

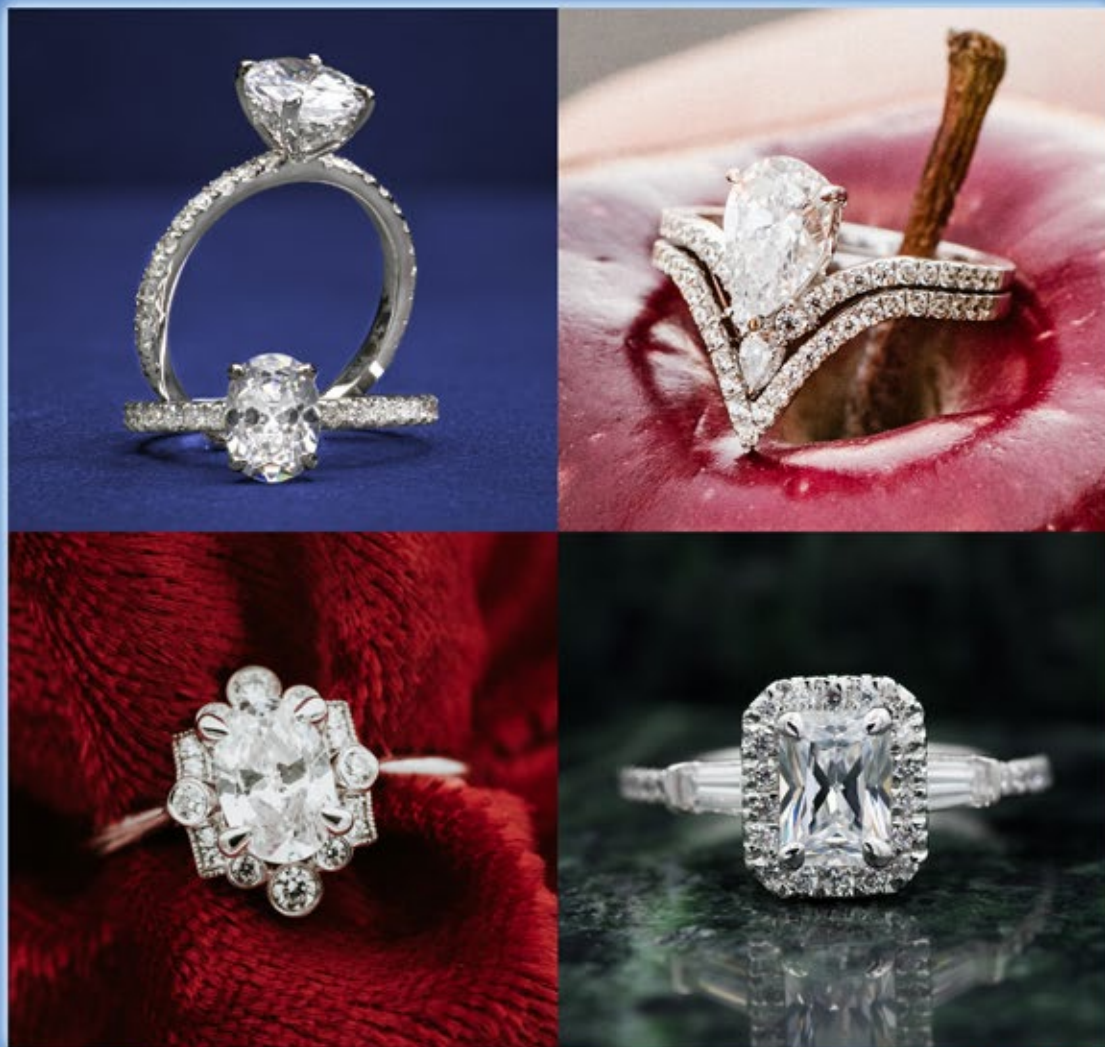
BYU 101



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BYU

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- ☒ **Quizlet**



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GIVEAWAY**

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Contest ends August 25, 2022. Prizes only eligible for freshman and incoming transfer students. Winner will be contacted after the contest ends.

BYU 101


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A decorative header featuring a complex, organic pattern of swirling, interlocking shapes in two shades of blue on a white background.

WELCOME TO YOUR FRESHMAN YEAR AT BYU!

You did it! You put in the work and earned your spot here. Congratulations! Now it's time to get acquainted with your new home away from home.


Like every other student in your position, you probably have dozens of questions like, how am I going to get along with my roommate? Where can I eat on campus? How will I choose which major is the best for me? Or, how can I possibly have fun in Provo, Utah? This magazine aims to answer all those questions and more.

The content is split into three sections: living, which focuses on the social aspects of college life; navigating, which provides guidance on how to get around BYU; and academics, which gives you insight into all things school-related.

Many BYU students and faculty have lent some helpful tips and pieces of advice for each topic so you have the most reliable and up-to-date information available. There are so many people on campus who are eager to help

you make your freshman year the best it can be.

While we have prepared answers to some key questions you may have, there is still so much more you will learn along the way. Remember that there is no one correct way to do college. This is a time in your life to make mistakes, meet people, try new things and discover what you are passionate about. Everyone's BYU experience is uniquely special and important, so get ready to start now!

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**Everything you need
for your first year!**





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Living



Besides studying and taking exams, college life consists of many different social activities and ways to get involved. It can be overwhelming to juggle making friends, joining clubs, staying fit and keeping up with your mental health, but there are many pieces of advice to help you along the way.

Making friends

Making friends can simultaneously be a major stressor for freshmen, but also an enjoyable and rewarding experience. Making connections and finding people who share common interests may seem daunting with a huge student body, but there is someone for everyone!

These tips below are from Kailey Thompson, a BYU first year peer mentor.

- “Broaden your idea of who could be a potential friend. Expanding your horizons can foster deeper and more meaningful relationships.” This may mean going to different clubs and activities you normally wouldn’t attend, or just making conversation with someone new!
- Many students at BYU may know each other from high school and seem like they already have a group. “Realize that everyone feels lonely, and no one can ever have enough friends!”
- “Don’t be afraid to invite other people to activities or things on campus, no one likes going to things alone!” Being the first one to knock on someone’s door or send a text may seem scary, but it opens you up to fun opportunities and the potential to make a great friend.
- “I found so many friends in my ward during my time here at BYU. Be involved and go to the ward activities, it’s so worth it!”
- “I’ve made a lot of friends at my job. If your schedule allows it, consider getting a job! You make friends and money!”
- “Meet with your peer mentor! We are not here just to be a resource for you as a freshman student, we are here to be your friend too!”
- “Don’t stress. There is a lot of pressure placed on first-year students to find their people within the first couple of days of college when in actuality it takes much longer than that! Be kind to yourself and others. That’s all that matters.”



Melissa Collado

Roommates

Learning to live with either a roommate in the dorms or a group of people in a house or apartment can be challenging. Here are some tips brought to you by Halyley Jensen Allan, a Peer Mentor Specialist, to help you navigate this new territory.

- Decide before you move in who is going to bring what in shared spaces. This includes kitchen appliances, cleaning supplies, electronics and more.
- Set expectations early. Here are some topics to discuss right off the bat:
 - What does a clean room mean to you?
 - Who will do the dishes and when?
 - Do we share food? How will we label food?
 - Who will clean the bathroom? How often?
 - How loud is too loud (music, TV, friends, etc.)
 - What are you ok sharing, not sharing?
 - When do you go to bed or wake up?
 - Are you OK with having friends in our apartment?
- If we have an issue, how should I bring it up to you?
- Find out your roommate’s schedule and try to work around each other. Perhaps set “open hours” when you both agree it is fine to have friends in your space.
- If you have a problem, say something early! Letting frustrations fester can result in a bigger issue down the road. Have the courage to speak face to face and try not to resolve everything over text or passive aggressive sticky notes. This will help make sure there is nothing lost in translation.
- Your roommates may become your best friends, or they may just be people you see in passing. That is OK! Spend time together but don’t be upset if your roommates are not your lifelong BFFs. Be curious about them even if they seem very different from you.



Universe Archives

YSA wards

Young Single Adult wards are a little different than your home ward with the crying babies and old folks that have known you since you were little. In YSA wards at BYU, students have many opportunities to get involved in the church, participate in service and build their testimonies.

Here are some friendly pieces of advice from Jessica Ashcraft, a BYU peer mentor, when it comes to navigating your student ward.

- There are lots of activities in YSA wards, which means many opportunities to make friends — take advantage of them! Common activities include:
 - Family home evening activities every Monday
 - Break the fast on Fast Sundays
 - Linger longer or munch and mingles after church
 - Come Follow Me groups
 - Ward prayer on Sunday nights
- Start ministering ASAP. This can be as simple as sending a text or baking cookies for whoever you are assigned to.
- Don’t get attached to the perfect calling you are hoping for. Be willing to try new things, even if they’re a little scary.
- Reach out to others for help. Nobody will expect you to do it all by yourself or keep the whole ward running.
- Be willing to meet new people and just be friendly! Invite ward members to do things like game nights or playing a sport. Everyone else is looking for friends, too.
- Expect that people will think about and live the gospel a little differently than you. Try your best to keep an open mind and be respectful of others.

Intramurals

BYU offers a variety of intramural sports in which all students can participate. Some activities are for just men or just women, and others are coed. Most activities have one game per week, with weekday games in the evenings and Saturday games earlier in the day. To join a team, students must sign up online and pay a participation fee.

Intramurals can be a great way to stay active and meet new people. Even if you weren't a varsity athlete in a certain sport, joining a team can still be a fun and rewarding experience.

Activities include:

- Pickleball
- Basketball
- Tennis
- Soccer
- Flag football
- Spikeball
- Softball
- Ultimate Frisbee
- And more!

To find the full list of activities for each semester and other information on intramural schedules and policies, visit intramurals.byu.edu.

CLUBS

BYU offers a wide range of both recreational and academic clubs for students to join.

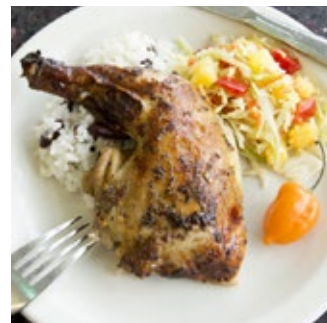
Some clubs are free for all students and available for anyone to join, while others have a fee or prerequisite requirements like an application. According to the BYU Clubs website, the goal of on-campus clubs "is to provide opportunities for fun and service."

Every Tuesday night in the Wilk, BYU holds a clubs night where around 50 clubs meet and anyone can participate. This is a great way for students to explore their interests and meet new people.

Here are just a few of the many clubs offered at BYU:

- A Cappella Club
- American Sign Language Club
- Black Student Union
- Board Game Association
- BYU Astronomical Society
- BYU College Democrats/Republicans
- BYU Environmental Science Club
- BYU Rocketry Association
- Family History Club
- Fencing Club
- Filipino Club
- Food Science Club
- French Club
- Global Business Student Association
- Illustration Club
- Korean Student Association
- Network Engineering Club
- Nonprofit Student Society
- Pickleball Club
- Society of Women Engineers
- Speech and Debate
- Sports Analytics Club
- Student Film Association
- Students for International Development
- Ukulele Club
- Vintage Swing Dance Club

THE COMMONS AT THE CANNON CENTER



The Cannon Commons offers all-you-care-to-eat experience for breakfast, lunch, and dinner. Our six different serving stations offer a fresh variety each day so you can have the nutrition and energy you need to manage the rest of your day.

Located in the CANC by Helaman Halls





On-campus jobs



Natalie Saunders

BYU offers a wide variety of on-campus jobs available to students. This is a great option for students because these jobs are in close proximity to their classes and many jobs are willing to work around students' class schedules.

Jenifer Jarvis, the BYU student employment manager, gave a few pieces of advice for students looking into on-campus jobs:

- If you want to work on campus, bring the documentation needed to complete the hiring process. Information about the hiring process can be found at hrs.byu.edu/student-employees.
- There are many on-campus jobs available for just a few hours or up to 20 hours per week. I recommend applying to several jobs and being open to new experiences that can enhance your schooling.
- Y Jobs has all posted student jobs at yjobs.byu.edu, but many jobs are available by talking to professors or departments. For instance, if you do well in a class you may qualify to be a TA in the future.

BYU Career Services offers help with resumes, interviewing and cover letters. If you stop by our office, 2024 WSC, we are happy to help or answer questions.

Jarvis listed some key benefits of on-campus jobs:

- You get valuable work experience that can give you an edge or a great reference when looking for a job after graduation.
- It can help you know what type of work you like or are better suited to.
- You have a community of people you interact with regularly, which can be great for friendships and support.
- Employers often work with your schedule if you have different schooling needs.
- Access is convenient and you are able to work between classes.
- Many students feel their job provides supportive interactions and a break from the stress of school. It can also add structure and stability to your schedule.



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Maynard Dixon (1875–1946), *High in the Morning*, 1933, oil on canvas, 40 1/4 x 40 1/4 in. Brigham Young University Museum of Art, 1937.

2022-23 Exhibition Calendar

***Prophets, Priests, and Queens:
James Tissot's Men and Women of
the Old Testament***

THROUGH DECEMBER 31, 2022

***Monumental Matters: Experience and
Introspection in Contemporary Art***

THROUGH AUGUST 12, 2023

***From the Vault: American Highlights
and Recent Acquisitions***

THROUGH DECEMBER 2023

***Of Souls and Sacraments: Symbol
and Context in Christian Art***

THROUGH 2024

***Maynard Dixon: Searching
for a Home***

OPENS SEPTEMBER 30, 2022

***Romare Bearden: Artist, Activist,
and Advocate of the Promised Land***

OPENS OCTOBER 15, 2022

***Wit and Vision: The Creative
Collaboration of McRay Magleby
and Norm Darais***

OPENS MARCH 3, 2023

Primal Forces: Earth

OPENS MARCH 24, 2023

Arts

BYU is known for having many talented groups and performances in a wide range of categories, including theatre, dance and musical performances. To buy tickets and view updated calendar information, students can visit arts.byu.edu. Upcoming performances are scheduled to be in the West Campus theatres located on the corner of University Parkway and Cougar Boulevard while construction on the new arts building starts. Many Bravo events move to the new Music Building beginning Winter Semester 2023.

2022-2023 BYU Theatre Season

Microburst Theatre: New work by BYU students, Oct. 6-8, West Campus Studio Theatre

Contemporary Voices: Play readings from award-winning script Oct. 20-Nov. 5, West Campus Mainstage Theatre

Go, Dog. Go! Nov. 9-19, West Campus Studio Theatre

A Midsummer Night's Dream: March 15-31, West Campus Studio Theatre

Fabularis: Characters of Myth and Legend Dec. 8, West Campus Studio Theatre

Twelve Angry Jurors: Feb. 11-March 4, West Campus Studio Theatre

Godpsell: March 11-25, West Campus Mainstage Theatre

Museum of Art

BYU's Museum of Art offers several exhibitions as well as unique learning opportunities that are available to all students. Students can find information about museum hours, events, exhibitions and tours at moa.byu.edu.

BRAVO!

An Evening with Jeremy Jordan: Sept. 2, de Jong Concert Hall

Dreamers' Circus: Oct. 5, Madsen Recital Hall



Natalie Saunders

Voces 8: Oct. 29, de Jong Concert Hall

Actors from the London Stage: Romeo and Juliet: Jan. 26-28, West Campus Mainstage Theatre

Hub New Music: Feb. 3, Music Building The Box

Gibney Dance Company: Feb. 3-4, Richards Building Theatre

Imani Winds: Feb. 7, Music Building Concert Hall

Itzhak Perlman with the BYU Philharmonic: Feb. 15 and 16, Music Building Concert Hall

Septura Brass: Feb. 18, Music Building Recital Hall

Utah Symphony Family Series: March 14, Music Building Concert Hall

Gravity and Other Myths: A Simple Space: April 11, West Campus Mainstage Theatre



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B3133



Athletics



Decker Westenburg

BYU offers many different opportunities for full-time students to have access to athletic facilities. Amenities include a Student Fitness Center, a Women's Fitness Center, an indoor track, a pool, tennis courts, racquetball courts, pickleball courts, basketball courts, weight rooms and more.

"I've loved being able to use all the different facilities during my time at BYU," BYU student Jarod Ivins said. "To be able to come and play pick-up basketball or volleyball or go swimming or lift weights all in the same building for free is a huge benefit of being a student at BYU."

All of these amenities are available Monday-Saturday during open hours throughout the year for full-time BYU students. Individuals who are not currently enrolled in classes can pay for a wristband to gain access to facilities.

BYU also offers a number of Student Wellness classes for students. These classes include basketball, volleyball, swimming, weight lifting, bowling

and golf.

"BYU offers a lot of really good options for wellness classes," BYU student Ali Wilzbach said. "They offer a lot of different times for the classes so that you can fit them in your schedule. The classes are consistent so if you find a teacher you enjoy you can take the class with them for multiple semesters."

In order to use the BYU athletic facilities students must be dressed according to the guidelines compliant with the Honor Code. According to the BYU website, The dress code policy is in line with BYU's Honor Code. These guidelines include:

- Tops *must* cover shoulders, stomach, and back
- Shorts *must* come to mid-thigh or below
- No cut-off shirts, jeans, boots, or open-toed shoes

If you have any other questions or concerns you can find answers at studentwellness.byu.edu.

Staying healthy

Staying both physically and mentally fit can be tough for everyone, especially when you begin your first year of college. It's important to develop healthy habits because it is your first time on your own taking care of yourself.

Exercise

- The Smith Fieldhouse has a Student Fitness Center with a full assortment of cardio and free-weight equipment. There is also an indoor track and three courts for basketball and volleyball.
- The Richards Building has a 25-yard competition pool and high dive. There are 13 racquetball courts and five multi-purpose courts for basketball, pickleball, badminton, and volleyball, a Spin Room and a Women's Gym.
- BYU also offers access to indoor and outdoor tennis courts, fields and running tracks.

"I've found that having friends that like to do physical activities such as going to the BYU student gym, walking around town, and going on hikes makes staying fit more enjoyable

and motivating. It's great mentally because it allows me to take a pause from studies to be social," said BYU public relations major Ashley Gregory.

Eating Healthy

- One of the best ways to maintain healthy eating in college is by meal planning and prepping. This way, you have more control over what kind of food you eat, and lessen the temptation to eat out.
- BYU offers free Nutrition and Wellness Consultants that give consultations with the information and guidance you need to achieve a healthy lifestyle. Consultations can cover topics such as emotional eating, healthy weight loss, exercise and sports nutrition, grocery shopping, meal planning and how to incorporate a well-balanced diet into a busy student schedule.

"In college, I would create a meal plan with my 15 easy dinners. I could have leftovers for lunch the next day, in reasonable proportions," said recent BYU grad Joel Marion of meal planning.

Mental Breaks

- The biofeedback lab in the Wilkinson Student Center provides a look into how your body responds to stress or danger. Training can help increase internal awareness of stress in the body and mind, teach you to calm down easily and improve mental clarity for peak performance.
- BYU students have access to Sanvello — an app that offers on-demand support for stress,

anxiety and depression by providing clinically validated techniques to relieve your symptoms.

- BYU also offers free in-person yoga classes every Saturday at 9 a.m. in the Wilkinson Student Center.

"I take mental breaks by going on a walk or just scrolling on TikTok or Instagram. Having a mindless couple of minutes makes all the difference," said experience design major Annie Jacob.

— Anna Brower



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BYU Outdoors Unlimited

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DEVOTIONALS AND FORUMS

BYU holds a devotional or forum every Tuesday at 11:05 a.m. Students are encouraged to attend these gatherings in the Marriott Center, or tune in online. During this time, on-campus food locations are closed.

Devotionals are talks given by Church leaders, BYU alumni, current faculty and more. They include uplifting messages meant to inspire students at BYU and encourage them to be more Christlike and grow their testimonies. Devotionals provide a refreshing break in the week for students to reflect and feel the spirit. Forums focus on important secular topics.

“To be a good neighbor is to wonder how your words and actions will impact others rather than to wonder how you will be impacted. This is not to say that we should abandon personal safety or exhaust ourselves in unhealthy ways. Instead, we should build the faith to understand that when we are unselfish, our needs will also be taken care of.”

MEGAN SANBORN JONES

BYU professor, Chair of the Department of Theatre and Media Arts

March 8, 2022

“My prayer and plea for you, as you start this new semester, is that you choose to humble yourselves in all your endeavors; that you choose to be open to new ideas, including those that come by revelation; that you fully and accurately recognize your individual talents and potential as literal offspring of heavenly parents; that you recognize that same divinity in every other person with whom you interact; that you avoid contention; that you love and serve others; and, most of all, that you come to know the Savior more by making time for Him each and every day.”

KEVIN J WORTHEN

President of Brigham Young University

Jan. 4, 2022

“I know our Heavenly Father’s love for you is real and unending. It is most powerfully manifest through the grace of His Son, Jesus Christ. I bless you that the love of God will envelop you as you love and strive to serve Him.”

ELDER D. TODD CHRISTOFFERSON

Quorum of the Twelve

March 22, 2022

“I am old enough to bear witness of a God who thinks ‘peace’ regarding us and not ‘evil,’ of a God who will ‘hearken’ unto every single one of us in our times of need.”

SISTER PATRICIA T. HOLLAND

Former counselor in the Young Women General Presidency and wife of Elder Jeffrey R. Holland of the Quorum of the Twelve

Jan. 18, 2022



Natalie Ipson

President Kevin J. Worthen speaks about revelation and encourages students to continue ministering.



The Church of Jesus Christ of Latter-day Saints

Elder D. Todd Christofferson encourages students to remember that God and Jesus Christ are active participants in our lives.



Decker Westenburg

Sister Patricia T. Holland addresses students, reminding them that God listens in their times of need.

Listen to past speeches and find information on upcoming devotionals at speeches.byu.edu. Some forums may not be available online.



Addie Blacker

Dating

Although it may seem nerve-racking, dating in college can be a fun and casual aspect of your life as a student here. While it may seem like there is pressure to go on a lot of dates or to be in a relationship, remember that everyone has their own timeline and it's perfectly okay to be at any stage in the dating process.

Chelom Leavitt, a professor in the School of Family Life, shares a few helpful tips on dating for freshmen at BYU:

- Remember dating is just a chance to get to know someone. There should be no pressure to perform, get physical or be anything other than yourself.
- Keep dating a low-cost activity. Spending a lot of money sends the wrong message when it's a casual date. Be more creative than spendy — take a walk, make cookies, etc. This also allows you to date more often and get to know more people.
- If you're feeling anxious and afraid that you'll say something stupid, just admit that and take the pressure off yourself.
- Laugh at the silly things that happen and don't be too serious.
- Let your date see the real you. Be authentic about what you like and don't like. That's part of getting to know someone.
- Be genuinely interested in your date. There is nothing more annoying than being with people who just talk about themselves.
- Compliment your date on their ideas, taste in music, their sense of humor, and intellect. Try to not put so much emphasis on their looks.
- Take small risks to encourage a deeper conversation. Instead of just talking about your favorite musician, ask a question about why they like this type of music or that band. What does that music make them feel? This encourages conversation that goes beyond yes/no questions.
- Smile. Being upbeat and friendly on a date is just courteous. Even if you can tell this relationship is going nowhere, be positive and kind.
- If you enjoyed yourself say so. If you know there is no chance for a second (or third or fourth) date, tell your date that while you enjoyed their company you don't see this relationship moving forward. It's nicer to be clear than to lead someone on.
- One last suggestion is to take SFL 223 Marriage Prep. It's about dating, getting to be your best self, and developing skills that will help in a future marriage. It's not just about being married.

BYU LAW

WORLD OF LAW

A BYU Law Admissions event for undergraduates to hear from BYU Law professors on legal topics

Join us on the following dates at 4:00 PM at the J. Reuben Clark Law School to hear from BYU Law professors and eat pizza!

SAVE THE DATES

FALL 2022

September 14th
October 12th
November 16th

WINTER 2023

January 18th
February 15th
March 15th

Subscribe to our emails to learn more about these events and other admissions news!

801-422-7871
admissions2@law.byu.edu





FLAVORITE THINGS

What BYU Creamery ice cream flavor is for you?

What does your outfit for the first day of school look like?

- A. Something flashy that will catch people's eyes
- B. Cargo shorts and Chacos
- C. Something new you just bought from a cool boutique
- D. A BYU shirt and jeans
- E. Anything that will blend in with everyone else

What are you thinking about studying?

- A. Communications
- B. Life sciences
- C. Music
- D. Accounting
- E. English

What is your ideal way to spend a Friday night in Provo?

- A. Afuego Fridays
- B. Hammocking
- C. Swing dancing
- D. Playing pickleball
- E. Watching a movie with friends

What extracurricular activity would you be most likely to participate in?

- A. Y-Serve
- B. Intramural soccer
- C. A Cappella Club
- D. BYUSA
- E. Board Game Association

Where is your go-to study place on campus?

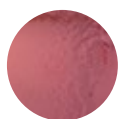
- A. There is no time to study!
- B. Outside on a picnic table
- C. Fifth floor of the HBLL
- D. The Wilk
- E. Your apartment

What does your room look like?

- A. The walls are covered with photos of you with friends.
- B. It's a little messy from all your camping gear scattered around from last weekend.
- C. It looks like it could be featured in a home decor magazine.
- D. You have a giant BYU pennant above your bed.
- E. There are lots of throw pillows and cozy blankets.

Will you be attending the first big home football game of the season?

- A. That's where everyone will be, so of course you'll be there too.
- B. If the weather is nice maybe you'll make an appearance.
- C. You would prefer to take a stroll around the Museum of Art instead.
- D. Yes! And every other game after that.
- E. Probably not, it seems a little loud.



Mostly A's:
Sparkle Sherbet

Like this s'mores-inspired flavor, you are one with the outdoors. You most likely choose to spend your weekends hiking or exploring new places around Provo. If you see anyone around the dorms throwing a Frisbee or playing Spikeball, you will not hesitate to join in.



Mostly B's:
Graham Canyon



Mostly C's:
Kalani Sitake Road

Similar to this classic Creamery flavor, you love all things BYU. You are most likely a ride-or-die BYU sports fan, eat almost every meal at the Wilk and probably spend too much money on the milk from the vending machines. Your favorite on-campus feature is the bronze Cosmo statue.



Mostly D's:
Mint Brownie



Mostly E's:
Strawberry Sundae Crunch

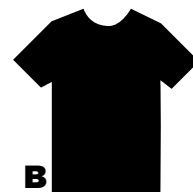
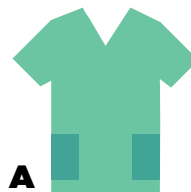
You are the extroverted life of the party. You can likely be found cheering on the football team at home games or hosting a giant game night in your dorm lobby. After the first few days of school, you probably already have five different dates lined up for the upcoming week.

You are not afraid to indulge in the richer things in life. You are probably a very creative individual with a passion for your future career goals. You most likely enjoy BYU arts performances and love Vocal Point.

You may be slightly more reserved, but you are a super sweet friend to everyone you meet. You are your friends' go-to for advice and their shoulder to lean on. You might be more of a stay-in type of person on weekends, but you enjoy an occasional trip to the Creamery.

MATCH THE MAJOR TO THE FAVORITE T-SHIRT

- | | |
|---------------------|----------------|
| 1. Accounting | 5. Engineering |
| 2. Exercise science | 6. French |
| 3. Graphic design | 7. Nursing |
| 4. English | 8. Business |



1. G 2. H 3. B 4. C 5. D 6. F 7. A 8. E

Building abbreviations

W L R Z E F G D J C
S M A R B J G S R K
C A A M B F W C C B
N K F C R S J S B G
M B M K M B O J B R
R M V B B T H Y K B
Y U S W L M N B B B
H Y J R T O E R L L
G U M C B A L S B L
B N S N B H F A C V

Many of BYU's buildings are referred to by their abbreviations. Use this word search to help familiarize yourself with some of BYU's most prominent buildings.

- | | |
|----------|----------|
| 1. WSC | 12. HFAC |
| 2. HBLL | 13. JKB |
| 3. MOA | 14. MB |
| 4. MARB | 15. ESC |
| 5. KMBL | 16. BRMB |
| 6. JSB | 17. EB |
| 7. JFSB | 18. TNRB |
| 8. BNSN | 19. MSRB |
| 9. MCKB | 20. RB |
| 10. JRCB | 21. WCCB |
| 11. LSB | 22. HGB |

See what the buildings look like on pages 24-26.

Behind every slice is an epic smile.

Bigger-than-your-face slices
that make you smile.

Daily slice combos.

Follow, then check your DMs
for free food.

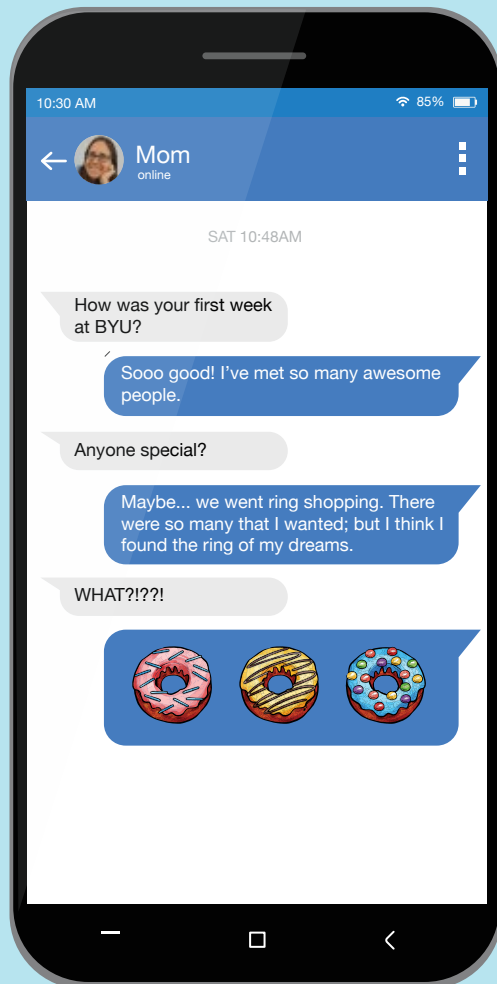
 **nicospizzaprovo**

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 **daylightdonutsspringville**

Sexual assault recovery resources

BYU's Sexual Assault Survivor Advocacy Services (SASAS) is available for all students who have experienced any form of sexual assault. These services are free, confidential and have a goal of helping students in the best way possible. BYU has made it clear that sexual assault is never the victim's fault. Here are some vital pieces of information that every student should be aware of in case something happens.

The first step

Lisa Leavitt, the lead advocate for SASAS, works with students who have been victims of sexual assault. She says that the first step after something happens is for the student to get help as soon as they can.

"I always recommend they come here first," Leavitt said. "We know about Title IX, we know they won't get in trouble with the Honor Code, we can connect them with professors and help them academically and we're the one place on campus that can help get them medical assistance if needed."

In addition to the SASAS, BYU also has a Title IX office where students can report incidents and a Women's Services office to help female students. These offices all work closely together. The SASAS, according to Leavitt, is "the most comprehensive place on campus in that it can access all the other services on campus and facilitate that access for students."

Contacting SASAS

Students can contact the SASAS by calling, emailing or walking into the Counseling and Psychological Services (CAPS) office between the hours of 8 a.m. and 5 p.m. This office is located on the first floor of the Wilkinson Center.

"I don't ever want someone to feel like it has to be really formal and they have to make an appointment to come in," said Leavitt. "If they're in distress, they can always walk in. If it's after 5 p.m., we have a resource online that does our after-hours coverage." More information can be found at advocates.byu.edu.

Confidentiality

Some resources to help sexual assault survivors are confidential, while others are not. The BYU SASAS is 100% confidential. According to Leavitt, "unless the student wants us to and we have written permission from them, we don't talk to anybody."

Helping friends

"Most people tell a friend first," Leavitt said. "I think it's very important for friends to know that if someone does this, the best thing you can do is encourage them to talk to us." If one of your friends expresses a concern regarding sexual assault, refer them to SASAS so they can get the best help in the quickest way possible.

You are not alone

Leavitt noted that many students who are sexual assault survivors often feel guilt or shame, or might feel alone in their healing process. "This is a confidential, safe, guilt-free zone," Leavitt said. "Students don't have to do this alone. There are people who love them and care about them. Our most important job is to get them the help that they need."

Victim resources

BYU RESOURCES

- **Sexual Assault Survivor Advocate**
1500 WSC, 801-422-9071. advocate@byu.edu
- **Women's Services and Resources**
3326 WSC, 801-422-4877. wsr@byu.edu
- **Counseling and Psychological Services**
1500 WSC, 801-422-3035.
CAPS is a completely confidential resource offered for BYU students. CAPS does not communicate to parents, ecclesiastical leaders or other campus offices without a student's consent.
- **BYU Comprehensive Clinic**
John Taylor Building, 1190 North 900 East.
801-422-7759
Counseling services for individuals, couples, and families in the Utah Country community. Counseling is provided by graduate student interns under close supervision of licensed therapists.

POLICE DEPARTMENTS

- **University Police**
For emergencies, call 911 or 801-422-2222. For non-emergencies, call 801-422-9071 or visit 2120 JKB.
- **Provo Police Department**
For emergencies, call 911. Call 801-852-6210 for the dispatch center. 48 South 300 West, City Center Building (east entrance).
- **Orem Police Department**
95 East Center St, Orem. For emergencies, call 911. Call 801-229-7070 for the dispatch center.

COMMUNITY RESOURCES

- **The Refuge**
1433 East 840 North, Orem. 801-227-5038. 801-356-2511 (24-hour hotline).
The Center's mission is to provide a caring, advocating, safe and educationally-based environment for survivors of domestic violence and sexual assault.
- **Utah Valley Hospital**
1034 North 500 West, 801-357-7850.
- **Utah Crime Victims Legal Clinic**
801-746-1204. UCVLC provides free legal representation to crime victims when their rights are at stake. Alex Merritt, victim advocate, alex@utahvictimsclinic.org.



Dani Jardine

Lisa Leavitt, BYU sexual assault survivor advocate, provides support and information to help students make informed decisions. The services are confidential.

Taking care of mental health

By Payton Pingree

Starting college can be a scary transition. New changes can be exciting, but also overwhelming and stressful. Many students face struggles with their mental health and emotional wellbeing during college. Fortunately, there are many services available for students who find themselves needing help.

Counseling and Psychological Services

CAPS (Counseling and Psychological Services) is a service provided by BYU that offers treatment for students who may be facing mental health difficulties. CAPS is located on the first floor of the Wilkinson Student Center and walk-in appointments are available from 8am to 5pm Monday-Friday. Students in crisis after hours can call CAPS at 801-422-3035 to talk with an after-hours crisis specialist.

"If a freshman is struggling one of the best things they can do is check out our website at caps.byu.edu," said Klint Hobbs, an Assistant Clinical Professor and Psychologist for CAPS. "On the website they can take a brief mental health screening that will help them gain more insight into how they're struggling."

"CAPS offers a range of services for students to help improve mental health," Hobbs said. One of these services is counseling appointments where students can meet with a licensed professional. Students can call 801-422-3035 for a same-week appointment.

According to their website, "Psychological services in CAPS are provided by full time clinical faculty (licensed doctoral level clinicians) as well as doctoral students in training. All clinical faculty are involved in a variety of direct service activities."

Hobbs added that online self-help resources — such as Sanvello, WellTrack and SilverCloud — are available to students to teach mindfulness and meditation as well as provide information about depression, anxiety and body image.

Advice from an expert

Hobbs offered students two key pieces of advice when it comes to staying mentally healthy:

- "The first would be for freshmen to really work to establish realistic balance in their schedules. Many BYU students come from high school as high achievers who were used to being at the top of their class. It can be easy to overcommit and then get discouraged by how hard college can be. Avoiding overcommitment by starting with a reasonable amount of work and reasonable expectations for performance can help."
- "My second piece of advice would be to avoid linking performance with worth. Perfectionism can be particularly harmful for students, and approaching college as an endeavor in which they will do well at some tasks but not do well at others can help them avoid burning out."

FOMO

FOMO, or the Fear Of Missing Out, is a very common struggle for freshmen in college. It can be difficult to juggle making friends, going to on-campus events, dating, joining clubs, all while keeping up your academic performance. It is inevitable that students will miss out on activities here and there, but it is not the end of the world!

Kailey Thompson, a BYU peer mentor, shared some advice for overcoming FOMO.

- Serving others always helps! You can't be worried about missing out when you are helping other people.
- Join an organization on campus like BYUSA or Y Serve.
- Get off social media — give your mind a break.
- Understand that life has moments that are fun and moments that require hard work, and these times are different for everyone. Just because someone is having fun while you're doing homework does not mean you are boring.

aloha plate

TM

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B3313

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Contact us at **801-422-5156**
or at **health.byu.edu**
for all your health care needs.

The Student Health Center is located at
1750 North Wymount Terrace Drive.



health.byu.edu

Navigation



Finding your way around your new college campus may seem impossible, but there are many resources available to help you get your bearings. Whether it comes to finding a certain building on campus, knowing where to eat or using the BYU app, this section aims to help you find those answers.



No car? No problem!

Many BYU students are without a car for their first year. Thankfully, Provo has many alternative options students can take advantage of to get from place to place.

Walk

- Most BYU housing is within a mile of the Harold B. Lee Library, including the dorms. If it's within a short distance, walking is generally the fastest, easiest option.

Ride a bike or scooter

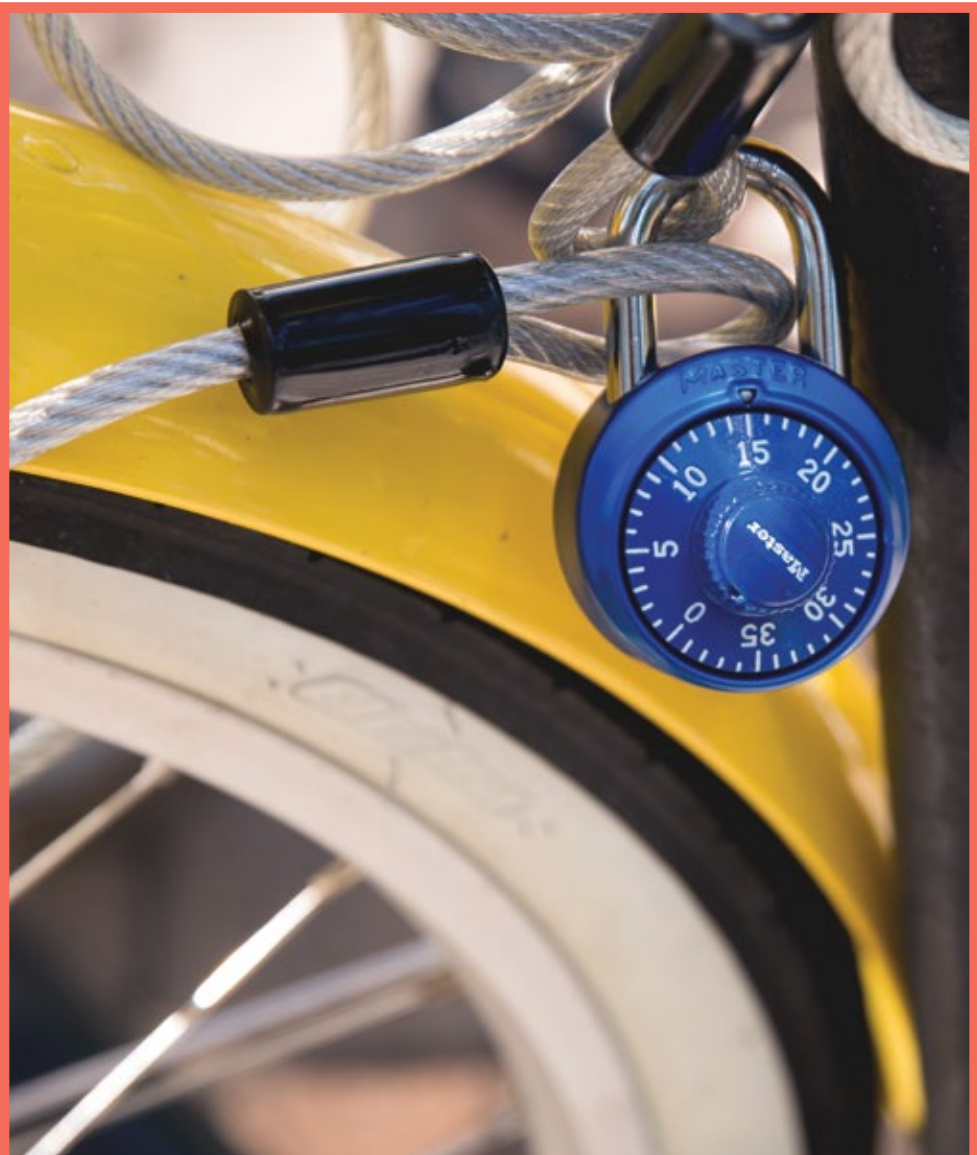
- Bikes and scooters are great options for students who want to go farther from campus to their apartment. Bikes are generally easy to store as most large apartment complexes have bike racks.
- Students must register their bike for free with BYU if they want to park in one of the many bike racks around campus. Keep in mind that bikers are not allowed to ride on sidewalks during class break periods. Scooters are not permitted on campus at all, but they could easily be stored in some backpacks.

Rent an electric scooter

- It's hard to miss the bright orange and green electric scooters scattered along the sidewalks. A few companies have rentable scooters around Provo. Students can download each company's respective app and see exactly where all of the available scooters are located. Typically, scooters cost \$1 to unlock plus a charge for each additional minute. Average scooter speed is 15 mph, but they will shut down if you try to take them in a restricted area such as the BYU campus.

Take the bus

- The Ryde is a bus service that helps students come and go to campus during Fall and Winter semesters with stops at many housing complexes near campus. Routes include Wyview, Branbury, West of University Ave., King Henry, Joaquin and Wymount.
- If a student needs to get farther around Provo or Orem, UVX is their best bet. Rideutah.com lists all the bus stops, schedules and routes. The UVX has stops at the north and south ends of campus, and near the Provo City Center Temple, University Mall and UVU. BYU students have free access to all of UTA, including the FrontRunner train that goes from Provo to Ogden with several stops along the way. Students should carry their student ID so they can scan in and off the buses and trains.



Registering bikes and cars

If you plan on parking on campus or riding your bike to classes, you need to register your vehicle beforehand. Here is some vital information from BYU Parking Services.

Cars

- Visit cars.byu.edu/vehicles/ to register your car.
- Undergraduate students may park in "U" Lots, at no charge, if their vehicle is registered.
- Undergraduate students may choose to pay \$60 per semester to park in "Y" Lots.
- Students should never park in "A" Lots.
- If you have contracted to live on campus, your parking privilege will change automatically on the first day of that contract to "B" for Heritage or "C" for Helaman Halls.

Bikes

- Visit security.byu.edu/bike-registration to register your bike.
- Bicycle riding on sidewalks is prohibited during class breaks.
- Bicycles must be parked and locked in a bike rack.
- Riding a bicycle down the Helaman Halls ramp and the Smith Fieldhouse ramp is prohibited.

Keep in mind — skateboards, scooters and roller skates are prohibited on campus.

Visit security.byu.edu/parking-services for more information.

BUILDING ABBREVIATIONS

As a student at BYU, you will often hear buildings referred to by their abbreviation or shortened name. Here is a brief guide to some of those popular nicknames:

- WSC or Wilk: Wilkinson Student Center
- HBLL: Harold B. Lee Library
- KMBL: Spencer W. Kimball Tower
- JSB: Joseph Smith Building
- JKB: Jesse Knight Building
- JFSB: Joseph Fielding Smith Building
- LSB: Life Sciences Building
- MARB: Thomas L. Martin Building
- RB: Stephen L. Richards Building
- MOA: Museum of Art

Each building has several maps of the rooms found on each floor posted on the walls. If you ever find yourself lost or wondering where your class is, the maps are a helpful resource for you.

The BYU app has a feature called Campus Buildings where you can search for buildings by their full name or acronym and find their location relative to where you are.



Hannah Miner



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Located on the ground
floor of the Tanner Building.



B3313



Campus map

MSRB

HGB

BRMB

JSB

LSB

BNSN

NICB

KMBL

ESC

MCBD

EB

MARB

CB

ERL

HRCB

HBLL

WSC

CTB

SNLB

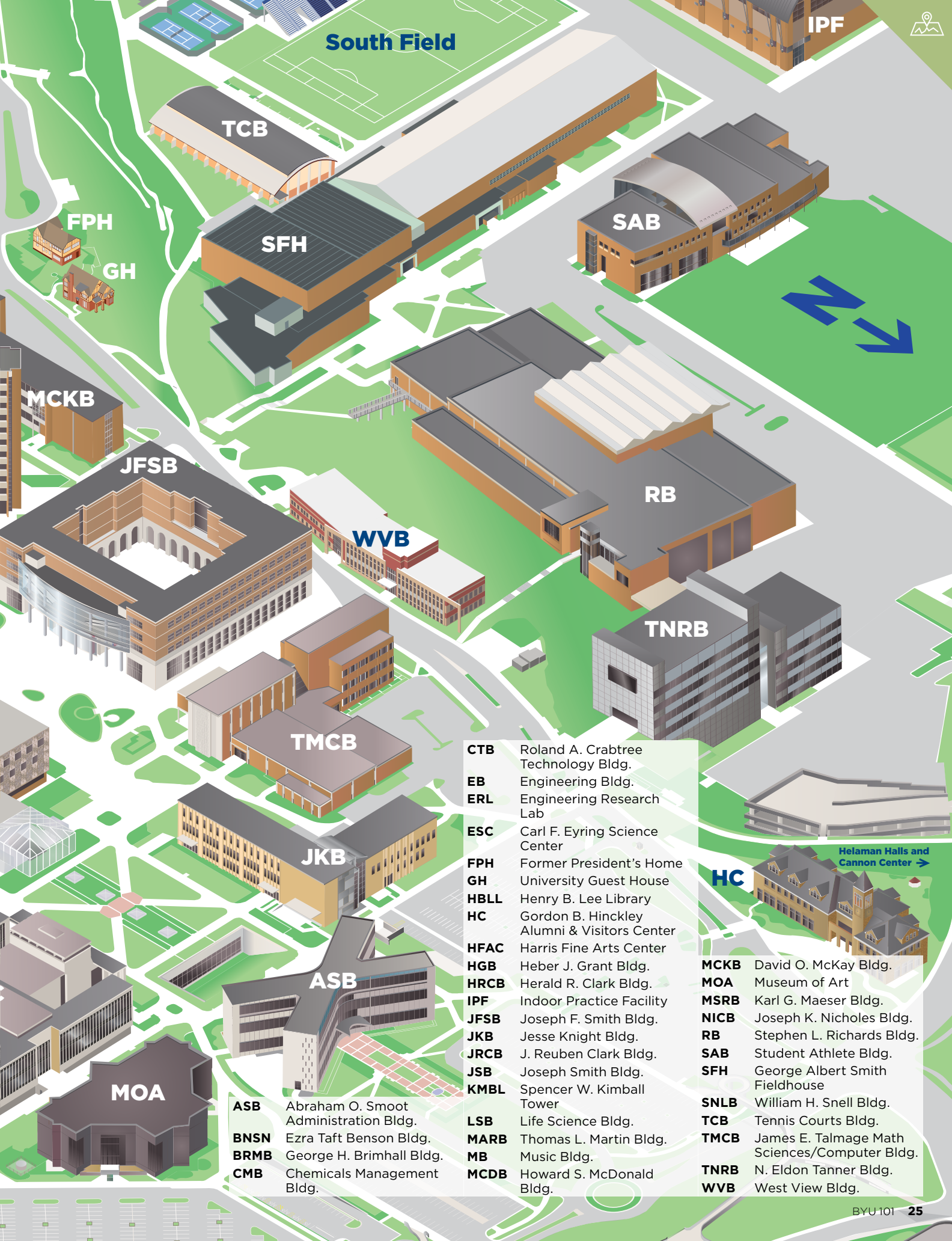
CMB

MB

JRCB

HFAO

Heritage Halls



South Field

IPF

TCB

FPH

GH

SFH

SAB

MCKB

JFSB

RB

WVB

TNRB

TMCB

JKB

ASB

MOA

ASB

BNSN

BRMB

CMB

CTB

EB

ERL

ESC

FPH

GH

HBLL

HC

HFAC

HGB

HRCB

IPF

JFSB

JKB

JRCB

JSB

KMBL

LSB

MARB

MB

MCDB

Roland A. Crabtree Technology Bldg.
Engineering Bldg.
Engineering Research Lab
Carl F. Eyring Science Center
Former President's Home
University Guest House
Henry B. Lee Library
Gordon B. Hinckley Alumni & Visitors Center
Harris Fine Arts Center
Heber J. Grant Bldg.
Herald R. Clark Bldg.
Indoor Practice Facility
Joseph F. Smith Bldg.
Jesse Knight Bldg.
J. Reuben Clark Bldg.
Joseph Smith Bldg.
Spencer W. Kimball Tower
Life Science Bldg.
Thomas L. Martin Bldg.
Music Bldg.
Howard S. McDonald Bldg.

HC

Helaman Halls and Cannon Center

MCKB

MOA

MSRB

NICB

RB

SAB

SFH

SNLB

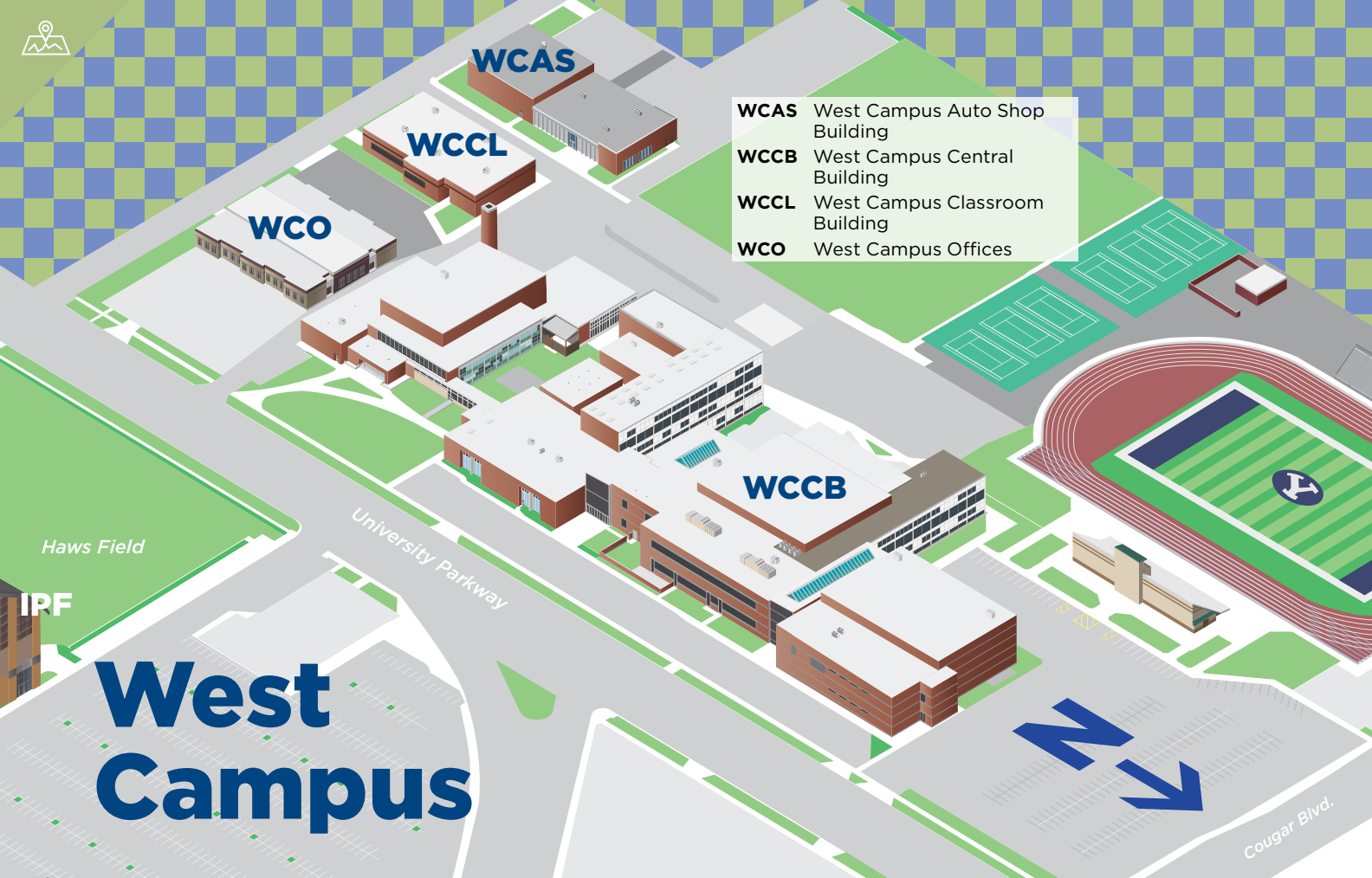
TCB

TMCB

TNRB

WVB

David O. McKay Bldg.
Museum of Art
Karl G. Maeser Bldg.
Joseph K. Nicholes Bldg.
Stephen L. Richards Bldg.
Student Athlete Bldg.
George Albert Smith Fieldhouse
William H. Snell Bldg.
Tennis Courts Bldg.
James E. Talmage Math Sciences/Computer Bldg.
N. Eldon Tanner Bldg.
West View Bldg.



campus floral

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Get to know Utah

Looking for fun ways to fill your time locally? Utah has plenty of entertaining activities and places to visit, including many right here in Provo!

We asked BYU students to weigh in and give us their suggestions for the best attractions Utah has to offer.

Favorite place you've visited in Utah?

- Goblin Valley
- Sand Hollow Reservoir
- Bear Lake
- Park City
- Zion National Park
- American Fork Canyon
- Moab
- Midway

Favorite hike in Utah?

- Angel's Landing
- Mt. Timpanogos
- Landscape Arch
- Battle Creek Canyon
- Scout Falls
- Y Mountain

Favorite way to spend a Saturday in Provo?

- Pickleball
- Classic Skate
- Provo Beach
- Farmers' market
- Spikeball
- Sporting events

Favorite restaurant in Provo?

- Cubby's
- Five Sushi Bros
- Sonic
- Tru Religion
- Raising Canes
- Burger Supreme
- CHOM
- Bombay House
- K's Kitchen
- Zupa's



Coral Pink Sand Dunes



Salt Flats



American Fork Canyon



Park City



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Laundry

As a freshman, this may be your first time doing laundry on your own. No need to stress, follow these tips to make the process simple.

- Before starting a load, check your clothing for stains or items in the pockets.
- Sort your laundry so you don't have any red sweatshirts dyeing your white t-shirt, or rough jeans distressing a delicate dress. This will require multiple loads, but will help save your clothes!
- Use hot water for whites and use cold water for dark and bright colors and delicate fabrics. Use warm water for everything in between.
- If you want to avoid laundry rush hour, try doing your laundry on a weekday. Most students save their laundry for Sundays, but that means fewer available machines and more time waiting for others to finish.
- Set a timer on your phone once you start a load. When it's done, quickly take your laundry out of the machine so someone else can use it.
- Helaman and Heritage Halls both have laundry facilities available. Students can use Cougar Cash to get a discounted price for each load.

Printing

Install

Download and install the appropriate print driver for your computer. Visit print-drivers.byu.edu 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.

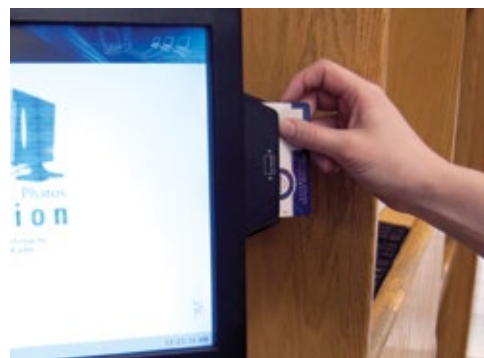
For letter sized paper:

B&W

7¢ single side/
both sides

Color

15¢ single side/
both sides



Luke Hansen

GET TO KNOW THE BYU APP

The BYU App is a convenient resource for students to make life on campus easier. Students can download the app for free and log in with their BYU account to access the variety of features it has to offer.

Here are some helpful features that students can use:

- **Learning Suite Quick View:** This is a mobile version of BYU's online Learning Management System. Students can see their grades and upcoming assignments with this feature.
- **My Classes:** This feature allows students to see their class schedule, including the names of their courses, buildings and room numbers and time left until their next class.
- **Testing Center:** Students can see their recent exam scores, current line updates and hours of operation.
- **Cougar Cash:** This shows students' current funds in the Cougar Cash system.
- **Dining Mobile Ordering:** Students can order ahead at a variety of different BYU dining locations with this feature.
- **Y-Time:** Students can clock in and out from their on-campus jobs.
- **ID Card:** If a student doesn't have their physical ID card on them, this feature has a digital version of the card that can be used.
- **ROC Pass:** Students can open this feature to scan their pass and get into BYU sporting events.



Pexels



Cougar Tech



Pexels

College courses require students to be prepared with several services and resources. Thankfully, BYU offers free and discounted technology, software and services to its students to help make life easier.

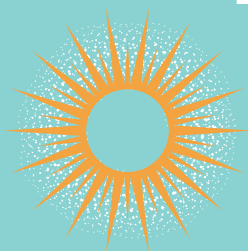
Here are some important things to know when it comes to tech at BYU. More information can be found at oit.byu.edu.

- The first and most important step for new freshmen is to get connected to Wi-Fi. There are two campus networks students can connect to but BYU IT encourages students to use Eduroam wherever it's available.
- The primary software that every student should look to first is the free Microsoft Office package. Word, Excel, PowerPoint, and OneDrive are all important tools necessary for completing assignments and staying organized. Microsoft Office is freely available as a cloud service and can also be downloaded as software to use directly on one's computer. The Office of IT provides step-by-step support on their website.
- Students will also have access to a BYU email account through Outlook. Use of one's school email is encouraged to help prevent university communications from getting lost in personal

inboxes, according to First-Year Experience. BYU email can be accessed at email.byu.edu and the default username is NetID@byu.edu.

- Cloud storage is another service that is available and necessary for students. Box is a free service that allows for collaboration and makes it easy to store and share files. It can be accessed at box.byu.edu.
- Printers are located all over campus and can be utilized directly from a laptop. A quick download of the print driver and a swipe of an ID card is all that's needed to submit print requests.
- Some students will need access to Adobe Creative Cloud for their specific majors. A year of Adobe access can be purchased at a discounted rate of \$69. Students who work on-campus jobs and need Adobe Creative Cloud can request free access.
- It may feel overwhelming to figure out how to get started and set everything up but there are plenty of ways to get help through the process. From 24/7 tech support, to help downloading programs, BYU IT is the ultimate resource. Visit support.byu.edu/it or give them a call at 801-422-4000 with any questions.

— Jake Roper



Tips to make moving to BYU a breeze!

- ✋ Connect with your new **fin**-tastic BYU roommates.
- ✋ Be **shore** to update your residential address.
- ✋ Read your housing contract and the new housing policy/guidelines (major **lifesaver**).
- ✋ Make your new home so-**fish**-ticated and pack early.
- ✋ Residence Life can help you under-**sand**. We are here for your housing questions.
- ✋ Keep **palm** and carry on!



Update your address

We can't wait to sea you soon for an out-**sanding** year!



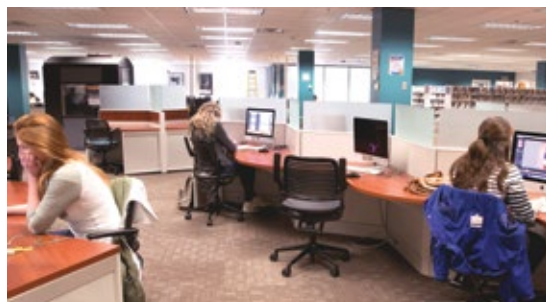
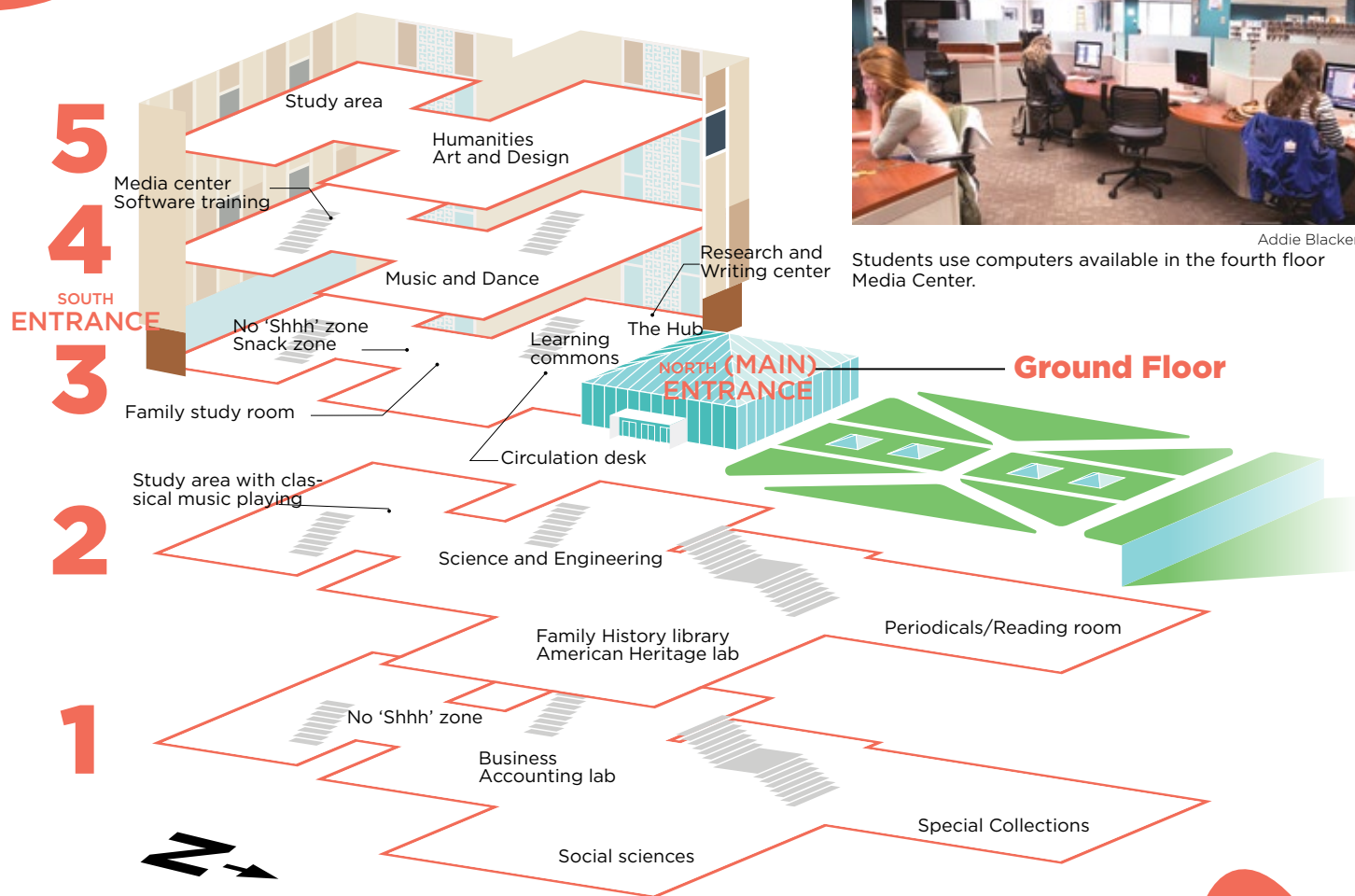
Packing list



Contact Off-Campus Housing: och@byu.edu
Contact On-Campus Housing: housing@byu.edu



The Library



Addie Blacker

Students use computers available in the fourth floor Media Center.



The Harold B. Lee Library has several labs available to help students with specific academic subjects. The labs offer personal assistance, equipment and other resources to help you with things like research, family history, design and more.

Labs and Centers in the HBLL

- Accounting Lab
- American Heritage Lab
- Creativity, Innovation, and Design Studio
- Experiential Studio
- Family History Library
- Geospatial Services and Training
- Music and Dance Media Lab
- Public computers
- Research and Writing Center
- Software Training Lab
- University Accessibility Lab
- Writing Fellows Lab

The Research and Writing Center (RWC) is especially helpful as it provides assistance to students with writing papers for a variety of classes and subjects.

According to the BYU Library website, the RWC helps students:

- Understand assignment expectations
- Find helpful sources for papers
- Match assignment and writing style
- Clarify, organize and solidify content
- Identify and work with grammar
- Cite sources in APA, MLA, etc.
- Revise for stylistic considerations
- Get more specialized help, if needed

The RWC is located on the third floor of the HBLL. Students can walk in or make an appointment at rwc.byu.edu.





Campus Food

A Guide to the Vending Machines

If you're ever looking for a quick grab-and-go snack, there are vending machines in nearly every building across campus. These include a variety of sandwiches, bagels, juice, soda, candy, chips and frozen treats.

Use the Y app to find the Vending feature. This feature allows you to locate vending machines and scroll through the contents of each one. Each vending machine lists the snacks available, their prices, quantities and time when it was last updated. You can use cash, credit, or Cougar Cash.

Here are some vending machine stand-out items:

- Famous Amos
- Pink Vitamin Water
- Strawberry Pop Tarts
- Blueberry muffin
- Sour gummy worms
- Cactus Cooler
- Pizza bagel
- Uncrustables

The HBLL vending machines contain several school supplies you can purchase, like note cards, pens, and pencils.

Cougareat

The Cougareat is the food court located on the second floor of the Wilkinson Center. It has a variety of places to choose from, seen below.

- Aloha Plate
- Chick-fil-A
- Choices
- Cougar Café
- Cougar Express
- Milk & Cookies
- Papa John's
- Subway
- Taco Bell
- Wendy's

Because it's the most popular on-campus dining option, the Cougareat can get packed with students trying to grab a bite between classes. Follow these tips to make the process easier for you:

- Try to avoid the lunch rush, which is usually between 12:00–2:00pm.
- Use the online ordering feature on the Y app to order ahead so your food is ready when you arrive.
- If empty tables are hard to find, try searching the Garden Court or third floor for more seating.

Cannon Center (CANC)

The Cannon Center is the go-to dining location for freshmen living in Helaman Halls. Check out these tips from previous freshmen to make your CANC experience one to remember, or at least one to navigate easily.

- Make sure you know the hours of operation, especially on Sundays. Fast Sundays are the trickiest because the CANC is only open for a few hours. You can find these hours at dining.byu.edu/cannon-commons.
- Sundays can be scarce because the CANC is the only open on-campus dining option. It is usually a good idea to arrive when it opens so nothing runs out before you select your meal.
- If you find yourself grabbing a bite to eat without friends, that's perfectly normal! Everyone has busy schedules, and sometimes you might be dining alone. It happens to everyone, so don't feel embarrassed if it's just you at your table. You could even take the opportunity to strike up a conversation with someone new!

Some CANC hidden gems:

- Ice cream bars
- Curly fries
- Chicken nuggets
- Paninis
- Tater tots
- Mini ice cream cones
- Blueberry scones
- Chicken and waffles

Meal Plans

Many freshmen choose to have a meal plan to make eating on campus an easy endeavor. Each meal plan is a smart investment if you plan on dining on campus frequently. But which one is the perfect fit for you?

EZ Dining: The "Trial" Plan

Starting at \$100/Month
Cannon Commons discount

Dining Dollars: The Most Popular Plan

\$500/Semester
Cannon Commons discount

Heritage Dining: The Heritage Halls Plan

\$500 or \$800/Semester
Cannon Commons discount
Creamery discount
Cougareat discount

Cannon Block of Meals: The "Commons" Plan

\$212.50/Semester

Dining Plus: The "Popular" Plan

\$2225/Semester
Cannon Commons discount

Open Door: The "Unlimited" Plan

\$2225/Semester
Unlimited Cannon Commons entry

Information from dining.byu.edu/meal-plans



Choices

On-campus Dining Locations

Blue Line Deli & Market

Located in the Tanner Building, the Blue Line reflects the food of New York with a variety of soups, salads, hot sandwiches and snacks.

The Commons at the Cannon Center

The Commons is the dining hall mainly used by residents of Helaman Halls, but it is open to anyone. Six serving stations (Euro, Expo, Fusion, Granary, Grill and Salad) provide a variety of options for breakfast, lunch and dinner.

Cougareat Food Court

The Cougareat is the campus food court, located in the Wilkinson Student Center. Here you can find paninis, soups and desserts at the Cougar Cafe, Hawaiian cuisine at Aloha Plate and vegetarian and vegan options at Choices. The Cougareat also includes popular chain restaurants Chick-fil-A, Papa John's, Subway, Taco Bell and Wendy's and convenience store Cougar Express.



Blue Line Deli & Market

Harvey's

This cafe on the ground floor of the Engineering Building offers hot breakfast items, burgers, paninis, tater tots, salads, soups, gelato and more.

Jamba

The locations in the Wilkinson Center and the Student Athlete Building offer healthy smoothies, oatmeal and snacks.

Legends Grille

Enjoy a BYU game in the Student Athlete Building while enjoying soup, salad and dessert bars with pastas and entrees.

Milk & Cookies

Next to the Cougareat, this new shop serves fresh homemade cookies and a variety of BYU milk flavors.

MOA Cafe

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

Pendulum Court Cafe

Pendulum Court is a lab run by dietetics students, located on the main floor of the Eyring Science Center near the 42-foot Foucault pendulum. The lab is open for eight weeks during fall and winter semesters. The lab features daily entrees, soups, salads, desserts and more.

Skyroom Restaurant

The Skyroom is a lunch buffet with a view of campus from the top of the Wilkinson Center. Reservations accepted and encouraged.



Aloha Plate

The Creamery

Here you can buy groceries as well as BYU's famous ice cream, cheeses and other dairy products. There are six locations including the Creamery on Ninth East, which also serves burgers, fries and other grilled items. Other Creamery locations are at Helaman Halls and Wyview, the Outlet at the Culinary Support Center, Takeaway on Canyon Road and Express locations at four buildings across campus.

Food To-Go

Order food ranging from BYU brownies to Creamery ice cream along with bulk items like cereal for family reunions, large meetings and events or even food storage.

Top 5 Reasons to Join the Finance Major

- 1 99% of Finance students from the class of 2021 were placed in jobs before graduation
- 2 Median First Year Compensation is \$77,000 (Range \$59k-154k)
- 3 Admits 230 students per year (2nd highest in Marriott School)
- 4 Learn skills to help in your professional and personal life
- 5 Build lifelong relationships and connections through the Finance Society

FINANCE MAJOR INFORMATION SESSION

Join us on September 15th at 11AM in TNRB 710 to learn more about the application and program!

Email finmajor@byu.edu if you have any questions!

The experience that we were able to get in Finance Theory, how to interpret what's going on in the world's economy, and general Excel skills helped me succeed in my internships and jobs thus far. The faculty is amazing and wants you to succeed!"

- Cassidy Judd, Finance Alumni



Join the Finance Society!

FINANCE SOCIETY BENEFITS:

- NETtreks Company Visits
- Women in Finance Association
- Application and Resume Reviews
- Networking and Recruiting Skills
- Interview and Internship Coaching





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Academics



Your impressive grades and devotion to your schoolwork has gotten you to this point in your academic career. College throws in several new factors like choosing a major, communicating with professors, using the testing center and finding internships. These may seem like daunting tasks, but you are smart and capable, and we are here to help!

Peer mentors

Every freshman at BYU is assigned a peer mentor, who is an upperclassman available to give advice and answer questions. According to BYU First-Year Experience, "Mentoring is designed to assist you as you transition into university life ... Your mentor will be there to answer questions, point out resources, and talk about your overall BYU experience."

Devon Olsen, a BYU peer mentor, gave some insight into why working with a mentor can be a beneficial experience for freshmen:

- College is a new experience and having someone to turn to right at the start is invaluable.
- The mentors are students as well. They have all gone through the same things you are currently experiencing, so they can lend you some useful advice.
- You'll never be a bother to your peer mentor. Their job is to always be there for you!
- Talking with your peer mentor is not a strict, business-like relationship. They can be your friend too!
- Even if you don't think you need them, your peer mentor will often have great opportunities

available for first year students that you may not know about unless you meet with them.

Curious about navigating life as a freshman at BYU? Here are some questions, suggested by BYU First-Year Experience, that peer mentors can help answer:

- How can I make the most of my experience here?
- How can I get involved on campus?
- Which classes should I take next semester?
- How many credits should I take?
- Where can I spend my meal plan money?
- Is there someone who can edit my paper?
- How can I get along better with my roommate?
- Where do I take tests?
- How can I sign up for a study abroad program?
- Where is a quiet place for me to study?
- How can I be effective in a group study?
- Where can I live my second year?
- Where are fun weekend activities around Provo?
- How much should I study for my exam?



Sarah Hill



Maddri Driggs

The Hub

The Hub is a center specifically for first-year students, located on the third floor of the library.

According to Dan Chandler, assistant director of first-year experience, the Hub caters 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," said Chandler. "A sort of home away from home."

What can students do at The Hub?

- Talk to peer mentors
- Hold a study group
- Complete homework
- Hang out with friends
- Work on group projects

"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.

Building a schedule

Building a class schedule is one of the first things freshmen will do before getting to school. It is essential for students to find a happy medium between taking the classes they need and are interested in along with leaving time to de-stress.

Keith Proctor is the director of the University Advisement Center and also teaches Student Development 109—Effective Study and Learning. Proctor gave tips for students to keep in mind when they are building their schedule:

- Students who feel committed to a major can work with the major adviser to come up with a good schedule.
- Students who want to explore their options can meet with academic and career advisers in the University Advisement Center to put together their schedule.
- Usually, choosing a blend of different types of classes (i.e., STEM, humanities, writing, language, performing arts, etc.) is a good approach to avoid burnout from taking the same types of classes.
- Focusing on general education classes in your first few semesters can help expose you to a variety of different topics and majors that might become interesting to you.
- Students should typically take 12-14 credits the first few semesters until they develop a commitment to a major. If they choose to work, keep work to between 15-20 hours per week so it doesn't interfere with class and study time.
- Taking 12-14 credits usually allows time for getting involved in clubs and being involved in the student housing activities.
- There may be some course combinations that are very difficult, so work with the major adviser to review your schedule, at least for your first two semesters.
- One of the pro tips we share with students is to make a template of your week (like using a planner, but you have the same schedule for every week). On this template you make decisions about what you will do, when you will do it and where you will do it for the whole week. Specifically, make time in your template for class time, work time, study time for each class and recreation time.

Finish in four

To graduate in four years, students need to take 15 credits each semester — 120 credits total. Visit mymap.byu.edu to make a specific plan for each semester.

GEN. ED.
39

General education classes range between 1–5 credits.

RELIGION
14

Most religion classes are two credits.

MAJOR
37+

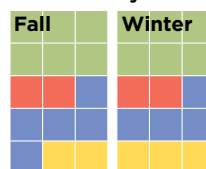
Plan on taking these courses as soon as possible.

MINOR
25+

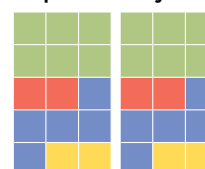
Explore other interests by getting a minor, but they aren't required.

Below is an example schedule of someone who has declared their major:

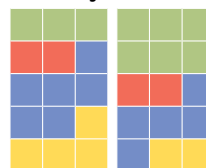
Freshman year



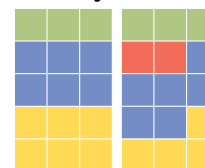
Sophomore year



Junior year



Senior year



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INNOVATION

ADVENTURE

CONNECTIONS

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community!



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Learn more.



Advisement centers

Have a question about your major or possible career goals? BYU has advisement centers for every college on campus, including a center if you're still undecided on your major.

University Advisement Center (undecided majors)

2500 WSC
801-422-3826
university_advisement@byu.edu

College of Family, Home, and Social Sciences

1041 JFSB
fhssadvisement@byu.edu

College of Fine Arts and Communications

D-444 HFAC (moving to West Campus before Fall 2022)
cfacadvisement@byu.edu

Ira A. Fulton College of Engineering and Technology

242 CB
801-422-4325
engineering_advisement@byu.edu

Honors Program

102 MRSB
honors@byu.edu

College of Humanities

1175 JFSB
liberalarts@byu.edu

David M. Kennedy Center for International Studies

273 HRCB
kennedy_advisement@byu.edu

College of Life Sciences

2060 LSB
lifesciences@byu.edu

Marriott School of Management

460 TNRB
msm_advisement@byu.edu

David O. McKay School of Education

350 MCKB
mseweb@byu.edu

College of Nursing

551 KMBL
nursing_advisement@byu.edu

College of Physical and Mathematical Sciences

N-181 ESC
cpmsadvisement@byu.edu

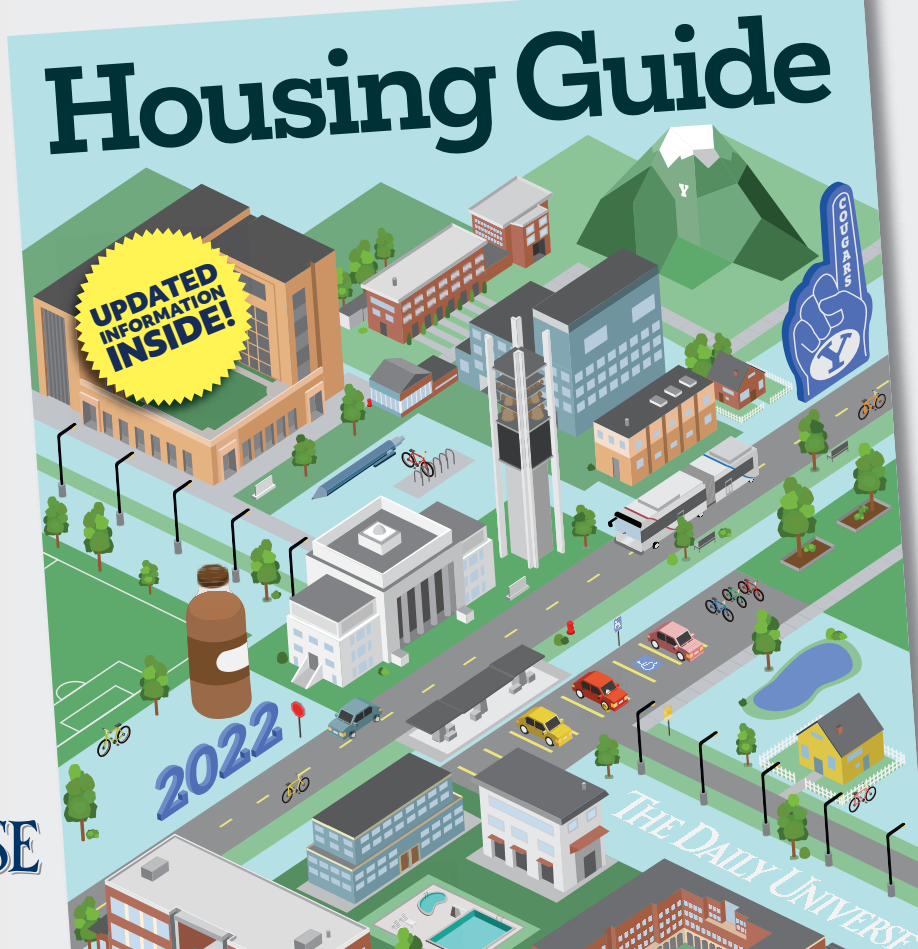
Have a question about grad school or plans after graduation? Visit BYU's Pre-Professional Advisement center to help you on your path to success.

Pre-Professional Advisement

3328 WSC
801-422-3044
ppa@byu.edu

Your best friend during your housing search

THE DAILY UNIVERSE
housingguide.byu.edu





Textbooks



Addie Blacker

Many classes require textbooks for homework and studying. Students can find their book list at booklist.byu.edu/Home/Mybooklist. While your list of expensive textbooks may be daunting at first glance, here are some helpful hacks to make the process easier.

- The BYU Store is the go-to place for buying and renting textbooks. Students can wait in line and get textbooks in person on the fourth floor of the Wilkinson Center, however this gets very busy at the beginning of the semester. Instead, students can order their textbooks online and pick them up to save time.
- If a student is looking to save money, BYU offers a used option for many textbooks, as well as a rented option. Both of these cost less than purchasing a new textbook. Just keep in mind that

rented books need to be returned once the semester is over.

- It is a smart idea for students to check their course's syllabus or attend the first class before they get their textbooks. Oftentimes, textbooks end up being optional or used infrequently throughout the semester. In this case, you may be able to borrow the textbook from someone or check it out from the library.
- Online editions of textbooks are often a good option, as they are usually more affordable. Online textbooks are also convenient to keep on your laptop instead of lugging around extra weight in your backpack.
- Amazon, Chegg, Cengage and RedShelf have buying and renting options for students as well. Students can check these sites and compare prices to find the best option.

choices
for everyone

Endless
combinations
await you
at Choices



Located in the Cougarreat in the WILK

Study groups

Study groups can be a great way to enhance learning. Working with peers in your class to share ideas and teach each other content allows you to practice the information in a new way.

Keith Proctor, associate director of University Advisement and professor of effective study and learning, gave advice on how to efficiently organize and work in study groups:

“The first thing to do is get comfortable reaching out to people, especially those who seem like they are actively participating in the class and are sharing good ideas.

“As you’re putting together your study group, decide where and when you are going to meet, and what you are going to do when you actually get together so you have a clear plan.

“Come to your meetings prepared, having at least attempted to do the reading for the course and to stay

current on assignments.

“Once you are together, use your time to review each other’s notes, making sure everything is correct and complete.

“It’s also a good idea to check for understanding by testing each other and giving people opportunities to explain their learning.

“If there were things discussed in your study group that didn’t make sense, create assignments to teach yourself the information. This could include coming up with self-test questions or essay prompts that might be on upcoming tests.”

— Edith Aguilera

Note taking

You may have jotted down a note or two in a select few classes in high school, but note taking becomes a must in college.

Keith Proctor, the Director of the University Advisement Center and professor for Student Development 109 — Effective Study and Learning, gave a few pro tips for students when it comes to effective note-taking. *For more tips and tricks, visit universe.byu.edu.*

- When students come to college for the first time, they usually have to learn new ways to take notes and capture all of the information. This can mean using different note taking programs, focusing on different types of information and developing new notation strategies.
- Taking notes in college will likely take more time than it did in high school because there is way more information to cover.
- In lectures, the important thing is to capture the main ideas and to leave space in your notes for going back after class and filling in the

details. The important ideas are usually key questions or repeated ideas that the professor or presenter shares.

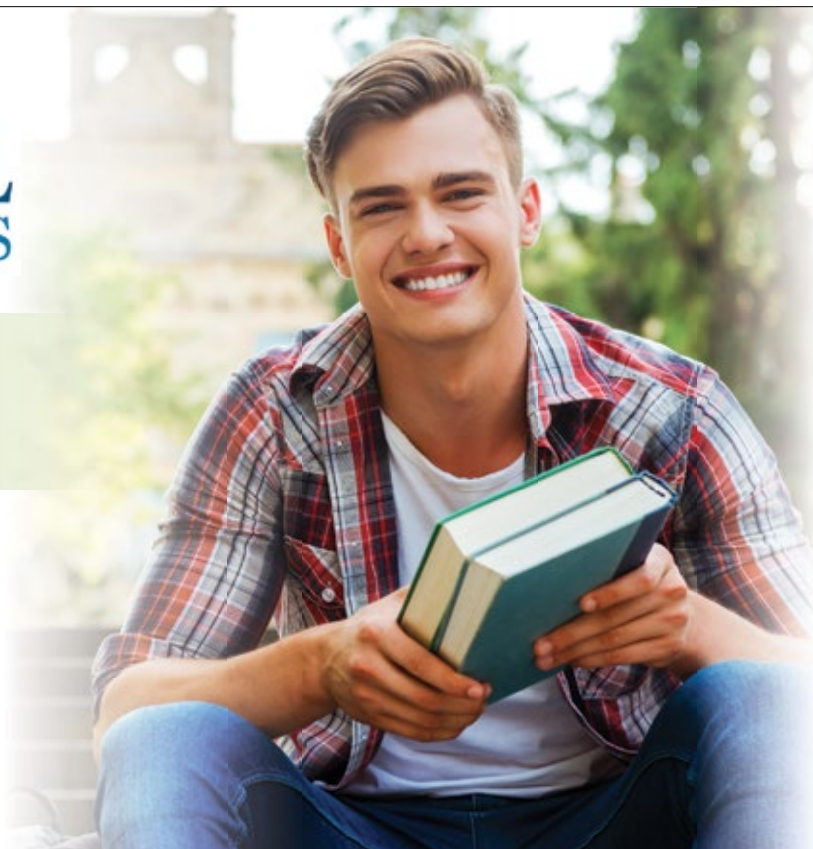
- If you are using a computer to take notes, make sure that you have access to power wherever you are studying so that you don’t lose your work or get interrupted by your computer shutting down.
- After that, it’s a good idea to review your notes about once a week to familiarize yourself with the ideas again and to add new insights that come to you afterwards.



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• CLARITY BRACES

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 9/14/22	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.

Do not write in this area

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.



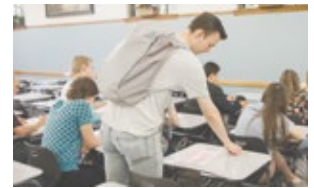
A Testing Center employee will retrieve a copy of the test and stamp scratch paper (if allowed) for the student. The student will be informed of the conditions of the test (for example, no calculator, foreign language dictionary allowed, late fee, etc.).



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.

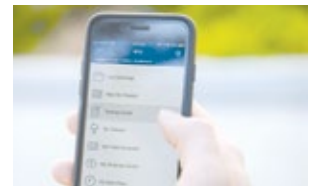
7 Students may leave to use the restroom while taking a test. To do this, they need to turn in their tests and cell phones to the answer sheet distribution desk.



 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.



Addie Blacker



Communicating with professors

Talking to professors can be a daunting task, but they are here to help you succeed and provide you with the resources you need to learn the content in the best way possible. Dallas Varner, a peer mentor, gave some words of advice from his experience at BYU.

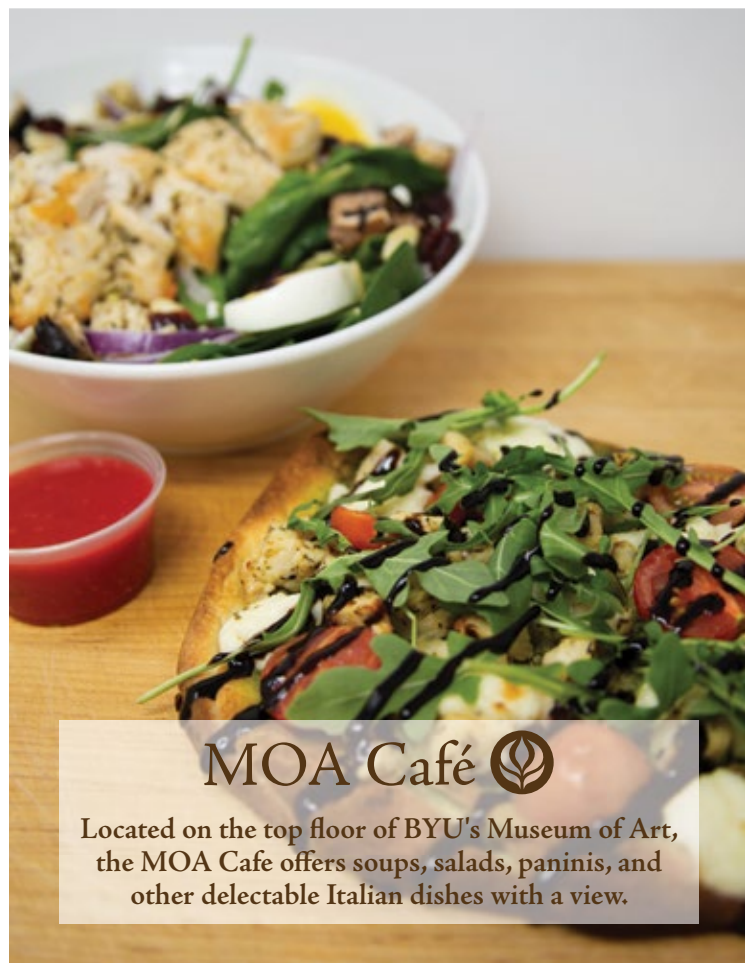
- When you have logistics or grading questions, it usually is best to approach your TA. But for just talking about the material, professors are a fantastic resource, and they really do care about you.
- Reaching out to professors via email to schedule an in-person meeting or showing up at the professor's office hours are both great ways to get help. Most professors list their office hours on their syllabus.
- One example of this for me has been a

professor whom I approached for some life advice. I had known she had gone through some things I was currently going through so I asked for her advice. That conversation and her continued support has been a major blessing in my life.

- I have also been connected to those in my future field by professors I approached. Professors are a great source for networking in the future. Developing a good relationship with professors means they can help connect you with people and programs later on that may be beneficial in your career.
- Professors can benefit students greatly. They want to get to know you and help you! Don't be afraid to take advantage of their expertise and experience.



Tabitha Sumsion/BYU Photo



MOA Café 

Located on the top floor of BYU's Museum of Art, the MOA Café offers soups, salads, paninis, and other delectable Italian dishes with a view.

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Organizing and planning

Putting off assignments and projects can add more stress to your first year of college. For a successful year, you'll want to plan and organize your schedule to be able to tackle all your tasks during the semester. Follow some of these suggestions to create an organized system that works best for you.

- Different professors will have different deadlines, so planning out assignments and scheduling time for each class is a smart idea to stay on top of everything.

"I like to take time on Saturdays or Sundays to plan out my week and block out time for assignments and also time for eating and downtime," said BYU junior and statistics major David Yankura.

Yankura added that Google Calendar is a useful tool to put in deadlines.

- Looking at the syllabi before classes start can help students see when big assignments and projects will be due.

"My best tips are to first decide on a system of tracking your assignments that you can reference easily and write down your assignments

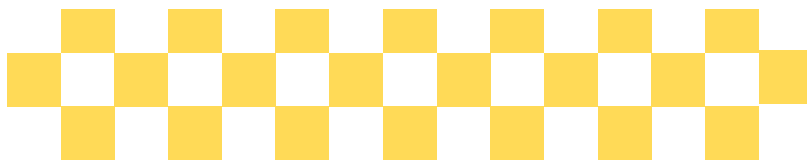
and tasks somewhere to help you relieve the mental burden of tracking things in your head," said Brianna Ames, an industrial design senior.

"For the big projects, I like to break down what I need to do. If I know I have a big project due Friday, I like to break it up into chunks for each day. This helps me because I can better visualize how much left of the project I need to work on," said Mina Chia, an information systems major.

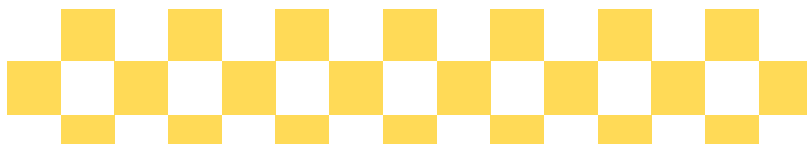
- Chia added that the reminders app or notes app can be used to write simple tasks and to separate the different to-do lists so it doesn't get messy.
- Color coding by class or assignment can also visually aid students, like using highlighters or pens to mark on a planner.

Everyone plans and organizes differently, but tracking your assignments, writing down tasks somewhere and then making goals for each day can help make school seem less overwhelming.

— Ashley Pun Eveson



Dani Jardine



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Internships

Of the 186 majors at BYU, more than 100 have the option or requirement to complete an internship. Landing an internship might seem daunting, but many opportunities are readily available to students. Here are a few ways and ideas for securing an internship.

- **BYU Handshake:** According to the BYU Career Services, “(Handshake) acts as BYU’s own job board. Employers who want to hire graduates or offer internships to current students post job openings to this website and students apply. Just like LinkedIn, employers can view student profiles and students can network as they apply for jobs and internships.”
- **Department websites:** Several BYU department websites, such as the School of Communications, have their own internship pages. Exploring these sites can lead to great

opportunities in fields that are related more closely to a student’s major.

- **Emails:** There are professors and employers who are willing to work with students who reach out to them.
- **Personal referrals:** College is about making connections — and those connections can lead to internships and jobs. “All my jobs I’ve found in college have been through referrals,” BYU nursing student Ali Norris said.
- **Take advantage of these opportunities to find great experiences in specific fields.**

— Abby Tanner

Nate Edwards

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B3313

Group projects

In college, many classes will require projects where you need to collaborate with other students. Making group projects work well means thorough planning, delegating and communicating.

Improving accountability

Holding a group responsible for their work can be a difficult thing to do. These are some tips to think about when working on a group project.

- Identify the goal of your project
- Follow up with each other by sending emails and messages to check in
- Lead by example and take care of your individual responsibilities

Advice from an expert

Keith Proctor,

associate director of University Advisement and professor of effective study and learning, gave advice on how to overcome these challenges and make group projects work well.

- Proctor said that many students feel like they are always stuck with all the work. "If you're that person that feels like they're doing all the work, then maybe you take on a leadership role and you start to create roles for the other members of your group," he said.
- Getting a TA or professor involved from the beginning is a smart idea when problems arise.
- When forming a group, "You want to make sure you're finding people that are engaged in the class," Proctor said.

"You also want to make sure that you get along well, that you're compatible."

- "Group size is important, usually groups of three to five are pretty ideal," he said. "If you get more than that, then you start to end up with members that don't know what to do because they don't really have a role."
 - Proctor said that an effective strategy is to "lay out the expectations and then the consequences for lack of contribution."
- "Group learning experiences provide some of the best ways to learn," Proctor said. "Research has shown consistently that the more people you get involved the more the learning is actually enhanced, and you'll actually retain it better."

— Edith Aguilera

Places to study

Here are a few favorite study spots around campus. Everyone has different study preferences, so try out a handful of different locations until you find YOUR spot.

"Roof of the JFSB."

Zach Sabey,
applied statistics

"Engineering tables outside."

Katie Christensen,
exercise science

"The periodicals. I'm basic."

Cheyne Wray,
art history

"The LSB has lots of windows and tables. also the fourth and fifth floors of the JFSB for a change of scenery."

Aubrey Martin,
neuroscience

"Library second floor where it has all the rearrangeable chairs and tables."

Brennan Purcell,
mechanical engineering

"A booth on the third floor of the Wilk."

Kayla Valmonte,
family life

"HBL fourth floor glass study rooms."

Walker Smith,
philosophy

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Accounting
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Math

Mathematics
Mathematics: Applied & Computational
Mathematics
Statistics



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Cybersecurity

Information Systems
Information Technology

Applied Physics
Technology and Engineering Studies
Computer Engineering

Manufacturing Engineering
Mechanical Engineering
Electrical Engineering
Chemical Engineering
Physics and Astronomy
Civil Engineering
Physics
Bioinformatics
Biophysics

Science



Genetics, Genomics and Biotechnology

Family Life Psychology
Family & Consumer Sciences Education

Communications

Sociology
Early Childhood Education
Elementary Education
Special Education

Human Resource Management



People



Anthropology

Political Science
Family History - Genealogy

History



History
Philosophy
American Studies

Social Science Teaching

Geography

Global Supply Chain Management
International Relations

Language



Arabic Language
Chinese
Communication Disorders
Editing & Publishing
English
English Language
French
French Studies
German Studies

German
German Linguistics
German Literature
Italian
Italian Studies
Japanese
Korean
Latin American Studies

Latin Teaching
Linguistics
Portuguese
Portuguese Studies
Russian
Spanish
Spanish Studies
Spanish Translation

Asian Studies
Ancient Near Eastern Studies

Comparative Literature
Middle East Studies/Arabic

European Studies



Travel

= Subject also has a teaching/education major

Dietetics
Nutritional Science



Health

Exercise Science

Geology

Environmental
Science

Biodiversity and
Conservation

Wildlife and
Wildlands
Conservation

Athletic Training

Exercise and
Wellness

Physical Education
Teaching/Coaching



Outdoors & Exercise

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Finals

Finals week is arguably the most anxiety-inducing week of the semester. With projects and exams piling up, it is essential to find a way to stay organized and on top of studying.

McKenna Amdal, the training coordinator in the Office of First-Year Experience, offered a few pieces of advice for freshmen experiencing their first finals week in college:

- TAs are your best friends at this time. Review sessions make a huge difference. If your professor or TA holds a review session, attending is a must! They'll be able to give advice about what to focus on when you study, how they grade and more. All semester long, it's good to attend your TA's office hours and keep in touch when you have any questions.
- One great way to learn is teaching things to other people. Study groups can be a saving grace. Start doing this ASAP so that when

the final comes around, you remember those things you were talking about all semester!

- Take the hardest exam first. Study really hard for 1-2 days and then just take it. This can help you keep your nerves down for the rest of the week and focus on other exams.
- Try to block that week out just for focusing on finals. Minimize work hours if you can and don't make any big plans with friends until finals are done. It's OK to just focus on your own needs for a week. The end is in sight.
- You're going to do great. And each semester, you're going to do even better. You'll get the hang of it. Finals week might seem foreign and frustrating your first semester, but try to remember that this is your *first time* doing college finals. Cut yourself some slack and trust that you are going to keep getting better and better at this.



Universe archives

Students wait in line to take finals outside of the Testing Center.

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