

The University of Maryland's Independent Student Newspaper

THE DIAMONDBACK ORIENTATION GUIDE

The background of the cover is a photograph of a large, white, classical-style building with a central pediment and columns, identified as the University of Maryland Administration building. In the foreground, there is a large, rectangular, multi-tiered reflecting pool. The water in the pool is calm and reflects the building and the sky. Several people are visible around the pool: some are sitting on the concrete edges, and one person in a red shirt is lying on their stomach on the right side. The sky is a clear, bright blue. At the bottom of the cover, there is a solid yellow wavy shape that serves as a decorative element.

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WELCOME



TESTUDO fires a shirt cannon at fans at a men's basketball game at the Xfinity Center. JULIA NIKHINSON/THE DIAMONDBACK

DEAR READER,

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

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

This university offers more than 300 degree-granting academic programs, which span

across 12 schools and colleges. Regardless of which departments you call home, you'll find plenty of opportunities to get involved — from student government and advisory councils to academic clubs, you'll definitely find your niche.

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

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

You're probably starting to feel very over-

whelmed right now, but that's normal. We've all been there, and you're not alone. As the country continues to recover from the pandemic, and bits and pieces of pre-pandemic life starts to return, you'll find that being a part of this community is something you'll cherish for years to come. We're here to help guide you as you start your college journey. This guide takes you through everything you need to know about joining this university in the fall — from College Park's best eats, sports games and dorm reviews, to understanding financial aid and navigating a largely white institution.

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

- AMANDA HERNÁNDEZ,
ORIENTATION GUIDE EDITOR

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THE DIAMONDBACK

*Founded 1910,
independent
since 1971.*

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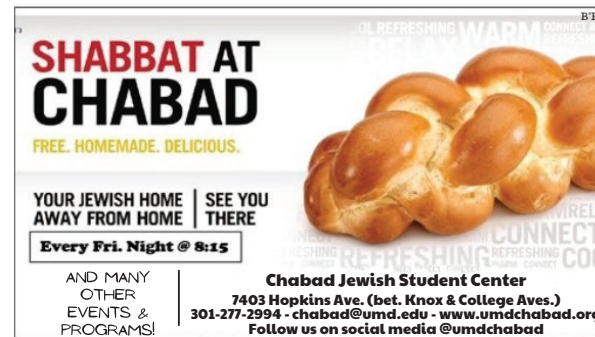
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STAYING SAFE

THE DIAMONDBACK



STAYING SAFE

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

UNIVERSITY POLICE

Emergency: 911 or 301-405-3333

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

Non-emergency: 301-405-3555

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

UMD ALERTS

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

ON-CAMPUS RESOURCES

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

OTHER IMPORTANT NUMBERS

NITE Ride: 301-314-6483

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

The Counseling Center: 301-314-7651

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

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

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

CARE to Stop Violence: 301-314-2222

24-hour hotline: 301-741-3442

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



THE SHOEMAKER BUILDING houses the Counseling Center, which has many useful resources. STEPHANIE NATOLI/THE DIAMONDBACK

GETTING READY

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

CHECK OUT CANVAS

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

FIND YOUR TEXTBOOKS

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

FIND A STUDY SPACE

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



CANVAS, the university's online learning system, is where instructors usually post class materials, resources and grades. LANCELOT LIN / THE DIAMONDBACK

ACADEMIC CALENDAR

FALL 2021

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

SPRING 2022

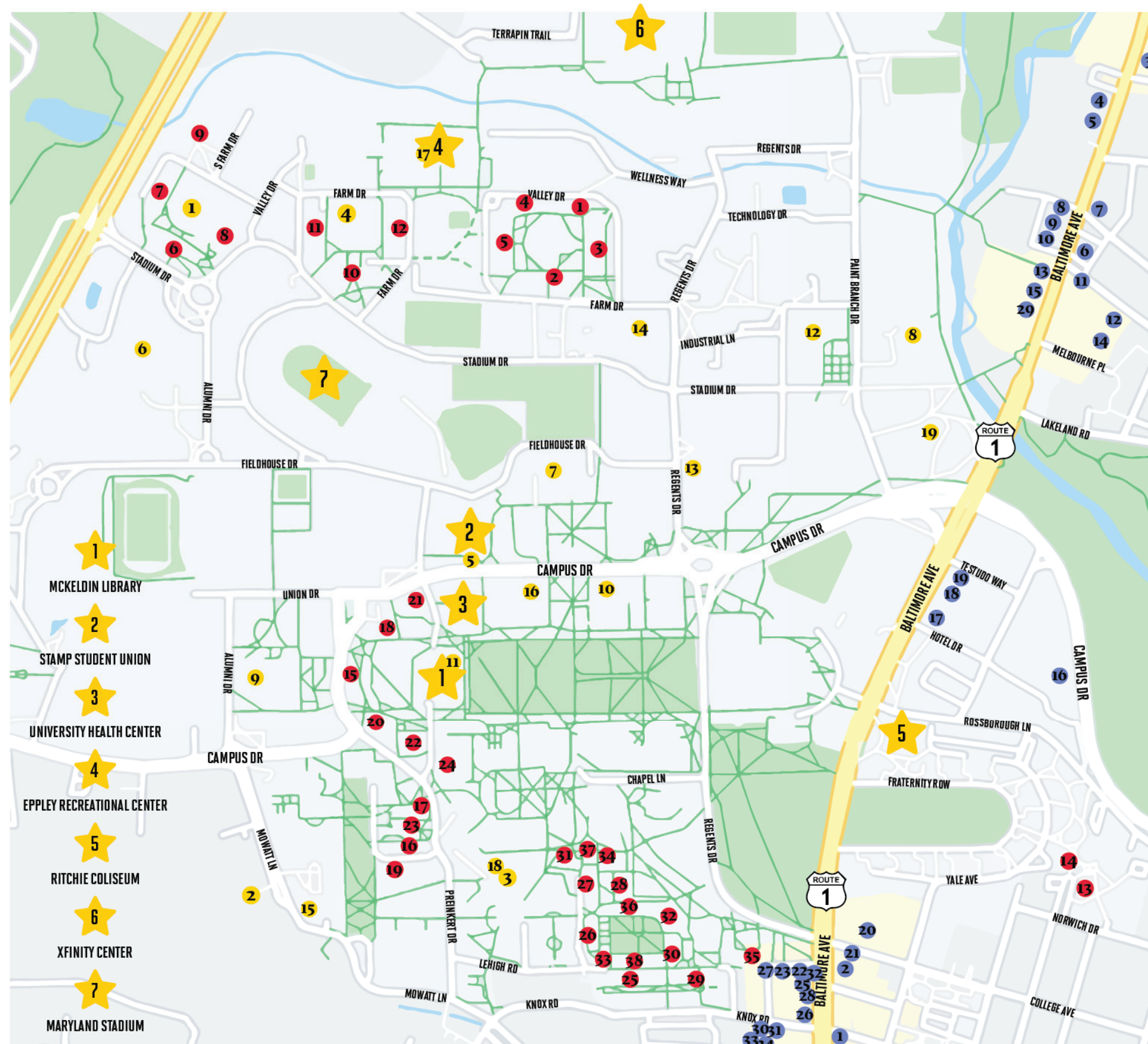
Jan. 24 — First day of classes
 March 20-27 — Spring break
 May 10 — Last day of classes
 May 11 — Reading day
 May 12-18 — Final exams
 May 19 — Commencement (college/departments ceremonies)
 May 20 — Commencement (main ceremony and college/departments ceremonies)
 May 21 — Commencement (college/departments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

WINTER 2022

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

SUMMER 2022

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



CAMPUS MAP

DORMS:

1 Bel Air Hall 2 Cambridge Hall 3 Centreville Hall
4 Chestertown Hall 5 Cumberland Hall 6 Denton Hall
7 Easton Hall 8 Elkton Hall 9 Oakland Hall 10 Ellicott Hall
11 Hagerstown Hall 12 La Plata Hall 13 Old Leonardtown
14 New Leonardtown 15 Anne Arundel Hall 16 Caroline Hall
17 Carroll Hall 18 Dorchester Hall 19 Prince Frederick Hall
20 Queen Anne's Hall 21 St. Mary's Hall 22 Somerset Hall
23 Wicomico Hall 24 Worcester Hall 25 Allegany Hall
26 Baltimore Hall 27 Calvert Hall 28 Cecil Hall 29 Charles Hall
30 Frederick Hall 31 Garrett Hall 32 Harford Hall
33 Howard Hall 34 Kent Hall 35 Montgomery Hall
36 Prince George's Hall 37 Talbot Hall 38 Washington Hall

ON-CAMPUS DINING:

1 251 North 2 Maryland Hillel 3 South Campus Dining Hall
4 The Diner 5 The STAMP

ON-CAMPUS CAFE'S:

6 Applause Cafe 7 BRBean 8 Bytes 9 Creative Commons Cafe
10 Food for Thought 11 Footnotes Cafe 12 Kim Kafe
13 Physics 14 Quantum 15 Rudy's 16 Samovar
17 Sneaker's Cafe 18 Terp-Bite Kiosk 19 Breakpoint Cafe

ROUTE 1 STORES AND RESTAURANTS

1 Kung Fu Tea 2 Playa Bowls 3 Kangnam BBQ 4 Taco Bell
5 Denny's 6 McDonald's 7 CVS 8 Shanghai Tokyo Cafe 9 Sweetgreen
10 Vigilante Coffee College Park 11 Pho D'Lite
12 Pupuseria La Familiar 13 Board and Brew
14 Hanami Japanese Restaurant 15 NuVegan 16 The Hall CP
17 Bagels 'n Grinds 18 Old Maryland Grill 19 Potomac Pizza
20 Target/CVS 21 Blaze Pizza 22 Pizza Kingdom 23 Insomnia Cookies
24 Panda Express 25 Jimmy John's 26 Nando's Peri-Peri
27 Krazi Kebob 28 QU JAPAN 29 Looney's 30 Starbucks
31 Chipotle 32 Marathon Deli 33 CAVA

TERRAPIN TRANSPORTATION

The University of Maryland’s campus is walkable, but sometimes you need to leave College Park — or maybe you just don’t feel like traveling on foot after a long day of classes. Here are some alternative ways to get around.

RIDE CAMPUS BUSES

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

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

HOP ON THE METRO

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



BIKES ON CAMPUS are a quick and easy way to get around. Remember to register your bike with DOTS and follow safety precautions. JULIA NIKHINSON/THE DIAMONDBACK

BRING A BIKE

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

TAKE A ZIPCAR

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

DRIVE, BUT BEWARE OF PARKING

Parking can be a bit tricky. Projects like the Cole Field House renovations have eaten up a bunch of parking spaces, and unfortunately, the underclassmen are bearing the brunt of that. Freshmen who are residents can’t currently register for parking (unless they apply for an exception). Registration isn’t cheap, either. For the 2020-21 academic year, annual parking permits were \$650 for resident students and \$336 for commuter students. There are numerous lots and garages on campus, each with their own rules and restrictions. If you get a permit, you’ll want to make sure you’re parking in the right place. Many parking lots may close or change in size with all of the construction going on, so be sure to check the DOTS website and The Diamondback website for updates.

RENT A BIKE OR SCOOTER

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



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A GUIDE TO THE COLLEGE FINANCIAL AID PROCESS

By Amanda Hernández | @amandavhernan | Senior staff writer

Now that you've been accepted into the University of Maryland, you may be navigating the financial aid process or wondering what you could have done differently. There's one thing we all know for sure – the financial aid process is overwhelming and daunting. College comes with a big price tag.

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

The University System of Maryland sets tuition for all institutions in the university system, including this university. They approve increases to in-state and out-of-state tuitions, like the recently-announced increase for the 2021-2022 academic year. Out-of-state tuition will grow by 5 percent, jumping from \$34,936 to \$36,683. In-state tuition will increase 2 percent from \$8,824 to \$9,000.

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

FEDERAL AND STATE BASED AID

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

Some states also have financial aid programs for state residents who attend college in the state and outside of it, as well as out-of-state students. In Maryland, there's MDCAPS, which processes applications for state-sponsored

scholarships. Programs like this usually use the information entered in your FAFSA application to determine what kind of state-based aid you would be eligible for.

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

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

BREAKING DOWN DIFFERENT TYPES OF AID

Scholarships

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

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

Grants

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

Loans

Loans are where it gets really tricky in the world of financial aid. A loan is money you borrow from the government, bank, financial institution or other organization, which you must pay back with interest. Private loans can

be more difficult to navigate, but federal student loans usually have more benefits, according to the U.S. Department of Education. The two most common types of federal student loans are direct subsidized or direct unsubsidized. Direct subsidized loans are based on financial need and do not need to be paid until you graduate. Direct unsubsidized loans, though, are not based on financial need and students are responsible for paying the interest.

Work study

Last, but certainly not least, federal work study provides students who show financial need with part-time jobs. The work study program is available to both full-time and part-time students. The money earned is meant to help students cover education-related expenses.

RESOURCES FOR TRANSFER STUDENTS

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

RESOURCES FOR UNDOCUMENTED STUDENTS

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

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

UNA GUÍA DEL PROCESO DE AYUDA FINANCIERA UNIVERSITARIA

Por Amanda Hernández | @amandavhernan | Escritora

Ahora que usted ha sido aceptado en la Universidad de Maryland, puede estar navegando por el proceso de ayuda financiera o preguntándose qué podría haber hecho de manera diferente. Hay una cosa que todos sabemos con seguridad: El proceso de ayuda financiera es abrumador y desalentador. La universidad trae consigo un costo muy alto.

Durante las últimas tres décadas, los costos de la matrícula universitaria se han disparado. En las escuelas públicas de cuatro años la matrícula ha aumentado de unos \$4.000 anualmente a más de \$10.000, según dicen datos del College Board.

El Sistema Universitario de Maryland establece la matrícula para todas las instituciones del sistema universitario, incluyendo a esta universidad. Aprueban aumentos a las matrículas para estudiantes residentes dentro y fuera del estado, tal como el aumento que fue recientemente anunciado para el año académico 2021-2022. La matrícula para los que vienen de afuera del estado de Maryland crecerá en un 5 por ciento, saltando de \$34.936 a \$36.683. La matrícula de estudiantes residentes en el estado de Maryland aumentará 2 por ciento de \$8.824 a \$9.000.

Pero no se preocupe — aquí hay un desglose de diferentes tipos de ayuda financiera y algunos consejos para ayudarlo en el proceso.

AYUDA FEDERAL Y ESTATAL

Es posible que ya sepa qué es FAFSA y por qué es importante. Pero como recordatorio, FAFSA, también conocida como la Solicitud Gratuita de Ayuda Federal para Estudiantes, permite a los estudiantes que buscan títulos universitarios o graduados solicitar ayuda financiera federal. Esto puede aplicarse a la matrícula, tarifas, pensión completa, libros de clase y otros gastos relacionados con la educación.

Algunos estados también tienen programas de ayuda financiera para residentes del estado que asisten a la universidad en su estado y fuera de él, así como para estudiantes fuera del estado. En Maryland, existe el MDCAPS, que procesa las solicitudes de becas patrocinadas por el estado. Programas como este generalmente usan la información ingresada en su solicitud FAFSA para

determinar para qué tipo de ayuda estatal usted sería apto.

Independientemente de cómo usted u otros perciban su situación financiera, es importante solicitar ayuda tanto federal como estatal, ya que aún le pueden ofrecer ayuda federal o su solicitud puede ser apta para premios estatales.

Ahora bien, es probable que tenga curiosidad sobre los tipos de ayuda que existen y cómo funcionan. A continuación, encontrará un desglose de cada uno de ellos.

DESGLOSANDO LOS DIFERENTES TIPOS DE AYUDA

Becas

Las becas se presentan en todas las formas y tamaños. Además, no es necesario devolver la cantidad. Las becas pueden ser basadas en méritos o basadas en la necesidad financiera del estudiante. Puede encontrar miles de becas para solicitar en línea, pero no se olvide de postular también a las más pequeñas y locales en su área.

Si usted ya sabe en lo que se va a especializar, le recomiendo buscar grupos profesionales relacionados con su especialización que financian becas. Si vive en Maryland, también puede postular a las becas de delegados y senatoriales.

Subvenciones

Las subvenciones también son otra forma excelente de financiar su educación. Tampoco es necesario preocuparse por pagar estos gastos. La mayoría de las subvenciones se conceden a los estudiantes en función a las necesidades financieras, pero eso no debería ser disuadirlo de completar una solicitud. El gobierno federal ofrece varias subvenciones a través de FAFSA, como la Federal Pell Grant. Las universidades también ofrecen a veces subvenciones.

Préstamos

El proceso de préstamos es donde se complica el tema en el mundo de la ayuda financiera. Un préstamo es dinero que usted pide prestado al gobierno, un banco, una institución financiera u otra organización, que debe pagar después con intereses. Los préstamos privados pueden ser más difíciles de navegar, pero los préstamos federales para estudiantes suelen tener más beneficios, según el Departamento de Educación de los Estados Unidos. Los dos tipos más comunes

de préstamos federales para estudiantes son préstamos subsidiados o préstamos directos no subsidiados. Los préstamos directos subsidiados se basan en la necesidad financiera y no necesitan ser pagados hasta después de haberse graduado. Los préstamos directos no subvencionados, sin embargo, no se basan en la necesidad financiera y los estudiantes son responsables de pagar los intereses del préstamo.

Programas de trabajo y estudio

Por último, pero no por ello menos importante, el programa de trabajo y estudio federal proporciona a los estudiantes que demuestren necesidad financiera con empleos a tiempo parcial. El programa de estudio de trabajo está disponible tanto para estudiantes de tiempo completo como de tiempo parcial. El dinero ganado está destinado a ayudar a los estudiantes a cubrir los gastos relacionados con su educación.

RECURSOS PARA ESTUDIANTES DE TRANSFERENCIA

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

RECURSOS PARA ESTUDIANTES INDOCUMENTADOS

Navegar el proceso de ayuda financiera ya es suficientemente difícil, pero como estudiante indocumentado, puede ser aún más desalentador. Mientras que algunos programas de ayuda financiera requieren que los estudiantes sean ciudadanos estadounidenses, también puede encontrar becas u otros programas que ofrecen asistencia financiera a estudiantes indocumentados.

El Programa de Vida Estudiantil para Inmigrantes e Indocumentados en esta universidad también ofrece una lista amplia en línea de becas y otros recursos financieros disponibles para estudiantes indocumentados.

THE BEST OF BOTH WORLDS

Here's how you can balance extracurriculars and academics.

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



A REC WELL EMPLOYEE explains the rules for intramural futsal to students in the Armory. Intramural sports are a great way to get involved in campus life. JULIA NIKHINSON/THE DIAMONDBACK

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

PINPOINT YOUR PRIORITIES

At the beginning of fall semester, the university holds an annual First Look Fair, where representatives from student organizations share information. Whether it's in-person on McKeldin Mall or

held virtually on Zoom, go to the fair to see what's offered. Sign up for things that interest you.

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

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

The First Look Fair is also a great opportunity to gauge how much of a time commitment extracurriculars will be, so don't be afraid to ask club leaders straightforward questions about what to expect.

It's not always this easy, but if you can, pick activities that complement each other. If you want to double major, look for strong

crossover with your General Education credits. Some professional and social Greek life organizations have similar point categories where you can fulfill both requirements with one activity.

SCHEDULING IS KEY

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

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

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

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

DON'T BE AFRAID TO SAY NO

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

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

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

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

If you do go for a leadership position, communicate with other club leaders about equally delegating responsibilities. Ask them for tips and guidance for balancing things along the way. Clubs are meant to be a fun opportunity, and extracurricular leaders are "there to help and explain everything to you," McCord said.

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DORM SWEET DORM

Welcome to your new home! Dorms across campus vary in size and amenities. Here's a look inside a few campus dorm rooms, along with some students' thoughts on the options. For a full list of dorms, see the campus map on page 10-11.



ANNE ARUNDEL HALL. JULIA NIKHINSON/THE DIAMONDBACK

ANNE ARUNDEL HALL

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

- EMMA GRAZADO | Diversions, engagement editor



HAGERSTOWN HALL. GABBY BANIQUEO/THE DIAMONDBACK

HAGERSTOWN HALL

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

- CHLOE GOLDBERG | Former staff writer



WICOMICO HALL. JOE RYAN/THE DIAMONDBACK

WICOMICO HALL

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

- RACHEL S. HUNT | Director of digital strategy



A SINGLE in a Montgomery Hall suite. RACHEL S. HUNT/THE DIAMONDBACK



PRINCE FREDERICK HALL. JOE RYAN/THE DIAMONDBACK

PRINCE FREDERICK HALL

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

-CHRISTINE ZHU | Staff writer



A DOUBLE in Cumberland Hall. JULIA NIKHINSON/THE DIAMONDBACK



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WHAT TO PACK

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

By Christine Zhu | @christinezhu142 | Staff writer

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

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

I recommend bringing from the get-go for the sake of convenience.

A MATTRESS TOPPER

I packed about two weeks worth of stuff. As the pandemic raged on, there were concerns of getting kicked off the campus, and I didn't want to haul everything to college just to haul it all back weeks later. As a result, I skipped out on getting a mattress topper, an item just about every college YouTuber declares essential.

Then, for a few days I woke up completely sore — so I gave in. The Target closest to

the campus, under the Landmark apartment complex, doesn't sell mattress toppers. I wound up asking my mom to buy one and drop it off for me. After that, I slept much better, and the soreness went away.

AN OLD PAIR OF SHOES

You will do a lot of walking around the campus, and this university has a ridiculous number of hills. You want a pair of shoes that can endure the rainiest of days and the mud-di-est of sidewalks.

On another note, I'm what you would call

physically uncoordinated. I work at a beverage shop, so old shoes have come in handy as I have spilled many syrups, jams and drinks onto counters, floors and, inevitably, myself.

A FIRST AID KIT

If you're also physically uncoordinated like myself, you will probably scrape yourself at least once. Or you'll have a pounding headache an hour before an assignment is due. Or one of your buddies will be a bumbling klutz, and you'll be the one who saves them. Whatever the case, it's always good to have Band-Aids, antibiotic ointment and pain relievers on hand.

A SWIFFER SWEEPER, BROOM OR VACUUM

My building's rooms don't have carpets. If yours do, or if you have a rug, I suggest a vacuum. But for me, a Swiffer Sweeper was

perfect. To this day, I have no idea where all that dust came from, but my trusty Swiffer was able to make my floor sparkle.

In another turn of events, if your floor-mates ever decide to take rides in those yellow move-in bins, a Swiffer or broom makes an excellent paddle. Use the handle end to "row."

BOWLS, PLATES, MUGS AND UTENSILS

There will likely be at least one occasion where you can't be bothered to go to the dining hall. If your building has a kitchen, either you or your friends might cook, someone's parents will send a cake for their birthday or you'll order delivery.

It's a good idea to have cutlery and containers on hand, as well as dish soap and sponges to clean them. Otherwise, you may find yourself eating charcuterie off of a Tupperware lid

because your friends ran out of paper plates.

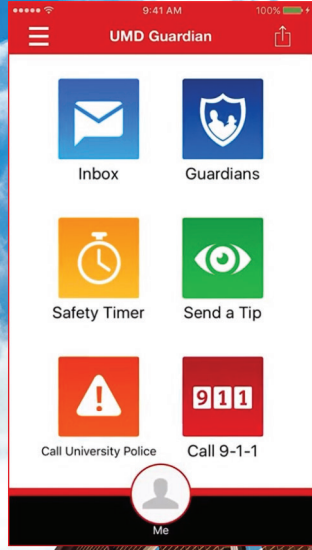
COVID-19 ESSENTIALS

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


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

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MAINTAINING MENTAL AND PHYSICAL HEALTH

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

By Rachel S. Hunt and Sofia Garay | @rachelsuzhunt and @sofgaray | Staff writers

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

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

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

Decide what kind of care you need

Decide at the beginning of the year what kind of care you need to maintain an emotionally healthy state of being. This could mean anything from getting professional help and regularly journaling to scheduling planned calls with friends or family. Err on the side of caution.

Medication and talk therapy don't have to be mutually exclusive, either.

Most therapists you talk to will recommend that you eat well, exercise and get enough sleep. TherapistAid.com has dozens of free resources that can help you identify how you're feeling, manage stress, practice mindfulness and develop healthy habits. Joining group therapy can also be a cheaper alternative to individual therapy.

If you're looking for a free option, consider joining a faith-based organization, whether that be University of Maryland Hillel, the Catholic Student Center or any other religious group on campus. This can be a great way to build community with like-minded people and they can usually connect you with spiritual mentors. Of course, remember this should be in addition to professional advice rather than in complete substitution of it. Self-diagnoses are not medical diagnoses.

Watch what you consume

While this isn't a catch-all for mental health issues, watch what you consume on social media and in your everyday life. There can be many dangerous "clickholes" on the internet — accounts or threads advertising themselves as mental health resources, but instead just being triggering.

TikTok is one of the worst places for this because the algorithm can pick up on various issues you're struggling with and make it hard to escape from the sometimes pessimistic dialogue. Luckily, if you hold down on the video, you can flag it or mark yourself as "Not interested."

Take a critical look at the hashtags you explore, people you follow, music you listen to and movies you watch. Just like you are filtering what sentimental items and clothing you're bringing to college, you should be sorting through what social media habits you should keep or ditch.

Set boundaries and manage accountability

"Boundaries" might sound like a scary word. View them simply as protections you put around yourself. These boundaries can be physical, emotional, intellectual, social or spiritual. Making a list of traits you look for in a friend or partner before getting to college can be a great place to start. That way, you can identify what you subconsciously compromise on when those people actually come around.

Talking to your future roommate about dorm etiquette is a great example of boundary setting. Time is one of the biggest boundaries we sometimes underestimate. If you're unsure about how you're doing with your boundaries in any regard, ask yourself: Am I taking more or giving more?

Once you've set these boundaries, you can move into being held accountable. Ask a friend or mentor to give you a heads-up if you start breaking your own boundaries. This could be anything from having too many drinks at the bar to not submitting your homework assignments on time. You can also give someone signs of when to check on you, like if you haven't left your room in a while or have started skipping meals.

You are to some extent responsible for yourself, so don't completely

blame your bad decisions on other people for not saying anything. Don't blame your mental breakdown on someone's inability to recognize that you're struggling, either. That would be overstepping their boundaries.

Get a hobby

Your happiness should not be dependent on how successful you are in your future career. Your worth is not dependent on what you do. Find what gives you joy and pursue it.

This could be joining a club sport, making art, learning a new language, doing yoga exercises or reading about a niche subject. Oftentimes, what we're studying does overlap with what we love, but we have to be careful not to lose sight of who we are outside of academics.

It can be really hard to untangle our worth from our productivity. Sometimes it's nice to keep these hobbies private so you don't have to fend off exhausting criticism or discussion that distracts you from simply doing you. By having something that's just ours, we realize that we can be creative and pleased by something that doesn't necessarily benefit other people.

If you're not sure what to do, try something new! Join a club that piques your interest or Google a list of hobbies to explore. Finding some sort of creative and/or physical outlet is beneficial to you because it can prevent a buildup of stress and other negative emotions.

This isn't a comprehensive list that will guarantee you a sparkling mental health status, but it is a place to start if you're worried about the upcoming stress of navigating new relationships, academic responsibilities and extracurricular endeavors. Life isn't just about surviving. You're meant to thrive. Good luck on your journey! I believe in you.

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STUDENT LOANS



Maintaining one's physical health isn't all about hitting the gym for three hours a day or only eating vegetables. It's more about remembering to maintain a balance of these four wellness areas: Having good nutrition, incorporating exercise into your daily schedule, getting enough sleep and learning to manage your stress.

According to Jane Jakubczak, a registered dietician at the University of Maryland, those four wellness areas are what affect students' overall health and well-being.

It can be hard to resist the urge to indulge in Marathon Deli fries or Maryland Dairy ice cream, but food is fuel, and you want to give your body the right kind. This doesn't mean you can't enjoy the foods you love — but just be aware of what you put into your body and how it makes you feel.

Jakubczak said students should "think of it like refueling the tank or refueling the brain."

Eating at least three full meals a day is important so your body has enough energy to get you through a hard day of classes and extracurriculars, which is recommended by Harvard Health. I recommend scheduling your meals in advance, and if you know you aren't going to have time, try packing a meal or snack beforehand.

Eating right isn't the only behavior that will help maintain your health, though — incorporating some form of exercise into your day, even

if it's just walking to classes, will also help you become healthier and fit.

According to Jakubczak, about 30 to 60 minutes is the recommended amount of exercise per day. This doesn't mean you have to spend hours doing cardio or weightlifting. You should find activities you enjoy — maybe that's playing an intramural sport such as pickleball or soccer, or taking zumba and yoga classes.

University Recreation and Wellness classes helped senior kinesiology major Hannah Fields stay active while living on campus during her freshman year. Fields recommends taking advantage of classes offered by RecWell because they're fun and free to students, she said.

In order to have energy for any activities on top of school, you also need to prioritize your sleep, which is arguably the hardest part of staying physically healthy. Sleep is one of the most important aspects of your physical health because it affects every other aspect of your life, Jakubczak said. Without enough sleep, you can't function properly, and you won't have adequate energy to do your assignments, study or even pay attention to your classes.

Fields notices a difference in her energy levels and performance in school when she does not get a good night's sleep, so she makes sure to prioritize her sleep while at school, she said.

"I'm a really big proponent of getting enough sleep," she said. "I really do make sure I'm getting eight hours of sleep every night because I know it's what makes me feel my best."

She also recommended that as you're getting accustomed to a new life in college, you should also take everything with a grain of salt and find what works best.

"You're still figuring out a new space and ... it's a whole new life," Fields said.

The university's Counseling Center recommends seven to nine hours of sleep for college students as "anything less than 7 hours per night can impact your functioning." Instead of pulling an all-nighter to cram for an exam, get that extra hour of sleep so you can be well-rested for the exam and retain the information better.

The University Health Center also offers plenty of resources for students looking to stay physically healthy — from peer nutrition coaching and consultations with a registered dietician to meditation services and peer wellness coaching.

Most importantly, I recommend listening to your body. You know your body best, and a lifestyle that consists of salads and gym days may not be the best fit for you. Find what you enjoy and do what makes you feel your best so you can do your best in school.

COMMUNITY, SUCCESS AND GRACE:

A GUIDE TO NAVIGATING A LARGELY WHITE INSTITUTION

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

By Shreya Vuttaluru | @shreyavut_ | Staff writer

FIND A COMMUNITY

One of the best things I did for myself as a South Asian student was to find South Asian organizations at this university. In search of a community to call my own, I spent several nights Instagram-stalking the university's South Asian-interest organizations.

Soon after joining a few organizations, I learned that community and welcoming spaces were key to feeling comfortable on the campus. Amy Rivera, a sophomore criminology and criminal justice and government and politics major, agreed.

"It's just great seeing other people who embrace their culture, and they're all super welcoming," she said.

But finding your community doesn't necessarily mean people need to share your culture. You can also find a community within people who care about you and look out for you, emphasized Nabila Prasetiawan, a junior philosophy, politics and economics and women's studies major.

"We have to... build our own systems of support," she said.

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

DEFINE YOUR OWN SUCCESS

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

You define success for yourself, Rivera said — whether that's joining leadership in clubs and vocalizing issues, or just scraping by in your classes and doing what you can.

Junior government and politics major Imani Nokuri stressed that mindset and prioritizing your own well-being is also a key part of succeeding. You have inherent value, she said, and it's important to keep that in mind.

"You really do have to come to a place where you understand that, regardless of who you are, people are going to have doubts about you," she said. "Don't pay them any mind."

GIVE YOURSELF GRACE

One of Prasetiawan's defining realizations was that she couldn't call out and reform organizations by herself. That's why she feels it's important to find community and mentors.

"The one thing that I've learned not to do ... is to be angry at traditions and systems that were never meant for you," she said.

Rivera also noted people might invite you to participate in diversity and inclusion boards. But you don't have to take part in these kinds of spaces, unless you feel inclined to.

I agree — you're here at this university to educate yourself, not to play the role of teacher to people who might not understand your experiences. Your time here is precious, so use it to pursue things you are genuinely interested in.

"Definitely give yourself the grace to make mistakes, to be young, to have fun, and don't let anybody else tell you otherwise," Rivera said.

COMUNIDAD, ÉXITO Y GRACIA:

UNA GUÍA PARA NAVEGAR POR UNA INSTITUCIÓN EN GRAN PARTE BLANCA

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

Por Shreya Vuttaluru | @shreyavut_ | Escritora

ENCUENTRA UNA COMUNIDAD

Una de las mejores cosas que hice por mí mismo como estudiante del sur de Asia fue encontrar organizaciones del sur de Asia en esta universidad. En busca de una comunidad que llamara la mía, pasé varias noches en Instagram acosando a las organizaciones del sur de Asia de la universidad.

Poco después de unirme a algunas organizaciones, aprendí que la comunidad y los espacios acogedores eran la clave para sentirme cómodo en el campus. Amy Rivera, una estudiante de segundo año estudiando la criminología, la justicia penal y el gobierno y la política, estuvo de acuerdo.

"Es estupendo ver a otras personas que abrazan su cultura, y todos son muy acogedores," dijo Rivera.

Pero encontrar su comunidad no significa necesariamente que la gente necesite compartir su cultura. También se puede encontrar una comunidad dentro de las personas que se preocupan por usted y que le cuidan, enfatizó Nabila Prasetiawan, una estudiante de tercer año estudiando la filosofía, la política y la economía y los estudios de la mujer.

"Tenemos que... construir nuestros propios sistemas de apoyo," dijo Prasetiawan.

Para explorar la variedad de organizaciones o clubes de la universidad, recomiendo asistir al First Look Fair, FreshCon, un evento de bienvenida para los estudiantes negros, o buscar en las redes sociales.

DEFINA SU PROPIO ÉXITO

Es muy fácil rendirse al síndrome de impostor e intentar adaptarse al molde de las personas que ve a su alrededor. Pero el éxito es subjetivo y, como estudiante de color, podría enfrentar otras barreras que sus compañeros blancos no enfrentan.

Define el éxito por sí mismo, dijo Rivera — ya se trate de unirse al liderazgo en clubes y vocalizar problemas, o simplemente pasar sus clases y hacer lo que pueda.

Imani Nokuri, una estudiante de tercer año estudiando el gobierno y la política, hizo hincapié en que la mentalidad y la priorización de su propio bienestar también es una parte clave del éxito. Usted tiene valor inherente, dijo ella, y es importante tener esto en cuenta.

"Realmente tiene que llegar a un lugar donde entienda que, independientemente de quién sea, la gente va a tener dudas sobre usted," dijo ella. "No les pague ninguna mente."

DESE GRACIA

Una de las comprensiones más importantes de Prasetiawan fue que no podía llamar y reformar organizaciones sola. Por eso siente que es importante encontrar una comunidad y los mentores.

"Lo único que he aprendido a no hacer... es enojarse con las tradiciones y los sistemas que nunca fueron para usted," dijo ella.

Rivera también mencionó que la gente puede que le invite a participar en juntas de diversidad e inclusión. Pero usted no tiene que tomar parte en estos tipos de espacios, a menos que usted se sienta inclinado a hacer eso.

Estoy de acuerdo: Está aquí en esta universidad para educarse a sí mismo, no para desempeñar el papel de maestro para las personas que puede que no entienda sus experiencias. Su tiempo aquí es precioso, así que utilícelo para perseguir las cosas en que usted está genuinamente interesado.

"Definitivamente dale la gracia de cometer errores, de ser joven, de divertirse, y no deje que nadie más le diga lo contrario," dijo Rivera.

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HUNGRY, TERPS? ON-CAMPUS DINING

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



STAMP STUDENT UNION is home to a food court that features restaurants such as Chick-fil-A, Qdoba and Saladworks. JULIA NIKHINSON/THE DIAMONDBACK

DINING AT STAMP

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

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

OTHER OPTIONS

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

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

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

DINING OPTIONS IN STAMP

Chick-fil-A
The Coffee Bar
Maryland Dairy
Qdoba

Subway
Panda Express
Saladworks

CAMPUS CAFES

Applause
The Clarice Smith
Performing Arts Center
BRBean
Bioscience Research Building
Breakpoint
The Iribe Center
Bytes
The A.V. Williams Building
Creative Commons
Tawes Hall
Food for Thought
The Edward St. John Teaching
And Learning Center
Footnotes
McKeldin Library

Kim Kafe
Kim Engineering Building
Off the Record
Knight Hall
Physics
The Toll Physics Building
Quantum
The Physical Sciences Complex
Rudy's
Van Munching Hall
Samovar Ramen Noodle Bar
H. J. Patterson Hall
Sneaker's Smoothies
Eppley Recreation Center
The Turn
UMD Golf Course clubhouse

BUDGETING TIPS

Budgeting tips to help you avoid zeros in your bank account.

By Ross O'Keefe | @RossOKeefe2 | Staff writer

A brisk, fresh breeze engulfs you as you open the door of your favorite College Park shop. You peer at every item in the store until finally finding that one thing your parents said you really needed for college. One swipe, and you're done ... until the clerk seemingly screams those fateful words: "I'm sorry, your card has been declined."

Years of not having to worry much about your bank account balance has finally caught up to you — here's how you can avoid those zeros.

STRETCH YOUR MEALS

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

Even if packet-less ramen is the peak of what you can drum up, it beats the price of almost anything out there. Limit what you spend outside of groceries and your dining plan. Cooking is a plus, so now's a good time to learn how if you don't know already.

You might discover a passion, or at the very least, higher quality food than you might expect.

FIND A JOB

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

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

One of the best ways to get one is right under your nose: the University of Maryland. This university is the largest employer in the area, and routinely hires students for jobs that

are usually very accommodating to student schedules. These jobs won't exactly line your pockets with cash, but it is something.

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

INVEST (CAREFULLY)

And, no, I do not mean pouring \$50 into ultra-volatile Dogecoin.

Investing in college is more about saving

times before, but that's probably because it consistently rings true. If you wear the same pair of shoes everyday, why buy more?

If little things such as having extra shoes, satisfy you, so be it. But you can't have both. In order to get that Nintendo Switch you've been wanting, you might have to give up the new shoes.

Reuse things when you can and limit unnecessary purchases. However, necessities



MGT BANK had a ribbon cutting ceremony to announce the opening of their new location in Stamp. JULIA LERNER/THE DIAMONDBACK

money than earning it. Putting money away on common investing brokerage Robinhood is more of a budget handcuff than a real job.

You have to ask yourself what you are saving or investing for: Are you saving long-term or so you can have extra money for a late-night Marathon Deli binge? This should drive your investing thought process. If you want to learn more, I recommend browsing through Investopedia.

EFFICIENCY IS KEY

You've probably heard the "buy what you need, not what you want" spiel multiple

such as toilet paper are items you may consider buying in bulk or on sale when you can. If it's something you have to buy, you may as well get it now and save.

If you still don't understand why someone would undergo inconveniences to save in college, consider this: my best experiences spending money usually are because I put the effort into saving it.

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

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YOUR MAJOR +
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CASH IN ON STUDENT DEALS

Once you’ve registered for classes, you can download Terpware. To access it, go to **terpware.umd.edu** and log in with your student ID. Two of the main perks are Adobe Creative Cloud and Microsoft Office.

Creative Cloud comes with a bunch of applications for design and produc- tion. You’ve got Photoshop to make fire memes, Audition to finish up your

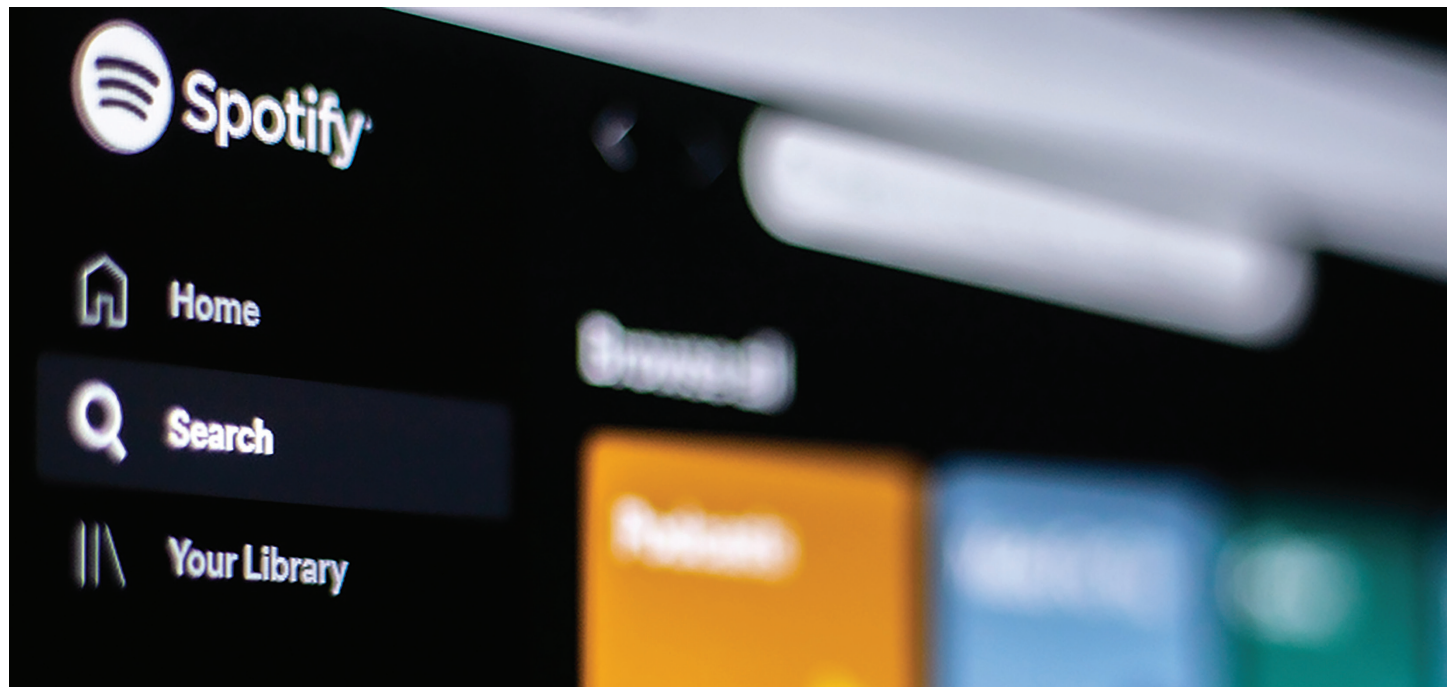
mixtape and Premiere Pro to get your YouTube career off the ground — plus Illustrator and Acrobat. The point is, it’s pretty sweet. But the license runs out after you graduate, so you’ll have to subscribe if you want to keep your stuff.

Students also have access to Microsoft Office 365, which offers Word, Excel and PowerPoint, among other programs. If you really want to save, we also highly

recommend signing up for accounts with either UNiDAYS or Student Beans. UNiDAYS and Student Beans are apps that connect college students with discounts at a variety of stores such as H&M, Adidas, Nike, Microsoft, Apple and hundreds of others.

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

PRODUCT	NORMAL PRICE	STUDENT PRICE
Spotify Premium	\$9.99/month	\$4.99/month
Hulu	\$5.99/month	Free (with Spotify)
Showtime	\$10.99/month	Free (with Spotify)
Apple Music	\$9.99/month	\$4.99/month
Amazon Prime	\$12.99/month	\$6.49/month
Norton Security Standard	\$79.99/year	\$29.99/year



SPOTIFY has deals including other steaming for students. JULIA NIKHINSON/THE DIAMONDBACK

GET INVOLVED

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

GO GREEK

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

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

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

FINDING A STUDENT GROUP

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

FIRST LOOK FAIR

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

CLUB & INTRAMURAL SPORTS

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

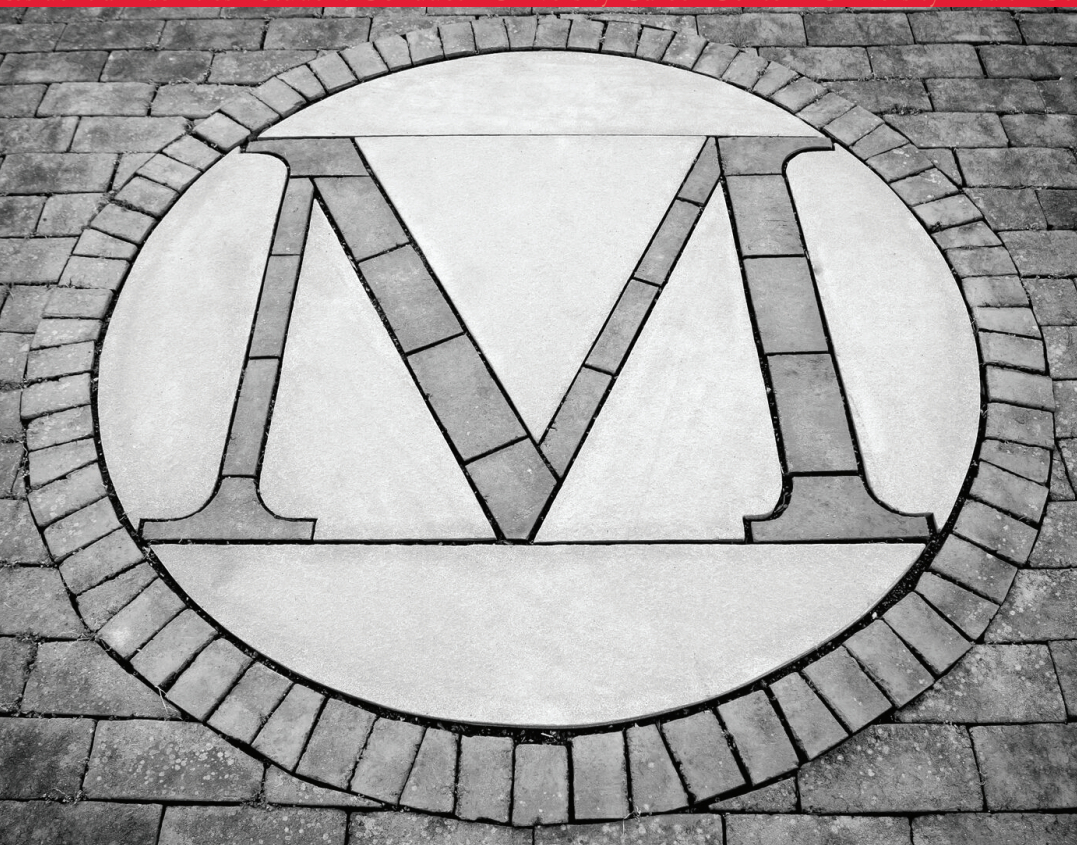


EACH YEAR, the First Look Fair offers students the opportunity to learn about different clubs and extracurriculars. (FILE PHOTO)



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MINDS MATTER: HEALTHY BRAINS FOR HEALTHY TERPS

As we all know, college can be stressful. You're under pressure to make connections with professors, succeed academically and form lifelong friendships — all in an unfamiliar environment. Don't feel you have to navigate this landscape alone. The Counseling Center offers plenty of helpful resources, so don't hesitate to reach out.

INDIVIDUAL COUNSELING

As a student enrolled at UMD, you're entitled to eight individual sessions with a university counselor per 12-month period. And here's the best part: they're free! Woohoo! To make an appointment, call the Counseling Center at (301) 314-7651 or stop by the reception desk on the main floor of the Shoemaker Building.

GROUP COUNSELING

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

COUPLES COUNSELING

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



THE COUNSELING CENTER, located inside the Shoemaker building, provides mental health resources to students. EVAN KRAMER/THE DIAMONDBACK

DROP-IN HOURS

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

REFERRAL SERVICES

Interested in seeking help off-campus? The Counseling Center keeps an extensive list of mental health resources nearby, including psychologists, psychiatrists and social workers. Call (301) 314-7651 to schedule an appointment with a care manager, who will work with you to find the best fit for your health care needs, location and financial situation.

TOP TIPS TO KEEP YOUR BRAIN HEALTHY:

EXERCISE

There's a reason you've heard this tip so many times when it comes to maintaining mental health: It works. You don't have to be an Olympic athlete to enjoy the abundant benefits working out provides. Whether you set time aside to shoot some hoops with friends, go for a run or take advantage of a workout class at Eppley, staying active fights depression and anxiety, helps you sleep better and is just magical all around.

GET PLENTY OF SLEEP

After a day packed with classes and club meetings, you might be tempted to stay up a bit later to catch up on work — don't do it! Keeping a strict bedtime is super important for helping with mental health issues such as depression and anxiety. And if that's not motivation enough for you to hit the sack, sleep also sharpens your focus and helps your mind perform better during the day.

EAT YOUR VEGETABLES

Maintaining good nutrition may be tricky in college, but that doesn't make it any less important. Certain mineral deficiencies — including Vitamin D, B Vitamins, Iron and omega-3 fatty acids — can make you more susceptible to developing depression. We want to avoid that!

CUT BACK ON CAFFEINE

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

LAUGH A LITTLE (OR A LOT)

What did the small pebble wish? That he was only a little boulder! Hopefully that cheesy joke made you chuckle a bit — we're only looking out for you. Research has shown that laughing releases endorphins, relieves depression and anxiety and strengthens social connections.

GET CREATIVE

Are you a knitter? A painter? A baker? That's awesome! Go ahead and indulge in these hobbies — regular creative activities have been found to improve mental health and increase dopamine levels in the brain.

SET REALISTIC GOALS

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

HAVE FUN WITH FRIENDS

There's no shame in being shy, but even the most introverted among us can benefit from partaking in human interactions from time to time. Doing so bolsters a support system you can fall back on in times of stress and diminishes feelings of isolation. Go forth and socialize!

TAKE TIME FOR YOURSELF

By this point, "self-care" has become a bit of a trite phrase, but that doesn't make it matter any less. Yes, studying and working hard is important, but do you know what's even more important? Your mental health. Try to take some time for yourself every day (even if it's just a few minutes!) to do something you enjoy. It will pay off in the long term.

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MANAGING MEALS

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

By Clara Niel | @clarasniel | Senior staff writer

PLAN YOUR MEALS

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

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

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

FOOD STORAGE

There are different ways you can store food in order to make sure it doesn't go bad. With that said, I try to freeze food as much as I can.

With bread, storing it in the freezer prevents it from getting stale and moldy. Slice it as necessary and throw it in a zip-close bag to store it. To defrost it, it just needs to be put in a toaster for a couple minutes.

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

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

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

GROCERY SHOPPING

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

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

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

With roommates, it can be easier to grocery shop as one unit. Go and buy everything you need as a household and what you want individually, such as snacks and drinks. Have one person pay and then use the receipt to figure out how much people owe.

RECIPE IDEAS

CAPRESE PASTA

This pasta dish is a simple and quick recipe that can easily be stored for future meals. With a reliable tomato base, it's delicious with summer flavors.

INGREDIENTS

1 box of cavatappi pasta
2 cloves of garlic
4 tomatoes, diced
1 tablespoon of tomato paste for thickening
Extra-virgin olive oil
Kalamata or black olives
Mozzarella, diced
Capers, if desired
Basil
Salt to taste

MAKE IT!

In a large bowl, pour a generous amount of olive oil and the tomato paste. Mince your garlic and capers, if desired, and add them in.

Boil a pot of water for your pasta. Always salt your water with a handful of salt before putting in the pasta. While your pasta is cooking, dice your tomatoes and olives. Add into the bowl of oil and mix.

When your pasta is finished, drain it, and add it into the bowl of tomatoes. While you wait for it to cool down, dice your mozzarella and add when the pasta is at least room temperature. Store in the fridge. Slice basil to add on top when eating, and enjoy!



CLARA NIEL/THE DIAMONDBACK

PEPPERONATA

This is a very versatile dish that works in all the seasons. While this recipe only has peppers, other vegetables like eggplants, zucchini, carrot and potatoes can be added to incorporate more vegetables. It can be eaten without the eggs or with another protein, such as chicken, as well.

INGREDIENTS

Extra-virgin olive oil
2 bell peppers
1 yellow onion
1 can of tomato sauce
Cayenne pepper
Salt and pepper
2 eggs

MAKE IT!

In a large pan on medium-high heat, throw in a generous amount of olive oil. Slice your onions into strips and add them to the pan. Stir occasionally.

While the onions are cooking, slice your bell peppers and add them into the pan. Cook the vegetables until they smell fragrant. Take your can of tomato sauce and add it into the pan. We want this to be saucy, so if you need to add more than one can, open another.

Bring the heat down to medium or low-medium, and put a lid on the pan. Let this cook for at least 30 minutes. Halfway through, add cayenne pepper for desired spiciness and salt to taste.

For eggs, we want them sunny side up. You can either cook them in the sauce or cook them in a separate pan. To cook them in the sauce, make holes for the eggs to crack them into. Put your heat on low and cover the peperonata again for 5 to 7 minutes, or until the eggs are cooked to your liking.

Serve in a bowl and enjoy!

MEDITERRANEAN QUINOA BOWLS

This is a great recipe to make that you can easily store the ingredients for later. It's simple and quick to get in a quick meal in the middle of the day. The dressing can be made in bulk and used for any salads or bowls you make in the future.



CLARA NIEL/THE DIAMONDBACK

BOWL INGREDIENTS

1 cup of quinoa
Cucumber
Cherry tomatoes
Red onion
Kalamata olives
Crumbled feta cheese
Mint leaves, optional

DRESSING INGREDIENTS

1 clove of garlic, sliced
1 1/2 teaspoons of Dijon mustard
1 teaspoon salt
1 teaspoon ground pepper
2 tablespoons balsamic vinegar
1 tablespoon red wine vinegar
6 tablespoons olive oil, regular and extra virgin

MAKE IT!

Get a pot with two cups of water. Bring to a boil and add one cup of quinoa. Boil for 12 to 15 minutes.

While the water is boiling and quinoa is cooking, dice the red onion and slice kalamata olives. Chop the cucumbers and tomatoes into bite size pieces. If desired, chop your mint. Use as much of these ingredients as desired.

For the dressing, use a jar for storage purposes. Take your clove of garlic, slice it and put it in the jar. Add the mustard, salt and pepper. Then, add the balsamic vinegar, red wine vinegar and olive oil. Shake or mix together until mustard looks somewhat dissolved.

When the quinoa is done, scoop out your desired amount and add toppings. Add your feta cheese, drizzle salad dressing and add mint if desired. Add salt and pepper to taste, and enjoy!

THE GAME DAY EXPERIENCE

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

STUDENT TICKETS

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

GIVEAWAYS

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

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TAILGATES

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

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

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

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

Make sure you BYOF (bring your own food). Sure, that crab cake in Maryland Stadium might look tasty, but it'll cost you a pretty penny. If you're tailgating, eat outside and don't buy the food in the stadium. Your wallet — and, in all likelihood, your stomach — will thank you.

THE FAN EXPERIENCE

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

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

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



LOWERING the giant Maryland flag over the student section is a time-honored tradition at home football and basketball games. JULIA NIKHINSON/THE DIAMONDBACK

VENTURING OUT

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

BUSBOYS AND POETS

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

- Alexander Dacy | Sports editor

SILVER DINER

This charming diner with a gourmet flair is one of the best places to take your parents if they come to visit, whether you’re hungover at noon on a Sunday or dead tired after UMD loses another football game. Go-tos such as grilled cheese and Philly cheesesteak come with flashes of brilliance such as cranberry-orange ginger sauce and honey pepper relish. And the all-day breakfast — especially the caramel French toast — is fantastic.

- Christine Condon | Former special projects editor

MARATHON DELI

Everyone will tell you to go to Marathon Deli, and this is one of those times when everyone is right. There’s nothing quite like shoveling down a 2 a.m. gyro along with what I can only refer to as College Park’s Holy Grail: Marathon Fries. Don’t let anyone tell you they’re just normal fries. Their mayo-y sauce is unsurpassed by any other late-night flavor, and there will be plenty to go around at Marathon’s new location on Route 1.

- Christine Condon | Former special projects editor

KUNG FU TEA

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

- Joy Saha | Former diversions writer

NUVEGAN

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

- Camryn DeLuca | Former Diversions writer & assistant engagement editor

PHO THOM

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

- Christine Condon | Former special projects editor

CAVA

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

- Joy Saha | Former diversions writer

ON THE MENU: COLLEGE PARK

Here is a list of some more eateries around campus.

	NAME	WHAT	WHERE
BARS	Terrapin’s Turf Cornerstone Grill & Loft R.J. Bentley’s Looney’s	Spacious, live entertainment Sports bar, American food Weekly drink specials Sports bar, cover bands	Route 1 Route 1 Route 1 Under The Varsity
PIZZA	Ledo Restaurant Blaze Pizza Pizza Kingdom	Square-shaped pizza Build-your-own pizza \$5 for a jumbo slice	Route 1 Route 1 Route 1
LATIN AMERICAN	Azteca Restaurant and Cantina District Taco Pupuseria La Familiar Taqueria Habanero Ritchie’s Colombian Restaurant	Mexican, Salvadoran cuisine Burritos, tacos, quesadillas Traditional Salvadoran dishes Puebla, Mexican cuisine Authentic Colombian cuisine	Near Courtyards Riverdale Park Campus Village Shoppes Campus Village Shoppes Route 1
ASIAN	Jumbo Jumbo Northwest Chinese Food Aroy Thai Shanghai Tokyo Hanami Kangnam BBQ Food Factory	Taiwanese chicken and bubble tea Modern and traditional Chinese Pad Thai, noodles, curries Chinese, Japanese, Thai food Sushi, noodles, hibachi Korean barbecue Indian and Middle Eastern cuisine	Near Lot 1 Route 1 Route 1 Under The View Campus Village Shoppes Near The View Campus Village Shoppes
CHICKEN	Cluck-U Chicken Nando’s Peri-Peri Poh-Yo	Chicken wings Flame-grilled chicken Charcoal chicken	Route 1 Route 1 Campus Village Shoppes
BAGELS AND DELI	Bagels ‘n Grinds Bagel Place Marathon Deli	New York-style bagels Family-owned bagel place Greek cuisine and gyros	Route 1 Route 1 Route 1
VEGAN AND SALAD	Sweetgreen NuVegan	Fast casual salads Meat-free entrees, juices	Under The View Under The Varsity
COFFEE AND TEA	The Board and Brew Vigilante Coffee Kung Fu Tea	Cafe fare and over 500 board games Fair-trade coffee Bubble tea	Under The Varsity Near The View Route 1
MISCELLANEOUS	College Park Diner Noodles & Company Insomnia Cookies	American fare Noodles and pasta Late-night cookies	Near Monument Village Route 1 Route 1

D.C. ATTRACTIONS

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

MUSEUMS

National Air and Space Museum
National Museum of African American History and Culture
National Museum of American History
National Museum of the American Indian
National Museum of Natural History
Planet Word

GARDENS

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

ART GALLERIES AND EXHIBITIONS

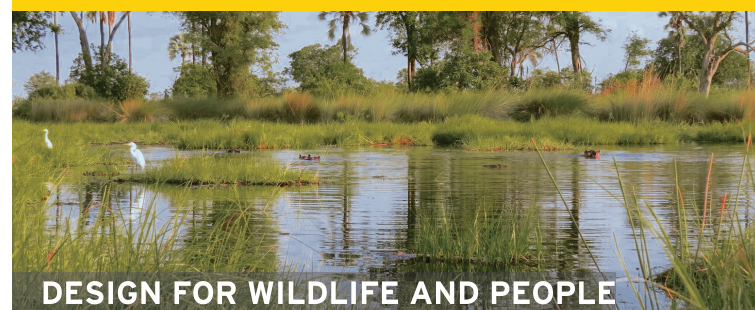
National Gallery of Art
Smithsonian American Art Museum
National Portrait Gallery
Renwick Gallery of the Smithsonian American Art Museum
Hirshhorn Museum and Sculpture Garden
Freer Gallery of Art
National Museum of African Art
Arthur M. Sackler Gallery
ARTECHOUSE DC



HEALTHY, SUSTAINABLE FOOD



COMBATING CLIMATE CHANGE



DESIGN FOR WILDLIFE AND PEOPLE



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LANDSCAPE ARCHITECTURE

Discover how to grow healthy fruits, vegetables, and field and ornamental crops sustainably to increase food access, safety and nutrition. Inspire youth in agricultural education.

Use plant biology and new technologies to help make resilient crops that can grow in our changing world, reduce pesticide use, and improve crop yield and nutrition.

Design landscapes that support wildlife, improve human health, ameliorate climate change and enhance lives in all communities.

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GET YOUR WORKOUT ON

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



THE EPPLEY RECREATION CENTER, located on North Campus, is just a short walk from many dorms on campus, especially those in the Cambridge and Ellicott communities. FILE PHOTO/THE DIAMONDBACK

EPPLEY RECREATION CENTER

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

REGENTS DRIVE STUDIOS

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

SCHOOL OF PUBLIC HEALTH

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

RITCHIE COLISEUM

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

RECKORD ARMORY

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

EN-TERP-TAINMENT



CLOCKWISE FROM TOP LEFT: Jessie Reyez performs at the 2019 Art Attack, Post Malone performs at the Capital One Arena in Washington, D.C., and They. performs at the 2019 Art Attack. JULIA NIKHINSON/THE DIAMONDBACK

CONCERTS

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

MOVIES

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

OTHER EVENTS

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

SEE’S FREE MOVIE SERIES

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

ART ATTACK

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



YBN CORDAE performs at the Fillmore in Silver Spring, MD. EVAN KRAMER/THE DIAMONDBACK

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UNIVERSITY
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TERP TRIVIA

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

1. YOU CAN SEE THE **WASHINGTON MONUMENT** FROM THE TOP OF MARYLAND STADIUM.
2. UMD HAS SIX — COUNT 'EM, **SIX** — LIBRARIES ON THE CAMPUS.
3. MORE THAN 100 COUPLES **GET MARRIED** IN THE CHAPEL ON THE CAMPUS EVERY YEAR.
4. THERE'S A SPOT ON THE CAMPUS THAT IS SUPPOSEDLY CURSED — IF YOU STEP ON THE **POINT OF FAILURE**, YOU WON'T GRADUATE IN FOUR YEARS.
5. UMD RESEARCHERS MADE A COMPUTER THAT CAN **BEAT 'JEOPARDY!' WINNER KEN JENNINGS**.
6. THERE ARE SIX **DIFFERENT TESTUDO STATUES** AROUND THE CAMPUS.
7. IN 2011, MARYLAND FANS WERE NAMED ONE OF THE **WORST FAN BASES** IN THE U.S., DUE TO REPEATED RIOTS AFTER BASKETBALL GAMES.
8. PEOPLE LEAVE OFFERINGS TO THE TESTUDO STATUE IN FRONT OF THE MCKELDIN LIBRARY. ONE TIME, THINGS GOT OUT OF HAND AND **TESTUDO CAUGHT ON FIRE**.



STUDENTS hold up Gold Rush newspapers during a home basketball game. JULIA NIKHINSON/THE DIAMONDBACK

9. SOME OF **NATIONAL TREASURE: BOOK OF SECRETS** WAS SHOT ON MCKELDIN MALL, AND PART OF **ST. ELMO'S FIRE** WAS FILMED ON FRATERNITY ROW.
10. PART OF THE MUSIC VIDEO FOR HOOTIE AND THE BLOWFISH'S SONG "**ONLY WANNA BE WITH YOU**" WAS SHOT AT THE RECKORD ARMORY.
11. UMD HAS ITS OWN **GOLF COURSE**.
12. UMD ALSO HAS ITS OWN FARM! IT'S FEATURED A LOT OF COOL STUFF OVER THE YEARS, LIKE A LIVING **COW WITH A HOLE IN IT**.
13. **QUEEN ELIZABETH II OF ENGLAND** ATTENDED HER FIRST AMERICAN FOOTBALL GAME AT UMD.



THE UNIVERSITY OF MARYLAND'S MCKELDIN MALL. JULIA NIKHINSON/THE DIAMONDBACK

14. MCKELDIN MALL IS CONSIDERED THE **LONGEST COLLEGIATE MALL** IN THE COUNTRY!
15. THE TESTUDO STATUES ON THE CAMPUS ARE BASED ON **AN ACTUAL DIAMONDBACK TERRAPIN**, WHOSE TAXIDERMIED BODY IS IN THE UNIVERSITY ARCHIVES.
16. THE MARYLAND MEN'S BASKETBALL TEAM WON THE **2002 NATIONAL CHAMPIONSHIP**, AND THE WOMEN'S BASKETBALL TEAM WON THE **NATIONAL TITLE IN 2006**.
17. **MORRILL HALL** IS THE ONLY ACADEMIC BUILDING THAT SURVIVED THE 1912 GREAT FIRE.

APARTMENT GUIDE

Ready to move off campus? Here are your options.



SOUTH CAMPUS COMMONS, located on campus, is a university-affiliated apartment complex. JULIA NIKHINSON/THE DIAMONDBACK

SOUTH CAMPUS COMMONS — STARTING AT \$957/INSTALLMENT

This is public-private housing, meaning you pay rent but still live on the campus in apartments. These units can house up to 4 people, with single bedrooms. Utilities are included.

THE COURTYARDS — STARTING AT \$746/INSTALLMENT

Similar to South Campus Commons, these apartments are located off Route 193 and include a pool. Units house 2 or 4 people. Utilities are included.

THE UNIVERSITY VIEW — STARTING AT \$1,095/MONTH

These apartments are located off Route 1, on the east side of campus. They're right near McDonald's, 7-Eleven and other restaurants, and you'll have access to a pool, workout room and other amenities. Units house 1-4 people. Utilities are not included.

THE VARSITY — STARTING AT \$974/MONTH

Right next door to The View, these apartments offer a similar location, similar amenities (no pool!) and similar pricing.

THE DOMAIN — STARTING AT \$1,698/MONTH

These apartment buildings are located near the architecture school and the Art-Sociology Building, near the west side of campus. There's a fitness center, and washers and dryers are included in each unit. Units house 1-4 people. Utilities are not included.

THE LANDMARK — PRICES VARY

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

MAZZA GRANDMARC — STARTING AT \$890/MONTH

This complex is located further north on Route 1 toward Beltsville. Graduate students often live here. Amenities include tanning beds, a fitness center and an outdoor grilling area. Units house 1-4 people.

MONUMENT VILLAGE — STARTING AT \$1,658/MONTH

On Route 1 north of 193, this complex offers balconies and patios, stackable washers and dryers, a pool, fitness room, pet spa and more. In other words, you get what you pay for. Units house 1-2 people.

TERRAPIN ROW — APPLY FOR PRICES

These apartments are just south of campus on Hartwick Road. Amenities include a pool, a fitness center and outer courtyards. Units house 1-4 people.

THE ENCLAVE — STARTING AT \$860/MONTH

This is on Route 1, just south of Metzerott Road. It includes a fitness center and a courtyard. Units house 2-4 people.

ALLOY BY ALTA — PRICES VARY

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

OLD TOWN — PRICES VARY

This is a neighborhood on the other side of Route 1 from campus. Houses are available here for larger groups.

METZEROTT ROAD — PRICES VARY

A variety of houses are available for rent in this residential area, just north of Xfinity Center and in between Routes 1 and 193.

TERRAPIN TEACHERS

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-OR-

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\$150 scholarship for a "B" or better

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*can not be taken concurrently

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Teachers have a high job satisfaction rate, second only to physicians

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Productive relationships with colleagues and students

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Climbing Wall
Golf Course
Group Fitness Classes
4 Indoor Recreation Facilities

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

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Bike Shop
Challenge Course
Swimming Lessons

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