

undergraduate
WOMEN'S
RESOURCE
GUIDE

Penn Consortium of Undergraduate Women





introduction to the guide

Penn is bursting with resources, groups, and organizations, but sometimes it's difficult navigating them. By the time you've figured it out, you're close to graduation. We, the leaders of the constituent groups of the Penn Consortium of Undergraduate Women, wanted to pass on our collective wisdom so that you can find your way a bit faster. We hope that you find our advice useful; consider it a detailed chat from an older sister who's had the same questions.

The Guide addresses what we feel are the issues of major importance to undergraduate women. The first section, Safety & Health, covers the basics for keeping yourself in good condition. The next section, What Do I Do If..., answers big questions we think most undergraduate women ask. The third section introduces the members of the Penn Consortium of Undergraduate Women; we are the authors of this Guide and are proud to introduce ourselves to you. The next section presents other student activities that we enjoy, as well as administrative entities that you should get to know. The Guide closes with PCUW Recommends, a list of our favorite places to eat, party, visit, shop, and become more cultured.

At the end is a handy index - look there for contact information for all the Penn resources & groups mentioned.

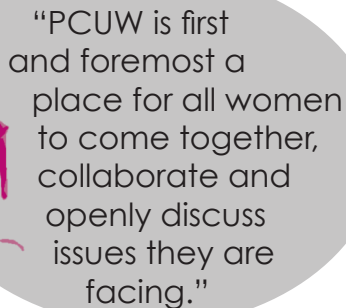
Enjoy the Guide, and enjoy Penn!



introduction to

PCUW

Penn Consortium of Undergraduate Women



"PCUW is first and foremost a place for all women to come together, collaborate and openly discuss issues they are facing."

The Undergraduate Women's Resource Guide is brought to you by PCUW, the Penn Consortium of Undergraduate Women. Founded in November 2003, PCUW is an umbrella organization representing more than twenty undergraduate Penn women's groups. We meet regularly to discuss what our groups are doing and how we can grow stronger and support each other. We are proud to be able to mentor and assist each other, and provide a forum for involved student leaders to discuss issues of importance to women on campus.

Our objectives are to:

- Encourage collaboration between women's groups
- Represent the undergraduate women's community to the University Assembly, Trustees' Council of Penn Women, and other administrative entities
- To organize and sponsor an annual Women's Week
- To support and engage with the Penn Women's Center

Get involved! To learn more about the heart of PCUW - the more than twenty women's groups that are involved - read on. Also check out our website, www.pennwomen.org where you will find up-to-date information about PCUW, the constituent groups, and a calendar of events.

We encourage you to get involved with any group that interests you - we are thrilled to have newcomers!



Trustees' Council of Penn Women

UNIVERSITY of PENNSYLVANIA

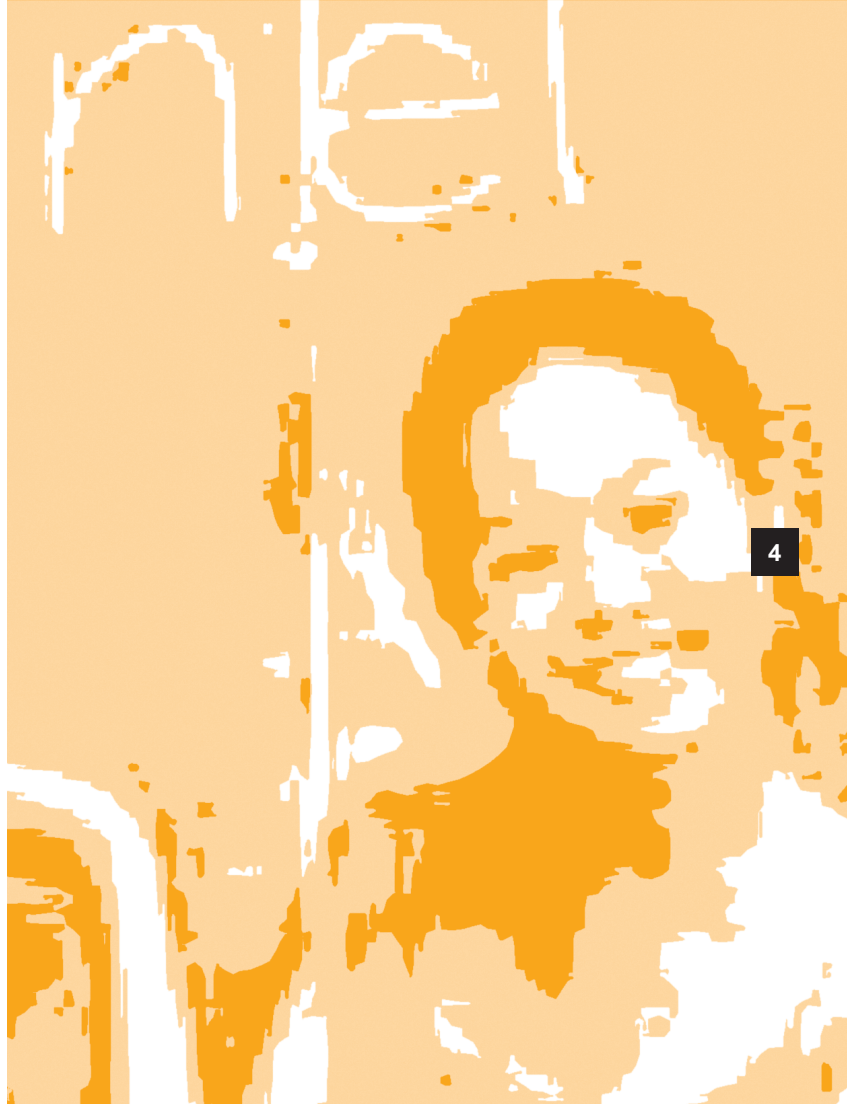
TCPW: Generations of Penn Alumnae Working with Today's Students to Enhance the University Environment

The **TRUSTEES' COUNCIL OF PENN WOMEN** is a national organization of alumnae leaders focused on enhancing the **experience of all Penn women**. TCPW leverages the success, experience and knowledge of its members to support students and faculty by:

- Collaborating with a broad spectrum of women's groups to effectively **ADDRESS ISSUES** on campus
- Providing **GRANTS** which seed, sustain and support undergraduate and graduate women and women's groups, both academically and in co-curricular activities
- Offering guidance and information about **CAREERS** to Penn women, through workshops, mentoring and hosting our Annual Career Networking Event
- Soliciting advice and input from **STUDENT REPRESENTATIVES** about ways that the University environment can be made even better for women
- Presenting **EVENTS, SPEAKERS AND PANELS** on topics relevant to Penn women

If you would like to learn more about how TCPW advocates for Penn women or explore ways that we can work together, please contact Terri Welsh, our Director, at 215-898-3463 or welsh@upenn.edu.

www.alumni.upenn.edu/groups/tcpw





Penn Women's Center

www.vpul.upenn.edu/pwc/



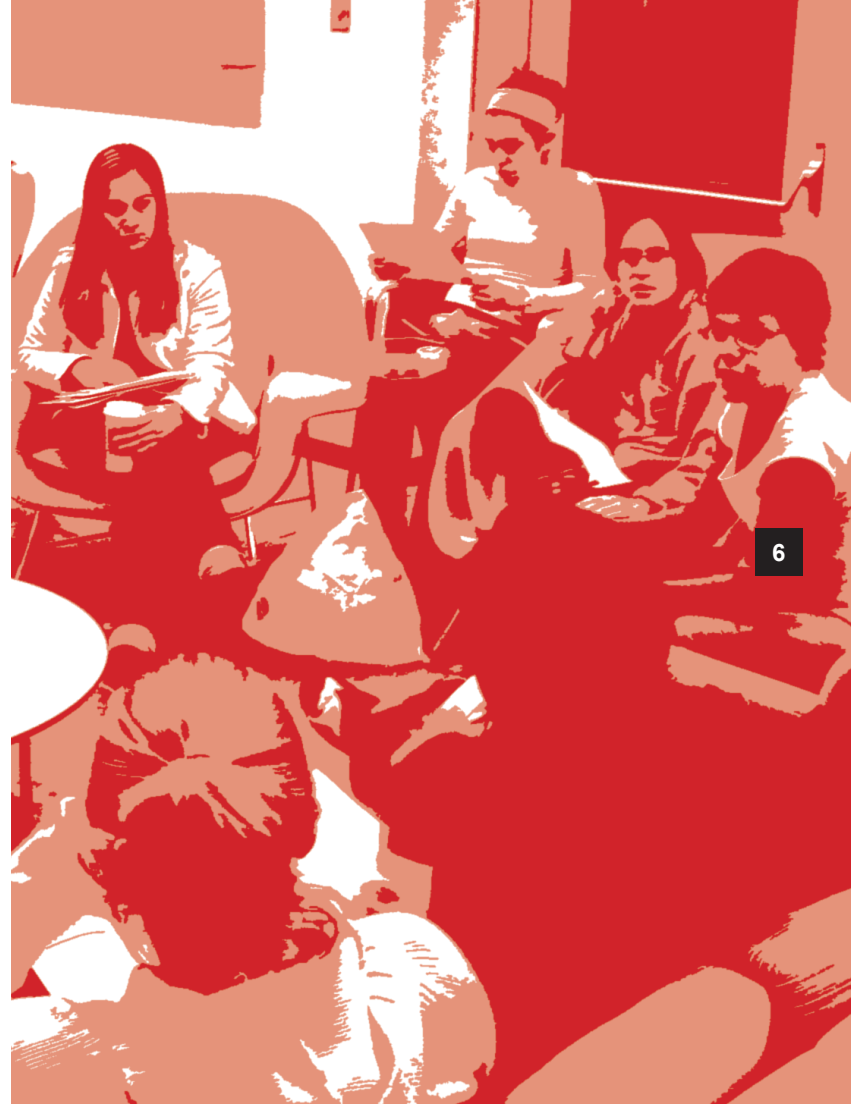
The Penn Women's Center mission is to understand and address the continuing and evolving needs of women on the campus of the University of Pennsylvania (primarily its students, but also faculty and staff). We strive to be a welcoming, comfortable, exciting place to foster community, expand awareness, and enhance the educational experience for the women of Penn.

The Women's Center – located at the heart of campus and open most days and evenings (<http://www.vpul.upenn.edu/pwc/contactus2.html>) -- offers the perfect space for women to congregate and relax and also to team up for civic engagement projects both large and small. We also provide opportunities for networking and mentoring between students and their peers, students and faculty, students and alumnae, and students with local and national women's organizations.

The Women's Center is a resource/educational facility, presenting and sponsoring programs on career issues, stress management, and health concerns. On a larger scale, we also focus on economic, political and global matters. We play an advocacy and support role regarding issues of safety and equity for women and we are a resource to turn to for a host of concerns including health care, workplace discrimination, violence, substance use, self image and body image issues, and mental health. Services include individual advice and crisis intervention, institutional advocacy, outreach, and referrals to appropriate on (<http://www.vpul.upenn.edu/pwc/OnCampus2.html>) and off campus (<http://www.vpul.upenn.edu/pwc/OffCampus.html>) resources.

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Safety is being smart wherever you are.

Penn is a big campus in an even bigger city. If you keep your wits and trust your instincts it's unlikely you'll run into trouble. Develop your street smarts, supplement them with Penn's safety resources, and you'll be on your way to years of great experiences.

To stay safe wherever you are, be aware of your surroundings. Turn down the volume on your iPod, take a break from your cell phone, and lift your head up. **Be aware of who's around you and how they're acting.** Keeping your head up and letting everyone around you see that you are alert is crucial to staying safe.

When it's dark or when you're in a new place, try to avoid being alone. Buddy up with some friends, or – if you're on campus or in West Philly – call a Penn Walking Escort (898-WALK). They're friendly, uniformed security officers who, at any hour of any day, will walk you from door-to-door or to your mode of transportation.

Be smart about your transportation – SEPTA security is rare and the underground stations at certain hours can make even the most seasoned rider uncomfortable. Be alert, travel with friends,

and have cab fare just in case. And don't be shy about using the Penn shuttle (898-RIDE) - it operates after dark and will take you from just about anywhere in West Philadelphia to campus, and it's free. There's sometimes a bit of a wait, but it's a safe alternative to every other kind of transportation.

Penn works hard to keep you safe - in addition to the walking escorts and free shuttles, there are cameras around campus and parts of West Philly, and blue-light emergency phones that you should use in an emergency or when you really feel uneasy.

But all the technology and security personnel can't help if you don't make your safety a priority. Stay alert, and never compromise your senses or your judgment. **Remember that some of the biggest threats to your safety aren't off-campus;** unfortunately, every year several Penn students suffer sexual assault, acquaintance rape, and stalking. There are people who are dedicated to stopping this and helping survivors: Special Services (a branch of Penn Public Safety) are an incredible resource and will maintain confidentiality about sex offenses. Counseling and Psychological Services and the Penn Women's Center offer crisis counseling and related services. To talk to a peer about safety or any other concern, call RAP-Line.

College is about experimentation, but don't mess around with your health.

Get enough sleep, eat nutritious food, and maintain good hygiene. As tempting as it is to stay up several nights in a row and live off ramen noodles, you'll end up sleep-deprived and on your way to scurvy. Also, don't forget that you're living alongside dozens of other people and all their head colds and nagging coughs. Your body needs help to fight all that off – and it's much easier to study and socialize if you feel well.

Lots of places at Penn can help you stay healthy: The Office of Health Education has a nicely designed website with tips on physical and mental health. The Office of Health Education also offers free individualized stress reduction sessions that incorporate Western and Eastern modalities. The Department of Recreation has pools, gyms, fitness equipment, and a wide variety of classes; they also sponsor a lot of intramural and club sports. Finally, the nurses and doctors at Student Health will discuss any concerns you have. Make an appointment and ask their medical opinion on whatever's been on your mind.

You'll probably end up at Student Health a few times. One of those might be for preventive medicine – they give flu shots, can

test you for allergies, and will refer you to specialists. More likely, however, you'll be there, along with the rest of your class, with a sore throat during strep season. Do your best to avoid just walking in – call them the day before or even that morning and they'll set you up with an appointment so you won't have to sit around with all the other sick people.

Women's Health is stellar. Everyone seems to love it, and the care and services they provide couldn't be improved. Most women undergraduates (depending on their insurance) can get a free or low cost gynecological/pelvic exam and PAP smear every year; Women's Health also does STD screenings, breast exams, pregnancy tests, and will talk to you at length about birth control options – all of which you can purchase at a steep discount right in the clinic (including emergency contraception). They even have a convenient system for getting your pill/patch/ring refills ahead of time, and will remind you about Depo shots. The nurses and doctors are very thorough and always a pleasure to speak with, so if you have questions about anything related to your woman-parts, make an appointment.

Finally, don't forget about mental health. **Take some time to enjoy yourself, relax, get a massage, go for a walk.** Talk to someone if something concerns you, or if you're feeling stressed or overwhelmed.

safety & health resources

Penn Public Safety (police): 215-573-3333, 511 (campus phone)
www.publicsafety.upenn.edu/

Penn Public Safety Special Services (for sex offenses and other sensitive crimes):
215-898-4481. Emergency: 215-898-6600
http://www.publicsafety.upenn.edu/SS_about.asp

Personal Safety Tips from Public Safety:
www.publicsafety.upenn.edu/Police/dpsPerSafety.asp

Penn Women's Center: 215-898-8611
www.vpul.upenn.edu/pwc/

Counseling and Psychological Services (CAPS): 215-898-7021,
Emergency: 215-349-5490
www.vpul.upenn.edu/caps/

RAP-Line (peer help line): 215-573-2RAP, www.upenn.edu/rap-online/

Penn Walking Escort: 215-898-WALK

Penn Riding Escort: 215-898-RIDE
www.business-services.upenn.edu/transportation/using/

Student Health Services: 215-746-3535
www.vpul.upenn.edu/shs/

Women's Health Services: 215-746-3535
www.vpul.upenn.edu/shs/whealth.php

Office of Health Education: 215-573-3525, www.vpul.upenn.edu/ohe/

Department of Recreation: 215-898-6100
www.upenn.edu/recreation

"It's
always better
to be on the safe
side. Avoid traveling
alone; keep a cab com-
pany and Penn police
preprogrammed on
your phone."

"Take
time to take
care of yourself. It's
easy to get worn down...
It's as important to take
care of your mental
health as your physical
health."

"Women's
Health keeps
various birth controls
on stock that you can pick
up as often as you would
like. All can be charged to
bursar bill or can
be paid in cash."



what do i do if my TA hits on me?

At some point in your life, you'll probably receive unwanted sexual attention; depending on the context, it could be sexual harassment. This may happen to you at Penn. Despite a stated University policy against sexual harassment, and despite the fact that most of the students, faculty, and staff here are great, non-harassing people, it still happens. Trust your instincts. Though not all sexual attention is necessarily harassment, if a situation gives you a weird feeling, it's worth talking with someone familiar with the policies. Whenever you're uncomfortable, talk about it. When it's sexual, there are specific resources to help you.

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Sexual harassment is unwanted, unreciprocated sexual attention that threatens your academics or employment, intends to interfere with your academic or work performance, and/or creates an intimidating or offensive academic, living, or work environment. It includes things like a professor or TA implying that spending social time with them would benefit your grades, or pornography hung in public spaces in your dorm. There are resources available to anyone who feels they've been sexually harassed. Though they can't guarantee complete confidentiality -- if a law has been broken or there is a safety threat they must report it -- they will do everything possible to listen and to help you.

Penn Women's Center: 215-898-8611, www.vpul.upenn.edu/pwc/
Counseling and Psychological Services (CAPS): 215-898-7021,

Emergency: 215-349-5490, www.vpul.upenn.edu/caps/

RAP-line (peer help line): 215-573-2RAP, www.upenn.edu/rap-online/

what do i do if i'm failing a class?

Penn is academically rigorous, and everyone feels overwhelmed at some point. Don't panic: no matter what you're stressed about, there are people who can help you – and lots of ways you can help yourself.

Acknowledge your limits (always a scary process). You may be taking too many classes – talk to your advisor or the staff at the Learning Resources Center to see if you have a reasonable load. Make a plan and spread out your requirements so that you don't have to cram too many into one semester. Also, don't forget that you can drop a class if you feel you should.

Review your habits. Do you need to change the place, time, or way you work? Are you consistently sleeping through class? **Do what it takes to make sure you can study and go to class comfortably** – you may need to rearrange your schedule or focus on time management.

None of this needs to be done alone – Penn has great services for helping you assess your strengths and needs, and for helping you develop better skills for everything from taking notes to researching seminar papers. The staff at the Weingarten Learning Resources Center can give you individual instruction; they also offer workshops on time management, exam preparation, and reading in less

time, with some workshops focusing on the needs of athletes or international students. Student Disabilities Services (housed within the Learning Resources Center) can help you get a note-taker, interpreter, or extra time on exams.

If you're having difficulty with one class in particular, speak with the professor and/or TA. Go to office hours – this can clarify a lot, and you'll get to know your instructors a little better. Additionally, if you need help with coursework, contact the Tutoring Center through www.vpul.upenn.edu/tutoring/. You can arrange for private or group tutoring.

And don't overlook the library – if a term paper lacks crucial information, or if you can't figure out how to even start your research, the Penn librarians can help you. They're specialized into different fields and love helping people with papers. Do yourself a favor and schedule an appointment early on (through the website). You can chat with them online during an overnight writing binge, but if you give yourself some time to meet with them, they'll maximize the library's resources for you. Similarly, the Writing Center can help you with every step of your paper: planning a research strategy, developing a thesis, even proofreading. It's strongly recommended that you make an appointment (through their website).

Weingarten Learning Resources Center: Including Offices of Learning Resources and Student Disabilities Services: 215-573-9235 (Voice), 215-746-6320 (TDD)
www.vpul.upenn.edu/lrc/sds/index.html

Tutoring Center: 215-898-8596, www.vpul.upenn.edu/tutoring/

Penn Library: 215-898-7555, library.upenn.edu

Live Chat with a Librarian: refchat.library.upenn.edu

Room Scheduler: bookit.library.upenn.edu/cgi-bin/rooms/rooms

Penn Writing Center (part of the Critical Writing Program):
www.writing.upenn.edu/critical/help, 215-573-2729

what do i do if i'm not eating well?

Body image and eating disorders are a difficult problem for many college students. The high-pressured environment at Penn, like many universities, can be a breeding ground for insecurity and fear, and the transition from high school can be more challenging than expected. These dynamics can contribute to or exacerbate issues with body image and disordered eating. If you came to Penn having had issues with body image and food before, seek help and find someone to talk to so that the problem doesn't escalate. Even if you never had an eating disorder, be aware of your body image, and how your relationship to food and exercise is influenced by things going on in your life at Penn. Be aware of any changes in your eating habits, feelings about your body, significant weight gains or losses and changes in your self-esteem. Many students at Penn suffer from "disordered or anxious eating" as opposed to full blown eating disorders. Both are serious concerns.

An eating disorder is more than just being on a diet – it is an illness that permeates all aspects of each sufferer's life. You or your friend does not need to be underweight (or even look 'average') to be suffering. Eating disorders are about how life won't be good until a bit (or a lot) of weight is lost, and there's no concern for what kind of psychological and physiological damage is done.

If you have a friend with a problem, it is important to approach them, or take advantage of Penn's resources and get some advice. Let them know that you are concerned and that resources are available.

The Office of Health Education's website has information about many eating disorders and suggestions for to help yourself and/or a friend. **Students can get coordinated interdisciplinary help from the Penn Eating Concerns Team**, whose members include mental health providers at CAPS and medical, gynecology, and nutritionist providers at Student Health. The CAPS website describes the team and its services, and provides information and suggested readings. Additionally, CAPS can provide individual counseling for you or your friend; they also have group sessions for students with eating disorders. The staff at CAPS reports that many students come for consultations about how to talk to their friends and find these consultation sessions helpful.

The **Penn Women's Center** also offers counseling, as well as opportunities for informal chats; nutritionists are available at Student Health to discuss healthy ways to change your diet. Talk to them!

If you live on campus, don't overlook your RA/GA and House Dean. They will be happy to help you access the appropriate university resources for your body image concerns.

Office of Health Education: 215-573-3525, www.vpul.upenn.edu/ohe/
Counseling and Psychological Services (CAPS): 215-898-7021
Emergency: 215-349-5490, www.vpul.upenn.edu/caps/
Penn Women's Center: 215-898-8611, www.vpul.upenn.edu/pwc/
Student Health Services: 215-746-3535, www.vpul.upenn.edu/shs/
Women's Health Services (inside Student Health): 215-746-3535
www.vpul.upenn.edu/shs/whealth.php

what do i do if i need a job?

If you need income, want to make your resume more substantial, or want a taste of a potential career, think about getting a job on or near campus. Lots of students work; though it can be difficult to balance school and a job, it's possible. And it does feel good getting that check every week.

Most employed students work for Penn; though most jobs require work-study status, there are plenty of non-work study jobs available. The types of jobs vary greatly, and your needs and preferences will determine what's best for you. Look around your house and the places you hang out, talk to friends, and check out the Student Employment Office's website, which has a large database of jobs. **Decide what fits you and apply!** This usually involves sending an email with a short message and your attached resume. Apply for jobs early in the semester, and apply for LOTS of them. About half will respond to you, and about half of the responses will tell you that the position has been filled. Be persistent until you find some that are available. Approach this like you would a 'real' job – you're going to be sending a resume, probably going through an interview, and hopefully becoming employed.

Sometimes the paycheck you're getting doesn't seem worth the time or the tedium; other times, the job you love can become a burden when you're trying to juggle school, extracurriculars, and a social

life. Balance is tricky, and a big exam or personal events can throw your plans out of whack. If you feel your employment is interfering with your academics, or that you financially cannot afford to quit but you don't know how you can manage everything, talk to someone. Ask your working friends what they do, and consider talking to your employer. Consult the staffs at the Office of Health Education and the Penn Women's Center, who are experienced in supporting stressed-out students. Talk to a Financial Services counselor about money problems – they accept walk-ins and there's almost never a line. The Learning Resources Center can help you with time management; remember that you are a student first, and you need to have time to do that well. And to keep an eye towards the future; if you have a professor you love, ask for a recommendation letter. Career Services can start a file for you, and you can use those letters in the future.

Whether or not you're employed, keep track of your finances. You're going to generate and receive a lot of paperwork that's really important: tax forms, W-2's, promissory notes for loans, and bank statements. Put things into a spreadsheet, keep a folder with your papers, and try to budget your expenses. College students often pile up debt; keeping track of your expenses can prevent you from spending more than you have.

Student Employment Office: 215-898-6966, www.sfs.upenn.edu/seo/
Career Services: 215-898-7529, www.vpul.upenn.edu/careerservices/
Office of Health Education: 215-573-3525, www.vpul.upenn.edu/ohe/
Penn Women's Center: 215-898-8611, www.vpul.upenn.edu/pwc/
Student Financial Services: 215-898-1988, www.sfs.upenn.edu/
Weingarten Learning Resource Center: 215-573-9235 (Voice)
215-746-6320 (TDD)

what do i do if i'm not straight?

College is unique: you're away from family, high school buddies, and the social conventions of your former home. Now that you're on your own and surrounded by young, independent people, you're more able to discover who you really are.

Sexuality is a big part of human identity; it influences who you love, what you like to do in bed, and what kind of relationships you want to have. There are a lot of great resources at Penn for helping you deal with questions. The LGBT Center is a warm, welcoming place; they host many events that provide great ways to meet new people and learn more about what's going on at Penn. Hanging out at the LGBT center and going to their events doesn't "out" you; plenty of allies hang out there too.

If you want to come out during your time at Penn, don't feel alone. Some people come to college knowing their sexual orientation, others are still in the process of discovery and questioning, and still others enter Penn firmly hetero and leave firmly homo. There's no one right way to express your sexuality. Coming out can be tough, and you may be worried about the reactions of friends and relatives.

Take advantage of Penn's supportive community, and talk with someone who had the same questions



you do. Most LGBT students and staff have faced similar situations, and many are more than willing to share their experiences.

In addition to the University policy prohibiting discrimination on the basis of, among others things, race, sex, and sexual orientation, Penn has an active LGBT student community, and many members of the Penn community are advocates of LGBT issues. Whatever you're interested in – national LGBT issues, local concerns, socializing, career planning, or academic research – there are others at Penn who feel similarly. The LGBT Center and Penn Women's Center can help you get in touch with them.

Lesbian Gay Bisexual Transgender Center: 215-898-5044

www.vpul.upenn.edu/lgbtc/

Queer Women's Discussion Group:

www.vpul.upenn.edu/lgbtc/programs_services/qwomen.php

Penn Women's Center: 215-898-8611, www.vpul.upenn.edu/pwc/

what do i do if they wouldn't stop?

Safety threats take many forms, and some we may not pay attention to until the danger is immediate. Though the Penn community has many things to be proud of, we – like all communities – have among us perpetrators of violence, rapists, and stalkers. You should be able to feel safe wherever you are, but the reality is you must stay aware of your surroundings and trust your instincts. **You possess powerful survival tools. When alarms start going off, don't ignore them.**

Though there are resources intended to prevent rape and sexual assault, and resources available to help survivors and their friends, the person most charged with protecting your safety is YOU. When going to parties, bring some friends and avoid dangerous situations by keeping track of each other. Wherever you are, take care of yourself – among other things, don't drink so much that you can't control what happens to you. Take a self defense class from RAD (Rape Aggression Defense) from the department of Special Services.

You must remember that 'no' is a complete sentence.

It requires no explanation, and everyone hearing it should understand that you mean NO. Refusing to hear no is always a clear sign of trouble. Don't be afraid to say no, and don't hesitate to leave if your command is ignored.

Not all situations are under your control. College students are one of the most vulnerable groups for sexual assault, and acquaintance rape happens at Penn. Usually, victims know their rapists. Though most rape victims are women, men can also be victims of rape. Same-sex rape also occurs, and it's just as important to speak out about this. Rape happens: In 2004, 7 percent of Penn students reported experiencing sexual touching against their will. Nationally, 3 percent of college women report a rape or rape attempt every year, though it is estimated that the vast majority of rapes are unreported. (Statistics from the Office of Health Education).

Rape is a severe violation of your body and a serious crime. If you have been raped, seek help; rape often has serious medical and psychological consequences. If possible, preserve all physical evidence of the assault. Seek medical care – even if you don't seem to have physical injuries, you could be at risk for STDs. Contact Penn Public Safety's Special Services – they are trained to deal with sex-related and sensitive crimes. They can arrange medical transport, advise you on your options, and connect you with other campus resources. More detailed advice is available at the website of the Office of Health Education.

No matter when a rape has occurred, talk to a counselor – the staffs of the Penn Women's Center, Counseling and Psychological Services, the LGBT Center, and Women's Health and Student Health will support you.

If a friend has told you that she was raped or assaulted, you may be the only person who knows. Consider talking to a counselor yourself so you can advise your friend on what to do. Remember, there are

many people at Penn dedicated to stopping rape and supporting survivors. Give them an opportunity to help.

Stalking, like rape, is a crime of power, control, and intimidation. A stalker can be a stranger, but more often is someone the victim knows. If a relationship or encounter makes you uncomfortable, don't be afraid of explicitly rejecting someone. Once you have made the decision that you do not want someone in your life, tell them once, and say it clearly. If they continue to contact you, it could be considered stalking. Stalking is serious, and it happens on campus.

If you feel you are being stalked, or if you know a friend who feels that way, contact the Penn Women's Center or Public Safety's Special Services. Don't let stalking escalate.

Penn Public Safety (police): 215-573-3333, 511 (campus phone)
www.publicsafety.upenn.edu/

Penn Public Safety Special Services (for sex offenses and other sensitive crimes):
215-898-4481, Emergency: 215-898-6600
http://www.publicsafety.upenn.edu/SS_about.asp

Penn Women's Center: 215-898-8611, www.vpul.upenn.edu/pwc/
Counseling and Psychological Services (CAPS): 215-898-7021,
Emergency: 215-349-5490, www.vpul.upenn.edu/caps/

Lesbian Gay Bisexual Transgender Center: 215-898-5044
<http://www.vpul.upenn.edu/lgbtc/about/>

Office of Health Education: 215-573-3525, www.vpul.upenn.edu/ohe/
Women's Health Services: 215-746-3535, www.vpul.upenn.edu/shs/whealth.php

To have a call traced:

If you receive a harassing / threatening / disturbing call on a campus phone:

- Hang up on the caller
- Pick up the receiver and press 257. Hang up. It is important to do this and the next step quickly, before your phone receives another call.
- Call 511 from a campus phone or 215-573-3333 from a mobile / off-campus phone and a Penn Police Officer will come to take a report. A member of Special Services will conduct a follow-up the next business day.

what do i do if i don't fit in?

Finding your niche will happen, just be open and go with the flow. Allow yourself to be outgoing and excited, and take the time to have dinner with friends despite how hectic your schedule may seem. Try several clubs and activities, especially ones you weren't involved with before college.

Most importantly, don't stress about it. Everyone is in the same position, and your friends will change over the course of four years. Join clubs, groups, or sports teams. Don't be too worried about finding your niche right away – very few people are still closest to the people they hung out with their first year.

Relax. That's one of the most important things to remember. If you take classes that interest you, join groups you think you'll enjoy, and push yourself a little to try something new, you'll find friends and have a great time doing what you love. Sample a bit from everything and give yourself time to grow into it.

And, of course, the constituent members of the Penn Consortium of Undergraduate Women would love to meet you. The following pages offer details and contact information. We are happy to welcome new members. Following those descriptions is information on other types of activities that we think you might enjoy, and then our recommendations for fun & useful places on campus and around the city. Go exploring, and enjoy.



pcuw constituent groups

alpha Kappa Delta Phi

www.dolphin.upenn.edu/akdphi

alpha Kappa Delta Phi is the first and largest Asian interest sorority with 44 chapters (and growing) and 14 years at Penn. aKDPhi works to provide a strong network of love, friendship, sisterhood, and support for all its sisters. As a non-profit organization, service plays a large role in our sorority. Our national philanthropy is Breast Cancer Awareness. Each year we host a Breast Cancer Awareness Coffee house in the fall to raise funds for organizations such as Susan G. Komen and participate in service activities such as Race for the Cure, Rena Rowan Ribbon Run and Pie-a-KDPhi. aKDPhi is officially recognized by the Bicultural InterGreek Council and is a member organization of the Asian Pacific Student Coalition and PCUW. The chapter at Penn represents a diverse group of women, unique in background, ethnicity, and personality, each of whom brings an array of experiences and individuality.

Arts House Dance Company

www.artshousedance.com

Arts House Dance Company [AHDC], founded in 1985, is known for its presentation of all forms of dance. Our members have been trained

in one or more styles, including ballet, jazz, lyrical, tap, pointe, modern and hip-hop, giving our performances a unique and varied flair. Student-run and student-choreographed, AHDC is dedicated to presenting the highest level of performance and technique.

Bloomers

<http://www.bloomers-comedy.com/>

Founded in 1978, Bloomers is the nation's first all-female musical sketch comedy troupe. We perform two completely student-run productions throughout the academic year, and we welcome all undergraduate women to audition for our cast, business staff, band or technical staff. Our sketch comedy material is 100% original, and we can be seen performing at various locations around campus in addition to our full fall and spring shows. Bloomers provides an incredibly fun environment to work with talented women from each class year and from all four undergraduate schools, and our active alumni network remains an integral part of our organization.



pcuw constituent groups

The F-Word: A Collection of Feminist Voices

www.dolphin.upenn.edu/fword
fwordinfo@gmail.com

The F-Word was established in 2006 as a revival of a feminist literary magazine from the 90's, named "Pandora's Box". We are a submission-based undergraduate literary magazine that provides an outlet for writing and art pertaining to feminism, which we broadly define as respect for all individuals, regardless of gender or sexual affiliation. We seek photographs, academic essays, poetry, editorial pieces, drawings, creative prose, personal essays, paintings and anything else! Anonymous submissions are allowed and guys and girls are welcome to submit anything of relevance. Our inaugural issue was released in January 2007 and we have published one issue each semester since then. We're always seeking new members for our editorial staff, so please contact us if you are interested.

Panhellenic Council

www.upennpanhellenic.org

The Panhellenic Council is the umbrella organization for eight campus sororities, including Alpha Chi Omega, Alpha Phi, Chi Omega, Delta Delta Delta, Kappa Alpha Theta, Phi Sigma

Sigma, Sigma Delta Tau and Sigma Kappa. The mission of the University of Pennsylvania Panhellenic Association is to provide an organization through which the member sororities work collaboratively in the efforts to unite and promote the entire Greek System, to contribute positively to campus life, and to effect change constructively within the community. To achieve such aims, the Panhellenic Council strives to implement programs that will cultivate exceptional qualities of leadership, promote high standards of moral integrity and scholarship, encourage the appreciation of pluralistic society, and explore issues that effect women so that the membership can achieve strength through growth and enable them to meet the challenges of the future. Events include a semi-annual Greek Week, the Rena Rowan Ribbon Run 5K, a New Member Dues Scholarship, and Formal Recruitment.

Penn for Choice

www.dolphin.upenn.edu/p4c

Penn for Choice is committed to the cause of reproductive freedom on campus, across the US, and throughout the world. We are a dynamic member-driven organization, promoting awareness of reproductive issues and rights through coffeehouses, debates, educational



pcuw constituent groups

forums, and speaking events. We meet weekly to discuss choice issues in the news, plan events, and share our concern for the persistent erosion of reproductive rights. All pro-choice members of the Penn community are invited to join in the fun.

Penn for Life

www.pennforlife.com

Penn for Life is a human rights group that recognizes that the first and most fundamental human right, from which all the others logically follow, is the right to life. Penn forLife is non-partisan and has no religious affiliation. Our activities are geared toward raising consciousness about the inviolability of human life from conception to natural death, and making Philadelphia a more supportive place for women and children. We have created the College Parents Fund, volunteered at a pregnancy center, and raised money for homeless women and children.

Penn Women's Biomedical Society

www.dolphin.upenn.edu/pwbs/

The primary goal of Penn Women's Biomedical Society is to provide undergraduates with information pertaining to graduate education and careers in the biomedical field. PWBS welcomes

undergraduate women from diverse backgrounds and interests to (a) promote high achievement in science, (b) provide a supportive environment for women to engage in educational science-related activities and (c) serve as mentors to kids in the community. Throughout the year we hold interview, admissions, and research panels. Additionally we organize volunteer activities at the Children's Hospital of Philadelphia and Ronald McDonald House. Last year we participated in the both the March of Dimes to help raise money for premature babies as well as the Juvenile Diabetes Research Fund walk. In addition to these events, we also plan trips to the Franklin Institute and Mutter museum. Through our Faculty Chat program, PWBS offers students the unique opportunity to interact with female science and engineering professors in a personal, non-classroom setting, where a variety of topics are discussed.

PENNaach

www.pennaach.com

PENNaach is the University's premiere all-female South Asian dance troupe. Founded in the fall of 1997, the group was created to promote awareness of South Asian dance by showcasing varied dance styles including the classical, folk, and film forms. Throughout its history, the group



pcuw constituent groups

has strived to preserve traditional styles and to creatively fuse them with alternative styles of dance. PENNaach's diverse repertoire include but is not limited to the bharatnatyam, kathak, garba, bhangra, ballet, jazz, hip-hop, film, and drama genres.

Queer Women's Discussion Group

www.vpul.upenn.edu/lgbtc/programs_services/qwomen.php

Queer Women's Discussion Group (QWDG) is a confidential, informal bimonthly meeting of lesbian, bisexual, queer and questioning women. Through topical discussions and shared experiences, women offer support to one another regarding the "ins" and "outs" of queer life at Penn and in the surrounding Philadelphia community.

Shebrews

<http://pennhillel.org/penn>

Shebrews provides a forum where women can explore social issues affecting their community. Run through Hillel, it provides programming for Jewish women of all backgrounds. Programs are run throughout the semester and range from things like a "Girls Night In" and a discussion with Jewish professional women about life in the

corporate world. We hope to provide an outlet for Jewish women to feel comfortable, establish close bonds, and celebrate being strong women.

Sigma Psi Zeta

<http://www.dolphin.upenn.edu/sigmay/>

Sigma Psi Zeta is a multicultural, Asian-interest, community service oriented sorority established at Penn in the spring of 2004. Our mission has been to instill leadership and independence in our members, all of whom are actively involved in various pre-professional, performing arts, and advocacy groups on campus. Since our establishment at Penn, the sorority has been actively involved in the Philadelphia community through the adoption of Lutheran Settlement House, a local shelter for battered women, as our primary beneficiary agency.

Society of Women Engineers

www.seas.upenn.edu/~swe

The Society of Women Engineers (SWE) is a non-profit service organization aimed at informing the community of the qualifications and achievements of women engineers. The University of Pennsylvania Student Chapter has three primary objectives. First, we seek to provide



our members with the opportunity to learn about technical career paths available to them, and to establish working relationships with professionals in the field. Second, we remain active in community service projects, especially those that encourage young women to pursue their interests in science and technology. Finally, we offer many social events so our members can get to know each other and form lasting friendships.

Sparks Dance Company

www.sparksdancecompany.com

Sparks Dance Company (SDC) was founded in 1989 as Penn's premiere dance company dedicated to both performing and to community service. The company, which is managed by undergraduate students, maintains a high technical level of many styles of dance including ballet, tap, jazz, hip hop, modern, lyrical, and character. In addition to weekly technique classes, each semester culminates with a self-choreographed show. Company members also perform at other popular campus events throughout the year such as the Emily Sachs Dance Benefit, various coffeehouses, and Freshmen Performing Arts Night. In addition to all of these performance opportunities, SDC members have the chance to share their love of dance at various Philadelphia

locales, such as the Salvation Army and the Ronald McDonald house, throughout the year.

The Vagina Monologues/V-Day

upennvday@gmail.com

The V-Day Campaign is an international campaign housed on college campuses and in communities worldwide. The V-Day Campaign includes an annual production of Eve Ensler's "The Vagina Monologues" using art and performance as an engaging catalyst for empowerment, awareness, and activism. The mission of the V-Day Campaign is to stop violence against women and girls worldwide. The University of Pennsylvania is proud to be a member of V-Day for several years, producing an annual production of "The Vagina Monologues" featuring dedicated, talented, and inspiring women from the Penn community. There is also a V-Crew of students committed to V-Day Campaign at large working on fundraising, additional events, sponsorship, publicity, and production planning.



Wharton Women

<http://www.wharton-women.com/>

Wharton Women facilitates the personal and career development of females in business by building a network of exceptional undergraduates, professionals and faculty. It aims to provide direction, insight, and camaraderie to women from all four of Penn's undergraduate schools who are interested in business or intend to enter the business world upon graduation. By promoting interaction between women with the intent to foster long-term relationships and offering exceptional resources, Wharton Women seeks to help students maximize their university experience. Through numerous events, such as the Annual Dinner, lunches with faculty, professionals, and fellow undergrads, panels, workshops teaching social and professional skills, and philanthropy work, Wharton Women promotes the establishment of valuable industry contacts, while aiding women with the transition between the University and the workplace.

Women in Leadership Series

www.dolphin.upenn.edu/wils

The Women in Leadership Series Planning Committee is a group of undergraduates who organize and execute programming that features

influential and successful women. In addition to our annual event- the Freshman Women's Dinner - it sponsors an ongoing lecture series. Our hope is that this series will provide a forum in which students might discuss the nuances of leadership, and promote heightened awareness of the problems women face in acquiring leadership positions. In our efforts to examine these issues, we hope to assist undergraduate women in the creation of their own constructive and workable solutions to such problems

Penn Women's Center Student Advisory Board

pwc@gmail.com

The Penn Women's Center Student Advisory Board (SAB) invites undergraduate, graduate and professional students to play an active role in all stages of program planning and implementation. If you have ideas for programs you'd like to see or would like to play a part in planning, advertising or hosting upcoming programs, please email us at pwc@gmail.com. The SAB meets twice a semester in the evening.

There's no end of things to do at Penn. Here's a sampling, with each section written by a PCUW member active in these groups. There are plenty more, of course – the Office of Student Life has one of the most comprehensive lists at www.vpul.upenn.edu/osl. The Index has contact information on the groups mentioned here.

Community Service/Activism

Penn has a multitude of ways to become civically engaged; Civic House offers free workshops on community involvement, as well as an array of opportunities to volunteer to help of West Philadelphia residents. Students can tutor children (in the West Philadelphia Tutoring Project), help them put on performing arts shows (City Step), and restore or build housing (Rebuilding Together or Habitat for Humanity). Civic House also offers community service groups meeting spaces, opportunities to recruit members at Community Service and Advocacy Nights, and ways to engage with other groups through CHAC (Civic House Associates Coalition), a unifying organization created by and for students to support community service and social justice initiatives at Penn.

Alternative Spring Break is a student-run organization that sponsors community service trips, ranging from building homes for low-income families to rehabilitating the environment along the Appalachian Trail. Not only does it provide Penn students with a way to participate in unique service projects with their peers, but it also is a great way to expand one's cultural horizons.

Student Government

Unlike your typical high school council, Student Government at Penn is an extremely active and influential body on campus that works closely with the student body and administrators. There are countless ways to get involved and to see tangible changes!

In a nutshell, there are six branches of Student Government. These include the Undergraduate Assembly, an elected body of student representatives that are organized in a legislative body and deal closely with new initiatives and current University concerns that affect students; the Social Planning and Events Committee, which organizes concerts and speakers, in addition to social events; the Student Activities Council, which recognizes student groups, allocates funds, and promotes student activities; the Student Committee on Undergraduate Education; the Nominations and Elections Committee; and Class Boards, elected bodies that promote unity and organize events for each class. Additionally, you can become involved in other organizations that participant in student government bodies, such as PCUW.

Women's Sports

Being part of a sports team is a great experience. You meet a large group of people with similar interests, you learn to challenge yourself to your limits, and it helps you build time management and leadership skills. Many varsity teams have tryouts for students who were not recruited, and there is an enormous network of club (compete against other schools) and intramural (within-Penn competition) teams at Penn. Choose the level of intensity you want, and go for it – continue the high school sports you loved, or try something new that you're curious about.

The Department of Recreation website has a full list of varsity, club and intramural sports on their website, at www.upenn.edu/recreation. The offerings for women include basketball, ice hockey, lacrosse, tennis, volleyball, rugby, field hockey, ultimate frisbee, cricket, equestrian competition ski, soccer, squash, water polo, and more!

And don't forget the fun of being a spectator – as one PCUW member said, "Support any and all sports teams that you can. They work so hard and don't get nearly enough love for all the time and effort they put in. Go to Football and Basketball games for the "big 10" feel. But of course support all sports - varsity and club, women and men!"

Penn Athletics (www.pennathletics.com) has information on all the varsity teams, including game schedules.

Women's Performing Arts

The performing arts community at Penn profoundly shapes many students' college experiences. Student-organized, member-based groups make up the bulk of performing arts on campus. There are dozens of a capella, dance, theatre, comedy, and spoken word groups. Because people don't come to Penn to study performing arts, the groups form a community of people from all over campus who find a common bond in being creative and excelling in their creative hobby. On any given weekend there are at least five shows, running the gamut of performance genres. As one PCUW member said, "The student run performance community is, in my opinion, one of the greater student activity spaces that Penn has to offer. Being in this community is completely how I found my niche at Penn."

Penn's Performing Arts Council (www.dolphin.upenn.edu/pac/) lists most of the groups and performance and audition schedules.



Religious groups at Penn are a great way to explore religious faith.

Even if you are not religious, these groups are great forums for discussion, education, and socialization. Engage with other religious groups as well, and start multi-cultural/ethnic/religious dialogues to widen your horizons. Penn's religious community is active and diverse; there are student groups providing worship and social opportunities for Muslim, Hindu, Jain, Sikh, Jewish, and many Christian denominations, among others. The Christian Association hosts a women and spirituality group that meets over lunch and is a great way to connect with other students and staff; there are also interfaith groups and the Penn's Chaplain's Office, which is always welcoming.

religious groups

Religious involvement has been important to PCUW members. As one wrote, "I have met some of my best friends by being involved with campus ministry, and the Newman Center has become a second home to me. Not only do we have a supportive community, but we also have a diverse array of activities, including a weekly prayer group, discussion group, and a weekly 'dollar dinner.' We also sponsor monthly community service initiatives to reach out to children, the elderly, and the homeless. We also know how to have fun, with frequent socials and an annual Semi-Formal in the spring."

As another PCUW member wrote, "I became involved with Hillel at the beginning of my freshman year, just going to services, and eating meals at the kosher dining hall. I was welcomed into the community, and made a number of lasting friends, some of whom I firmly believe I will maintain contact with long after we all finish college and move on. One of the things so wonderful about the community here is that there is a place for you, no matter how religious you consider yourself. If services are not for you, there are endless activities through the Jewish Activities Center and numerous other Jewish student groups. My involvement with the Hillel community here has truly been one of the highlights of my time at Penn."

Alice Paul Center

www.sas.upenn.edu/wstudies/

Penn's cutting-edge Center for research on women, gender, and sexuality. The Center hosts four named lectureships throughout the academic year, sponsors a seminar series, supports the research of graduate students as well as junior faculty, and subsidizes undergraduate publications, projects, and conferences that seek to promote the well-being of women and further research on theories of gender and sexuality.

FOCUS on Health and Leadership for Women

www.cceb.upenn.edu/focus/

A dean-funded program at the School of Medicine designed to improve the recruitment, retention, advancement and leadership of women faculty, and to promote women's health research.

Mentornet

www.mentornet.net

The School of Engineering participates in MentorNet, an innovative nonprofit initiative which pairs undergraduate and graduate women with professionals in industry for structured, year-long mentoring relationships conveniently conducted via e-mail. Sign up with MentorNet to be paired with a mentor in industry. Through mentors, you become acquainted with career opportunities in industry, gain access to professional networks and receive personal and professional guidance, support and encouragement.

Gender, Culture, & Society (Women's Studies at Penn)

www.sas.upenn.edu/wstudies/

The Women's Studies Program is an interdisciplinary program that provides exciting intellectual opportunities to explore the role of gender in human affairs. The Women's Studies Program offers over 50 courses each year, many cross-listed with other departments. Women's Studies offers a major, a minor, and a graduate certificate in "Gender, Culture, and Society" (GSOC).

Take advantage of all the fun, useful, and esoteric places around campus and throughout the city. PCUW members have varied tastes and these lists should give you some ideas - and some good times.

**pcuw
recommends...**



places to eat

We love food. If we could, we'd go out for every meal. Philly's full of great food, but PCUW members really love these places:

Beau Monde - Best crepe place outside of France. Always save room for dessert.
624 S. Sixth St. (Bainbridge St.). 215-592-0656

Bubble House - Food, bubble tea, and an amazing assortment of other teas, right in your backyard.
3404 Sansom. 215-243-0804.

Buddhakan - Excellent Pan Asian, though pricey. Worth it.
325 S. Chestnut. 215-574-9440

Cuba Libre - Especially great when there's live music.
10 S. 2nd St. 215-627-0666.

Dahlak - Delicious, communally-served Ethiopian food. Close to campus.
4708 Baltimore Ave. 215-726-6464.

Johnny Rockets - If you're in the mood for burgers and fries!
443 South St. 215-829-9222

Lemon Grass - Great Thai food, not far from campus.
3630 Lancaster Ave. 215-222-8042

Magic Carpet Food Truck - delicious Middle Eastern food.
36th and Spruce, 34th and Walnut.

Marrakesh - Cozy, with delicious North African food.
517 S Leithgow St. 215-925-5929

Monks Belgian Café - Good, greasy bar food: a very large selection of specialty beers and awesome burgers
626 S 16th St. 215-545-7005

Nara - Reasonably priced & tasty Japanese food right on campus.
4002 Spruce St. 215-387-1583

Pho Xe Lua Viet Thai Restaurant in Chinatown - A lot of food for a cheap price. Great value.
907 Race St. 215-627-8883

Rx - Awesome brunch.
4443 Spruce St. 215-222-9590.

Serrano - Fantastic Mediterranean food, right by the Ritz theater (dinner and a movie!) It also shares a space with Tin Angel, a great venue for rock bands and singer songwriters.
20 S. 2nd St. 215-928-0770.

WIT highly recommends going out with friends for Restaurant Week - enjoy gourmet food and a fine night on the town for just thirty dollars! Restaurant Week occurs twice a year, once in the Fall and once in the Spring

places to party

As WILS reminds us, “We bring the party wherever we go.”

For all ages: At www.PhillyFunGuide.com you can sign up for half-price tickets for the coming week. Delivered to e-mail inboxes every Thursday, the bargain orchestra or dance performances, concerts, exhibits, plays and more make the good life accessible to all.

Once you’re 21, go enjoy:

Smokey Joe’s - Commonly known as “Smokes,” mingle here after hours with your peers, and have a chaotic yet enjoyable experience.
40th & Locust. 215-222-0770 .

New Deck Tavern - Best drafts, best fries. Fun every night.
3408 Sansom St. 215-386-4600.

Plough & the Stars, Brasil’s, or anywhere in between 1st and 2nd on Chestnut.

cultural attractions

Our favorite cultural attraction is actually a three-way-tie between:

1. **Philadelphia Museum of Art** - An institution; it has a great permanent collection, diverse types of art, and fascinating changing exhibits. No entrance fee on Sundays. A bit of a hassle to get there on SEPTA, but worth it.
BF Parkway & 26th. 215-763-8100.

2. **The Mutter Museum** - A museum of medical oddities - fun and interesting. Bring a strong stomach and a sense of curiosity! Anyone with any interest in medical history should check this out. Easily accessible by trolley – take any green line to 22nd & Market and walk down 22nd half a block.
22nd between Market & Chestnut. 215-563-3737

3. **Painted Bride Theater** – A cultural pioneer giving voice to a wide array of artists. The theater & gallery host dance, jazz, performance, and exhibits. There’s always something going on, and it’s easy to get there (El to 2nd & Market, then walk north on 2nd a bit.)
230 Vine St. 215-925-9914

But don't ignore:

The Franklin Institute - Lots of cool science exhibits
222 N. 20th St. 215-448-1200.

Theatre of Living Arts [TLA] - Great concerts.
334 South St. 215-922-1011

Institute of Contemporary Art [ICA] - Right on campus,
and free!
118 S 36th St. 215-898-7108

Arden Theatre Company - \$10 "college nights," for students with
valid ID.
40 N. 2nd Street, 215-922-1122

Kimmel Center - The Philadelphia Orchestra sells last-minute
tickets for \$10.
300 S. Broad St. 215-790-5800

Pennsylvania Academy of Fine Arts - Check out some great
exhibitions.
118 North Broad St. 215-972-7600

**For art on a student's budget, nothing beats First Friday,
when Old City's galleries, antique shops and design studios
open their doors to evening visitors on the first Friday of
every month. Live music, performances and refreshments
are usually on hand, along with the latest in local art.**

www.oldcityarts.org

historical sites

Explore Old City before you graduate! Among the highlights:

National Constitution Center - A treasure. You will have a good
time, we promise. Right by the El stop at 5th & Market.
525 Arch St. 215-409-6600.

Independence Hall - The Constitution was signed here, and it's
often considered the birthplace of this country. The guided tour is
short and excellent. Security entrance on 5th & Market. 215-965-
7676

Liberty Bell Center - More than a bell (though that is quite
impressive). Between 5th & 6th on Market. 215-965-2305

Christ Church - A beautiful building housing the remains of
Benjamin Franklin and many other famous early Americans.
Across the street from the Constitution Center.
2nd & Market. 215-922-1695

Of course, there's more than Old City! Don't forget about:

Rittenhouse Square - William Penn designed it. Go for the
people-watching, the Saturday farmer's market, the shopping, or
the flowers. Between 19th & 18th & Walnut.

Reading Terminal Market - A former train station, now farmer's
market with fresh produce, ethnic food, and everything local. 12th
& Arch. 215-922-2317

places for beauty

Sometimes you want some pampering.

Near and beloved: **Saturn Club** - 3426 Sansom. 215-387-8981

Tabu Salon & Spa - Inexpensive & trendy.
37 S. 3rd. 215-413-3000

Rescue - Expensive & trendy. Great massages and facials.
255 South 17th Street. 215-772-2766

International Salon - The best waxing place in the city.
1714 Sansom. 215-563-1141

The Kind Cafe - for healthy vegetarian, vegan, and raw food - eat here Sunday after Saturday night to detox and feel virtuous and beautiful.
724 N 3rd St. 215-922-5463

fun shopping

Descriptions would not do them justice. Go explore and have fun.

Rittenhouse Square - Between 19th & 18th & Walnut. This area also has lots of fun boutiques of up-and-coming designers
Sugarcube 124 North 3rd Street 215-238-0825

King of Prussia Mall – It's BIG! Everything you could want. Just take the 124 or 125 bus that stops at 30th and Market right outside 30th St. Station.

Closer than King of Prussia – **The Shops at Liberty Place**
17th & Market.

Open House – for your nest. 107 S. 13th. 215-922-1415

From a PCUW member who loves to shop: “Anywhere on South Street! South Street is great for specialty stores, cool boutiques, and window-shopping.”

essentials shopping

The unbeatable champion, **CVS** on campus.

Close runners-up: **Kmart in the Gallery** - It's cheap and has everything, and the trolley. 11th & Market.

Trader Joe's - all the things you can never find at FroGro are at 2121 Market St. They're also fresher & cheaper. Green line stops right in front of it. 215-569-9282

Cheap clothes: Chestnut in between the “teens” streets (13th, 14th, 15th, etc.)

If you still can't find it, try **craigslist.org**

what's going on

Online:

citysearch.com - great reviews of restaurants, clubs, shopping, and events, complete with price estimates

Campus Philly - an online service that sends weekly emails to let students know what's happening

www.pollstar.com - a list of shows from every edge of the music scene

Papers:

On campus: The **DP** and **34th Street**

Free weeklies: **Philadelphia Weekly**, **Citypaper**

Philadelphia Magazine and **Philadelphia Style** always list events downtown, but they often are pricey

The New York Times is free in designated spots on campus

travel tips

The best tip: Go somewhere warm!

Lady Liberty to the airport is hard to beat
215-724-8888

For slightly cheaper but less convenient, the **R1 train** will take you from the east end of campus to the airport (University City station at 31st & Spruce).

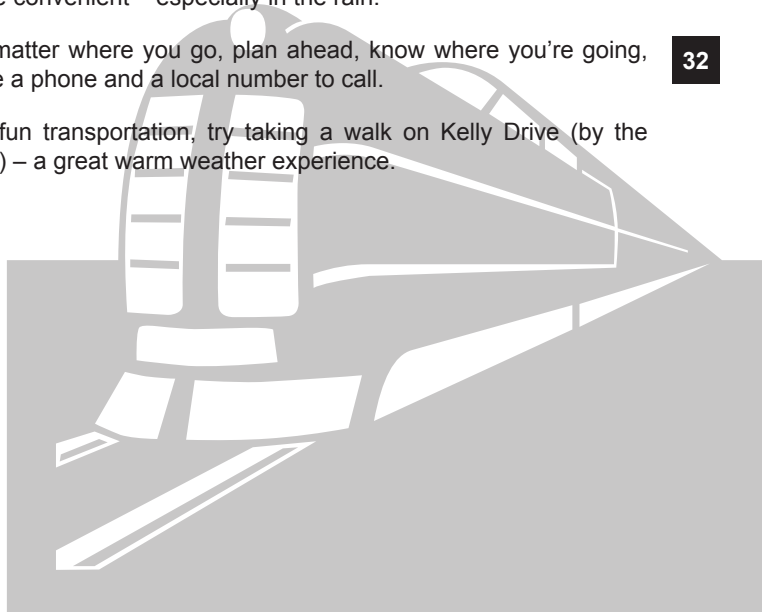
The **Chinatown bus** is 'the best' 'amazing' 'cheap and convenient' way to get to NYC. It's also possible to take it to DC or Boston for very, very cheap.

Within Philly:

It's a great walking city! But sometimes you need to move a bit more quickly, take the subway. It's quick, and cheaper than a cab. Or try the bus, which has more stops. Slower, but sometimes more convenient – especially in the rain.

No matter where you go, plan ahead, know where you're going, have a phone and a local number to call.

For fun transportation, try taking a walk on Kelly Drive (by the river) – a great warm weather experience.



Alice Paul Center for Research on Women and Gender

215-898-8740, 249 South 36th Street, 411 Cohen Hall,
www.sas.upenn.edu/wstudies/

alpha Kappa Delta Phi

www.dolphin.upenn.edu/akdphi

Alternate Spring Break

www.dolphin.upenn.edu/altbreak/

Bloomers

<http://www.bloomers-comedy.com/>

Career Services

215-898-7529, 3718 Locust Walk, Suite 20, McNeil Building
www.vpul.upenn.edu/careerservices/

Chaplain, Office of the

215-898-8456, 3643 Locust Walk
www.upenn.edu/chaplain/

Civic House Associate Coalition - www.dolphin.upenn.edu/chac/**Counseling and Psychological Services (CAPS)**

215-898-7021, Emergency: 215-349-5490,
 133 South 36th, Street Second Floor
www.vpul.upenn.edu/caps/

The Daily Pennsylvanian

www.dailypennsylvanian.com

Department of Recreation

215-898-6100, www.upenn.edu/recreation

The F-Word: A Collection of Feminist Voices

www.dolphin.upenn.edu/fword and fwordinfo@gmail.com

Gender, Culture, and Society

www.sas.upenn.edu/wstudies/

Learning Resources Center - see Weingarten Learning Resources Center**Gay Bisexual Transgender Center**

215-898-5044, 3907 Spruce St
www.vpul.upenn.edu/lgbtc/

Mentornet

www.mentor.net

Office of Health Education

215-573-3525, 3611 Locust Walk
www.vpul.upenn.edu/ohe/

Office of Student Life

www.vpul.upenn.edu/osl

Panhellenic Council

www.upennpanhellenic.org

Penn Athletics

www.pennathletics.com

Penn Consortium of Undergraduate Women (PCUW)

www.pennwomen.org

Penn for Choice

www.dolphin.upenn.edu/p4c

Penn for Life

www.pennforlife.com

Penn Library

215-898-7555
library.upenn.edu
 Live Chat with a Librarian: refchat.library.upenn.edu/
 Room Scheduler: <http://bookit.library.upenn.edu/cgi-bin/rooms/rooms>

Penn Public Safety (Penn Police)

215-573-3333, 511 (campus phone)
www.publicsafety.upenn.edu/

Penn Public Safety Special Services

(for sex offenses and other sensitive crimes): 215-898-4481
 Emergency: 215-898-6600
http://www.publicsafety.upenn.edu/SS_about.asp

Penn Walking Escort

215-898-WALK

Penn Riding Escort

215-898-RIDE
www.business-services.upenn.edu/transportation/using/

Penn Women's Biomedical Society

www.dolphin.upenn.edu/pwbs/

Penn Women's Center

215-898-8611, 3643 Locust Walk
www.vpul.upenn.edu/pwc/

Penn Women's Center Student Advisory Board

pwd@gmail.com

Penn Writing Center (part of the Critical Writing Program)

215-573-2729, 3803 Walnut Street, 1st Floor
www.writing.upenn.edu/critical/help

PENNaach

www.pennaach.com

Performing Arts Council

www.dolphin.upenn.edu/pac/

Police - see Penn Public Safety**RAP-Line**

215-573-2RAP
www.upenn.edu/rap-online/

Queer Women's Discussion Group

215-898-5044
www.vpul.upenn.edu/lgbtc/programs_services/qwomen.php

Riding Escort

215-898-RIDE
www.publicsafety.upenn.edu/

Shebrews

<http://pennhillel.org/penn>

Sigma Psi Zeta

<http://www.dolphin.upenn.edu/sigmay/>

Social Planning and Events Committee (SPEC)

www.specevents.net/

Society of Women Engineers

www.seas.upenn.edu/~swe

Sparks Dance Company

www.sparksdancecompany.com

Student Activities Council (SAC)

www.sacfunded.net

Student Committee on Undergraduate Education (SCUE)

www.scue.org

Student Disabilities Services

Phone: 215-573-9235, TDD: 215-746-6320

3702 Spruce Street, Stouffer Commons, Suite 300,
www.vpul.upenn.edu/lrc/sds/index.html

Student Employment Office

215-898-6966
3451 Walnut St, 140 Franklin Building,
www.sfs.upenn.edu/seo/

Student Financial Services

215-898-1988, Franklin Building, 3451 Walnut Street
www.sfs.upenn.edu/

Student Health Services

215-746-3535
3535 Market Street, Suite 100
www.vpul.upenn.edu/shs

Trustees' Council of Penn Women

215-898-3463
www.alumni.upenn.edu/groups/tcpw

Tutoring Center

215-898-8596, 220 South 40th St. Suite 260
<http://www.vpul.upenn.edu/tutoring/>

Undergraduate Assembly

www.dolphin.upenn.edu/ua/

The Vagina Monologues

upennvday@gmail.com

Walking Escort

215-898-WALK
www.publicsafety.upenn.edu/

Weingarten Learning Resources Center

Phone: 215-573-9235, TDD: 215-746-6320
3702 Spruce Street, Suite 300, Stouffer Commons,
www.vpul.upenn.edu/lrc/

Wharton Women

<http://www.wharton-women.com/>

Women's Health Services

215-746-3535
inside Student Health, 3535 Market St. Suite 100,
www.vpul.upenn.edu/shs/whealth.php

Women in Leadership Series

www.dolphin.upenn.edu/wils

Women's Studies Program - see Gender, Culture, and Society**Writing Tutoring** - see Penn Writing Center

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Penn Consortium of Undergraduate Women

www.pennwomen.org