

Freshman Handbook

The Unofficial Guide to Yale



Freshman Class Council and Yale Wiki
Summer 2014

Welcome to Yale! These four years will be some of the most exciting and fulfilling years of your lives. At times, freshman year at Yale can feel overwhelming, since there is so much new information to absorb in a new environment. In this handbook you're about to read, our team at the Freshman Class Council and the Yale Wiki tried to include everything we wish we had known freshman year, not counting the answer to the third question on our Organic Chemistry midterm.

This unofficial (not created by Yale itself) handbook seeks to answer the questions you haven't yet asked, share useful information, and generally be a repository of knowledge about freshman year and life at Yale.

The handbook contains sections on everything from academics to extracurriculars to restaurants in New Haven. A diverse group of people--peer liaisons, club representatives, and various unaffiliated-but-awesome students--contributed to the various sections. Books can't cover everything, and this handbook is no exception. Fortunately, you will have your FroCos, older friends, peer liaisons, etc.

Both the Freshman Handbook and Yale Wiki are possible thanks to the collaborative efforts of many Yale students. If you think something is missing or want to add information you think would be helpful, please edit the Yale Wiki, get involved with the Freshman Handbook team, or just submit your ideas! We would really appreciate it.

We hope you find this handbook a helpful resource and that you have a fantastic freshman year! If you have any questions or comments, feel free to email any of the FCC 2017 representatives.

All the best,
Thomas Rosenkranz (CC '17, FCC Chair)
Sukriti Mohan (SM '17, FCC Vice-Chair)
And the other members of the Freshman Handbook Team

Special thanks to the original authors of the Freshman Handbook. Without their vision, we wouldn't have this to give to all of you.

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HEALTH AND WELLNESS

The independence that comes with becoming a college student also extends to your health and wellness. When you start living with several new people all at once, the chances of getting sick are much higher. Yale is too awesome to have to spend all your time in bed with a fever!! But don't worry too much about not having your parents here to take care of you if you are unwell. Just remember that Yale has many resources at your disposal to help ensure that you are keeping up with your physical and mental health!

Health Tips & Tricks

1. Sleep

Sleep is without a doubt the most important thing you can do in college to keep up your health. If you're tired after a long night of studying, the best thing to do is sleep. If it's midnight and your stomach is rumbling, the best thing to do is sleep as well. There is no such thing as "too much sleep" for a college student, even though your parents might complain about it over winter break.

Sleep should reign above all else even if you are feeling swamped with everything you have to do. Exhaustion while you're studying is not helpful. Instead, go to bed and get a good night's rest; the next morning, your work will probably seem much more manageable. And you will be much more efficient.

Across the country, college students are most often sleep-deprived. College is great partly because there are so many things to do, but sleep is not something you should sacrifice. You should aim for around 7.5 to 8 hours of sleep a night. But don't worry if you miss your 8 hours one night; just take a nap during the day! Remember, ***naps are your friends***. If you're coming off of a rough night of work, take a nap in the afternoon to keep yourself going for the rest of the day, until you can get a full night's sleep.

If you have trouble falling asleep, there are different tricks to relax your body and clear your mind of all the thoughts racing around in your head. To help yourself fall asleep, turn on your fan and listen to the noise, focus on your breathing, or even journal for a few minutes! Writing down your thoughts every night before going to bed will help you clear your mind and fall asleep faster. If you have medical trouble falling asleep, seek help with your doctor at home or at Yale.

Health. Sleep is important enough that you should never be afraid to seek help if you don't think you are sleeping well or sleeping enough.

Remember, falling behind on sleep will leave you tired, cranky, and less efficient in your work, all of which only lead to more stress. If you are losing a lot of sleep, it will show up in negative effects on your academic performance and social relationships.

2. Eat Right

We speak from experience when we say that one great way to prevent falling into unhealthy lifestyle is eating well!

You should always try to maintain a balanced diet. Hate to break it to some of you, but this means lots of lean greens and proteins! Vegetables have the most nutrition per pound of any food around. Big salads and heaping piles of zucchini and cauliflower are key to keeping your body running smoothly.

Accompany those veggies with proteins of all kinds. Dining halls always serve at least one meat (white or red) entrée for both lunch and dinner. But meat isn't the only form of protein there is. Beans and nuts, which are available at all dining halls, are also great sources of protein. Stop by Durfee or Gourmet Heaven (GHeav) and buy a bag of almonds to snack on when you get hungry, instead of ordering that Wenzel. Protein is necessary for your body to function normally, so make sure you get a healthy dose at every meal!

A word of caution: Yale Dining offers deliciously sugary and fattening desserts at every single meal. We're talking sugar cereals, cookies of all sorts, ice cream every day, and these things called Magic Bars that you will learn to worship. Unfortunately, eating all this excess sugar will only leave your stomach growling in the middle of your evening problem set, not to mention help you pack on the pounds. So watch out for the desserts!

One more thing: avoid midnight snacks. When your stomach rumbles at 1:30 AM, it's not because you're hungry. It's because your body is craving energy in order to stay awake. Unfortunately, eating that Wenzel doesn't provide anything for your body except energy in the form of fat. The best remedy for a rumbling stomach late

at night is to just sleep and rejuvenate, and get back to work in the morning once you've rested well.

3. Exercise

The best and easiest way to stay healthy is by exercising! Exercise is scientifically proven to release endorphins in your brain that help you feel happier and less stressed; this keeps you looking and feeling your best.

There are many free gyms on campus, including Payne Whitney Gym and every residential college gym. Both are within just a few blocks of you, so make sure to use them. If you're not a gym person, don't fret. During the fall and spring (and during the winter at your own risk), Science Hill is very close if you want to jog up a hill. Book the Calhoun Dance Studio for an hour or do the Insanity workout in your common room. Join a club sport team or do yoga with Yogis at Yale every Thursday. If you'd like, you can also run to East Rock or just around New Haven on a sunny afternoon. Yale has all sorts of other outdoor exercise and sporting options; flip forward in this handbook for more information on those kinds of resources Yale has to offer.

Popular exercise times include mornings before breakfast and the hours between afternoon class and dinner. 2am workouts may make you sweat, but they aren't the best, neither for your health nor for peak fitness. If you're working out to stay awake, you should just go to sleep instead, which will give you more energy when you wake up the next morning (see above about "Sleep"). Some of the most effective cardio workouts only take 20 minutes, and are great first thing in the morning.

If you're worried about motivating yourself to stick to your exercise plan, get a gym buddy! You don't need to copy all their moves, but there's nothing more motivating than knowing that someone is looking at you at 5:00 sharp. Grab your buddy and head to the gym!

Exercising once a day is awesome for your body and mind, but not necessary to maintain a healthy lifestyle. Working out three days a week is generally enough to keep you healthy and strong—that is, if you combine it with eating properly and sleeping a decent amount every night.

Staying healthy in college is an incredibly important job. It requires effort on your part, but it is definitely worth your time. Bear in mind that your classes, homework, and extracurricular commitments can get stressful enough at times; don't put excess stress on your body too. Remember, a healthy body is a healthy mind!

Yale Gyms

Residential College Gyms

Every residential college has a gym, or fitness center. There are always free weights and cardio equipment (such as an elliptical, treadmill, or bike machine), and different kinds of other equipment that vary by college. These are convenient for trying to fit in a workout between classes and they are very popular among students because they are both accessible and open 24/7.

Payne-Whitney Gym

Payne-Whitney Gym (PWG) is the center of Yale's fitness and exercise sphere. The historic gymnasium is one of the largest gyms in the world. PWG has almost every kind of sporting facility imaginable, from basketball and squash courts to swimming pools and an indoor track, all of which are available to undergrads. Students of Yale College are automatically gym members; it's included in your tuition, so make sure to take advantage of the amazing resources Payne-Whitney has to offer.

The Israel Fitness Center, located on the 5th floor of the building, is one of the most popular gyms for all: undergrads, grad students, and New Haven residents. It has everything you need to stay fit, from free weights to weight and cardio machines. It also includes the strength and conditioning weight room for varsity athletes.

The gym is home to state-of-the-art training centers for several varsity and club sports, including gymnastics, crew, swimming, diving, and fencing. It also houses the primary Sports Medicine center for varsity athletes, located on the first floor of the building.

Fitness classes also run during the fall and spring, and are open to all gym members. You should receive an email about the classes at the beginning of the year, but you can also check out the sports and recreation website for more information.

PWG is closed on most major holidays, and the hours are as follows:

Monday through Thursday, 6am —10pm

Friday, 6am—8pm

Saturday and Sunday, 9:30am—4:30pm

Check out sportsandrecreation.yale.edu for more information about fitness classes or hours and availability for the different facilities in Payne Whitney.

Non-Gym Options

East Rock Park

New Haven in the fall and spring is a great place to run, bike and get outside. East Rock Park is located just a few miles from campus, and is the city's most famous outdoor park. The easiest way to get there (which is how most students run there) is:

- From Phelps Gate, turn left.
- Turn right on Grove Street.
- Turn left on Orange Street.
- Go down Orange Street until you hit the winding road that takes you to the top of the park (the top of East Rock). Or, you can take the dirt trail to the top, which is more strenuous.

The total round trip distance is about 5 miles, and at the top of East Rock you will find a beautiful view of the entire city of New Haven.

Yale Outdoors

Yale Outdoors runs weekly hiking, backpacking, and camping trips that provide a great opportunity to get away on the weekends. Make sure to get on their email panlist and check out their website at www.yaleoutdoors.org to get advance news on all the trips they plan. Spots are limited and fill up fast due to popular demand, but you can always find another trip or lead your own!

Varsity Sports

As a member of the Ivy League, the ECAC, and the NCAA, Yale offers a large variety of different varsity sports. Varsity athletes are generally recruited before coming to college; however, occasionally a student can talk to the coaches and walk on the team during the school year if they can demonstrate the necessary caliber of ability in that sport.

Here is a list of the varsity sports teams that Yale offers.

Men's Sports: Baseball, Basketball, Crew (Heavyweight & Lightweight), Cross Country, Fencing, Football, Golf, Ice Hockey, Lacrosse, Sailing (Co-ed), Soccer, Squash, Swimming & Diving, Tennis, Track & Field

Women's Sports: Basketball, Crew, Cross Country, Fencing, Field Hockey, Golf, Gymnastics, Ice Hockey, Lacrosse, Sailing (Co-ed), Sailing (Women's), Soccer, Softball, Squash, Swimming & Diving, Tennis, Track & Field, Volleyball

Club Sports

For students who are not recruited but still want to participate in a sports team, Yale offers a variety of different Club sports. Club sport hirers have the option of

hiring coaches, but not all teams do. Club sports are great way to stay involved with a sport your love, or even try something new! Remember, although these are not as intense as Varsity sports, club sports are still big commitments. If you are committed to a sport, it is important that you show up to practices and games, because your team is counting on you to do your part.

Here is a list of the club sports teams that Yale offers:

Rifle, Archery, Muay Thai, Indoor Climbing, Snowboarding, Triathlon, Karate (Shotokan), Golf, Figure Skating, Wrestling, Water Polo, Volleyball, Ultimate Frisbee, Tennis, Tae Kwon Do, Table Tennis, Swimming, Squash (Co-ed), Soccer, Skiing (Nordic and Alpine), Skeet & Trap, Rugby, Road Running, Powerlifting, Polo, Platform Tennis, Pistol, Lacrosse, Kendo, Ice Hockey, Fishing, Field Hockey, Equestrian, Cycling, Cricket, Basketball, Baseball (Men's), Ballroom Dance, Badminton.

Intramural Sports (IMs)

One of the best forms of intra-college competition comes through Intramural sports (IMs). IM games are played between colleges to win points towards the Tyng Cup, which is awarded to the college with the most points at the end of each year. Never played inner-tube water polo before? That's ok! One of the best things bout IMs is that they are meant for everybody! Sign-ups vary by college, but in general anyone can play anything, even if you've never tried it before. Playing IMs is one of the best ways to get involved in sports while showing off your college spirit and bonding with other freshman and upperclassmen in your college.

IM Sports vary by season but include anything and everything you can think of, from Bowling to Table Tennis, Squash to Inner-Tube Water Polo. Your college's IM Secretary will send out information about sign-ups for different IM sports at the beginning of each season.

Other options

Yale Roadrunners
Yale Climbing Team

Yale Ski Team
Yogis at Yale

Physical Health Resources

Yale Health:

This is the centerpiece of Yale's health system. The Student Health center is open during normal business hours (8:30 AM –5:00 PM), and it is where you can go for most non-emergency health needs. We recommend that you call ahead of time and make an appointment at (203) 432-0312 to avoid waiting in line. When it's busy, the wait can get up to an hour or more, so if you call ahead you can just walk right in. Yale Health is only about a 10-15 minute walk from Old Campus, but you can also always take the Yale Shuttle to avoid the walk, especially in the evening or nighttime.

Acute Care

This is Yale Health's 24/7 medical clinic, located on the first floor of the Yale Health building. When Student Health is closed, Acute Care functions as the student health center, so you can go there at any time of the night and they will have nurses available to help you. If you have any questions for the nurses, call (203) 432-0123 (notice that this is a different number than Student Health) at any time, and there will always be someone available to answer your questions.

Important Note: Acute Care is ***not*** an emergency room. If you are in need of immediate medical attention (hospital-worthy), call 911 and go to the emergency room at Yale-New Haven.

Visit yalehealth.yale.edu/studenthealth for more on Yale Health and its various resources.

Yale – New Haven Hospital

This is Yale's primary hospital, and one of the best in the country. If you are in need of serious medical attention, this is the place to go.

Visit www.ynhh.org for more information about Yale-New Haven Hospital.

Mental Health Resources

Students at Yale, and at college in general, can face a lot of personal stress and issues that affect their ability to enjoy Yale to the fullest extent. These issues affect students' mental health, and it is something that is very important at Yale. Many students seek out mental health counseling at Yale and it is *never* something to be ashamed of. Yale offers several health and counseling resources to try and assure that its students are able to take advantage of everything Yale has to offer.

Yale Mental Health and Counseling

This is based at Yale Health, where they are committed to addressing all psychological needs of students. Treatment options range from counseling, including group therapy, couples counseling, alcohol and drug counseling, and sex counseling, to medication if necessary. Make an appointment to see a counselor to discuss your concerns by calling (203) 432-0290. It can take a few days to get an appointment, so if you need URGENT care, see some options below.

Check out yalehealth.yale.edu/mentalhealth for more information about how and when you should make an appointment!

Immediate Mental Health Attention

The best resource that you have as freshmen is your freshman counselor. The Frocos are on-call for you 24 hours a day, 7 days a week, no matter when or where. You should call them for anything and everything, whether you need someone to talk to, ask advice from, or just walk to Yale Health with you. Your Froco's job is to be there for you whenever and wherever you need them; they have made that choice by becoming a Froco, so don't ever feel like you are inconveniencing them or bothering them—they want to help!

You should also feel free to contact your Dean or Master of your college. They are two adults in your community whom although they have specific roles in your education at Yale, they are also there for any other needs you may have, especially when it comes to a matter of personal health.

Acute care is also a great option, and is open 24 hours for mental health emergencies.

Other Mental Health Resources

There are a variety of other mental health resources at your disposal. Walden Peer Counseling is staffed by Yale students, and provides peer-to-peer support for issues large and small. Call Walden at (203) 432-TALK ((203) 432-8255), to connect with one of their counselors; they are there to talk to you for anything, whether it be academic, personal, or anything in between. They are available from 8PM-8AM every day.

The Chaplain's office is also available for mental health counseling and guidance; call them at (203) 432-1128.

There are also residential college mental health fellows, who can guide you to appropriate resources and offer specialized assistance through your college; you can call them at (203) 432-0290.

There are many resources at your disposal here at Yale, so make sure to take advantage of them. Don't *ever* be embarrassed to seek out help if you need it; your health is extremely important.

FOOD

Yale Dining: Where to eat on campus

Commons

Everyday 7:30am - 3:00pm

- Pizza, pasta, and cereal are available everyday along with sandwiches, salad and soup options. The hot meals change daily, but there are usually American and Asian-style selections. The dessert menu rotates, but ice cream is a constant! Great place to get some work done!
- Get ready for the annual Freshman Holiday Dinner, including a five-foot gingerbread house and mountain of sushi.

Residential College Dining Halls

Each of the 12 residential colleges has a dining hall open to students from any of the colleges. Morse/Stiles, Silliman, Pierson and Berkley tend to be popular choices, but the food is great anywhere you go!

Menus change daily, but soup, salad, sandwiches, and ice cream are always available. During the weekend, college dining halls are only open for brunch and dinner, and Sunday dinner is Family Night; you'll have to stick to your own residential college or Slifka's food (see below).

Quick Tip: Get to know your residential college dining hall staff!

Hall of Graduate Studies Dining Hall

Don't let the name fool you; the HGS dining hall is open to undergrads too! If you somehow get tired of the 13 other dining halls on campus, HGS has great food as well.

Quick Tip: Get the Yale Dining app! This free app includes the daily menus for every dining hall as well as a measurement of how crowded the dining hall is at any given time.

Retail Locations: At these locations you can exchange your meal swipe for \$8 worth of on-the-go food.

- Durfee's sells pricey but delicious snacks, sushi, sandwiches, chicken tenders, dumplings, salads, drinks and more.
- Uncommon, located just outside the entrance to Commons dining hall, also sells a Durfee's-esque snack selection along with other entrees.
- Thain Family Café, also known as "Bass Cafe", is right outside Bass Library. Grab a coffee, Greek yogurt, chocolate bar or enormous bar of mint-flavored chocolate before you hit the books. You can definitely bring food and beverages into the library!
- KBT Cafe can be found in Kline Biology Tower, which is notable mostly for being thirteen stories tall and hovering over Science Hill like Barad-dûr hovered over Middle-Earth. It provides soup, sandwiches (tasty!), and other sundry foods to people without the time or inclination to trudge several blocks downhill to Commons.

Dietary Restrictions

Yale does a great job of accommodating students' various dietary restrictions. There are a variety of vegetarian, dairy-free, and gluten-free options in each dining hall, and the staff meticulously labels all food with the ingredients used. It is essential that students with food allergies be proactive about speaking with the dining hall managers. Once you let them know about your dietary needs, the dining hall staff will even buy and prepare special foods for you. And if something seems to be mislabeled or missing ingredients, tell a nearby staffer; Yale Dining is very good about responding to mistakes.

Slifka

Kosher options can be found at the Slifka Center for Jewish Life. (Lunch is meat-free; dinner is dairy-free.) Slifka is open to both Jewish and non-Jewish students for every meal during the week. Shabbat dinner involves prayer, but is still open to

all, and is one of the more delicious free dining experiences Yale offers. (Go early to get a seat!) Also, make sure to attend Bagel Brunch at least once. It is offered every other Sunday at Slifka.

New Haven Dining: Where to eat off campus

Pizza

If there is one thing New Haven gets right, it's pizza. In fact, NBC named both Frank Pepe's and Sally's to its list of the 25 Best Pizzas in America. Both are a bit of a walk from campus, but should be encountered during your time at Yale. Yorkside Pizza is a great treat on your way back from Toads' Wednesday night dance party, and Est Est Est and Papa John's offer the best delivery pizza in town. Bar Pizza is also very popular, and will probably be featured in various college-sponsored Study Breaks throughout the year. (Try the mashed-potato topping if you get the chance!) And if you're the sort of person who wants free, restaurant-quality pizza every day of the week, Morse/Stiles has a brick oven that produces an incredible thin-crust pie.

Burgers

Grab a burger at the place that invented it! Just a block off campus, Louis' Lunch was established in 1895 and is known as the birthplace of the hamburger. Other burger joints include Shake Shack, Educated Burger, and Prime 16.

Ethnic Food

The New Haven cuisine also offers more exotic alternatives to pizza and burgers. Here are some of the best ones within walking distance.

Chinese: Ivy Noodle, Basil

Indian: Thali, Thali Too, Zaroka, Tandoor

Italian: Basta

Japanese: Miya's Japanese Restaurant, Sushi on Chapel, Sushi Mizu, Kumo

Middle Eastern: Mamoun's Falafel Restaurant, Sababa

Tex-Mex: Oaxaca Kitchen, Viva's, Tomatillo Taco Joint, Chipotle

Spanish: Ibiza, Barcelona, Pacífico

Thai: Thai Taste, Jera Thai

Sweet Treats: Claire's Corner Copia, Katalina's Bakery, Froyo World, Pink Berry, Flavors, Ashley's Ice Cream, Chocolat Maya

Great Breakfast Spots: Atticus, Orangeside Luncheonette, Patricia's Restaurant, Educated Burgher, Bruegger's Bagels, Wall Street Pizza, Panera

Coffee:

- Starbucks: The location on the corner of Chapel st. and High st. is usually very busy, but there's another location on Chapel three blocks to the east.
- Blue State Coffee: Blue State was founded by a Yale student who had a mission to provide sustainable, fairly traded coffee. Lines can be long so be wary if you're trying to grab a coffee in between classes.
- Panera: Great coffee, sandwiches and soup!
- Willoughby's: Willoughby's singular mission is to produce the "finest, freshest, most skillfully roasted coffee beans available anywhere". Willoughby's also has an endless tea selection.

Dinner:

- If you're really looking to impress your date, take him or her to Union League Café. It's conveniently located right across the street from Old Campus and has arguably the best food in town.

- Sushi on Chapel is a great place to go with friends. The sushi is amazing, and if you go there enough, pretty soon the waitresses will know your order by heart.
- Atticus is great for any meal; make sure you check out the turkey clubs, the breakfast sandwich and the mac-and-cheese.
- Caseus Fromagerie (cheese!) and Kitchen Zinc are tasty upscale options as well.
- For dessert, share a slice of cake at Chocolat Maya or grab some froyo. If you're more in the TD range of things, Katalina's is also a great choice.

Late Night Food:

Walk-in

- Gourmet Heaven: So this one doesn't deliver, but it's open 24 HOURS! Hit-up the deli for an egg and cheese sandwich or grab some chicken teriyaki at the buffet. G-heav won't let you down if you're in need of a midnight, or any hour of the night for that matter, snack.
- Ivy Noodle: Get some noodles, dumplings, or fried rice before bed.
- Mamoun's Falafel: Get your falafel fix anytime between 11am-3am, 7 days a week.

Delivery

- Alpha Delta Pizza: Home to the famous wenzel! Open til 3. You can even order online!
- Brick Oven Pizza: Yet another New Haven pizza joint. Call (203) 777-4444 for delivery before 3am.
- Insomnia Cookies: Who doesn't crave a warm cookie at 1am? Insomnia will bring one to you if you call (203) 772-7822 before 2:30 or stop by the store on Chapel St.

- Est Est Est: great pizza until 1 am. Order at (203) 777-2059
- Papa John's: great pizza until 3 am (203) 776-7272

Quick Tip: Ordering online from many of these restaurants (and others we didn't include) is made easy with crunchbutton.com (founded by a pair of Yale grads). Grubhub offers a wider variety of options, but also a trickier user interface.

Cheap Food/Food Trucks:

The food carts located around campus provide a popular lunch option for students. Keep an eye out for the Caseus Cheese Truck as it promises the best grilled cheese at Yale, and possibly in the rest of New England. A variety of food trucks gather in the parking lot of the Whale (aka Ingalls Rink); if you're a science kid, stop by during your hike up Science Hill, especially at the Cupcake Truck. And if you're looking for food trucks closer to Cross Campus look for the kettle corn guy or the Tex-Mex carts at the corner of Elm and York. Ay!Arepa offers abundant food at great prices.

(To find more food cart info, or tell us about the best dishes at food carts you love, hit up the "Cheap Food" page on Yale Wiki!)

Making Your Own Food:

Cooking

If you grow tired of dining hall food and the restaurant options around New Haven, it's completely possible to cook for yourself! Every residential college has a student kitchen stocked with pots and pans. All you need to bring is the food! You can find some basic cooking supplies at Walgreens or a slightly bigger selection at Gourmet Heaven, but if you're looking for a full-on grocery store, stop by Elm City Market. For even fresher produce, visit the Farmer's Market in Wooster

Square on Saturday mornings. Student chefs get to show off their skills at the annual Final Cut culinary competition, so get cookin' in your college kitchen.

Snacking:

It's easy to get carried away with Doritos and Pop-Tarts here, but that's a recipe for crashing and burning in the middle of the night. Healthier, and equally tasty, options can be found on the "Cheap Food" page of Yale Wiki! Whatever your preference, here are some of the most convenient snack-snagging locations:

- Durfee's: Available through the meal plan, and thus great for slow hoarding for the non-lunch-inclined among us.
- Walgreens: A few nearby locations. Good for anything that comes in a package.
- Family Dollar: Generic, reasonably priced
- Elm City Market: A co-op/supermarket, which you should visit once in a while for fresh and exotic snacks (though the organic stuff will sometimes cost you)
- Stop and Shop: Bona-fide supermarket a few blocks north of Stiles. All the portable food there is. One or two snack runs for semester might be all you need!
- Gourmet Heaven: It's open all the time, but priced about twice as high as Stop and Shop or drugstores for most food.

Time Periods:

Camp Yale: Your nights for the first two weeks of Yale will be filled with icebreakers, speeches, and frank discussions of alcohol policy and sexual harassment, courtesy of your FroCos, Masters, and Deans. A slightly awkward time will be had by most, but the convivial social atmosphere outside the mandatory meetings will help Camp Yale remain one of the most memorable periods of your time on campus. Everyone you meet is a potential best friend, and very few of the

people you meet are potential worst enemies (Yalies are gregarious, well-meaning people).

Forming Friendships and Adjusting: Put yourself out there. It might be difficult at first. Some of the authors are introverts, too; we understand. But while there is almost never a bad time to sit next to strangers at meals and ask to hear their life stories (Finals week is an exception), Camp Yale is almost certainly the best time. Your fellow freshmen don't know anybody, and will be happy to meet you. Upperclassmen are curious about the Class of 2017, and will be an excellent source of guidance in these tumultuous early days.

When meeting new people, we recommend starting with your residential college. If you join a club or play a sport, you'll befriend your peers in those areas without much trouble -- but when you return home, you'll want to have a few friendly faces to sit with for dinner and/or your midnight Buttery run. If you hear a party in the next entryway, knowing your college peers will help you feel better about walking in. Having more friends in your college gives you a better set of options when you choose roommates for sophomore year. Et cetera. One strategy that works nicely is to eat lunch in a different college every day--opening up your horizons--but returning to your own for dinner to familiarize yourself with the locals.

Quick Tip: For icebreakers and first-time conversations, it can help to have an interesting fact or two about yourself in reserve; name, hometown, and residential college only go so far. Think “fun, informative, and unusual”.

Examples include:

“I took a gap year to record an R&B album.”

“I'm really starting to miss my pet boa constrictor...”

“I hope to be the first member of the Yale juggling club to work with chainsaws!”

You'll probably have some nervous moments, but remember that the same is true for all of your fellow students. (They're just as scared of you as you are of them!) One of the best ways to escape your fear is to take the initiative. Sit down

with a smile. Offer a firm handshake (note: after about the first week, the handshakes die down). Ask if they have plans for the evening. If they do, consider tagging along. If not, suggest something!

Last piece of advice: Don't panic! Two weeks isn't all that much time, and your circle of friends will never be set in stone. John Loge, the sagacious dean of Timothy Dwight college, offers this quotable snippet of Yale wisdom:

"One step at a time. Take things slowly, things take time. You didn't develop your closest high school friendships in a day. Neither will you immediately meet your best friends in college."

Semester Periods

These are usually called "_ period" because they aren't necessarily a week long. Sometimes they might be called "_ week" because it seems like a week, and that's a fine name too.

Shopping Period

Check out the Academics section for detailed information on shopping and choosing classes.

Reading Period

Reading period is the period of roughly one week before Fall and Spring semester finals. Most classes do not meet during this time, so you have plenty of time to finish papers and study for finals. During spring semester's reading period, Yale invites a selection of semi-prominent musicians for the bacchanalia known as "Spring Fling", but you'll hear about that when the time comes.

Finals Period

Finals period isn't much fun, but everyone gets through it! Spread your study time over classes according to their difficulty, pay careful attention to what will actually be on your tests, and take breaks by packing your stuff (you'll be heading home soon!), or by swapping papers with friends and reading them over to ensure that everything makes sense.

Quick Tip: Your grades are a measurement, according to a single particular scale, of your proficiency in a narrow branch of one subject. But they are not you. Even if things don't go as planned, you are still a worthwhile and valuable person. We love you!

Deadweek

“Deadweek” is the period of time after spring finals but before commencement. It's fun! Seniors often stay on campus or travel in groups to places like Myrtle Beach. A number of organizations also live on campus during that period. Some assist with commencement, including the Yale Bands, the Glee Club, and people working with the Commencement Musical. Some sports teams have practice and competitions during this time. Many students also take short-term jobs for this period working with reunions and commencement (see yalestudentjobs.org closer to that time for options).

Summer

Relax!

Your summer after freshman year is a great time to relax and recharge! Don't spend too much of your time working, unless it's work that you'll enjoy, and/or work that will help you decide whether to further pursue some particular career path. Take a road trip! Write a novel! Go home to see your family and friends!

Yale Summer Session

The Yale Summer Session is a popular option for students who wish to earn Yale credit. These classes are offered in two sessions, starting in June or July. Classes are normally conducted in New Haven, but some are also offered abroad and, as of 2012, online. If you are staying in New Haven, you should look for a Facebook group of students staying in New Haven to find out what is going on (other times such as winter break can have similar groups).

Many Yale students take summer classes to fulfill develop foreign language skills. Summer gives students the time to focus on time-consuming language programs, and the opportunity for immersion in a foreign country. Certain foreign language programs span two sessions, the first part in New Haven and the second part in a city where that language is spoken (the L1/L2 and L3/L4 French program

has its second part in Paris). The Light Fellowship is the most popular way to secure funding to study an East Asian language, most commonly Chinese, but check the CIPE website for programs that award credit. For those that aren't listed, you can petition to get credit.

Internships

Ways to get internships include Undergraduate Career Services, Bulldogs Across America, and International Bulldogs. Make sure to check early (January is a good start for Yale stuff) so you don't miss deadlines!

Research

The best way to get research opportunities is by developing a close relationship with your professors. Many Yale professors spend the summers on writing projects and hire students to assist them; some physics professors have even granted freshmen summer opportunities to work at CERN! If you are enrolled in Perspectives in Science and Engineering, you already have funding secured for you, given that you find a Yale professor to work with for ~10 weeks over the summer. Otherwise, if you are a freshman interested in science research, you can look into the STARS program, which provides free housing, classroom research instruction, and a stipend in addition to the research experience.

Funding

ISA (International Summer Award), for Classes If you receive financial aid during the academic year, and are eligible to receive the ISA, Yale will give you funds to help support one summer international experience. The amount of ISA funding students receive for a summer is equal to the percent of financial aid that you receive during the previous academic year. Visit the ISA website for more information: www.yale.edu/isa. You can potentially get up to 4 Yale credits in a single summer, and Spain is lovely this time of year.

Summer Classes (not abroad)

There is not much funding available for summer classes unless they are abroad (above). Yale has limited partial scholarships for students who have an academic need to take summer classes.

Research Fellowships

Other sources of funding are also available, such as the Dean's Research Fellowship, designed for students who do not obtain funding from other programs.

Academics

Studying, Reading, PSETs:

Study Tips

Figure out what works for you!

Only you can figure out what works best for you. Everyone has their own preferred study styles and locations. Try these tips and experiment to find out how you study best!

Location

There are many different study spaces on campus. Do you prefer studying in silence or with some white noise? Do you study better in a group or alone? Does it depend on the course? Regardless of your study style in high school, you'll find something that works for you here on campus!

Do Things Early

Learn to do the readings and write papers as soon as they are assigned. Completing papers early leaves you time to re-write and revise them for markedly better results. If you're ever in something approaching a "work mood", don't let it go to waste — you'll always have something you can make progress on!

Study Smart

Be realistic with your studying. Consider making a study schedule. How much can you accomplish with the time you have? Try setting goals such as planning how many chapters to read for your allotted study time.

Self-Control

Get off Facebook NOW! Psychologists agree that self-control is one of the most important ingredients to success. It can be difficult though, so software can keep you away from websites for you! Programs like SelfControl, for Mac users, block websites for periods of time that you can set. Whitelist, an app for Chrome, is also excellent, giving you access to a few chosen websites (like Wikipedia) and blocking the rest. This can help defer distraction. These are particularly useful before midterms/finals/paper deadlines!

Help! I cant study!

If you find yourself stuck in a position where you **need** to study but **can't** study, try these tips:

Change Setting

Consider going to a different library, coffee shop, other suite (be careful!). Try being a study-nomad. Some people cant study in the same location for more than a couple of hours, so consider switching it up. Sometimes it's helpful to be in environment where you're surrounded by others who are working too.

Charge Your Brain

Take a jog around the block or through your college basement. Take a break and do something unrelated to work (for a limited amount of time! Fifteen minutes works well for us).

Note-Taking

Develop a note-taking method that works for you.

1. Go to class prepared.

Read assigned material and class notes before class. Mark any material that you

don't understand, so you can ask questions in class. Reviewing the material before class will help you understand what the professor is talking about, and will let you get more out of the class!

2. Improve your listening skills.

Pay attention to the professor. If you are using a computer, don't check Facebook or other sites. If you are having a hard time staying focused, try writing notes by hand. Don't start zoning out if someone asks a question you already know the answer to because you may miss information from the professor.

3. Develop a note-taking method that works for you.

Take notes with a consistent structure and organization to maximize speed and efficiency. If you are taking notes by hand, leave some blank spaces, so that you can add comments or question later. Try to make your notes as concise as possible, using a system of abbreviations and symbols whenever possible. Remember that some professors may not allow note taking on computers (especially in seminar classes!), so be prepared to adjust accordingly.

Write down all vocabulary or concepts that you are unfamiliar with, so that you can look them up later.

4. Pay close attention to content.

Write down details, facts, or explanations that expand or explain the main points. Examples can help illustrate the material. Also take note of definitions and any information that is repeated or spelled out.

5. Review and edit your notes.

It is best to review your notes within 24 hours of writing them. Edit words and phrases that are hard to read or don't make sense. Consider editing with a different colored pen to distinguish between what you wrote in class and what was added later. Fill in key words and questions in the left hand column of your notes. Consider rewriting or typing your notes for better memory storage.

Writing papers:

If possible, try to do the readings and write papers as soon as they are assigned. Completing papers early leaves you time to re-write and revise them for markedly better results. If you finish early, you can also visit the writing tutors to help revise

your paper.

People Resources

As you transition to the academics at Yale, don't be afraid to ask for help. There are plenty of incredible resources available to you and you should by all means utilize them. Consider these tutors your coaches — even the best need a little help or another pair of eyes on assignments sometimes!

Personal Librarians

Every freshman is assigned a Personal Librarian to help navigate the vast library resources Yale offers students.

Residential College Writing Tutors

Every residential college has a writing tutor. Residential College Tutors are the most experienced tutors at Yale and many are professional writers or have taught writing courses at Yale. If you're writing an essay for a class and realize that it would help if someone looked over it once or twice - that's something the writing tutors are great for! Writing Tutors aren't just for people who have low writing confidence. The most difficult part is just scheduling, so if you set up appointments with them ahead of time, you'll be set. It can also help a lot to have additional, earlier deadlines for drafts. You can schedule a meeting with them online, but you can also reach out to them via email. Even if the online schedule is full, it's worth emailing them in case something opens up. Many Writing Tutors will read your work ahead of time, so you can make the most of your 15 or 30 minute session with them. Most of them would like to build a relationship with you, and help you with multiple projects.

Writing Center Tutors

Located at 35 Broadway, the writing center is a great resource if you need help writing pretty much any kind of paper. The writing partners are undergrad or grad students who have been selected based on their outstanding writing skills, so they definitely know their stuff. You can visit the writing center at any point during your writing process; they will help you with anything from brainstorming to editing. Just make sure you bring a printed copy of your paper if you already have something written! No need to make an appointment or send your essay ahead of time; just drop in during the walk in hours Sunday-Thursday 3-5 pm and 7-9 pm and Friday 3-5 pm.

Science and Quantitative Reasoning Tutors

If you are struggling in a class (C+ or below), you can request up to ten hours of tutoring per course each semester.

Residential College Science & Math & Economics Tutors

You can drop into any tutor's hours at any residential college, no appointment needed. Unlike the Science and Quantitative Reasoning Tutors, anyone can use these tutors. Each tutor specializes in one or two academic subjects.

Statlab Consultants

The Yale StatLab has consultants that can offer you application support and guidance with statistical methods and software.

Foreign Language Tutors

The Center for Language Study has language tutors available for students enrolled in language courses. Students can also attend weekly drop-in tutoring sessions in Spanish, Chinese, and French.

Yale Libraries:

There are 22 libraries at Yale, including the libraries in the residential colleges. Some of the libraries focus on a specialized topic, while others are broader, containing books of many different genres and subjects. The two libraries most frequented by Yale students are Sterling Memorial Library and Bass Library.

Quick Tip: Yale's most comfortable chairs (its not even close) are the red ones in the basement of Haas Arts Library, on the first floor of the School of Architecture.

Sterling Memorial Library

Sterling Memorial Library is the second largest collegiate library in the country. Built in 1930, Sterling was constructed to look like a gothic cathedral. It has a massive tower of books behind the checkout desk — we call them “the Stacks.” They may or may not be haunted, save for a certain day during Reading Week,

when they are definitely haunted, because people have a habit of stripping on the top floor and running naked through the halls to celebrate the glory of the human form. Freshmen are welcome to take part!

Bass Library:

Situated under Cross Campus, this library is easily accessible to all Yale College students. Bass is usually open for long hours (~8:30 AM to 1:45AM), and even later during Reading Period! Hours are shorter on weekends. During breaks and the summer, the library has limited hours, such as 8:30-4:45. During some holidays, the library closes. Here are some of the great features of Bass Library:

- **Books!** You can check out books from the library. When you take the book to the checkout counter, they may tell you that a book is in one of these categories:
 - Circulating Books - you can check most books out for three weeks at a time.
 - Course Reserves - circulating books with shorter loan periods, such as one day. Many professors request that books relevant to classes they teach are marked as course reserves, so they'll be accessible in the library more often.
 - Non-circulating Books - cannot be checked out. You must read this book in the library (or make a photocopy)
- **No reception.** There is often little to no cell phone reception in the basement. While many find this to be good to avoid distractions, it may be advisable to take a trip upstairs occasionally to check for missed calls/messages.
- **Public computers, a scanner, and printers** are available for student use.
- **Personal computer support.** There is a "Technology Troubleshooting Office" staffed by Yale-employed techie students. See the "Technology Troubleshooting Office" section of Technology for more details.
- **Bass Café.**
Right outside of the library is the Thain Family Cafe, where there are many tables and couches to hold small meetings and study groups. You are also

allowed to use your lunch swipe at the cafe. While the hours of Cafe service are limited, the tables are open as long as the library is.

- **Media Equipment.**

If you need a camera, tripod, video camera, microphone, light kits, or other media devices, you should definitely check out the Bass Media Equipment Checkout Service. More information is available at yale.edu/bmec. See the Bass Media section under “Technology” for further details.

- **Bass Media Lab.**

Located directly below the Bass circulation desk is the Bass Media Lab. The Lab is equipped with six iMacs with specialized media software, such as the entire Adobe Creative Suite, Final Cut Pro, iMovie, and much more.

- **YCC DVD Collection.**

In the main level of Bass, towards the left, is a collection of nearly 1000 DVD movies, courtesy of the Yale College Council. (Almost all of them are popular hits, foreign masterpieces, or old- school classics of cinema -- a bona fide treasure trove for any film-lover.) These movies have a loan period of three days, and you will receive the DVD disc at checkout.

Residential College Libraries

Every residential college has its own library. You’re welcome to work in any college’s library, but you can only swipe into your own. These libraries are open 24/7.

Center for Science and Social Science Information (CSSSI)

Located in the basement of Kline Biology Tower on Science Hill. The StatsLab is located here. CSSSI is also a 24/7 study space. CSSSI is also great for collaborative studying. Group study rooms are completely writeable - great for brainstorming and psets. Mediascape consoles allow students to share their screens instantly on multiple monitor. All computers have multiple monitors and have seating for two. CSSSI also has interview practice rooms that let you record yourself giving presentations.

Other Study Spaces:

Silent

- Haas Family Arts Library
(great red chairs!), Law Library, & Classics Library
- Empty classrooms such as in WLH and LC (for group studying -- the chalkboards and/or projectors are useful)
- CEID (upstairs)
- Your room

Background Noise

- Bass Cafe
- Coffee Shops (Starbucks, Blue State, Book Trader Café, & Koffee)
- CEID (downstairs)
- Commons or other dining halls

Shopping Period:

Shopping

You can shop as many classes as you want! Some people shop many classes (shopping 20!), and others just about know what they're taking ahead of time (shopping 5). Some classes you want to shop will overlap – it's completely fine to attend the first part of one class and the second part of another. That's expected.

During the first two weeks of classes, Yale gives you the chance to preview potential classes without any commitment. If your major has many requirements (eg. Chemical Engineering + ABET Certification), you likely will not be able to take as many elective classes as other people. But you'll probably love your required classes anyways!

Discovering Classes:

- Yale Bluebook (<https://ybb.yale.edu>) is the best place to view classes and create a shopping schedule. It is a student-built site adopted by Yale.

- OCI (Online Course Information) is a slightly more official place to view classes
- A Hard-copy Bluebook is an option many students don't choose anymore, but you can pick one up for free from the Yale Bookstore.
- Ask your friends what they're shopping. Some people share their entire shopping period schedules with their friends.

Registering for Classes

- OCS (Online Course Selection, similar to OCI above) is where you choose your classes. It is only available when signup becomes available.

Choosing Classes:

- Yale.edu/sis includes a link to OCI, or you can search it out directly
- Log into yale.edu/sis and find "OCS" as a menu item

Seminars, Lectures, and Labs:

Seminars

- Seminars are awesome because you get to know the professor and the other students, but they can also be a lot of work because the class is smaller and so you need to be on top of the material and contribute to the discussion every single day.
- If you really, really want to get in, make sure the professor knows who you are and that you're very interested in the class! That is the secret. (Knowing a little bit about their work also helps, if they know you're a fan -- but watch that this doesn't become dishonest brownnosing.)

Lectures

- Lectures can cover a lot of canonical information in a short amount of time.

- Lectures tend to have less daily participation and be more "anonymous"; some students prefer this.

Labs

- Labs tend to consume much more time per credit than any other course. It is difficult to take multiple labs in one semester
- That said, check the Bluebook website and/or ask friends to check up on a lab's ratings, if possible.

Credit/D/Fail

Yale offers students the chance to take classes Credit/D/Fail if the student desires, and if that class is not required for one's major. Students can elect to take up to four classes Cr/D/F over the course of their four years at Yale.

The deadline to declare a class Cr/D/F is the end of shopping period, or sooner if stated by your college dean. After declaring a class Cr/D/F, students interested in converting the class into a letter grading system have until a specified date (usually a couple months) to do so. Many students will declare a difficult course Cr/D/F, and then decide based on how they perform in that class whether they should keep it as is, or change it to the letter grade option.

Auditing

Yalies don't often audit; most people at least Credit/D/Fail a class if they take it. It's more common for seniors to audit classes than younger students.

Finding Classes - The Yale Map

Can even recognize building codes! You'll be totally ready for your 9:00 lecture in SSS and bio lab in OML.

Study Abroad:

If you are considering studying abroad during the academic year, the most important thing that you can do is schedule a meeting with a counselor at the Study Abroad Office. The Counselors will guide you through the process and help you decide whether or not studying abroad for a year or term is right for you. To see more information about studying abroad over the summer, try [this](#).

The highlights are as follows for YTA (Year or Term Abroad):

- A Yale student can apply to study abroad for a term or an entire year, generating up to 9 credits for a year abroad and 4 credits for a semester abroad as long as one takes a full schedule and earns at least a C- in the respective courses.
- Yale currently offers one Yale-sponsored study abroad program for year or term abroad time frame (Yale-in-London). The grades here will appear on a student's transcript and count towards his or her GPA. The program is operated under the Yale umbrella.
- Students can also choose, however, to attend one of the over 200 pre-approved programs around the globe. These programs will allow a student to earn general graduation credit, but credits toward distributional requirements will have to be approved by the study abroad office and credits toward major requirements by the respective DUS.
- If a student would like to attend a non-pre-approved program, he or she can petition for programs not included on the Yale list.
- A student is not responsible for paying Yale tuition during his or her time abroad. In addition, Yale financial aid is transferrable to YTA.
- Students need to be wary of deadlines: for spring term 2014 the deadline was October 15th and fall 2015 or full year the deadline was March 5.

Technology

Computer Setup

This interactive webpage explains everything you need to do to get yourself set up.

Mailing Lists

[Click here](#): Almost everything you need to know. For more, try Yale Wiki!

Yale Networks (Wireless)

Trust us: just use YaleSecure. Yale Guest, for example, is unencrypted, and, partially as a result, what you do online while using Yale Guest can be monitored by a third party. For more information on the different wireless networks, click [here](#).

Printing

To print, add money to your account, print to “YalePrint,” then pay for it at a print station.

Details can be found [here](#).

Public Computers

Yale has many public computers around campus you can use. They have a lot of special software that might come in handy if a class or activity requires it. (Check out the Software Library, too!) Some students also like to work on computers that aren’t their own for some types of work (e.g., those where your Facebook password isn’t entered for you automatically). See most of them on [this convenient map](#).

My Computer Broke!

Yale pays tech-savvy students, aptly named “Student Techs” (ST’s), to fix your computer if it should ever break. It’s free! They’re also available to answer any tech-related questions you may have. You can find ST’s in the basement of Bass Library, in L05 (AKA the “Technology Troubleshooting Office”). ST’s work for the “Student Technology Collaborative,” and, if you’re any good with computers, you should consider applying. They’re often looking for new people; the pay is high, and the hours are flexible.

- Here’s a link to information on provided [services](#).
- And here’s a link to more information on the [Technology Troubleshooting Office](#), including their hours.

Borrowing Laptops:

Bass Library

Bass has laptops to loan out for a 2-week period. They come with no software, so you'll probably want to prepare a list of the software you'll need, beforehand, and download it quickly through Ninite.

Student Technology Collaborative (STC)

If your laptop is broken, STC may loan you a laptop while they're repairing it. Click [here](#) to learn more.

Borrowing Media Equipment:

Bass Media Equipment Checkout

You can borrow media equipment from Yale, including—but certainly not limited to—photo cameras, video cameras, tripods, microphones, light kits, and tablets.

Maximum checkout period is three days. The overdue fees are significant: \$35 per day, with an additional \$100 if your late return interferes with someone else's checkout (that is, if someone can't check something out because you haven't returned that something), so it is important to return equipment on time. (Seriously, set multiple reminders if possible, from paper notes to your online calendar.)

The reservation system is a bit difficult to use at first. Once you get to the reservation page, specify your checkout time period first in the box to the right. Then add the devices you want to the cart and make your reservation. You must pick up your equipment sometime on the start date and return it before the Bass circulation desk closes on the end date.

Reservations can be made [here](#) (although you do have to sign in with your NetID), through the reservations app.

Digital Media Center for the Arts (DMCA)

The DMCA has a different set of equipment than Bass does. Borrowing

media equipment from the DMCA is available for only for art majors and students taking art classes (with a teacher signature). Click [here](#) for a list of resources.

Cushing Medical Library Equipment Checkout

The Medical Library also has some equipment available, albeit with a much-more limited selection. Their equipment isn't restricted to medical students; it's available to anyone who can check things out from any of Yale's libraries.

Data:

Beware: Your Data Could Disappear at Any Time

Hard drives don't last forever. The average life of a hard drive belonging to a Yale student is less than 4 years. If you use a cloud service to back up your data regularly (or, better yet, automatically), then you're far less likely to lose data; and setting up/restoring computers will become much faster. A member of our team accidentally had his operating system wiped over the summer, but he was up and running three hours later--thanks to Dropbox, a cloud data service provider. A password-storing service, like Lastpass, and a bookmark manager of some kind, are also solid choices to reduce the risk of data loss.

Box.com

Yale pays for 50GB of online storage for everyone at Yale! You can sync it as a folder to your computer, just like Dropbox. Also, students can keep the 50 GB forever, even after graduating.

Links to...

- [Information about Box](#)
- [Download Box](#)
- [Sync Box to your computer](#)

Google Drive

Google Drive can store files, too, in the same way; but you only get 5GB of Google Drive storage from your EliApps account. Skydrive (Microsoft) and Dropbox are also free and offer decent amounts of storage. Consider storing documents in one and photos in another if you lack for space.

External Hard Drive

To automate backups, you can use Time Machine (for Macs) or Backup and Restore (for PC's).

You can get a significant student discount (20%) on said software at the [WD Store](#).

Mobile Apps:

Yale Transit

For keeping track of the Yale Shuttle, our personal recommendation is “TransLoc.” It’s accessible for both iOS and Android users. Although tough to read at first, “TransLoc” is very helpful once you get used to it.

Yale Dining

Tells you which dining halls are open, how full they are (based on meal swipe times), and what the menu is. iOS only.

“Yale Mobile” App

Yale Mobile is a super-useful amalgamation of many functions: Bluebook, Yale Dining, Campus Map, People Directory, Yale Department Phonebook, Laundry Monitor (!), Shuttle (although TransLoc is probably your best bet), and more. However, Yale Mobile is available for iOS only.

“Yale” App

Although the “Yale” app wraps a lot of Yale web content, our verdict is that “Yale Mobile” fulfills the same niche and is much-more useful for undergraduates.

Some Less-Known Websites/Services:

LaundryView

Most laundry rooms around campus are monitored by the LaundryView app. It can tell you how many machines are occupied, and whether it's a good time for you to make the laundry trek. You can find the website [here](#).

Qualtrics (Surveys)

[Qualtrics](#) is survey software that is more powerful than free alternatives. Yale has bought a license that anyone at Yale can use.

JSTOR (“J-STOR,” i.e., “Journal Storage”)

JSTOR is the world's most-comprehensive archive of academic journal articles and is every Yale researcher's best friend. Like a Wikipedia for academia, it's ridiculously useful. Others have to pay for it, but, if you access it while logged onto the YaleSecure network, you've got it for free! Click [here](#) for the website.

Similar sites for access to academic journals can be extremely helpful in the composition of any research paper, and often aren't mentioned in high school curricula. Academic services such as [Pubmed](#), [PLOS One](#), and [Google Scholar](#) are free even away from Yale!

Overdrive (Digital Books)

You have access to a digital library! And you can put Yale's EBooks or Audiobooks on tablets, laptops, smart phones, or pretty much anywhere else you can think of!

Yale Font

Yale has had its own font designed. You can see it on most Yale publications, including this one. To try it out for yourself, click [here](#)! Mac users have to follow a separate procedure, however, which can be found [here](#).

Extracurriculars

Finding Extracurriculars

In this section, we've tried our best to describe and organize some of the groups as much as we're able to!

Types of Organizations & Yale's Official List

There are more than 400 active organizations on campus, ranging from the Undergraduate Math Society to the Freestyle Dueling Association and including over 50 performance groups and 60 cultural associations. You will be able to join as many as you like at the Freshman Extracurricular Bazaar, which takes place in late August.

Organizations can be grouped into several categories. Go to <http://admissions.yale.edu/extracurriculars> for a complete list.

Extracurricular Bazaar

Definitely go to this. Most of the clubs at Yale--well over a hundred in all--will have tables set up to ensnare you. It's an awe-inspiring look at the breadth of possibilities available to you, and although you have only 168 hours per week to actually fulfill said possibilities, there's no harm in window-shopping.

But be realistic: There's nothing wrong with attending many meetings in the first few weeks to get a feel for each organization that interests you. However, it's a good idea to set an artificial limit on how many you'll join; four is a sensible number, but three is even better, especially if you have a job or a tough schedule. If you feel that you have too much spare time next semester, joining a club is easy, and you can avoid the guilt of quitting.

Creating an Organization

If you can't find an organization of interest, you can create a new one and Yale will fund it! For more information on this, check out the UOFC undergraduate organizations handbook.

Work:

Campus Jobs

You apply for on-campus jobs on yalestudentjobs.org. Most new postings occur at the beginning of the school year but there are always new jobs available. There is a huge range of jobs, each requiring different skills. Some are as simple as sitting at a desk in a library (doing your homework). Others require more skill and are more involved, such as Student Tech (helping Yalies fix their computers). Each position requires a different set of qualifications, and some are more competitive than others to get (jobs in the admissions office are competitive), but in general, everyone who wants a job should be able to find one by the end of the year. And once you have said job, you'll be safe for as long as you'd like to keep it.

Towards the end of summer and at the beginning of fall semester, a lot of new jobs will be posted. You can subscribe to receive email notifications whenever a new job is posted so you don't miss any that might interest you.

You may notice a “level” next to each job listed. Levels simply correspond to the job's hourly wage (As of Fall 2013 level 1 is \$11.75, and it increases \$.50 per level from there). They don't really have any indication of required skill sets or anything like that; for example some level 4 jobs are just clerical jobs that require minimal computer knowledge. You can go straight into a higher-level job without having had a lower-level job. These “Student Pay Rates” can be seen on the “Student Control Panel” page of yalestudentjobs.org.

Research

Many students at Yale are involved with research. If you have the determination and the interest, you shouldn't have trouble finding research work. Not only do you have the opportunity to do research with professors who teach in the undergraduate and graduate schools, but you can also work with professors in other schools such as the Medical School and the School of Forestry and Environmental Science. Think of it this way: if you're committed to working in a lab and you're willing to do it for free, you're providing extra manpower to a professor who doesn't need to pay you, and there's certainly a benefit to that.

That being said, don't commit yourself to a lab too early on. Take some time to ease into your classes and extracurriculars to figure out what your workload is like.

Working in a lab is often a large time commitment, and you don't want to leave a bad impression by promising to work in a lab and not being able to follow through.

Quick Tip: Once you're working in your lab (or, better yet, before you apply), ask the graduate students how they feel about their jobs! If they seem happy, you can aspire to become one of them, and if not, you can benefit from the advance warning.

Community Service

There are far too many volunteer clubs and activities to list! They range from teaching/mentoring to social justice. Some of them (but definitely not even close to all) are listed here:

<http://www.yale.edu/livingnh/community/volunteer.html>

Many volunteer groups are also affiliated with Dwight Hall, which is an umbrella organization for nonprofits at Yale.

Quick Tip: If you're interested in starting a new volunteer group, you should check to see if another, similar group exists which might have room for your ideas and projects. Occasionally, three or four different organizations have very similar outreach areas, which isn't a problem, but can lead to a lack of helpful communication.

Sports:

Varsity Sports

Yale's history is incomplete without its Varsity Athletics program. Currently, Yale boasts 35 teams in varsity intercollegiate athletic competition, with most teams competing in Division I – football competes in the Division I Football Championship Subdivision – and almost competing in the Ivy League. Certain exceptions, like the ECAC for hockey, are conferences that include other Ivy League schools as well.

The history of Yale Bulldogs on athletic fields stretches back almost a century and a half – for example, Yale played its first football game in 1872 (and has been

playing Harvard annually since 1875) and has 27 national championships, 2 Heisman Award winners, 100 All-Americans, and multiple NFL Hall of Famers to its name. But football is not the only program that can claim a long tradition of success – almost every sport at Yale has achieved success on a national level, including national championships in basketball, crew, swimming and diving, golf, squash, sailing, men’s lacrosse, among others, and, most recently, men’s hockey – we’re the 2012-2013 NCAA Men’s Hockey National Champions. In addition, Yale has produced more than 200 Olympians in a variety of disciplines who have earned 61 gold medals.

Yale also boasts a number of historical and impressive athletic facilities:

Payne Whitney Gym (PWG) is home to gymnastics, volleyball, fencing, and men’s and women’s basketball, squash, and swimming. A short bus ride from Payne Whitney leads to another athletic complex, including Historic Yale Field (home of Yale Baseball), Coxe Cage (indoor track and field), the DeWitt Family Field (softball), and Reese Stadium, one of the best spots to watch a sunset on campus if you attend a lacrosse or soccer game at the right time of day.

Yale men’s and women’s hockey compete at Ingalls Rink (AKA “The Whale”), located on Science Hill and designed by Eero Saarinen, perhaps better known for designing the Gateway Arch in St. Louis.

Crew and sailing compete a bit further away (the Yale Boathouse is in Derby, CT), but their home competitions are still accessible by bus. There’s also Johnson Field (field hockey) and the Cullman-Heyman Tennis Center and finally, the crown jewel of Yale Athletics, the Yale Bowl (football, or, as international Yalies might refer to it, football, because this is America).

Spectating

Watching Bulldog athletes in action is incredibly easy and, for home games, always free. All sports draw big crowds for competitions against Harvard and in general games of all sports draw audiences consisting of local New Havenites, family, and friends, including students. The biggest sporting event of the year is The Game—the annual football game against Harvard—which is held in New Haven and Cambridge in alternating years and routinely sells out both university’s football venues, drawing not only students and locals, but also alumni from by the thousands. It is a quintessential Yale experience that is celebrated on a national

level as an iconic and historical part of not only Yale and Harvard's history, but American history. (It even has its own page on Wikipedia.)

Non-Varsity Sports (Club and Intramural)

The two main non-varsity athletic organizations are club and IM sports. (Tertiary organizations include the Freshman Olympics, informal beer pong tournaments, and Procrastination Pool, every weeknight at 3:00 am in the basement of your residential college.)

Club Sports

Club sports is the more competitive of the two. In some sports that do not have varsity teams, such as water polo or ultimate frisbee, the club team is the highest level of competition at Yale. Commitment varies by sport; most have around 3 practices per week, but some practice once a week and some practice every day. Missing a practice is usually okay, but in some sports there is pressure from teammates to attend. Club teams are coached by varsity athletes, volunteers, or senior members of the team. Club teams travel, scrimmaging against other teams in the area or competing against other college teams to advance to national club championships. In popular sports such as soccer there may be tryouts, but lesser-known sports welcome new members and beginners. (For a low barrier to entry and high upside even for the non-competitive, we recommend the Yale Powerlifting Team.) There are some fees involved for equipment and tournament costs.

Intramural Sports

IM sports are organized competitions between teams representing residential colleges. They are less competitive than club sports, and usually there are no practices involved; you just show up for scheduled games. There may not be not as much of a team community experience because attendance can vary drastically from game to game, but there is usually a core group of IM athletes that attend regularly. IMs are a good way to meet upperclassmen and other students in your college -- especially those you wouldn't have known otherwise.

IM sports are considered less intense because the people who show up may not be particularly experienced or skilled in that sport, but the desire to represent your

college honorably can inspire considerable competitive spirit. There are no fees, and usually any equipment beyond basic athletic clothes will be provided. Some sports have no counterpart at the club or varsity level. There are no tryouts; beginners are always welcome. And sometimes, showing up is what matters most; forfeits for non-attendance happen occasionally, and every victory counts toward a college's overall IM points. Once the Tyng Cup (like the Stanley Cup, but better) standings begin to sort themselves out, IMs become an intense source of college pride and inter-college rivalry.

In other words, there is great incentive to come and support your college! Yale provides the equipment (although you might want to bring your own, since the quality isn't necessarily the best). The intramural website is here: <http://www.yale.edu/intramurals>

Social, Cultural, and Spiritual Groups:

Cultural Houses

Afro-American Cultural Center

Currently located at 211 Park Street, the Afro-American Cultural Center at Yale (also known as The House) was established during the fall of 1969 in the midst of civil unrest and rising tensions involving race at Yale and in New Haven. Today, it aims to provide a sense of home and community for Black students. The House has a wide range of resident groups, ranging from the Black Men's Union to Shades a Capella. For many students, The House is a place to do work, attend debates, hang out, or meet up with friends; there is something for everyone. Dean Rodney T. Cohen serves as the director of the Center. The House is a warm and friendly community to which all students are welcome. It also offers the support of peer liaisons who help freshmen make the important transitions into a successful life at Yale. There will undoubtedly be numerous Yale-specific and community-wide events that will be held at the House to which all students are invited to participate. More information can be found on their website.

Asian American Cultural Center

The Asian American Cultural Center (AACC) was established in 1981 as a space for Asian American students at Yale to hold events, discuss political and social issues, and most of all develop as a community. The AACC also provides a large number of resources, such as peer liaisons who support and connect freshmen as

they transition to college life. Overall, there are more than 35 affiliated student organizations that use the house: political action committees, dance troupes, a cappella groups, cultural organizations, and many more all come under the AACC's roof to explore different facets of Asian American identity.

The AACC is equipped with comfortable couches, a kitchen, a library, conference rooms, and a computer room. Students from all backgrounds are encouraged to stop by and say hello, especially during any of our numerous events throughout the year. The Center is located on 295 Crown Street and directed by Dean Saveena Dhall. Please see our website for more information. We look forward to seeing you soon.

La Casa Cultural Center

Established at its current location in 1977, La Casa Cultural provides a home away from home for Latino students at Yale. We are committed to developing a comfortable space where our diverse cultural heritage, history and traditions can be celebrated and explored by all Yale students and New Haven community members. In partnership with our many resident organizations, La Casa provides opportunities that foster a sense of belonging and pride while supporting the intellectual, personal, and social development of our students.

Within the red brick walls of 301 Crown Street, students socialize, plan activities, cook together in a fully-equipped kitchen, discuss issues pertinent to Latin Americans/Latinos, and in general come together to create a warm and welcoming community. Students who visit the Center enjoy an ever-expanding library of books and resource materials on Latino and Latin American topics; a computer room in which to compose papers, check e-mail, and conduct online research; a large multi purpose gathering space; several organizational offices; and student lounges. La Casa offers Yale students and community members a rich variety of social, academic, and cultural resources in a warm and vibrant environment. If you want to learn more, check out our website and blog. See you all soon and welcome to the Yale familia!

Native American Cultural Center

The Native American Cultural Center (NACC) was established in 1993 in cooperation with the Association of Native Americans at Yale (ANAAAY) and promotes Native American culture while exploring the issues that Native Americans face today. Theodore Van Alst, assistant dean of Yale College, is the

director of the NACC. Van Alst, a promoter of the native community, brings a wealth of experience in Native American issues and serves as an advisor on matters academic, cultural and personal.

The center plays an important role in supporting Yale's Native community by providing a safe, fun environment for students of Native and non-Native descent to gather, learn about Native Americans and their stories, and to build friendships. This year the NACC is moving to a new location that has been completely renovated and suited to the cultural center's needs. Now, the NACC will be a three-story building equipped with a kitchen, game room, computer room, classroom, and a sky-lit lounge. The NACC works to include various events including; speakers, dinners, study breaks, and movie nights.

Religious Life

Ranging from all sorts of religious support and general counseling (whether on finding a religious community or discovering your own unique religious or non-religious identity), to free ice cream, the Chaplain's Office and its friendly staff will keep your souls and stomachs fed. The peer liaisons are there to talk about anything, and the bi-monthly study breaks, including pancakes, quesadillas etc., will keep you well rejuvenated. The Office also has spaces where you can just unwind from the hectic culture of college and offers alternate social gatherings on the weekends. Find out more here: <http://chaplain.yale.edu/>

You can also request a Peer Liaison from the office here:

<http://yalecollege.yale.edu/content/peer-liaison-request-form>

LGBTQ

Named the "Gay Ivy" by the Wall Street Journal in 1987, Yale has an LGBTQ community among the most thriving, diverse, and passionate in the nation. With undergraduate clubs devoted to a plethora of LGBT interests ranging from queer art to high school advocacy, from faith and sexuality workshops to trans-rights groups, LGBT students and their allies have innumerable opportunities to collaborate and socialize within the Yale LGBTQ community. Additionally, several organizations like Fierce Advocates and the LGBTQ Youth Kickback provide incredibly enriching opportunities for Yalies to engage with LGBT groups in the wider New Haven community, across boundaries of age, color, and privilege. The student-led LGBTQ Co-Op serves as the managing administrative supervisor for

all undergraduate LGBTQ groups, plans special events, and takes on responsibilities of speaking on behalf of the LGBT community in university affairs. Space, mentorship, and additional funding for student organizations is administered by the Office of LGBTQ Resources, which also houses Peer Liaisons, specially trained to serve as peer mentors to first years and act as conduits for the undergraduate groups. Among the much celebrated special events attributed to Yale's LGBT community are Trans-Week, the biannual Sex Week, and the month long gay pride celebration in April ("Pride Month").

Greek Life

The Greek scene at Yale is, for the most part, smaller and tamer than what one would find at a large state school. However, it still plays a significant role in the campus community and the lives of the many people who actively participate in Greek life. There are 9 fraternities (Alpha Delta Phi, Alpha Epsilon Pi, Delta Kappa Epsilon, Chi Psi, Sigma Alpha Epsilon, Sigma Chi, Sigma Phi Epsilon, Sigma Nu, and Zeta Psi) and 3 sororities (Kappa Alpha Theta, Kappa Kappa Gamma, and Pi Beta Phi). Some of the frats tend to attract similar people (for example, lacrosse players at ADPhi and Jewish students at AEPi), but all of them welcome anyone who wants to rush. The frats and sororities also differ to some degree regarding the level of commitment/participation expected. If you are interested in joining a Greek organization, it is recommend that you talk to people in each frat/sorority and attend rush events to get a feel for each organization before deciding which one fits well with you and what kind of experience you want.

Rush itself is generally a laid-back and fun process, which really initiates interested Yalies into the Greek scene. For girls, rush period lasts all of 3 days. Yale recently banned fall rush for fraternities and sororities, meaning that the earliest time a freshman can join a frat is in the second semester of freshman year. The rush period starts in the first few weeks of second semester, followed by a pledge period that can last the rest of the semester. Really, Greek life at Yale is as large or as small as you want it to be. Even if you are not interested in joining a frat/sorority, you can still attend most of their events and parties.

Music:

A Cappella

A cappella (singing without accompaniment, for the Glee-deprived) is HUGE at Yale. There are 15 a cappella groups in the Singing Group Council (SGC), the umbrella group that organizes most of the a cappella groups. There are also some singing groups that aren't regulated by the council. Within the SGC, all but two of the groups are underclassmen a cappella groups, meaning they're composed of freshmen, sophomores, and juniors. The two others, the Whiffenpoofs and Whim n' Rhythm, are all-senior a cappella groups.

Any underclassmen can audition for the groups, though most people choose to audition during their freshman year. The audition process - or "rush" process - has recently been shortened to 2-week period. Here's what happens:

Concerts

A cappella rush starts during Camp Yale with two huge concerts put on by all of the SGC a cappella groups. After the second concert, students (often freshmen, but not always!) rush to sign up for audition slots with all of the groups they like.

Rush Auditions

Throughout the next weekend, interested students prepare solos and go from audition to audition with the various groups; most auditions will include a warm-up, solo, and sight-reading/ear training exercises, although this varies from group to group. It's okay if you don't have experience with a Cappella, you are not the only one!

Rush Meals

Then, each auditionee gets rush meals with members of the groups. These meals are a chance to socialize with the group, get to know them, and tell them some more about yourself--they're a testament to how close a cappella groups are here!

Call-Backs

In the next few weeks, you may get a call-back. If you do, congratulations! The callbacks are longer versions of your initial auditions, and can vary a lot among groups.

Tap Night

At a date specified by the SGC, every a cappella group will line up outside of Old Campus and hear the all-senior a cappella groups perform. Then the groups run from dorm to dorm to snag their favorite auditionees and officially induct them into the group. Once the night's over, so is rush.

Quick Note: Sometimes, students aren't tapped by their favorite group, or any group they auditioned for. However, the disappointment is temporary. Yale has tons of other outlets for singers, from religious choirs to musical theater -- you can definitely find a place for your passion outside the a cappella system.

Orchestras and Bands

There are many, many orchestras at Yale, including (but not limited to):

- Yale Symphony Orchestra
- Berkeley College Orchestra
- Davenport Pops Orchestra (D-Pops)
- Jonathan Edwards College Philharmonic
- Saybrook College Orchestra

While there are some music majors playing in these orchestras, the majority of students are majoring in something non-music related, and simply interested in playing their instrument. Yale's orchestras cover a full range of ability levels, so everyone is able to find an orchestra suited for them. You can audition for as many orchestras as you'd like. If you play multiple instruments, you can audition for each of them.

Yale Symphony Orchestra

The Yale Symphony Orchestra (YSO) mostly consists of students who have played in a youth orchestra or have some sort of musical awards. YSO has a few transfer students from Julliard and the New England Conservatory, to give you a sense of the more advanced end of the spectrum.

Yale Bands

Yale University is also represented by the Yale University Bands: the Yale Precision Marching Band (YPMB), the Yale Concert Band (YCB), and the Yale Jazz Ensemble (YJE). Information about the bands, and audition materials for the 50-piece Concert Band (which plays orchestral transcriptions, band classics, and new commissions every year) as well as materials for the audition for the big band YJE, are available at yale.edu/yaleband/. There, you can also learn about the antics of the wacky and lovable Yale Precision Marching Band: the guardians of Yale school spirit and performers of all things fun and cool.

“Auditions” for YPMB are rarely stressful, especially considering there is a section full of people who do not play instruments (the Squids, who play music on pots and who build incredible props for every halftime show) and that the marching band does not, in fact, march. Cracking jokes, playing the latest hits and classic rock, forming rude symbols with their collective bodies, and always ready to put on a show, the YPMB is a home for friends and anyone looking to have a good time making people smile, whether or not they want to spend a lot of their time on music at Yale.

Music lessons

Interested in taking music lessons at Yale? Want to learn a new instrument? You can read more about auditioning, taking lessons for credit or for a fee, etc., here: <http://music.yale.edu/study/undergraduate-lessons/>. Most students study with a (super-talented) graduate student in the School of Music, not with a faculty member. It is possible to study with a faculty member, but auditions are competitive, and an advanced degree of performance ability is necessary.

Stores

There are two music stores on Audubon St.: Audubon Strings (a full-service store for string instruments, naturally) and Foundry Music (which is a more general music store carrying sheet music, music stands, reeds, metronomes, etc.) Farther away is Sam Ash in Amity, New Haven. They are the best place to go for guitar, bass, or amp repairs. They also have instruments for sale, including brass and woodwinds. You can take the B2 bus to get there.

Comedy

As you might imagine, plenty of extracurriculars at Yale can be competitive, and improv tends to be one of them. Obviously, being funny is key, but groups like improv are also looking to find people who they think would get along well with the rest of the group. You aren't guaranteed a spot in any group, even if you audition for all 6/7/8 improv and sketch groups (the number changes yearly).

Improv Comedy

The improv-comedy scene at Yale began in the '80s, and has been growing ever since. Improv is an intense collaboration between sharp-minded actors. Contrary to popular belief, the best improv artists are not the people who can produce jokes on command, but the people who can bring creative ideas to a scene without disrespecting their partners' ideas.

An improv group at Yale usually has two rehearsals every week, and performs once every couple of weeks in a small theater. These shows are very popular, and it is common for the theater to reach capacity ten minutes before the performance even starts. Similarly, improv auditions are very well attended. Anybody who is interested in auditioning should know the subtle differences between each of the four established groups...

Just Add Water: Short-form, long-form, and musical improv. JAW improvises songs as well as scenes, and does a twenty-minute improvised musical at the end of every show.

The Ex!t Players: Short-form and long-form improv. Ex!t is best known for its parody of Jeopardy, which requires the rapid production of one-liners.

The Purple Crayon: Mostly long-form improv. A Crayon show will often feature one or two extended sets of improv, each based on a "Harold" structure.

The Viola Question: Mostly short-form improv. VQ is best known for The Oracle, a game in which questions from members of the audience are given cryptic answers.

Sketch Comedy

Are you funny? But does it take you a couple of minutes to figure out your jokes? Well, then you might be perfect for sketch comedy at Yale. You may be asking yourself, “What is sketch comedy? Is that the one where you make up everything on the spot?” Why no, silly freshman, sketch comedy is when you write everything before the show even starts. It’s almost exactly like Saturday Night Live minus the occasional Justin Timberlake appearance. Sketch comedy groups write and perform all of their own material. But no worries, even if you have no experience acting or are illiterate, you too can join a sketch comedy group. The audition process is very laid back.

Within the first few weeks of school, Yale’s sketch comedy groups will be performing small showcases so you can laugh and get a feel for their individual styles of comedy. As with a capella, there will be auditions (but no preparation required), callbacks, and a “tap” process for a few new members. Just show up, be yourself, take risks, and make us laugh. There are 4 sketch comedy groups at Yale: The 5th Humor and Red Hot Poker, Outside Joke, and Sphincter. Each group has its own personality, so audition for all of them so you can really get a feel for which group of weirdos you want to spend the next four years with.

Quick Tip: There is one audition-free outlet for funny people at Yale: The Yale Record, our oldest humor magazine. Meetings are always open to all.

Student Publications

If you like writing, editing, graphic design, or talking to interesting people, you should consider writing for a Yale publication. There’s a huge number of them (probably around 30 at any given time that accept student writers), and the landscape shifts a little bit each year. Just in the last two years, five or six new publications have hit the dining hall tables (the best place to find them), and several others have mysteriously disappeared. But whether you’re writing for the Yale Daily News (YDN) or starting a magazine yourself, writing at Yale is a fun and fulfilling pastime.

Why write?

Lots of reasons! For one, you get writing guidance from experienced and talented fellow students, whether you’re a journalist at the Herald or an essayist with Light and Truth. For two, journalism is probably the best possible way to speak with a

wide variety of interesting people, inside and outside of Yale, over the course of the school year.

Finally, writing at Yale lets you sculpt your time pretty freely. Debate and sports and a Cappella have fixed schedules and will sometimes take you away from work for a full day or more. Unless you're an editor for the YDN, you can choose what times you work on articles in a given issue cycle, and if you feel overwhelmed, there's usually no obligation to write any more articles than you can handle. Whether you're looking to work for the New York Times or just want to see your name in print, Yale's publication scene offers an outlet for virtually any writerly idea.

Publications at Yale:

This list does not include every publication, because there are a TON of them. If you'd like to write for a publication, emailing an editor is usually your best bet; almost all of them are constantly looking for new material. And if you're a designer or artist interested in contributing visual content, even better! Artists are always in demand around Yale's writing scene.

Yale Daily News (YDN)

You'll see a lot of these lying around, because it's a daily paper and comes out every day and stuff. They do an excellent job reporting on the minutiae of Yale life, and their op-ed section (not editorial--editorials are written by editors!) gives students and professors the chance to make their opinions known to the student body at large. The YDN gets more readers on a regular basis than any other paper, and accepts a huge number of new staff writers each year. However, "heelers" (soon-to-be staff writers) have to write ten articles in a pretty short period to join, and contributing regular content means editing your articles late at night in the YDN building. Some people love the thrill of daily journalism, while others prefer a more relaxed approach, but any discussion of Yale writing options has to start with the YDN.

Yale Herald

Yale second-most-read publication, the Herald comes out weekly and focuses on longer pieces than the YDN, alongside personal essays and cultural criticism. If

you're a film or music buff, the Reviews section offers a great opportunity to make your thoughts public. And if you can't help but inject your personality into your journalistic work, the Herald is friendlier to opinion and personal style than many other publications.

New Journal

The New Journal takes on Yale from a left-leaning perspective, with a special emphasis on the city of New Haven and social justice issues. Their long-form journalism is some of the best writing on campus, and they offer anything from 400-word blurbs to 4000-word narrative epics. If you're interested in questions of class and privilege, or looking to get more involved with the city, TNJ might just be the place for you.

Yale Record

Yale's humor magazine, and the oldest college humor magazine in the country (soon to celebrate its 143rd birthday!). The Record publishes comedy and cartoons and holds weekly meetings open to any writer. Much of the magazine's content is short "mailbags" (fake letters) and "snews" (Onion-style news headlines), so new writers can get involved with as little as a five-word joke. The Record also hosts stand-up comedy nights and brings in funny people to give Master's Teas on a regular basis. If you like to laugh, the Record could be the most fun you'll have in the next four years. (Not joking.)

Yale Globalist

For world travelers and would-be travelers. The Globalist goes far outside the Yale Bubble to survey the rest of the planet, from Afghanistan to Zimbabwe. If plane tickets aren't in your future, have no fear! Skype's video-chat feature and international call capability allow you to communicate easily with international sources, and sourcing experts within the United States is also fine and dandy. Those interested can pitch articles to the paper magazine, offer to write for the blog, join the design team, and/or sign up for the Globalist Trip (a several-week summer adventure that combines an international vacation with a journalistic expedition). Bon voyage!

Rumpus

Yale's premier gossip magazine, and only gossip magazine. Rumpus knows more than anyone else what happens on campus (as you can tell by their Tumblr, RumpChat, which accepts anonymous tips on the Yale social scene). Rumpus doesn't publish often (twice a year, more or less), but they can lay claim to the single most popular publication at Yale--a list of Yale's 50 Most Beautiful People referred to as "50 Most". Rumpus parties harder, and works less harder, than any other publication out there. Whether you're a Greek-life guru or just a party animal, call them up for a good time.

Yale Politic

Covers politics at the city, state, national, and international level, in a style that strives to match monthly magazines like The Atlantic or The Economist. Maintains a massive, oft-updated blog and invites prestigious guests (Malcolm Gladwell, for example) to Yale on a regular basis. A great way to kick off your Washington career or contact the Senate committee leader in charge of your favorite partisan issue.

Other publications

Here goes. Sorry to anyone we miss!

- The Yale Literary Magazine (short stories and poetry; publishes twice per year, and tends to be quite competitive)
- Out of Order (fashion, art, movies, music, mostly publishes online but is read by a great many non-Yalies)
- Yale Scientific (general science articles, published monthly)
- Flourish (studies human well-being from a humanist perspective; covers psychology, art, philosophy, and more)
- Broad Recognition (feminist blog, also publishes a semi-regular 'zine)
- Vita Bella (for all things related to happiness and beauty)

- The Epicurean (food and cuisine, from recipes to restaurant reviews)
- Accent (all articles must be written in a foreign language; topics vary widely)
- The Critic (well-written, thoughtful reviews of recent books, doesn't seem to be online)
- Q (LGBTQ culture and issues)
- China Hands (all things China)
- Light and Truth (published by Yale Political Union's Conservative party, is conservative)
- Logos and Shibboleth (Christian and Jewish philosophy, respectively)
- The Yale Economic Review/Historical Review/Journal of Public Health/Journal of Medicine and Law (all pretty much what they sound like, and fairly academic)

Any other publication you want! Yalies often publish work outside of the university. Visit <http://www.cjr.org/realtalk> for advice on pitching to professional publications.

Happy writing!

Social Life

Social Activities

If you're looking for things to do outside of partying and your extracurricular groups, here are some ideas! (Note: when we say some, that is what we mean -- for every one party or social activity we mention here, there are so many more! There are also parties at Yale that haven't yet been imagined -- maybe the ones you'll be throwing this year. If you do, be sure to invite us!)

Arts and Performances

First of all, if the party scene isn't your thing, you're still in luck; Yale has a lot of fun social alternatives that don't involve partying. For example, the Radio House, which is the center of operations for Yale Radio, will host concerts every Friday night with up-and-coming bands. Comedy troupes on campus put on performances once or twice a semester that, without fail, will have any audience on the verge of delirium with laughter.

Another great option is attending a Cappella show with one of Yale's many incredibly talented singing groups. Each group brings a different style and character to a show, making them all really fun to check out, and your a Capella friends will love you forever for coming out to see them! The Yale Arts Calendar, which can be found online, is also always full of really cool drama performances or exhibitions that never fail to impress. For more on all of this, see the extracurricular section.

Mixers

Another great way to socialize with other Yalies is through inter-activity mixers. Parties hosted by the Yale Political Union, club sports teams, student government groups, cultural clubs and all other types of groups will organize mixers with each other, allowing Yalies to get to know people in different circles, all while having a great time.

Residential College Activities

Groups within residential colleges will often sponsor fun activities for the members of that college—between Freshman Counselor (FroCo) events and Student Activities Council (SAC) functions, you may see study-breaks or smoothie nights that help break up a tough school week. Colleges will also sponsor awesome outings, usually organized by the Master's Office, or specific councils within the college. These trips can range from visits to New York City to see a baseball game, a Broadway or opera show, or some beautiful paintings at the Met to nature

excursions in the mountains of the northeast to skiing or to local apple orchards for a beautiful day outside.

Global Grounds

One other great alternative social space is Yale's Global Grounds. Run through the Chaplain's Office, Global Grounds is a weekly weekend coffee house open Fridays and Saturdays from 10pm-2am in the Dwight Hall Common Room on Old Campus. Global Grounds offers free coffee, tea, food, board games, live music, trivia nights, and art shows. It's a fun place to relax, meet up with friends, and just hang out.

Movies/TV

But why have to leave your suite to have a good time with friends? As long as you have a TV in your common room, renting a movie can be a great option for enjoying a nice, low-key night with people you like. Fortunately, there's no shortage of DVD's in Bass library and the Yale Film Study Center, all of which are provided by the Yale College Council, and which are available to rent. Another really cool option is to use Philo (previously called Tivli), a service which, if you are on campus, provides additional channels to students (including HBO). If you want to see a movie in theaters, head with some friends to Criterion Cinemas on Temple Street. The theater features a great college-town mix of popcorn flicks and independent cinema.

Cooking & Baking

Residential colleges and most of the cultural houses each have a small kitchen that students can use to bake things. Some stock the kitchen with some staples (such as baking soda and oil), but most expect you to supply your own ingredients. Invite some friends to join you in cooking, and invite even more people to come and eat what you make! As far as we've smelled, popular dishes include cookies, pie, brownies, holiday meals, and ethnic dishes from every continent but Antarctica.

If you just like baking/cooking, many butteries would love to have you join in as a guest chef - you make something, and they'll advertise it to the college for you. The buttry may even be able to supply ingredients to fuel your cooking desires if

you plan ahead of time (although you probably can't make money off of it personally).

Board Game Parties

Many students bring board games to campus with them. Some organizations and cultural houses have their own sets of board games, and they're usually willing to let anyone in the group use them whenever.

A few popular choices: Apples to Apples, Bananagrams, Cards Against Humanity, Checkers, Chess, Cranium, Settlers of Catan, Sorry, Scattergories, Taboo, Words With... Scrabble

Parties:

Alcohol

In the US, you must be 21 or older to legally drink alcohol. Alcohol is present on campus, but there may be repercussions to drinking if you are underage. Though most people are able to enjoy alcohol responsibly most of the time, some people will overshoot their limits.

Yale believes that student health is much more important than student discipline. If there is reason to suspect that a fellow student needs medical attention for intoxication, you shouldn't hesitate to take them to the Yale Health Center. (Clear signs of potential danger include vomiting, memory loss, and loss of consciousness.) He or she will be kept while the effects of the alcohol wear off (usually overnight). More severe cases of alcohol poisoning will result in a trip to Yale New Haven Hospital.

Here is a quick guide to reaching Yale Health:

- Take the mini-bus 203-432-6330 to Yale Health - if the person can walk unassisted.
- Call 911 or Yale Police 203-432-4400 - if the person is injured or non-responsive.
- Acute Care 203-432-0123 - if you don't know what to do.

There is no direct punishment from Yale for arriving at Yale Health for drinking-related reasons: the school's highest priority is the student's safety. However, if you do end up at Yale Health, your residential college dean will be informed. He or she will likely schedule a meeting with you, and it might be recommended that you get in touch with one of Yale's alcohol counselors. The focus is completely on preventing a recurring problem.

Party Locations - On-Campus Housing:

Party Suites

At Yale, not all suites are configured alike. Some students, as they progress in their careers here, decide to live in larger suites with lots of close friends. Naturally, these rooms become gathering places, and in some cases, they become raging spaces. Some notable examples are the Saybrook Twelve-Pack, the Branford God Quad, and the TD Octet. Starting last year, Yale required students to register dorm parties expected to host more than 20 guests. The process is easy, just fill out a form at your master's office at least 48 hours in advance, and you're set.

College Parties

Many times over the year, you won't even have to leave the comfort of the residential colleges, or more broadly, Yale facilities, to have a really good time partying with friends. In some colleges, the Student Activities Councils will organize parties, sometimes closed to students from different colleges, but many times open to the whole undergrad community. These nights can be some of the most fun nights of the year--sometimes too fun (rest in peace, Safety Dance). Spirits run high over events like Pierson's Inferno, making them the perfect times

to rage with friends--and not always the ones you see in your usual social setting. Some colleges also organize semi-formals (dates optional), so come prepared with your finest attire.

College Screws

Prepare for jokes about the word “screw”. The phrase is a cultural phenomenon at Yale. Confused? Don’t be. Throughout the year, residential colleges will host their Screw nights--date dances where you (theoretically) have no idea who your date will be!

Here’s the deal: you tell your roommate or suitemate what you’re looking for in a date (flowing blond hair, poetic talents, basic competence with Einstein’s theory of special relativity), and your roommate will begin asking around to find your perfect match.

On the night of Screw, you’ll meet your date in some clever way arranged by your matchmaker, enjoy the night, and ride off into the New Haven sunset...well, usually not. New Haven is cloudy. But the dance itself usually a blast.

Quick Tip: Be nice to your roommate before screws (for obvious reasons). And if they’re willing to set you up, set them up in return. In case you’re tempted to prank them with someone surprising, you’ll want to brush up on your Prisoner’s Dilemma Theory.

Freshman Screw

Residential college screws are only preparation for the real thing: Freshman Screw. Organized by the Freshman Class Council, Freshman Screw is exactly what you’re guessing it is: one big dance with the whole freshman class (dates can be non-freshmen). Not to be didactic, but one more piece of advice on screw: act fast for Freshman Screw. The whole class is going to be looking for a date, and you might just find that the most worthy candidates are gone--and no one wants to disappoint their roommate.

Party Locations - Off-Campus Housing:

Fraternities

(Refer to the extra-curricular section for a listing of fraternities)

Each frat generally throws weekend parties once every few weeks, but a frat like SAE will throw a late-night party every Thursday night for Yalies looking to blow-off steam after a long academic week. See the extracurricular section for more information about fraternities.

Sororities

Yale also has three sororities: Kappa Alpha Theta, Kappa Kappa Gamma, and Pi Beta Phi. Though these sororities may have houses, the houses don't really function as party spaces, but more as residential spaces for close friends in the sororities.

Fence Club

One unique organization on campus is Fence Club, a "co-ed fraternity" that hosts parties and creates close bonds between guys and girls in the organization. Fence traditionally appeals to people who don't buy into the traditional notion of fraternities and sororities, and who value having a common identity with members of the opposite sex.

Sports Houses

Some Yale varsity sports teams own houses where they throw parties. So if you want to get down with the Yale men's hockey team (NCAA champs!), the heavyweight crew team, the lightweight crew team, the sailing team, or the swim team, feel free to hit up any one of their houses, as long as the lights are on and stuff. Don't break any windows.

Party Locations – Businesses:

Toads

A concert venue and bar that gets converted every Wednesday and Saturday for a college-student-only dance party. On Wednesday, Toads is exclusively open to Yale students (i.e. you need a Yale ID to get in), but on Saturday, there are generally crowds from Quinnipiac University that come as well. Toads is especially popular amongst freshmen and sophomores, as people below 21 can get in by paying a \$5 cover charge. There's no nice way of saying this -- Toad's is quite grimy. But even Yalies can (and do) set aside their pride and embrace their primal side every Wednesday and Saturday night.

Box 63

A more traditional bar that can be popular as a late-night hangout option for (generally) upperclassmen. You might find Yalies at Box on any (extended) weekend night—Thursday, Friday, Saturday, and yes, even Sunday.

Elevate/Oaxaca/Thali Too

These are a few of the night-club/bar venues that Yale organizations rent out for parties.

Transportation

Yalies dedicate a large amount of time to figuring out how to get from point A to point B in the cheapest possible manner.

Whether it's getting from school to the airport, going to visit your friends at other colleges, getting home safely after a night out, or trekking from Old Campus to

Science Hill (a big one for pre-meds), the following is a rundown on all the essentials you need to know about transportation.

To Airports

The airports you will be using most frequently to fly home will be:

Tweed New Haven Airport (HVN)

Tweed is served only by US Airways, and if US Airways does not have a direct flight from New Haven to your airport, you will need to connect in Philly. Tweed can be reached by taxi cab or by CT Transit bus. The car ride from Tweed to campus is around 15 minutes, and a cab costs around \$20 including tip.

Bradley International Airport (BDL)

Bradley International Airport in Hartford, CT services more airlines than Tweed and is a common airport for Yale students. Bradley is accessible by car, taxi, or shuttle.

Taxi

A taxi to Bradley costs \$110 without tip. The trip should take a little under an hour.

Go Shuttle

Go Shuttle does not operate a shared van service to Bradley, but you can reserve a private car for up to 3 passengers. The total for a one-way trip is \$139.55 including gratuity. You must make a reservation ahead of time.

CT Limo

CT Limo runs a shared van service from Phelps Gate to the airport for \$42 one-way and \$65 roundtrip. The total time is around one hour and 20 minutes for a one-way trip. CT Limo is most effective for trips to Bradley; all other locations have better options.

You must make a reservation ahead of time.

New York: LaGuardia (LGA)

Train and Bus

If you can plan in advance, are adventurous, and have limited luggage, you can take the train and bus to LaGuardia. This costs around \$17, which makes it significantly less expensive than shuttles. The trip should take around 3 hours.

1. Take the Metro North from New Haven to Harlem & 125th.
2. Transfer to the M to LaGuardia

If you do not want to transfer in Harlem, you can take this alternate route which will cost around \$30 and take anywhere from 3-4 hours. You will have to carry your luggage a bit more on this trip.

1. Take the Metro North from New Haven to Grand Central
2. Take the New York Airport Service Bus to LGA

Shuttles

Shuttles are generally easier with multiple bags of luggage as you only have to carry your luggage around the airport. Pick up from an airport can often be delayed due to traffic.

1. Go Shuttle. \$54 one way. Takes around 2.5 to 3 hours.
2. Connecticut Limo. \$68 one way, \$95 roundtrip. Takes around 2.5 to 3 hours.

New York: John F. Kennedy International Airport (JFK):

Train and Subway

This option costs around \$20 and takes around 3 to 4 hours. You can use this almost any time except that the last Metro North train leaves Grand Central at 1:30 AM. This is much easier if you are familiar with the NYC Subway system. Not recommended if you have lots of luggage.

1. Take the Metro North from New Haven to Grand Central
2. Take the subway to JFK (listed in increasing time)
 - Take the #7 from Grand Central to Court House Square and transfer to the F. Take the F to Jamaica, where you can take the Airtrain to JFK. Involves around 4 staircases.
 - Take the #4, 5, or 6 uptown to 59th Street. Transfer to the F. This involves one stair case and about a 1/4 mile walk to transfer to the F, where you can take the Airtrain to JFK.
 - Take the 4-5-6 downtown to Broadway/ Nassau where you can transfer to the A. Be sure to get a Far Rockaway A - they have different terminal destinations. This involves one stair case and slightly less walking.
 - Take the 4-5-6 uptown to 51st, where you can transfer to an E to take you to Jamaica.

Train and Bus

This option costs around \$30 and also takes around 3 to 4 hours. This is easier to use with more luggage, but you still need to take your luggage from the train station to the bus pick-up location.

1. Take the Metro North from New Haven to Grand Central
2. Take the New York Airport Service Bus to JFK

Shuttles

Shuttles are generally easier with multiple bags of luggage as you only have to carry your luggage around the airport. Pick up from an airport can often be delayed due to traffic.

1. Go Shuttle - \$54 one way. Takes around 3 hours or longer.
2. Connecticut Limo \$68 one way, \$95 roundtrip. Takes around 3 hours or longer.

Newark Liberty International Airport (EWR):

Amtrak

For around \$40 to \$60, you can take the Amtrak train from Newark to Union Station in New Haven. This will take longer than 2 hours. The train station in Newark is connected to the airport, so this option is doable with luggage.

Traveling Around New England:

New Haven - CT Transit

To get around New Haven (especially outside of the Yale campus) you can use New Haven's bus system through CT Transit.

New York:

Metro North

Metro North is cheaper than Amtrak, and they both go to New York. If you go off-peak, you can go to New York on Metro North for \$15.

Amtrak

If you're willing to splurge a little for comfort and Wi-Fi, and a faster trip if you take the Acela express.

Boston:

Bus

The Greyhound bus costs \$18 if you book your ticket online, and takes around 4 hours. You can also check Megabus for tickets varying in price based on when you book.

Amtrak

Amtrak tickets to Back Bay Station from New Haven cost anywhere from \$40 to \$100, and the trip takes 2 to 3 hours.

Amtrak Deals

Amtrak tickets are often quite expensive and can add up very quickly with just a few trips. If you live in New England or anticipate traveling frequently with Amtrak, you may want to consider the Amtrak Student Advantage Card. The Student Advantage Card saves you 15% off all weekday, non-Acela trains as long as you book at least three days in advance. A one-year card costs \$20, while a card for all four years is \$50.

Safe travel within Yale

Yale University and the Yale Police Department are ceaselessly devoted to student safety. As such, Yale provides many services designed to keep us feeling secure (and being secure).

Blue Phones

“Blue phones” are phones dispersed all over campus that are easily identifiable at night by the blue lights shining overhead. If you ever feel unsafe, you are encouraged to use the emergency button to call the police, fire, or emergency medical departments, or to use the keypad to call any campus number.

Bulldog Mobile

An app that, when set, allows the YPD to locate you in case of emergency.

Nighttime Safe Ride and Escort Service

Either a University shuttle, Security vehicle, or a Yale Security Officer can be requested to transport you safely home at night from anywhere on campus, by calling 203-432-WALK.

Yale Bus

One thing you will quickly discover is that, depending on the location of your classes, it might be tight to make it between two classes in only 10-15 minutes. For the purpose of easing transportation around campus and around town, the University provides many shuttle lines (e.g. blue line, orange line, red line) that can be incredibly useful, especially when you are trying to get from Old Campus/Cross Campus to Science Hill in 15 minutes.

Biking

If you would prefer to bike you can either bring your own bike or use Yale's bike share program. To use the bike share bikes which are white, Zagster bikes at select stations, you need to pay a \$20 annual membership fee that will be reimbursed if you take a Bike Safety class and register with Zagster. If you own your own bike, you should get a solid metal bike lock. If you can avoid it, don't leave your bike unattended for long periods of time, especially off-campus.

Other Wheeled Locomotion

We don't know anything about motor-bikes or motor scooters, but they're probably not fast enough to make up for the time spent finding parking near classroom locations. Regular scooters, on the other hand, are getting more popular--faster

than walking, cheaper than biking, and no locks necessary! Skateboards are an option if you can manage one.

Friends' Cars

If you have a friend with a car, you could ask them to drive and compensate them later for time and gas. This is the most fun option, and by far the cheapest if you have nice friends.

ZipCars

ZipCar is the most reliable way to rent a car in New Haven, but you have to get an account with them first.

- Weekdays ~\$8/hour
- Weekend ~\$9/hour

Parking

Chances are, you won't be using a car any time soon, but just in case, here are a few helpful tips:

Long-Term Parking

Off-campus is cheapest. Options include the York Garage, the Crown Street Garage, the Temple Street Garage, and many more.

Short-Term Parking

Parking is free on many streets, as long as there's a sign that says so. You're almost always safe weekdays after 7pm and all day on weekends, but keep in mind that free parking might not last for a very long time.

If you need to park during a non-free time, try Parkopedia - it can help you compare prices and locations to choose the best one.

The New Haven Parking Authority (NHPA) does most of the parking for New Haven, and their site is pretty useful too.

Yale Wiki Articles

The Yale Wiki is a compilation of useful Yale-related information written by students. Much of the content was collected and put together by a group of students (the "Yale Wiki Staff"), but a lot of the content was added by Yalies not in the group. To check it out, go to: <http://www.yalewiki.org>. And feel free to add content yourself! We love new content!

Here is a short list of the most useful Yale Wiki articles we just couldn't fit into this booklet. These articles are all worth looking at - at least open them & skim their headers to figure out what they contain.

- Textbooks
- Postal Mail

- New Haven
- Technology
- Alcohol
- Eating Cheaply
- Late-night Food
- Yale Dining
- Writing Science Papers
- Off-campus housing and subletting
- Computer Stuff Yale Pays For (there's a lot!)
- Clusters, Printing and Scanning
- Data Storage, Backup, Sync, and Transfer (you get lots of free Yale cloud storage!)
- Internet Networks
- Emails and Mailing Lists

Thank you to all everyone who helped put the handbook together!

Original Contributors:

Casey Watts (BK '12), Andrew Grass (JE '16), Aaron Gertler (TD '15), Erin Michet (BK '13), Austin Bryniarski (CC '16), Rafi Bildner (DC '16), Freshman Class Council, Caroline Pringle (SY '16), Freshman Class Council, Michael Leopold (MC '16), Freshman Class Council, Kevin Chen (PC '14), Ysabel Ilagan (ES '14), Jenna Cook (DC '14), Andrew Chun (PC '15), Jessica Wang (MC '15), Lorraine James (TC '15), Winnie Huang (BR '14), Kathy Phan (ES '15), Mitchell Rose Bear Don't Walk (JE '16), Native American Cultural Center Peer Liaison, Brooke Eastman (TC '15), the Fifth Humour, Grant Fergusson (BR '16), Duke's Men, Baldwin Giang (ES '14), Office of LGBTQ Resources Peer, Phil Jameson (SY '16), Just Add Water, Sara Torres (ES '15), Michelle Pinon (DC '14), Raquel Zepeda (DC '14), Alfonso Toro (TC '15), Taylor Nicolas (BR '15), Deanna Palenzuela (BR '15), Christopher Melendez (ES '15), Marisa Moraza (BK '16), Connor Moseley (BK '14), Yale Wiki, Ayesha Muhammad (BR '14), Chaplain's Office Peer Liaison, Bechir-Auguste Pierre (JE '15), Afro-American Cultural Center Peer Liaison, Andrew Sobotka (JE '15), Whaling Crew, Kyle Tramonte (SY '15), Yale College Council, Connor Feeley (TD '16), Freshman Class Council, Layla Khuri (SY '16), Freshman Class Council, Aaron Gertler (TD '15), Yale Wiki

Class of 2017 Freshman Class Council Contributors:

Sukriti Mohan (SM), Thomas Rosenkranz (CC), Sarika Pandrangi (CC), Olivia Hamel (TD), Samantha Bensinger (BR), Margaret Morse (CC), Samantha Berenblum (BC), Zach Murn (BR), Nils Metter (ES), Megan Ruan (PC), Adriana Embus (TD)