know you're thinking about them ... romantically.

IPF Indoor Practice Facility

"The I-P-F"

IS Information Systems

IT Information Technology

ITB Information Technology Building

"The IT Building"

JFSB Joseph F. Smith Building

"The J-F-S-B"

JKB Jesse Knight Building

"The J-K-B"

JSB Joseph Smith Building

"The J-S-B"

KMBL Spencer W. Kimball Tower

"Kimball Tower." Formally known as the SWKT.

LMK let me know

Used in texting to ask someone

to follow up with you. For example, "Did you go to the test review?? LMK."

LSB Life Sciences Building

"The L-S-B"

MARB Thomas L. Martin Building

"The Marb"

MCKB David O. McKay Building

"The McKay"

ME EN Mechanical Engineering

"M-E"

MFG Manufacturing

MMBIO Microbiology and Molecular Biology

"M-M-Bio"

MOA Museum of Art

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

MSRB Karl G. Maeser Building

"The Maeser"

NCMO Non committal make out

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

NICB Joseph K. Nicholes Building

"The Nicholes Building"

NDFS Nutrition, Dietetics and Food Science

OCHEM* Organic Chemistry

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

PC Politically correct

Using terms that are fitting or pertinent to the subject are deemed as "PC."

PDBIO Physiological and Developmental Biology

"P-D-Bio"

PETE Physical Education Teacher Education

PHSCS Physics and Astronomy

PHY S Physical Science

PLZ Please

Common abbreviation for the word please. Used usually in texting, like "PLZ stop talking so loud - have 8 a.m. class tomorrow, THX ILY."

POLI Political Science

"Poli Sci"

PWS Plants and Wildlife Sciences

RB Stephen L. Richards Building

"The R-B"

REL A Ancient Scripture

REL C Church History and Doctrine

RHA Residence Halls Association

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

RM Return Missionary

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

ROC Roar of Cougars

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

SFH George Albert Smith Fieldhouse

"The Smith Fieldhouse"

SFL School of Family Life

SOC Sociology

STAC/SWELL Student Activities/Student Wellness

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

STDEV Student Development

TES Technology and Engineering Studies

TMA Theatre and Media Arts

TMCB James E. Talmage Building

"The Talmage"

TNRB N. Eldon Tanner Building

"The Tanner." Business majors. Enough said.

WSC Ernest L. Wilkinson Student Center

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

YSA Young Single Adults

Student wards at BYU are called "YSA wards." Married students attend family or married student wards, but single students attend church with other "YSAs" to facilitate dating and marriage. Yes, it's as bad as it sounds.

COME JOIN THE FINANCE MAJOR

2017 - 99% PLACEMENT
AVE. FIRST YEAR TOTAL COMPENSATION: \$77,619

HERE'S WHAT OUR ALUMNI ARE SAYING...

"If you want a future that is flexible, a degree that is meaningful, and earning power that is significant; consider the opportunities that the BYU Finance Major provides. In finance I haven't just found my fit, I've found a place for my creativity to flourish, a place to develop confidence, and a skill set I can use as a successful woman and servant of the Lord."

KATALIN BOLLIGER, Class of 2014

COMMERCIAL BANKING CREDIT ANALYST - CHASE BANK, UT



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

STEVE FUNK Class of 2014

INVESTMENT BANKING ANALYST - GOLDMAN SACHS, NYC

BYU
FINANCE



Y FINANCE?

LEARN MORE: FIN INFO SESSION

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

JOIN THE FINANCE SOCIETY

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



NetTREKS
WOMEN IN FINANCE
SIX CORE FOCUS CLUBS
UNDERCLASSMAN ACADEMY
APPLICATION & RESUME REVIEWS
NETWORKING & RECRUITING SKILLS
INTERVIEW & INTERNSHIP COACHING
INDUSTRY PROFESSIONAL SPEAKERS

OBTAIN KEY MARKETABLE SKILLS
ACQUIRE PROFESSIONAL KNOW-HOW
OBTAIN DIVERSE FINANCIAL OPPORTUNITIES



Catching The Ryde to class and back

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

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

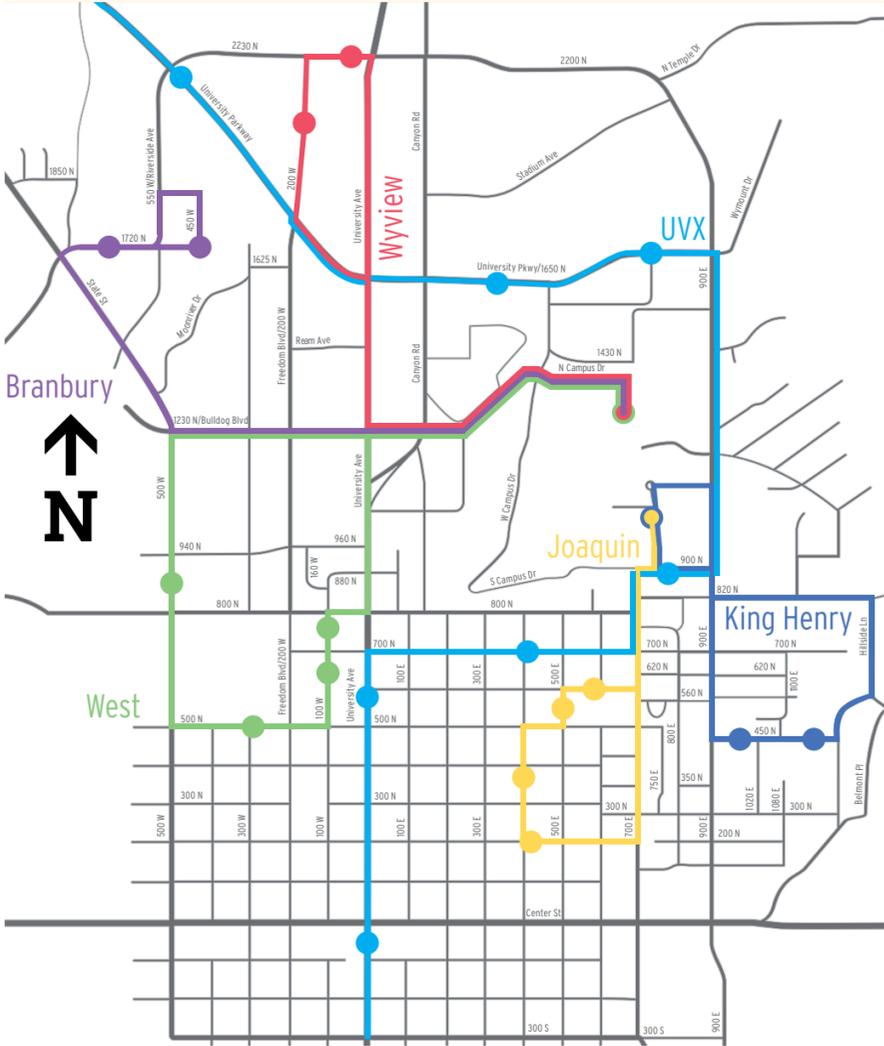
and King Henry to the WSC. Two additional routes include stops at local grocery stores and on-campus housing locations. Official schedules and routes can be found on the Ryde website.

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

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

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

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



TEXT BOOK BUYING MADE EASY



1. GOT TO BOOKLIST.BYU.EDU AND ENTER YOUR NETID & PASSWORD (BOOKLIST WILL SHOW WHAT BOOKS ARE REQUIRED FOR YOUR CLASSES)
2. CLICK ON THE BOOKS YOU WANT AND PLACE YOUR ORDER
3. PICK UP YOUR BOOKS AT THE BYUSTORE WHEN YOU ARRIVE AT SCHOOL (THEY WILL BE READY AND WAITING FOR YOU)

NOW HIRING ALL POSITIONS

General Managers: \$54,000 + bonus
 Assistant Managers: \$15/hr + bonus
 Service starting at \$12/hr
 Kitchen Crew starting at \$13/hr

We offer competitive pay, medical/dental insurance, bonuses, 401K with company match, discounts, paid time off, training opportunities for growth and much more!

Apply today at PandaCareers.com

Keyword #724, #527, #896

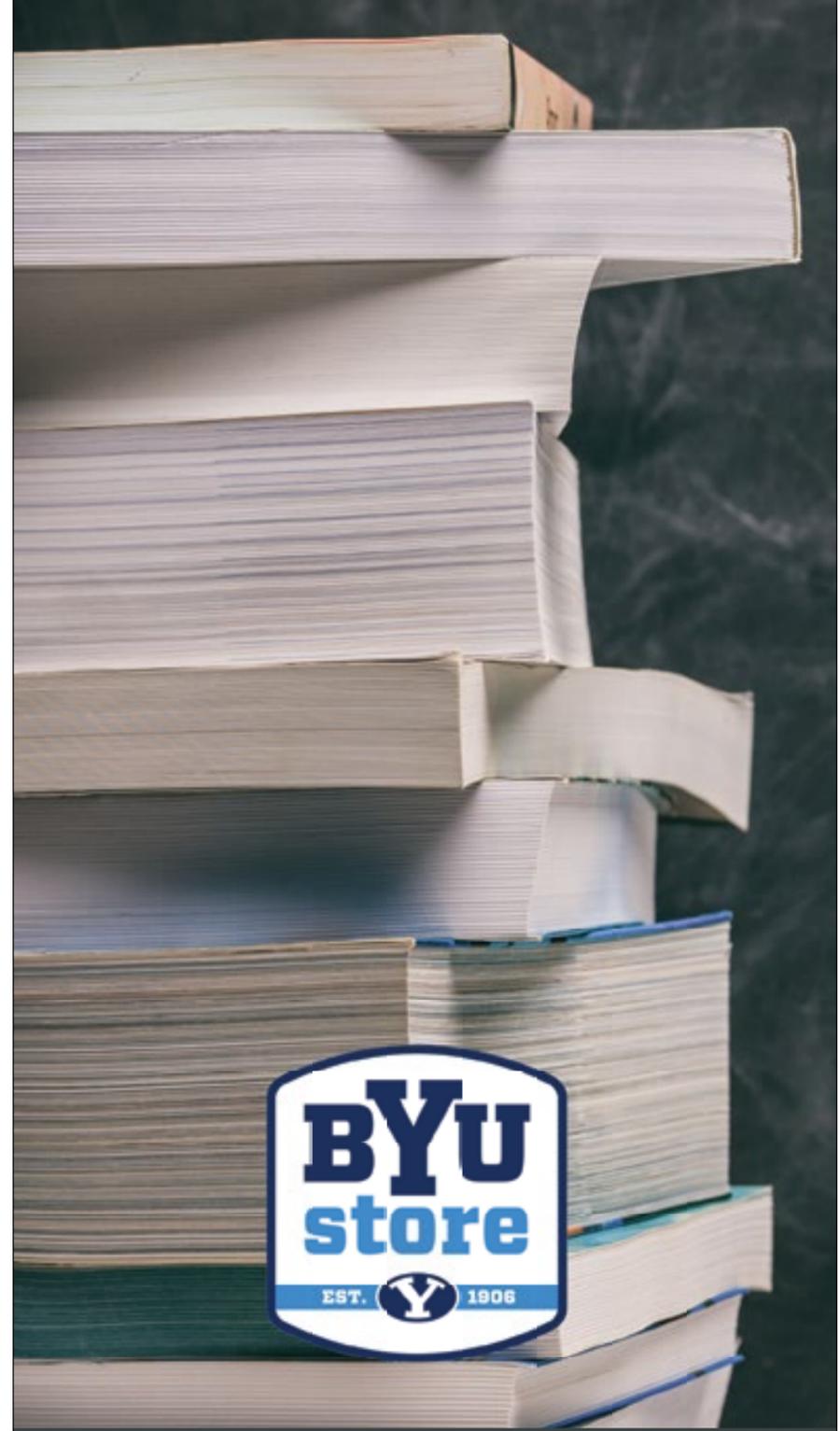
FREE ENTREE ITEM

Buy any plate & get an extra entree item FREE.

Not valid with any other coupons, discounts or promotions. Not valid at supermarket, university, airport, casino, theme park or stadium locations. Complimentary. No cash value. No reproductions.



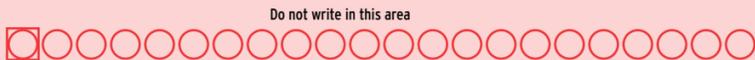
Bring in ad to get offer
 1240 N. University Ave.
 Provo, UT 84604



YOU CAN ALSO RENT BOOKS
 CALL TEXTBOOK INFORMATION DESK
 FOR DETAILS 801-422-3467

Testing Center: Pencils and knowledge at the ready

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



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

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



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



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



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



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



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



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



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

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



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



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



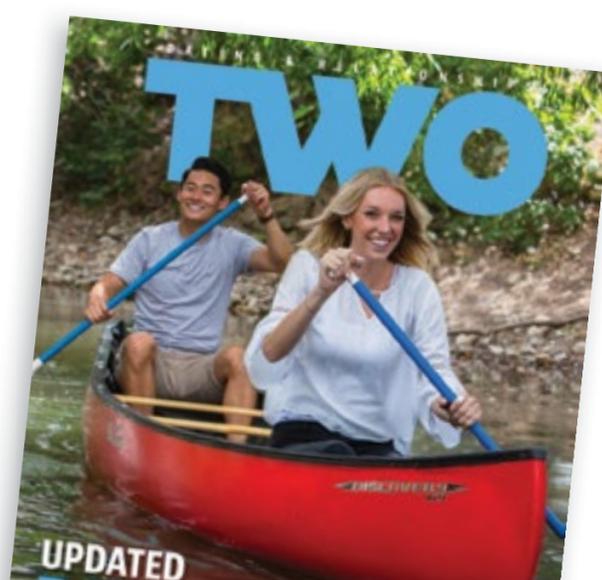
UNIVERSE PLUS Scan this infographic with the Universe Plus app to watch a video and learn how to navigate the Testing Center lines.

Photo illustrations by Addie Blacker



GOT A SUMMER CRUSH?
PLAY IT COOL.

Pick up the latest edition of TWO on racks around campus.



Utah Valley Express 101

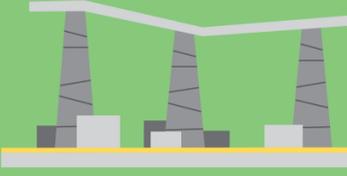
The Utah Valley Express is Utah Transit Authority's newest public transit option. It began running on August 13, 2018. Using their BYU ID, BYU students, faculty and staff have free access to all of UTA, including UVX, which links BYU, downtown Provo, south Provo, University Place, south Orem and UVU.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



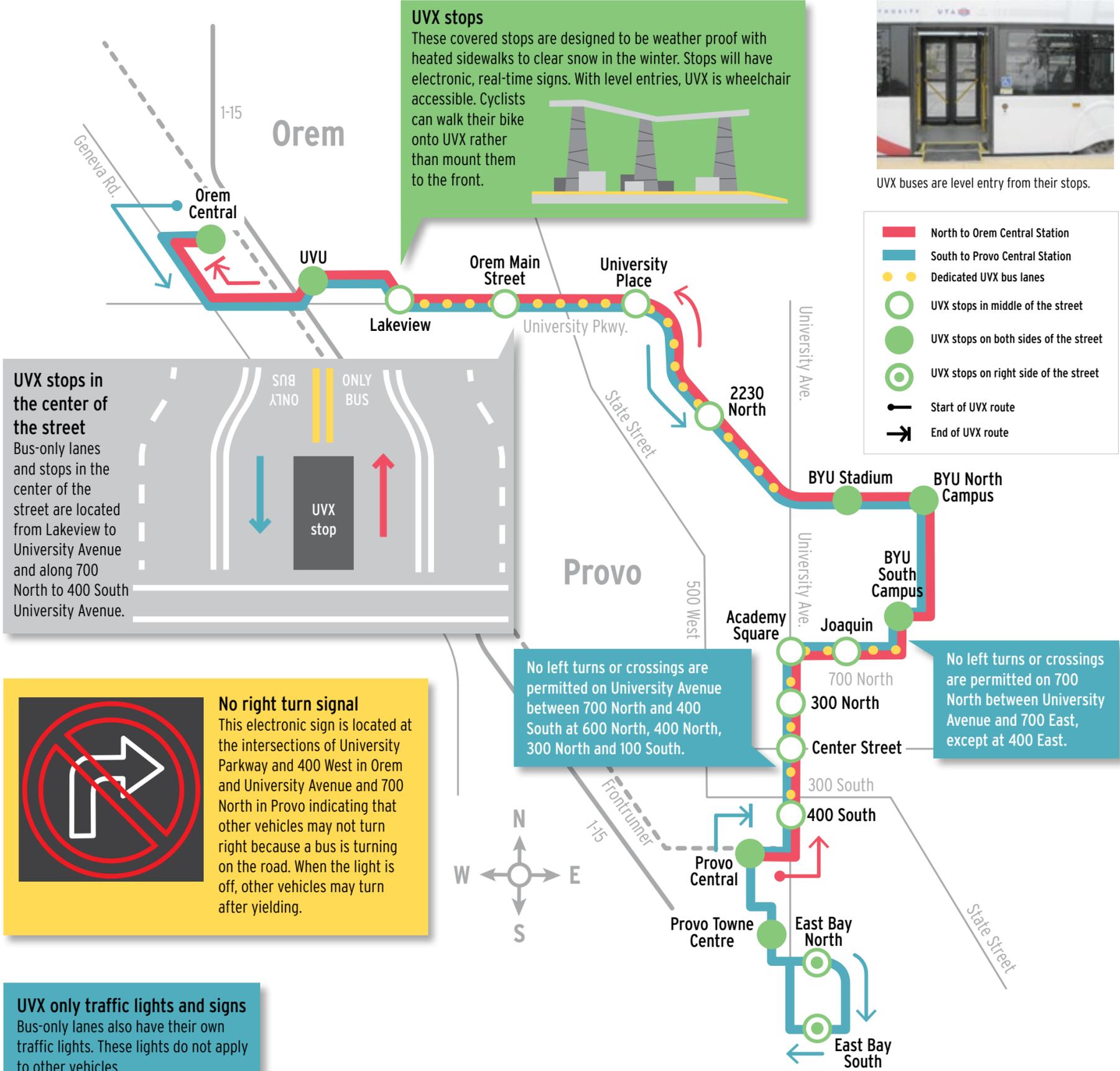
- UVX is free to everyone through 2021.
- Through UTA and UVX, BYU students, faculty and staff also have free access to Fronrunner, TRAX and the entire UTA system. Orem Central and Provo Central stops have connection to Fronrunner.
- Certain roads on the route have bus only lanes. No cars, bikes or other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

UVX stops

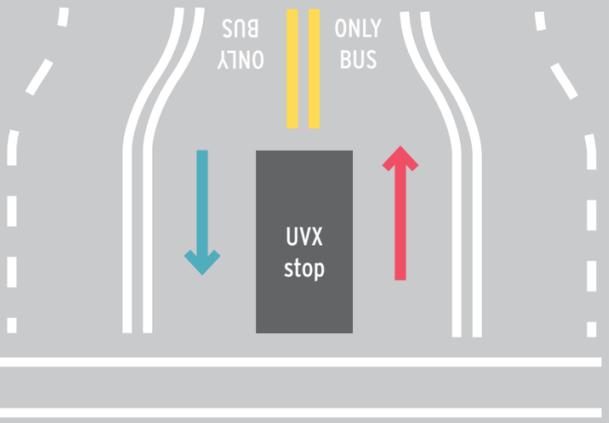
These covered stops are designed to be weather proof with heated sidewalks to clear snow in the winter. Stops will have electronic, real-time signs. With level entries, UVX is wheelchair accessible. Cyclists can walk their bike onto UVX rather than mount them to the front.



UVX buses are level entry from their stops.



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



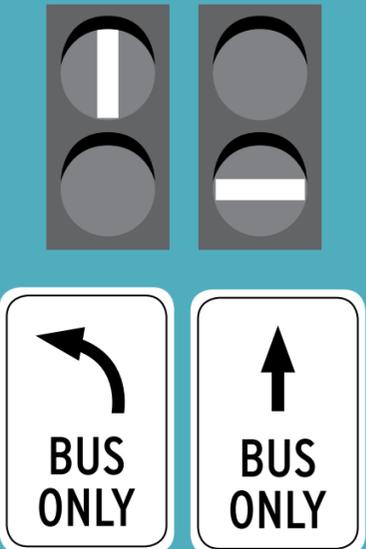


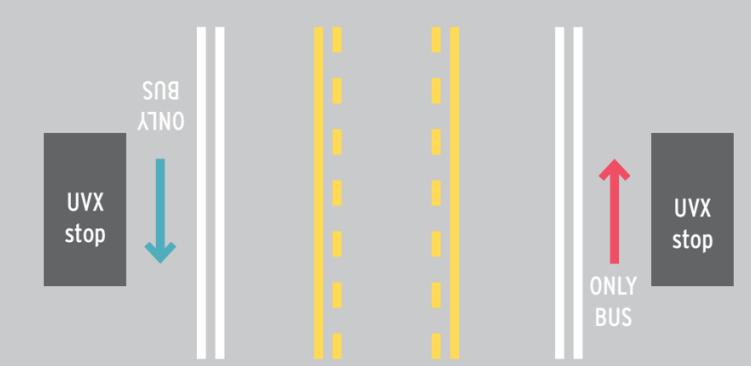
No right turn signal
This electronic sign is located at the intersections of University Parkway and 400 West in Orem and University Avenue and 700 North in Provo indicating that other vehicles may not turn right because a bus is turning on the road. When the light is off, other vehicles may turn after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

No left turns or crossings are permitted on University Avenue between 700 North and 400 South at 600 North, 400 North, 300 North and 100 South.

No left turns or crossings are permitted on 700 North between University Avenue and 700 East, except at 400 East.

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





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

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



UVX times and schedules
These times are approximate. Check rideuta.com for schedules, including Saturday.

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

THE STUDENT HEALTH CENTER

(THE NEXT BEST THING TO DOCTOR MOM!)



For All Of Your Health Care Needs Visit Us At

health.byu.edu

1750 N Wymount Terrace Dr.

Or call 801-422-5156

• Board Certified

• Student Health

• Most

Physicians

Plan Offered

Insurances

• Great Value

• On site

Accepted

Pharmacy

Univ Parkway

Student Health Center

900 E



Scan the main picture above with the Universe Plus app for more information.

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

Be friendly



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

Be the inviter



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

Get to know your roommates



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

Move seats



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

Join in



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

NON-CRINGY ICE BREAKERS

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

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

Provo culture and BYU campus quirks

No matter what campus someone visits, each university has characteristics that make the school unique. After moving to Provo and arriving at BYU, first year students will notice or experience many of these BYU quirks:



Ducks

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

Class friendships

Where you sit normally matters because the person you sit next to will most likely introduce themselves and

conversation will continue until class starts.

Sidewalk behavior

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

Ring checks

About 25% of current BYU undergraduate students are married, so double-checking before flirting is not necessarily a bad idea.



Chocolate milk

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

Blind dates

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

Dessert parties

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

Tunnel singing

This is a standard Sunday-night

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



Halloween

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

Soda shops

These are so popular for BYU

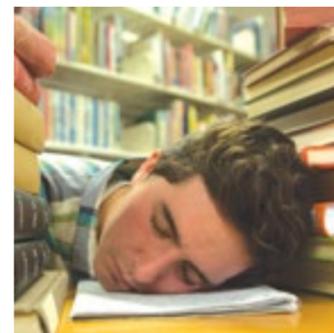
students that they're practically a necessity. Soda shops are a place for hanging out, going on dates and especially getting a frozen frosted sugar cookie and soda fix.

Midnight fast food runs

Whether for some shakes or fries, students often go to nearby fast food restaurants to grab some grub for a midnight snack.

11:45 p.m. library music

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



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's the dreaded red sock sneaking in with the whites or accidentally adding bleach instead of detergent, mastering the art of laundry takes practice. These tips may help you keep your clothes top shape.

1. **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.
2. **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).
3. **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 level 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 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. 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. **Stay hydrated.** Illness drains the body, and it is important to replace any fluids lost.
4. **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

Scan the photo above with the *Universe Plus* app to enter the Freshman Giveaway.



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.

Join our team today!

50% off meals
Flexible schedules
Fun & social work environment
Free meals with most shifts
\$20 bonus upon hiring*



dining.byu.edu/employment

*Mention this ad during your interview. Upon successful hire and completion of your second pay period, your bonus will be automatically added to your paycheck

Catering
Brigham Young University
and
THE
Skyroom

Run, punt, serve and score with intramurals

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

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

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

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

Teams or individuals are required to pay a

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

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

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

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



Addie Blacker

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



BYU'S INTRAMURAL SPORTS

FALL SEMESTER

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

WINTER SEMESTER

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

SPRING TERM

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

SUMMER TERM

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

Balancing your college life



Jamison Metzger

Students gaze upon their futures at BYU after hiking the Y.

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

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

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

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

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

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

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

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

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

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

BYU students have learned putting the gospel first makes time for everything else.

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

"Making the gospel a priority is the only way to have

complete balance," Clark said. "If you rely on the Lord, He will help you. Make scripture study a priority and be active in your calling."

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

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

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

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

Krista Ek

BYU Public Relations student

Doughnut forget we're here for you!

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

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

Visit our website at och.byu.edu

BYU OFF-CAMPUS HOUSING
C-141 ASB

The year in BYU sports

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



Jaren Wilkey/BYU Photo

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



Jaren Wilkey/BYU Photo

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



Jodi Maxfield

The Cougarettes stand in formation with their hardware outside the ESPN Wide World of Sports Complex in Orlando, Florida. The dance team placed second at world championships after winning gold medals in both the hip-hop and jazz categories at nationals.



BYU Women's Rugby

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



BYU Photo

Squally Canada runs for 118 yards and two touchdowns in the Cougars' upset victory over No. 6 Wisconsin on Sept. 15, 2018. With the win, BYU received a No. 25 national ranking while Wisconsin's season began its spiral downward after being a consensus top pick.



Hannah Miner

Roni Jones-Perry celebrates a point with her teammates on Oct. 14, 2018 against Gonzaga. Jones-Perry was one of four finalists for the Honda Sport Award, an award given to the best women's volleyball player in the nation. She helped lead women's volleyball to a Final Four tournament berth.

BECOME A HERO!

Biomat USA Orem

349 East University Pkwy | (801) 235-9800

Talecris Plasma Resources Provo

651 Columbia Lane | (801) 377-1243

Biomat USA Provo

501 North 900 East | (801) 375-2279

Biomat USA Spanish Fork

450 North Main St | (801) 798-7451

Our new donors can receive over \$400 a month!

Required Items: Matching Social Security Card & Photo ID, valid proof of address.





Jaren Wilkey/BYU Photo

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



Claire Gentry

Elise Flake dribbles the ball through a pair of Gonzaga defenders on Sept. 27. The women's soccer team defeated No. 6 Santa Clara later in the season to capture their sixth women's soccer championship in eight years.



BYU Photo

Whitni Orton finds herself among the pack in the 1500 meter during the NCAA West Preliminaries. The women's track and field team ranked at No. 15 while the men's team was ranked No. 4 before heading to the NCAA championships.



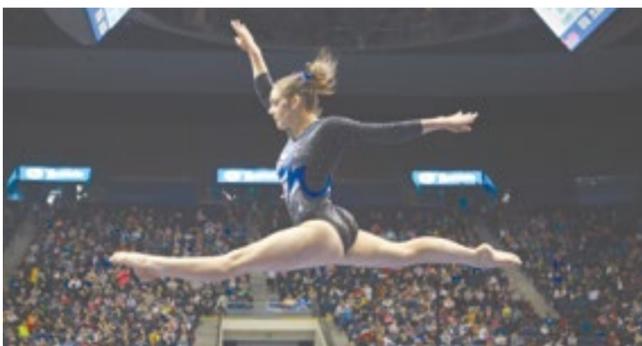
Mindy Pitcher

CJ Coslett pulls ahead of a GCU defenseman, contributing to BYU's 2-1 win over the Lopes on Nov. 9, 2018. The 2018-19 season marked the first time BYU won a Mountain West Conference Championship.



Claire Gentry

Carson Matthews fires the ball to first base during BYU's three-game sweep over Milwaukee. BYU baseball later won the outright regular-season conference title with a WCC record of 19-8.



Hannah Miner

Natasha Marsh helps BYU with a meet-high 9.9 on the beam. The Cougars were ranked as high as No. 6 during the gymnastics season while also advancing to the NCAA regionals.

Fall 2019 Events

Weekly local events

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

August

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

September

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

October

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

November

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

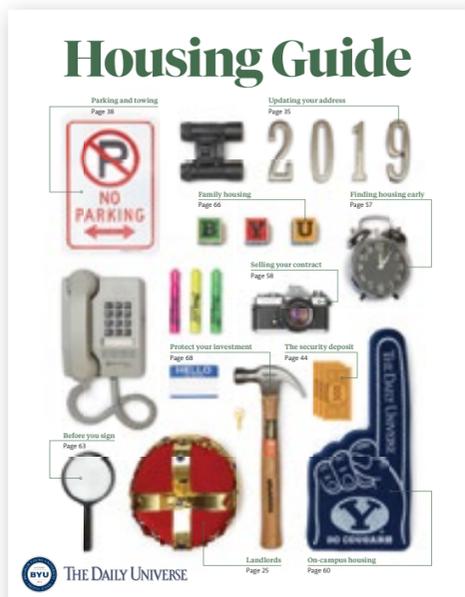
December

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



Know what you're agreeing to

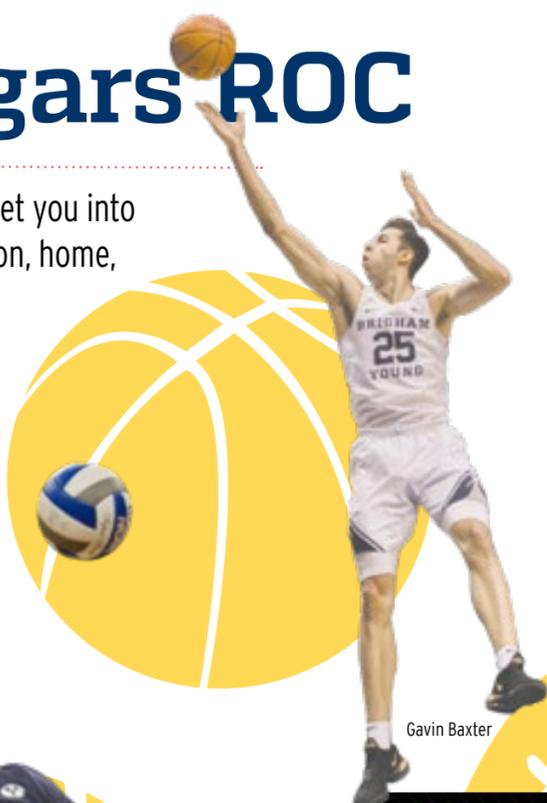
Pick up Housing Guide for tips on understanding your housing contract.



2019 edition available on racks throughout campus.

Cougars ROC

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

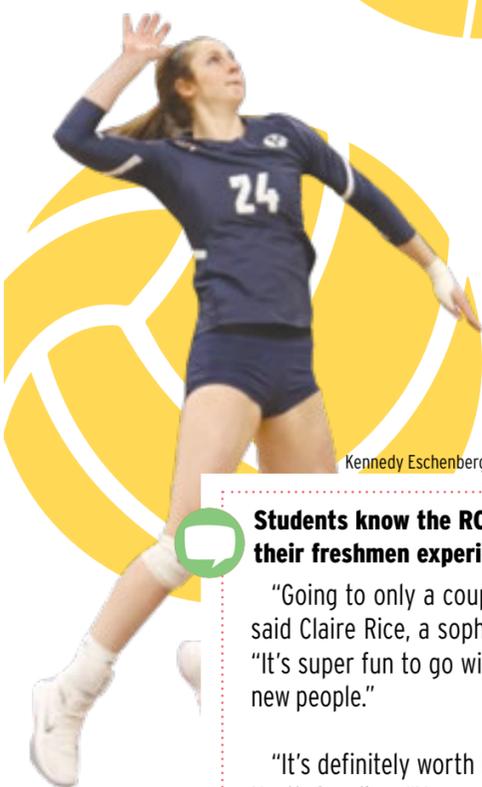


Gavin Baxter



Ari Davis

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



Kennedy Eschenberg

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

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

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



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

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

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



The Cougar Song

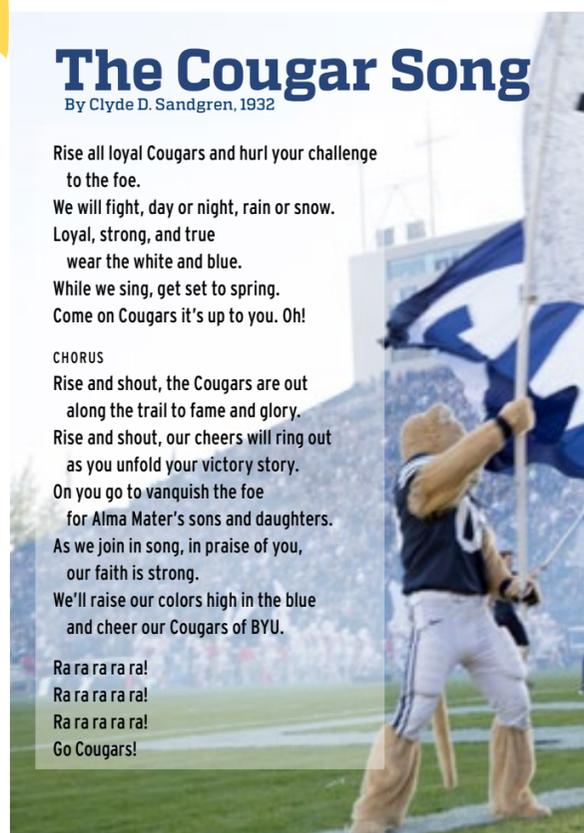
By Clyde D. Sandgren, 1932

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



First-Year Students

You're #BYUBound for Greatness Wherever You Go

The world is your campus. Take classes at the BYU Salt Lake Center and have a one-of-a-kind first-year experience.

- Still don't know what you want to be when you grow up? With 100 courses of mainly generals available, you can take classes at the Salt Lake Center without deciding on a major.
- Transportation's a breeze with free Frontrunner access. All you need is your BYU ID card.
- It's flexible with your schedule. You'll have more time to hang out with that good-looking someone, get to know your roomies and wardmates, and hike the Y for the first time. (Warning: Y Mountain switchbacks are no joke!)
- Visit slc.byu.edu for more info.

BYU

SALT LAKE CENTER

Check us out at slc.byu.edu

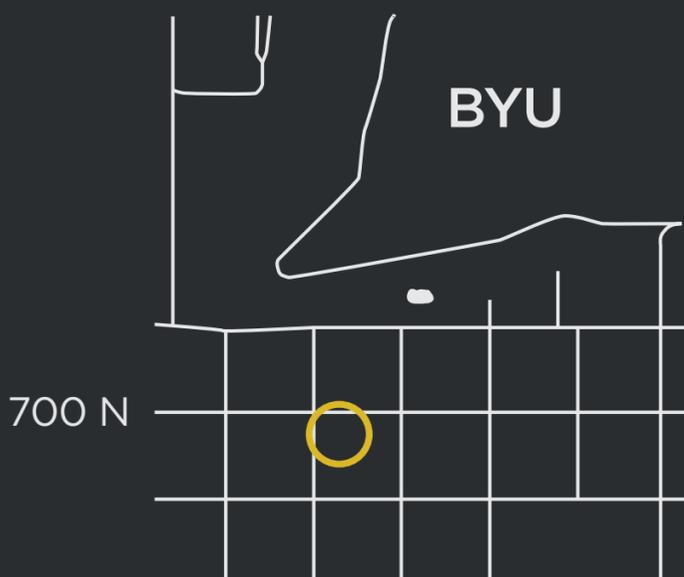


MOON APARTMENTS

One block from BYU campus!

- FREE Internet
- Central Air
- On-site Laundry
- Reserved Parking
- Low Utilities
- UTA Bus Stop
- Swimming Pool
- Fully Furnished
- Huge Closets
- Clubhouse

Contracts as low as \$309/month!



680 north 300 east, Provo moonapts.com 801-371-6150
BYU contracted housing for men and women

What I wish I knew my freshman year...



"I made a goal to wander through every building on campus at least once. I found resources and options I did not know were there that have shaped my college career. Walking through the Crabtree Building, I found a club that helps students build whatever they want to build. Today, I'm a vice president of that club, BYU Venture Factory. It helped me to start two separate companies. I had so many great experiences because I saw this door and I wanted to learn."
 — Grant Hagen
 senior, electrical engineering

Take advantage of the resources that are available to you – scholarships and that kind of stuff. A lot of times people think they can figure this stuff out for themselves, but sometimes you need to get some help. Just get your hands dirty and try to figure it out."
 — Brian Frampton
 sophomore, biology education

"I's OK to not have everything figured out right away. It's OK to be unsure about your future and your major and academics and classes and everything. Academics are just a part of what college is about."
 — Tyson Lovell –
 junior, human development

"I'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

"Learn to balance and prioritize to make life more meaningful."
 — Amanda Argueta
 junior, family studies

"Keep your phone away from you, and set aside time for just homework. Sometimes, you have to have your friends help. Maybe have them take your phone away from you for a bit."
 — Emma Gadeski
 sophomore, pre-communications

"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

"It's a lot harder to enjoy college but also do well if you do everything by yourself. Depending on your classes and circumstances, professors and TAs are the biggest assets you have."
 — Steven Leach
 junior, history and Japanese

"Don't skip classes. People don't realize they can be such a big part of your grades. In a lot of schools, attendance isn't a big deal. Here, it is."
 — Hankyung Lee
 sophomore, computer science



2017

#1

The 10 Most Preferred Nursing Programs
TheKnowledgeReview.com



2016

#3

Top 50 Most Progressive Nursing Schools
NursingSchoolHub.com



2019

#12

50 Best Colleges for Nursing
Niche.com



2018

#44

100 Most Social Media Friendly Nursing Schools
GraduateNursingEdu.org



BYU
College of Nursing
nursing.byu.edu

Learning the Healer's Art™



Color in one of our masterpieces here!



Come see the original in the brand-new exhibition

Becoming America!



BRIGHAM YOUNG UNIVERSITY
MUSEUM OF ART
moa.byu.edu

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 lifelong connections and possibilities.

Improved time management skills

Finding time for extra-curricular 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 and 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 a club meeting.

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. "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," he said.

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.



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

Extra credit for using Two for a date

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

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

or start a relationship. Two is also filled with 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.

ADVICE ON HOW TO BE A GREAT EX-PARTNER, JUST LIKE THE MOST WELL-KNOWN EX-PLANET.

Read about it in TWO Magazine. Current edition on racks around campus now.

Thirteen degrees of separation to Mitt Romney

BYU ALUMNI EDITION



Best tweets about BYU

- @LuistheSwift**
"My EFY cow just got married last week" @Overheard_BYU #byuprobs
- @cassbushnell**
@UniverseBYU Only at BYU is it not weird to get a Learning Suite message from a guy asking for notes from class which he missed because his wife was legit in labor... and as an incentive he promised a baby picture to the first person to respond.
- @iammclovinlife**
Imagine marrying someone and then finding out they play the piano in the wilk #byuprobs
- @joshuaisksen**
Can't wait for spring break...it's going to be the greatest single day of my life #byuprobs
- @Leebar96**
Well...I just cooked for the Chinese house at the FLRS. I've never been so stressed in my life. #BYUProbs #BurntChicken
- @magsmariah**
I have been invited to no less than 8 of my friends' weddings in the next 2 months. I love y'all but I can't afford all these wedding presents #byuprobs
- @BrettTwin**
#fastsundayproblems When your stomach makes the mating call of a beluga whale during sacrament #byuprobs
- @beammeupscotty2**
Sitting in my senior level english class listening to a bunch of 24 year olds talk about Pokemon- the joys of #BYUprobs
- @SaraBitterman!**
@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
- @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 @hbl? #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 @hbl is my way of living on the edge #byu #byuprobs
- @allyyosonn_**
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
- @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_smilees**
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
- @Hansen3Handsome**
Sometimes I wish there was an unsubscribe button on missionary emails. Guess I'll just have to wait them out #byuprobs
- @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
- @alliejones1217**
asked for: sorority got: relief society

Tweets are unedited.

Explore a career in Environmental & Occupational Health

Expand your love of science beyond the lab.

Work directly with people to assess and control environmental and occupational exposures to prevent disease.

Come change the world by finding solutions to problems such as:

- Air Pollution
- Noise
- Indoor Air Quality
- Water Quality
- Occupational Chemical Exposures
- and many more

Leave your mark!

Find your dream career today!

2018 Public Health Median Salaries*

Occupational Health and Safety Specialists: \$73,020
Environmental Scientists and Specialists: \$71,130

BYU
Public Health

Learn more at ph.byu.edu



*Source: U.S. Bureau of Labor Statistics

THE WORLD HAS PROBLEMS



Make a Difference for Good
MAJOR IN

CHEMISTRY OR BIOCHEMISTRY

visit www.chem.byu.edu



Scan the globe with the Universe Plus app for more information.

Enroll Today!

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.



Josh Ellis

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



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.

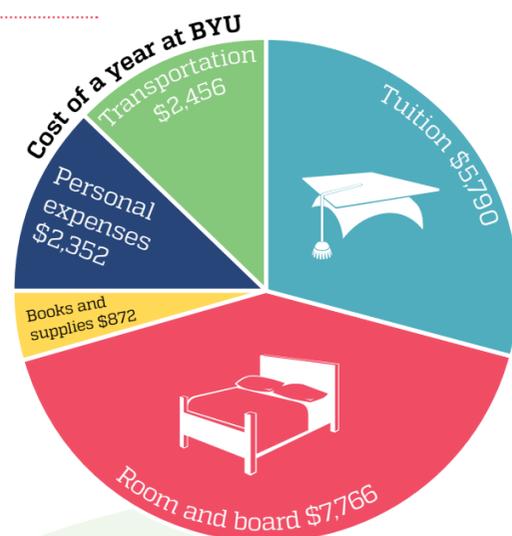
3. Apply for scholarships by the published deadlines. Scholarships are not automatically renewed; a student must initiate and complete the process.

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.



Church member total: \$19,230

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



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

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

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

Scholarship deadlines

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

To see the GPA requirements for each major-specific

scholarship, students should go to unvr.se/scholarships.

Need-based government scholarships

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

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

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

Come to Harvey's, the new café located on the ground floor of the recently opened Engineering Building. Harvey's offers hot breakfast items, burgers, paninis, salads, soups, gelato, and more!

Scan the Harvey's logo with the **Universe Plus** app for the current hours and menu.

Has a Teacher
Made a Difference
in Your Life?

Pay It Forward.
#BeATeacher
education.byu.edu/BeATeacher

The McKay School of Education
offers these undergraduate teaching majors:

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



Natalie Saunders

Meignan Stevens works on a grounds crew. Help is readily available for students who want to apply for an on-campus job.

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 a student’s experience, 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 skills.

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, if 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 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.”

Simple Bites

AVOCADO BLACK BEAN CORN SALSA

For 1	For 2	4 or more	
1	2	4	fresh avocado
1/2 cup	3/4 cup	1 can	black beans
1/2 cup	3/4 cup	1 cup	frozen corn, thawed
1 large	2 large	4 large	tomatoes
1/4	1/2	1	medium white onion
1 tbsp	2 tbsp	1/4 cup	fresh cilantro
1 small	1 medium	1-2 large	fresh jalapeño pepper
1/2	1/2	1	fresh lime

Open can and rinse black beans, set aside.
 Finely dice onion and place in large mixing bowl.
 Remove seeds from jalapeño pepper, dice and add to onion.
 Dice tomatoes and add to mixture.
 Chop cilantro and add to mixture
 Dice avocado and add to mixture.
 Squeeze lime juice over mixture and add garlic salt.
 Add black beans and corn.
 Season with garlic salt.
 Mix until thoroughly blended.
 Refrigerate. Serve cold with tortilla chips.
 Store in airtight container in refrigerator. Will last 2-3 days.

Scan the salsa picture with the **Universe Plus** app to enter the Freshman Giveaway and learn how to make salsa.

BYU CREAMERY

COME WORK AT THE CREAMERY

ENJOY...

- 50% off your meals
- Flexible schedules
- Fun & social environment
- \$20 bonus upon hiring*

DON'T WAIT, SCHEDULE NOW!

Interview immediately online or in person

Scan the BYU Creamery logo with the **Universe Plus** app for available jobs or to apply.

<https://www.dining.byu.edu/creamery/applynow>

*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.

B1245

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 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.



Lexie Bennett

Counseling and Psychological Services is located on the first floor of the Wilkinson Student Center and offers free individual, couples and group therapy to students. Scan this photo with the *Universe Plus* app to watch a video about how to access free counseling at BYU.



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



Dani Jardine

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



“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.

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

The survey also reported that 25% of survey participants didn’t know what the Title IX Office was for, 41% said they knew how to help a friend, and 35% knew

BYU’s procedures in reporting sexual assault cases. Another 60% didn’t know what campus resources are available and 75% didn’t know what off-campus resources are available to sexual assault victims.

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

Many campus resources are confidential. These include the Victim Advocate, Counseling and Psychological Services (CAPS) and Women’s Services.

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

Title IX Office

Turley, who became BYU’s full-time Title IX Coordinator in 2017 as a result of the recommendation from the Advisory Council, said the work she does is challenging because “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 able to provide a little bit of support, a little bit of help to help that person get through it and feel like they were supported and respected and cared for and listened to, then it helps them get on that path to healing,” Turley said.

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

When the Title IX Office finds — through an investigation — that someone violated policy, it shares that information with the Honor Code Office.

However, when Title IX shares a case with the Honor Code Office, it removes all names except for the name of the person needing discipline.

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

Women’s Services & Resources

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

Sevison said anything reported to her is confidential.

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

Survivor Advocate

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

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

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

All of Leavitt’s work is completely confidential. If someone wants Leavitt to talk to anybody else, she must receive written permission from the student.

Leavitt can also accompany the student for anything in addition to victim advocacy, such as

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

“It’s all about empowering them to make their own choices,” Leavitt said.

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

Students can obtain letters to professors for classroom accommodations, receive no contact letters, receive help to get out of a class through the Registrar’s Office, obtain help to get out of a housing contract, work with student employment to change work schedules and other services, according to Turley and Leavitt.

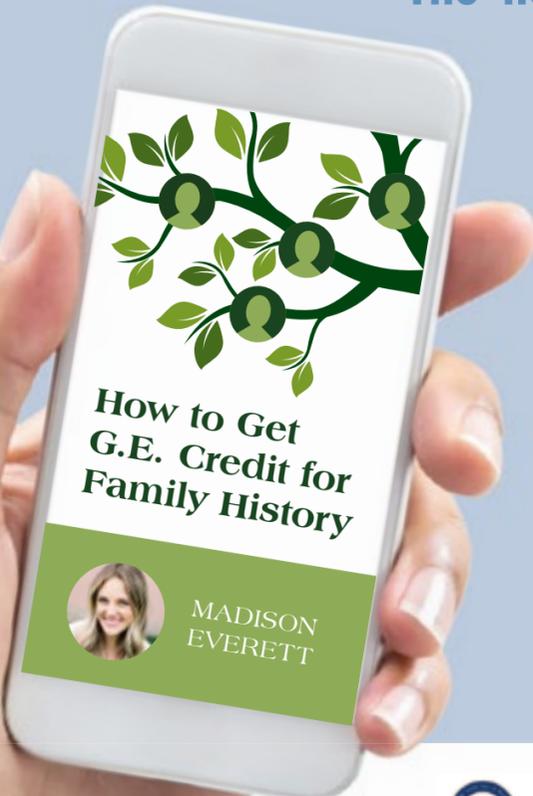
“There is so much we can do to help a student specific to their campus experience to allow them to continue in school and be successful students,” Turley said. “Because one thing we found is once students fix these difficult situations, the first inclination is to retreat, withdraw from school and try 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.

#BYUUhacks

The ‘how to’ at BYU



Scan the image of the phone using the Universe Plus app to view this hack and enter the Freshman Giveaway.



PARLIAMO ITALIANO!

“Let’s speak Italian!”

TAKE ITALIAN 101

Rapid progress

Small classes

Conversation with native speakers

Opportunities to study abroad

Great for majors in: English, international relations, music, art, foreign languages, humanities, pre-law

CONTACT PROFESSOR M. ORTON
marie_orton@byu.edu — a presto!

Scan the Leaning Tower of Pisa in this ad with the Universe Plus app for a video about Italian 101.



GATHERING FOR Devotionals & Forums

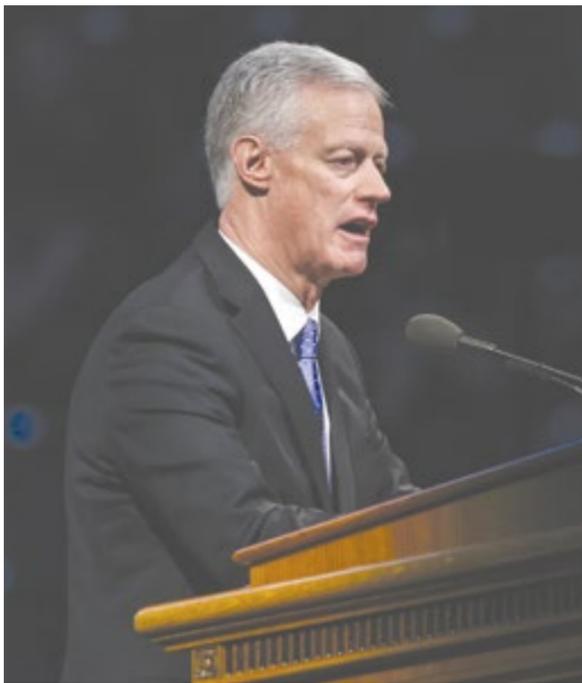
Since the days of Karl G. Maeser, second president of what is now BYU, students have gathered for devotionals.

What began as daily meetings in 1876 have now become weekly Tuesday gatherings at 11:05 a.m. in the Marriott Center in fall and winter semesters or the de Jong Concert Hall in spring and summer

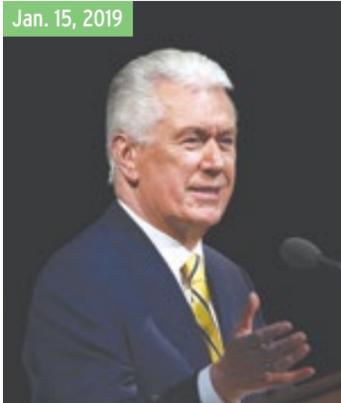
terms. Devotionals feature addresses from Apostles, General Authorities and General Auxiliary Presidency members of The Church of Jesus Christ of Latter-day Saints

and university administrators and professors. More than once a semester, a campus forum is held where distinguished faculty and invited guests share their insights. Often, forum speakers hold a

question and answer session following their address. Devotionals and forums provide students a break from the school day and an opportunity to learn spiritually outside of the classroom.



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



Jan. 15, 2019

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

Elder Dieter F. Uchtdorf
Quorum of the Twelve Apostles



April 2, 2019

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

Jason S. Carroll
BYU Professor of Marriage and Family Studies



March 12, 2019

“It doesn’t matter how behind you are in your classes or how bad some of your grades have been. Stand up and fight. You can do it! In the same manner, it doesn’t matter how behind you are in your spiritual life or how many mistakes you have made. Stand up and fight. You can do it! More than that, you were called to do it.”

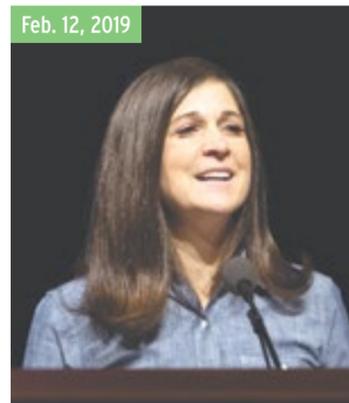
Elder Carlos A. Godoy
Presidency of the Seventy



Jan. 8, 2019

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

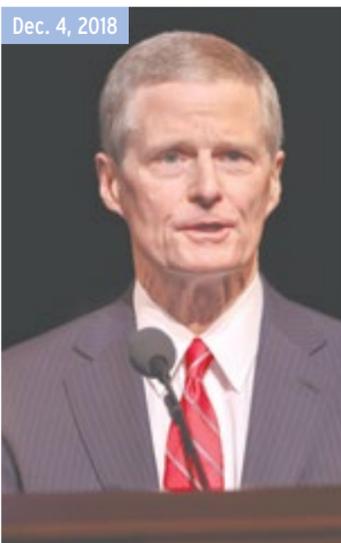
Peggy S. Worthen
Wife of BYU President Kevin J. Worthen



Feb. 12, 2019

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

Carrie Roberts
BYU Women’s Golf Coach



Dec. 4, 2018

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

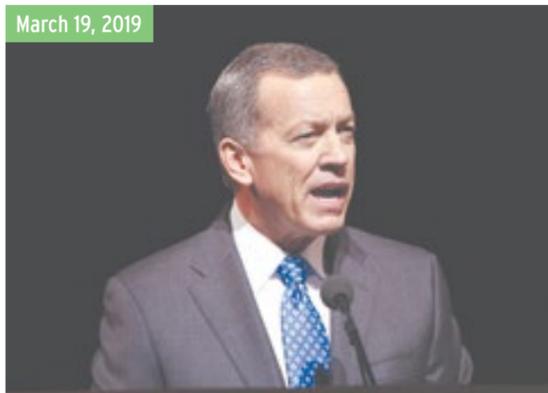
Elder David A. Bednar
Quorum of the Twelve Apostles



Feb. 5, 2019

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

Elder Ulisses Soares
Quorum of the Twelve Apostles



March 19, 2019

“I promise that as you come unto Christ and place Him at the very center of your life, He will bless you with every essential thing that you need. Do not let the world’s distractions displace or replace the Savior’s place in your heart or in your life!”

Elder Randall K. Bennett
General Authority Seventy

COUGAR CASH

Save Sales Tax

Save 8.25% in sales tax at dining locations.



DIRECT

Automatically fund BYU ID card purchases from your checking account.



PREPAID

Preload your BYU ID card with an e-check or credit card.

Sign up at cougarcash.byu.edu.

Got Game? Then get involved with Intramural Activities!

Build your own team & purchase a Summer Term schedule June 10-13 or a Fall Semester schedule September 3-9.

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



Tips to remain safe and secure

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 staysafeonline.org/stay-safe-online/protect-your-personal-information/social-networks.

Lock apartment doors.

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

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

View the videos "Shots Fired," "Run-Hide-Fight" and "Flashpoint" on the BYU Police 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 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



Natalie Saunders

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

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.

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.

Major in History at BYU

- Great faculty
- Great classes
- Understand your world
- Learn the skills employers value

BYU History

@byu_history

@byuhistory

MIXTAPE

Songs for Skating

"My Face"
Skegss
Everyone Is Good at Something

Australia's pride and joy of garage rock, Skegss turns an average day into skating in the sunshine with your friends, even if it's raining and you are doing homework. With deep roots in skateboarding and surfing, including pro surfer Noa Deane as a former band member, Skegss became a favorite within Australian and Californian surf/skate culture. After their 2014 debut single, "L.S.D." (which stands for Live Sleep Die), they continued to pump out tracks and have since released several other singles and E.P.s, including "My Face." They finally released their first full length album in 2018, "My Own Mess."

"Doug"
Worn-Tin
Thanatophobia

Worn-Tin is the work of young, Los Angeles native, Warner Hiatt. The name, "Worn-Tin" allegedly came from people mispronouncing his first name. He is generally known for slower-paced, lo-fi recordings. In contrast to much of his music, "Doug" boasts one of the most exciting guitar riffs known to man. His signature touch of lo-fi lull is added at the end of the song, yet is dwarfed by the excitement that precedes it. If you love indie rock with classical-like movements, Worn-Tin is your guy.

"Southern Comfort"
together PANGEA
Bulls and Roosters

Another garage/punk band from Los Angeles, together PANGEA made a name for themselves in the scene through energetic melodies and aggressive vocals. Their latest full-length album, "Bulls and Roosters," debuted in 2017. It features "Southern Comfort," a high-energy standout song. For an acoustic, more mellow take, check out the EP, "Sleeping Til Sunset," which has acoustic versions of four "Bulls and Roosters" titles.

This week:
Connor

Scan the album covers with the **Universe Plus** app to hear a sample of each song and to enter the **Freshman Giveaway**.

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.

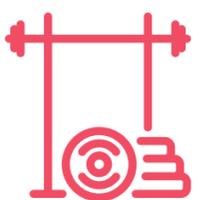
There are other topics roommates should discuss during the first few weeks of living together, depending on the needs of the apartment. Establishing open communication, treating everyone in the apartment with respect and being aware of one another's needs helps to create a happy home.

FIVE STEPS TO BETTER SLEEP

Don't eat right before bed.



Don't exercise within a few hours of going to bed.



Don't read, eat or work in bed - just sleep.



Turn lights off early to tell your body it's nearly bedtime.



Do not consume caffeine before going to bed.



And five consequences of not getting enough of it

Increased risk of getting Type 2 diabetes



Weakened immunity and increased tendency to get sick



Impaired memory, alertness and decision-making



Increased impulsiveness, risk-taking and addictive behavior



Eating more and eating more unhealthy foods



Icons made by Freepik from www.flaticon.com

Keep yourself healthy



Preparing home cooked meals is a great way for students to eat healthy and save money. Scan this photo with the **Universe Plus** app for a Simple Bites recipe.



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 wellness 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.

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."

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

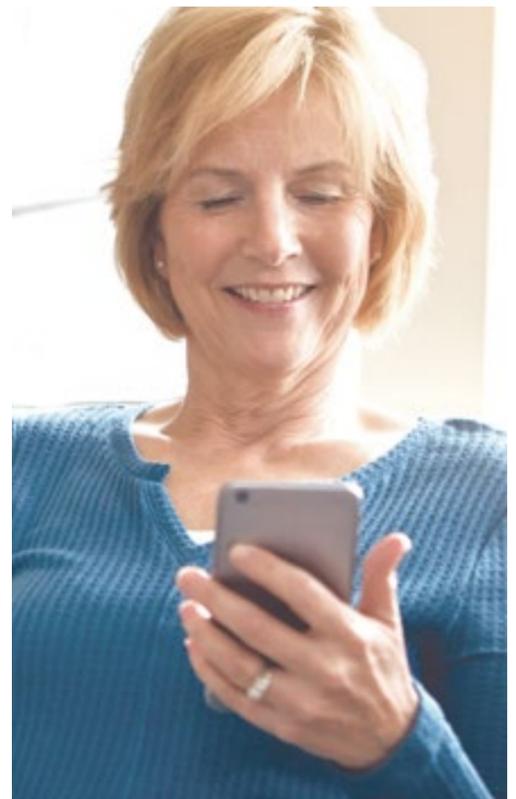
pretty often," said Stephe Weist, a sophomore from Salt Lake City. "I usually call on my way home from classes and talk for about fifteen minutes."

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.



iStock

Parents enjoy regular updates from college students.

Genetics, Genomics & Biotechnology

- Training leads to careers in research, medicine, agriculture, business and law
- Mentoring by expert researchers
- Hands on lab environment with state-of-the-art technology

genetics.byu.edu

BYU DEPARTMENT OF PLANT AND WILDLIFE SCIENCES

GOOD BIKES YOU CAN AFFORD

PROVO BICYCLE COLLECTIVE

Attending the temple

By MATTHEW BENNETT

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

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

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

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

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

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

Making it happen

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

attendance a reality.

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

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

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

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

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

“When I schedule my classes, I always leave Friday open,” he said. “That gives me a day open for work and for temple attendance. I just make it a regular thing to go every other Friday, during the day.”

Bailey Kimball, a sophomore studying pre-communications, said she also attends every other week.

“I tried to go weekly, but that wasn’t feasible for my schedule,” she said. “Make it a priority, and everything else will work out around it.”

Isaac Smith, a sophomore studying computer science, disagrees.

“Scheduling a specific recurring time doesn’t work for me,” Smith said. “If you make a specific time commitment, like, ‘by the end of the month,’ it ends up how home teaching used to be — you just cram it in by the end of the week, or the month or whatever.”

Instead, Smith recommends going with a group of friends, whenever the group’s schedule permits. “That way there’s some accountability,” he said. “I

just go with others. We’ll contact each other and see when it works, so we all have to go because we’re together.”

Where to find the temples

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

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

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

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

When to attend

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

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

Life in Young Single Adult wards



University Archives



Students in a Young Single Adult ward attend Sunday School in a campus classroom. Scan the photo above with the **Universe Plus** app to watch a video on singles wards.

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.”

Deferring for a mission

BYU knows many students will either defer enrollment before attending or after a year of school to serve for The Church of Jesus Christ of Latter-day Saints 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 church member. 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 note some important things to remember about the deferment process in the sidebar below.

MISSION DEFERMENT PROCESS

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



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

Tired of parking tickets?

Pick up Housing Guide for tips on parking in Provo.



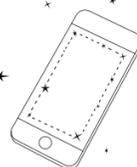
2019 edition available on racks throughout campus.

AIMING FOR MORE DATES?

THE ANSWER IS IN THE STARS...

...AND IN TWO.

Pick up the newest edition of TWO magazine on racks around campus.



WE HELP STUDENTS START BUSINESSES

**MENTORING
CLASSES
EVENTS
COMPETITIONS**

GET EDUCATED

Interested in entrepreneurship?
Start with this class:

ENT 101
INTRO TO ENTREPRENEURSHIP

STAY CONNECTED

Want to receive updates about
events and opportunities?

Text MAILER to 55222

Leave your mark. **Choose2Give** this year!

Choose2Give (C2G) is a student-run and student-funded campaign which helps students in need receive a BYU education. 100% of the money raised is used to benefit BYU students.

If one student gave a couple dollars per year... It could be the equivalent of giving up one soda, paying extra for avocado, or upgrading to a large popcorn.



Think about what would happen if every student did that.



We could make a difference in countless students' lives.



So this year, make a pledge to **Choose2Give!**

"This past summer I realized I wasn't going to be able to come back to school in the fall... (receiving this scholarship) changed my perspective. It was really humbling to realize that a bunch of students on campus helped me."

Addie Hulme
Student Donor

"We're not here just to care about ourselves... I'm just one example of a lot of other people who have benefited from this. It's strengthened my resolve and my drive to give back to the university."

Steve Bennion
Student Donor

When you donate to C2G, you're becoming part of a stronger BYU community. There is a power present when thousands of students rally together to raise money for other students.

How to get involved:

- Join Student Alumni to work with a team and get involved on campus.
- Volunteer with your college's C2G event. Each March, colleges on campus run their own event to raise money for students in that college.
- Give back! No amount is too big or too small. Make a commitment now to be a philanthropist.
- Share the word. Post on social media about Giving CougsDay (our day of giving) in October and Choose2Give in March.

CHOOSE 2GIVE

To donate or learn more, visit c2g.byu.edu
@byustudentalumni

PARENTS!

To help BYU continue to progress and advance, the university relies on support of alumni, parents, and friends.

Your partnership will help inspire learning in students today, shaping the future for the leaders of tomorrow.

To make a contribution to BYU, your college, or your child's college, visit give.byu.edu/parents

Looking for a job?

Work at the **Telefund for the Philanthropies Department of the Church!**

- On-campus job
- Choose your own schedule
- Make new friends
- Get nonprofit and fundraising experience
- Semester pay increases
- Homework allowed

Apply at studentjobs.byu.edu