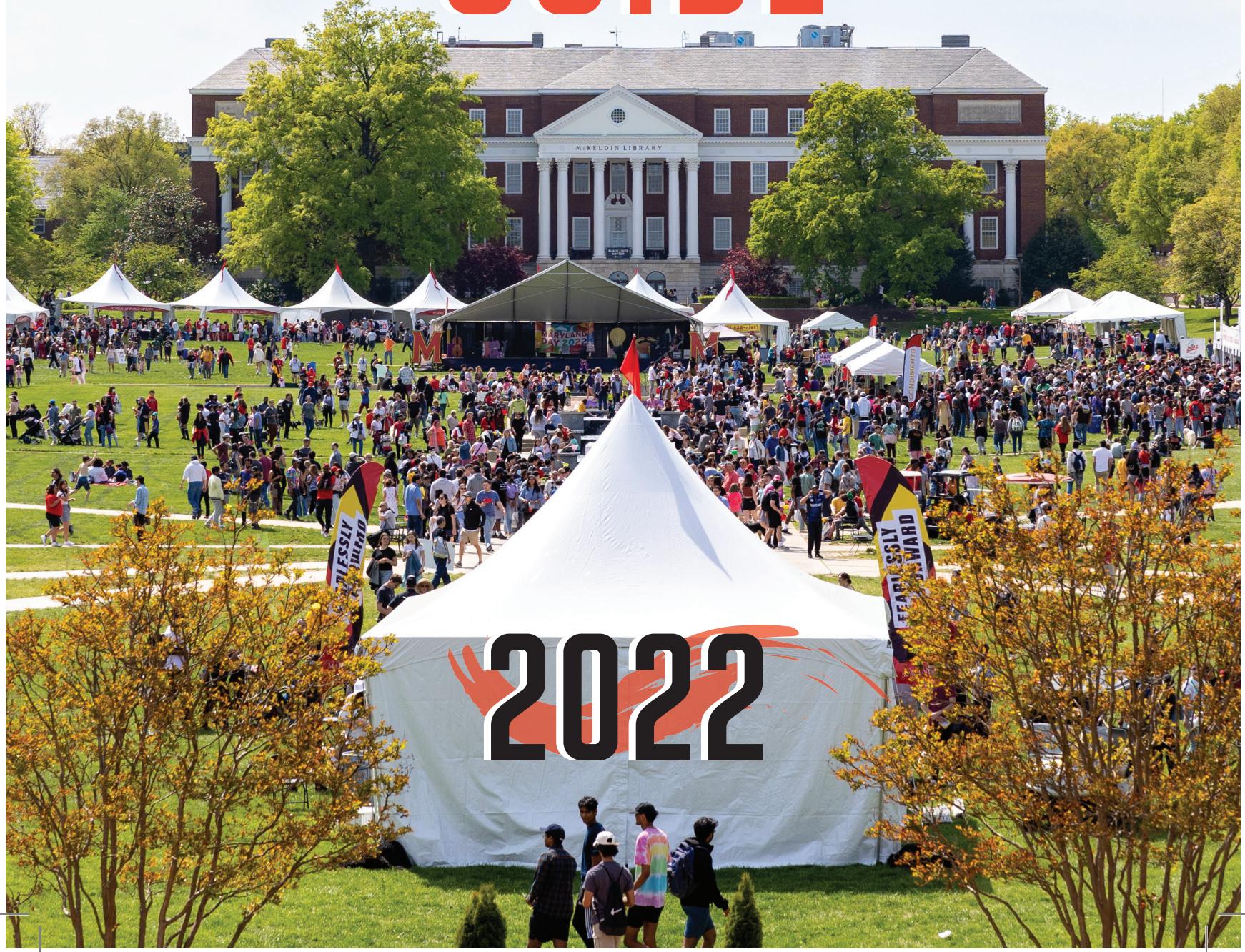


The University of Maryland's Independent Student Newspaper

THE DIAMONDBACK

ORIENTATION GUIDE



WELCOME



THE FIRST LOOK FAIR at McKeldin Mall on Sept. 29, 2021. (FREDDY WOLFE/THE DIAMONDBACK)

DEAR READER,

Welcome to the University of Maryland! Maybe you're a freshman or maybe you're a transfer student, regardless, this guide contains a variety of information to help you settle in. Moving to a new place can be overwhelming, especially if this is your first time away from home. Looking to make new friends on top of adjusting to your classes, it can be hard to keep up at times. The hope is that this guide makes it a bit easier for you because after all — you've worked so hard to get here! Our campus isn't far from the excitement of Washington, D.C., and every year, students look forward to cheering on the Terrapins at various sporting events. There are plenty of ways you can get involved on campus as there are so many advocacy groups, various sorority and fraternity organizations, athletic clubs and intramural sports. College can fly by faster than you think, so take time to make memories that last. Good luck, Terps!

- ELLA SHERMAN,
MANAGING EDITOR



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THE DIAMONDBACK

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since 1971.

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STAYING SAFE

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

UNIVERSITY POLICE

Emergency: 911 or 301-405-3333

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

Non-emergency: 301-405-3555

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

UMD ALERTS

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

ON-CAMPUS RESOURCES

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



(AUTUMN HENGEN/THE DIAMONDBACK)



THE UNIVERSITY OF MARYLAND has blue light systems placed around campus to ensure student safety.
(AUTUMN HENGEN/THE DIAMONDBACK)

OTHER IMPORTANT NUMBERS

NITE Ride: 301-314-6483

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

The Counseling Center: 301-314-7651

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

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

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

CARE to Stop Violence: 301-314-2222

24-hour hotline: 301-741-3442

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



ACADEMIC CALENDAR

FALL 2022

Aug. 29 – First day of classes
Sept. 5 – Labor Day
Nov. 23-27 – Thanksgiving break
Dec. 12 – Last day of classes
Dec. 13 – Reading day
Dec. 14-20 – Final exams

WINTER 2023

Jan. 3 – Classes begin
Jan. 16 – Martin Luther King Jr. Day
Jan. 23 – Classes end

SPRING 2023

Jan. 25 – First day of classes
March 19-26 – Spring break
May 11 – Last day of classes
May 12 – Reading day
May 13-19 – Final exams
May 22 – Commencement
(main ceremony)
May 23 – Commencement
(college/department ceremonies)
May 24 – Commencement
(college/department ceremonies)

SUMMER 2023

May 30 – Sessions I and I-A begin
June 16 – Session I-A ends
June 19 – Juneteenth Holiday
June 20 – Session I-B begins
July 4 – Independence Day holiday
July 7 – Sessions I and I-B end
July 10 – Sessions II and II-C begin
July 28 – Session II-C ends
July 31 – Session II-D begins
Aug. 18 – Sessions II and II-D end



GETTING READY

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

1. CHECK OUT CANVAS

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

2. FIND YOUR TEXTBOOKS

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

3. FIND A STUDY SPACE

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



THE Edward St. John Learning and Teaching Center on Aug. 9, 2021. (JULIA NIKHINSON/THE DIAMONDBACK)

THE BEST OF BOTH WORLDS

Here's how you can balance extracurriculars and academics.

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

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

PINPOINT YOUR PRIORITIES

At the beginning of fall semester, the university holds an annual First Look Fair, where representatives from student organizations share information. Whether it's in-person on McKeldin Mall or held virtually on Zoom, go to the fair to see what's offered. Sign



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up for things that interest you.

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

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

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

It's not always this easy, but if you can, pick activities that complement each other. If you want to double major, look for strong crossover with your General Education credits. Some professional and social Greek life organizations have similar point categories where you can fulfill both requirements with one activity.



THE GREEN ROOTS TABLE at the First Look Fair on McKeldin Mall on Sept. 29, 2021. Green Roots, is an organization that is devoted to achieving sustainable agriculture through innovative techniques. (FREDDY WOLFE/THE DIAMONDBACK)



(JULIA NIKHINSON/THE DIAMONDBACK)



(AUTUMN HENGEN/THE DIAMONDBACK)

SCHEDULING IS KEY

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

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

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

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

DON'T BE AFRAID TO SAY NO

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

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

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

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

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



(JULIA NIKHINSON/THE DIAMONDBACK)



(AUTUMN HENGEN/THE DIAMONDBACK)

TERRAPIN TRANSPORT

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

RIDE CAMPUS BUSES

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

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



METRO bus on its way to station 17 in College Park. (KURT LEINEMANN/THE DIAMONDBACK)

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DRIVE, BUT BEWARE OF PARKING

Parking can be a bit tricky. Projects such as the Cole Field House renovations have eaten up a bunch of parking spaces, and unfortunately, the underclassmen are bearing the brunt of that. Freshmen who are residents can't currently register for parking unless they apply for an exception. Registration isn't cheap, either. For the 2021-22 academic year, annual parking permits were \$650 for resident students and \$336 for commuter students. There are numerous lots and garages on campus, each with their own rules and restrictions. If you get a permit, you'll want to make sure you're parking in the right place. Many parking lots may close or change in size with all of the construction going on, so be sure to check the DOTS website and The Diamondback website for updates.

HOP ON THE METRO

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



A VEORIDE SCOOTER outside Van Munching Hall on April 10, 2022. (JOE RYAN/THE DIAMONDBACK)

BRING A BIKE

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



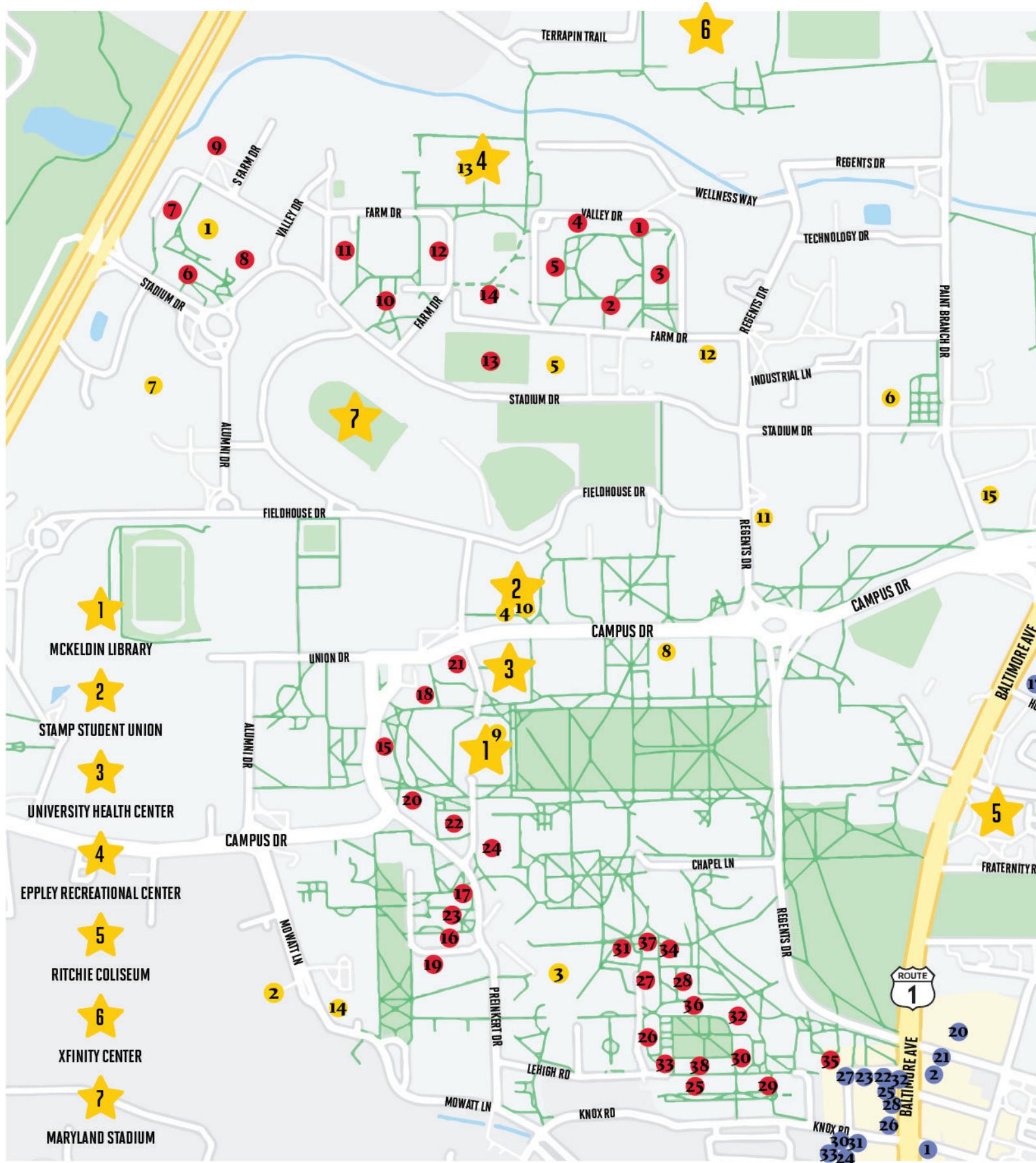
COVERED bike parking in the Denton Community on Apr. 4, 2022. This is one of the multiple covered parking locations on campus. (DARYL PERRY/THE DIAMONDBACK)

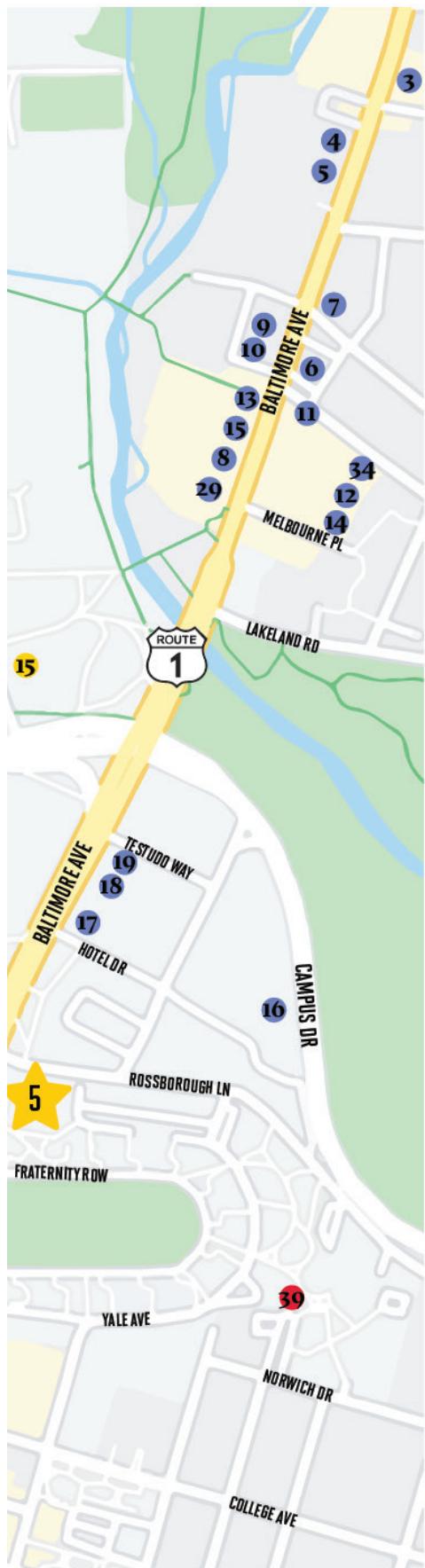
TAKE A ZIPCAR

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

RENT A BIKE OR SCOOTER

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





CAMPUS MAP

DORMS:

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

ON-CAMPUS DINING:

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

ON-CAMPUS CAFE'S:

- ⑥ IDEA Central ⑦ Applause Cafe ⑧ Food for Thought
- ⑨ Footnotes Cafe ⑩ The Coffee Bar ⑪ Physics Cafe
- ⑫ Quantum Cafe ⑬ Sneaker's Cafe ⑭ Rudy's ⑮ Breakpoint Cafe

ROUTE 1 STORES AND RESTAURANTS

- ① Kung Fu Tea ② Playa Bowls ③ Kangnam BBQ ④ Taco Bell
- ⑤ Denny's ⑥ McDonald's ⑦ CVS ⑧ Möge Tee ⑨ Sweetgreen
- ⑩ Vigilante Coffee College Park ⑪ Pho D'Lite
- ⑫ Pupuseria La Familiar ⑬ Board and Brew
- ⑭ Hanami Japanese Restaurant ⑮ NuVegan ⑯ The Hall CP
- ⑰ Bagels 'n Grinds ⑱ Old Maryland Grill ⑲ Potomac Pizza
- ㉐ Target/CVS ㉑ Blaze Pizza ㉒ Pizza Kingdom ㉓ Insomnia Cookies
- ㉔ Panda Express ㉕ Jimmy John's ㉖ Nando's Peri-Peri
- ㉗ Krazi Kebob ㉘ QU JAPAN ㉙ Looney's ㉚ Starbucks
- ㉛ Chipotle ㉜ Marathon Deli ㉝ CAVA ㉞ Jidong TEA

WHAT TO PACK

Six essentials freshmen need to pack before moving into their dorm

By Christine Zhu | @christinezhu142 | News editor



A STUDENT'S ROOM in Pyon Chen on Aug. 29, 2021. Pyon Chen is located behind La Plata Beach on North Campus. (AUTUMN HENGHEN/THE DIAMONDBACK)

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

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

1. A MATTRESS TOPPER

I packed about two weeks worth of stuff. As the COVID-19 pandemic raged on, there were concerns of getting kicked off the campus, and I didn't want to haul everything to college just to haul it all back weeks later. As a result, I skipped out on getting a mattress topper, an item just about every college YouTuber declares essential.

Then, for a few days I woke up completely sore — so I gave in. The Target closest to the campus, under the Landmark apartment complex, doesn't sell mattress toppers. I

wound up asking my mom to buy one and drop it off for me. After that, I slept much better, and the soreness went away.

2. AN OLD PAIR OF SHOES

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

3. A FIRST AID KIT

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

4. A SWIFFER SWEEPER, BROOM OR VACUUM

Some building's rooms don't have carpets. If yours do, or if you have a rug, I suggest a vacuum. But for me, a Swiffer Sweeper was perfect. To this day, I have no idea where all that dust came from, but my trusty Swiffer

was able to make my floor sparkle.

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

5. BOWLS, PLATES, MUGS AND UTENSILS

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

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

6. COVID-19 ESSENTIALS

Bring plenty of KN-95 masks. The dryer may eat some of your reusable masks, but you can never have enough disposable ones. Disinfecting wipes are always great for cleaning — pandemic or not. You can never have enough hand sanitizer, especially if your middle school self collected them.

CASH IN ON STUDENT DEALS

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

Creative Cloud comes with a bunch of applications for design and production. You've got Photoshop to make fire memes, Audition to finish up your mixtape and

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

Students also have access to Microsoft Office 365, which offers Word, Excel and PowerPoint. If you really want to save, we also highly recommend signing up for

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

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

PRODUCT	NORMAL PRICE	STUDENT PRICE
Spotify Premium	\$9.99/month	\$4.99/month
Hulu	\$6.99/month	Free (with Spotify for students)
Showtime	\$10.99/month	Free (with Spotify for students)
Apple Music	\$9.99/month	\$4.99/month
Amazon Prime	\$14.99/month	\$7.49/month
Norton Security Standard	\$84.99/year	\$39.99/year



WELCOME TO REC WELL

WHERE ACTIVE TERPS PLAY, LEARN, WORK, & THRIVE



PLAY

- Intramural Sports
- Club Sports
- Adventure Trips
- Climbing Wall
- Golf Course
- Group Fitness Classes
- Esports
- 4 Indoor Recreation Facilities

WORK

- Lifeguards & Swim Instructors
- Intramural Sports Officials
- Facility & Fitness Staff
- Group Fitness Instructors
- Adventure Program Staff
- Photographers
- Personal Trainers
-and many more

LEARN

- Clinics & Classes
- Personal Training
- Bike Shop
- Challenge Course
- Swimming Lessons

Being physically active is a crucial component of success in and out of the classroom.

We invite every member of the University community to discover their inner Active Terp and find a physical activity they enjoy doing. Recreation is for everyone and there is something for everyone at RecWell!



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DORM SWEET DORM

Welcome to your new home! Dorms across campus vary in size and amenities.

Here's a look inside a few campus dorm rooms, along with some students' thoughts on the options.

For a full list of dorms, see the campus map on page 14-15.



QUEEN ANNE'S HALL. (ELLIOT SCARANGELLO/THE DIAMONDBACK)

QUEEN ANNE'S HALL

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

- EMMA GRAZADO | Former engagement editor



HAGERSTOWN HALL. (AUTUMN HENGEN/THE DIAMONDBACK)

HAGERSTOWN HALL

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

- CHLOE GOLDBERG | Former staff writer



WICOMICO HALL. (JOE RYAN/THE DIAMONDBACK)

WICOMICO HALL

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

- RACHEL S. HUNT | Former director of digital strategy



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



PRINCE FREDERICK HALL. (JOE RYAN/THE DIAMONDBACK)

PRINCE FREDERICK HALL

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

- CHRISTINE ZHU | News editor



A DOUBLE in Cumberland Hall. (JULIA NIKHINSON/THE DIAMONDBACK)



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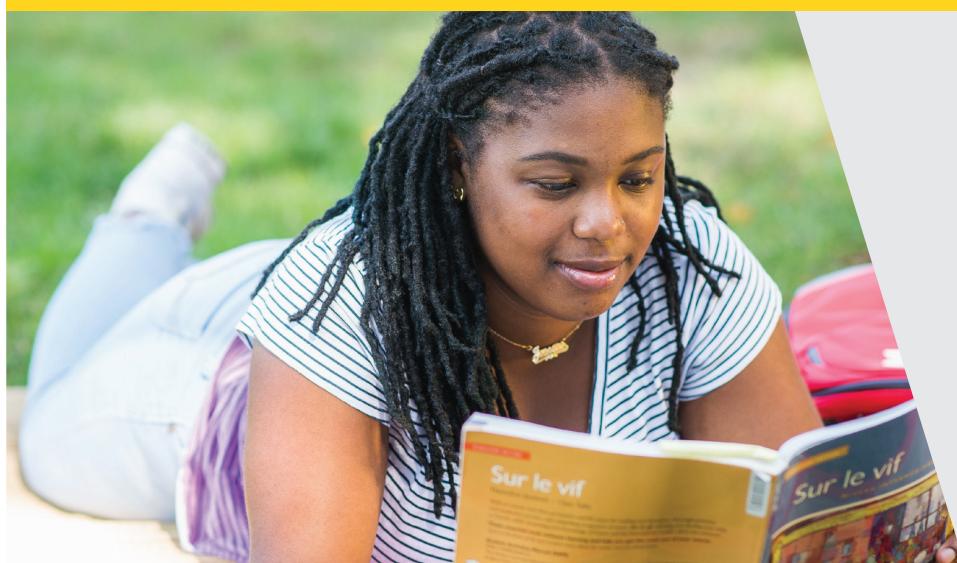
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MINDS MATTER: HEALTHY BRAINS FOR HEALTHY TERPS

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

DROP-IN HOURS

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

REFERRAL SERVICES

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

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INDIVIDUAL COUNSELING

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

GROUP COUNSELING

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

COPLES COUNSELING

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

TOP TIPS TO KEEP YOUR BRAIN HEALTHY:

EXERCISE

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

GET PLENTY OF SLEEP

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

EAT YOUR VEGETABLES

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

CUT BACK ON CAFFEINE

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

LAUGH A LITTLE (OR A LOT)

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

GET CREATIVE

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

SET REALISTIC GOALS

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

HAVE FUN WITH FRIENDS

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

TAKE TIME FOR YOURSELF

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



THE UNIVERSITY OF MARYLAND'S COUNSELING CENTER is located in the Shoemaker Building on South Campus. (KURT LEINEMANN/THE DIAMONDBACK)

MAINTAINING MENTAL AND PHYSICAL HEALTH

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

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

| Staff writers

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

College was the first time I was surrounded by people who were proud of the steps they took to get help. Even now that I've graduated, I still have trouble removing the stigma of not being OK all the time.

Below are a few measures you can take to prevent a buildup of unhealthy emotions that I wish I had known going into college. And while I'm not a mental health professional, I have experience and advice related to being in cognitive

behavioral therapy and group therapy as well as managing medications. (I'll spare you my DSM-5 diagnoses.)

DECIDE WHAT KIND OF CARE YOU NEED

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

Medication and talk therapy don't have to be mutually exclusive, either. Most therapists you talk to will recommend that you eat well, exercise and get enough sleep. TherapistAid.com has

dozens of free resources that can help you identify how you're feeling, manage stress, practice mindfulness and develop healthy habits. Joining group therapy can also be a cheaper alternative to individual therapy.

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

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WATCH WHAT YOU CONSUME

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

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

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

SET BOUNDARIES AND MANAGE ACCOUNTABILITY

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

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

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

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

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

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

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

consciously compromise on when those people actually come around.

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

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

You are to some extent responsible for yourself, so don't completely blame your bad decisions on other people for not saying anything. Don't blame your mental breakdown on someone's inability to recognize that you're struggling, either. That would be overstepping their boundaries.

GET A HOBBY

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

COMMUNITY, SUCCESS AND GRACE: A GUIDE TO NAVIGATING A LARGELY WHITE INSTITUTION

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

By Shreya Vuttaluru | @shreyavut_ | Staff writer

FIND A COMMUNITY

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

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

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

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

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

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

DEFINE YOUR OWN SUCCESS

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

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

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

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

GIVE YOURSELF GRACE

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

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

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

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

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

COMUNIDAD, ÉXITO Y GRACIA: UNA GUÍA PARA NAVEGAR POR UNA INSTITUCIÓN EN GRAN PARTE BLANCA

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

Por Shreya Vuttaluru | @shreyavut_ | Escritora

ENCUENTRA UNA COMUNIDAD

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

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

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

Pero encontrar su comunidad no significa necesariamente que la gente necesite compartir su cultura. También se puede encontrar una comunidad dentro de las personas que se preocupan por usted y que le cuidan, enfatizó Nabila Prasetiawan, que recientemente se graduó con un título en la filosofía, la política y la economía y los estudios de la mujer.

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

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

DEFINA SU PROPIO ÉXITO

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

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

Imani Nokuri, que recientemente se graduó con un título en el gobierno y la política, hizo hincapié en que la mentalidad y la priorización de su propio bienestar también es una parte clave del éxito. Usted tiene valor inherente, dijo ella, y es importante tener esto en cuenta.

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

DESE GRACIA

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

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

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

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

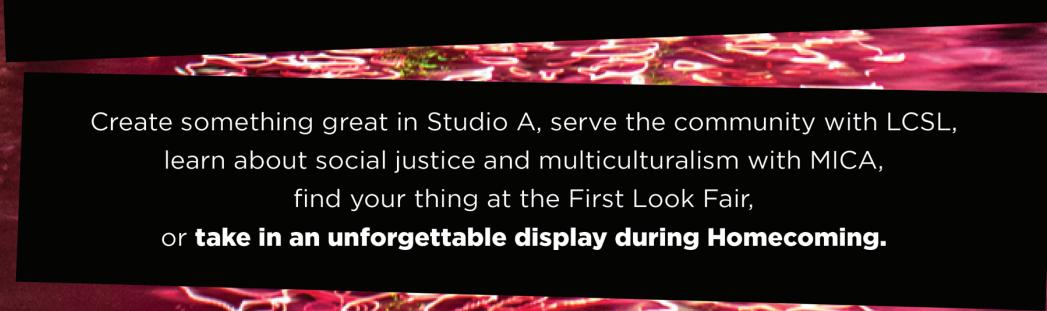
“Definitivamente dale la gracia de cometer errores, de ser joven, de divertirle, y no deje que nadie más le diga lo contrario,” dijo Rivera.



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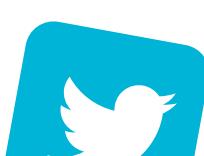
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A GUIDE TO THE COLLEGE FINANCIAL AID PROCESS

By Amanda Hernández | @amandavhernan | Senior staff writer

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

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

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

FEDERAL AND STATE-BASED AID

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

Some states also have financial aid programs for state residents who attend college in the state and outside of it, as well as out-of-state students. In Maryland, there's MDCAPS, which processes applications for state-sponsored scholarships. Programs like this usually use the information entered in your FAFSA application to determine what kind of state-based aid you would be eligible for.

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

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

BREAKING DOWN DIFFERENT TYPES OF AID

Scholarships

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

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

Grants

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

Loans

Loans are where it gets really tricky in the world of financial aid. A loan is money you borrow from the government, bank, financial institution or other organization, which you must pay back with interest. Private loans can be more difficult to navigate, but federal student loans usually have more benefits, according to the U.S. Department of Education. The two most common types of federal student loans are direct subsidized or direct unsubsidized. Direct subsidized loans are based on financial need and do not need to be paid until you graduate. Direct unsubsidized loans, though, are not based on financial need and students are responsible for

paying the interest.

Work study

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

RESOURCES FOR TRANSFER STUDENTS

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

RESOURCES FOR UNDOCUMENTED STUDENTS

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

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

UNA GUÍA DEL PROCESO DE AYUDA FINANCIERA UNIVERSITARIA

Por Amanda Hernández | @amandavhernan | Escritora

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

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

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

AYUDA FEDERAL Y ESTATAL

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

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

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

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

DESGLOSANDO LOS DIFERENTES TIPOS DE AYUDA

Becas

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

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

Subvenciones

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

Préstamos

El proceso de préstamos es donde se complica el tema en el mundo de la ayuda financiera. Un préstamo es dinero que usted pide prestado al gobierno, un banco, una institución financiera u otra organización, que debe pagar después con intereses. Los préstamos privados pueden ser más difíciles de navegar, pero los préstamos federales para estudiantes suelen tener más beneficios, según el Departamento de Educación de los Estados Unidos. Los dos tipos más comunes de préstamos federales para estudiantes son préstamos subsidiados o préstamos directos no subsidiados. Los préstamos directos subsidiados se basan en la necesidad financiera y no necesitan ser pagados hasta después de haberse graduado. Los préstamos directos no subvencionados, sin embargo, no se basan en la necesidad financiera y los estudiantes son responsables de pagar los intereses del préstamo.

Programas de trabajo y estudio

Por último, pero no por ello menos importante,

el programa de trabajo y estudio federal proporciona a los estudiantes que demuestren necesidad financiera con empleos a tiempo parcial. El programa de estudio de trabajo está disponible tanto para estudiantes de tiempo completo como de tiempo parcial. El dinero ganado está destinado a ayudar a los estudiantes a cubrir los gastos relacionados con su educación.

RECURSOS PARA ESTUDIANTES INDOCUMENTADOS

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

RECURSOS PARA ESTUDIANTES INDOCUMENTADOS

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

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

BUDGETING TIPS TO HELP YOU AVOID ZEROS IN YOUR BANK ACCOUNT

By Ross O'Keefe | @RossOKeefe2 | Staff writer

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

"I'm sorry, your card has been declined."

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

STRETCH YOUR MEALS

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

Even if packet-less ramen is the peak of what you can drum up, it beats the price of almost anything out there. Limit what you spend outside of groceries and your dining plan. Cooking is a plus, so now's a good

time to learn how if you don't know already.

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

FIND A JOB

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

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

One of the best ways to get one is right under your nose: the University of Maryland. This university is the largest employer in the area, and routinely hires students for jobs that are usually very accommodating to student schedules. These jobs won't exactly line your pockets with cash, but it is something.

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

INVEST (CAREFULLY)

And, no, I do not mean pouring \$50 into ultra-volatile Dogecoin. Investing in college is more

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

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

EFFICIENCY IS KEY

You've probably heard the "buy what you need, not what you want" spiel multiple times before, but that's probably because it consistently rings true. If you wear the same pair of shoes everyday, why buy more?

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

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

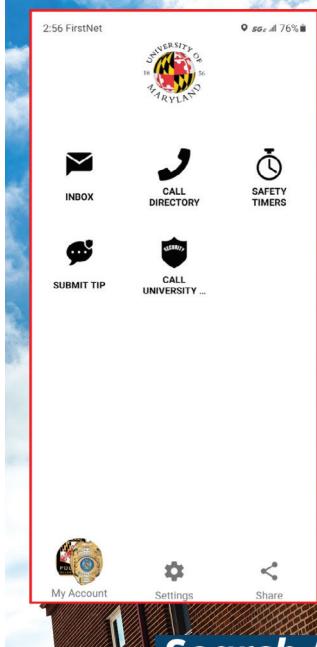
If you still don't understand why someone would undergo inconveniences to save in college, consider this: My best experiences spending money usually are because I put the effort into saving it.

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



THE M&T Bank ATM resides on North Campus behind Ellicott Hall. (AUTUMN HENGEN/THE DIAMONDBACK)

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ATTN: PARENTS & NEW STUDENTS

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MANAGING MEALS

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

By Clara Niel | @clarasniel | Senior staff writer

PLAN YOUR MEALS

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

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

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

FOOD STORAGE

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

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

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

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

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

GROCERY SHOPPING

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

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

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

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



THE SALAD BAR at The Diner on Feb. 7, 2022. (DARYL PERRY/THE DIAMONDBACK)

RECIPE IDEAS

CAPRESE PASTA

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

INGREDIENTS

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

MAKE IT!

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

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

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



(CLARA NIEL/THE DIAMONDBACK)

PEPPERONATA

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

INGREDIENTS

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

MAKE IT!

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

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

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

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

Serve in a bowl and enjoy!



(CLARA NIEL/THE DIAMONDBACK)

MEDITERRANEAN QUINOA BOWLS

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

BOWL INGREDIENTS

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

DRESSING INGREDIENTS

- 1 clove of garlic, sliced
- 1 ½ teaspoons of Dijon mustard
- 1 teaspoon salt
- 1 teaspoon ground pepper
- 2 tablespoons balsamic vinegar
- 1 tablespoon red wine vinegar
- 6 tablespoons olive oil, regular and extra virgin

MAKE IT!

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

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

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

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

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HEAD BACK TO SCHOOL IN STYLE!

Four diverse young adults are posed against a plain background, showcasing various styles of casual clothing. From left to right: a man sitting on the floor in a denim jacket and checkered vans; a woman standing behind him in a white t-shirt with a graphic; a woman standing behind the first woman in a sequined top; and a woman sitting on a wooden stool in front, wearing a patterned top and jeans. They are all smiling or looking towards the camera.

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ON THE MENU: COLLEGE PARK

Here is a list of some more eateries around campus.

	NAME	WHAT	WHERE
BARS	Terrapin's Turf	Spacious, live entertainment	Route 1
	Cornerstone Grill & Loft	Sports bar, American food	Route 1
	RJ Bentley's	Weekly drink specials	Route 1
	Looney's Pub	Sports bar, cover bands	Under The Varsity
PIZZA	ledo Restaurant	Square-shaped pizza	Route 1
	Blaze Pizza	Build-your-own pizza	Route 1
	Pizza Kingdom	\$5 for a jumbo slice	Route 1
	Potomac Pizza &pizza	Pizza, calzones, wings Build your own pizza	Route 1 C.P. Shopping Center
	Azteca Restaurant and Cantina	Mexican, Salvadoran cuisine	Near Courtyards
LATIN AMERICAN	District Taco	Burritos, tacos, quesadillas	Riverdale Park
	Pupuseria La Familiar	Traditional Salvadoran dishes	Campus Village Shoppes
	Taqueria Habanero	Puebla, Mexican cuisine	Campus Village Shoppes
	Ritchie's Colombian Restaurant	Authentic Colombian cuisine	Route 1
	Tacos a la Madre	Mexican cuisine	Berwyn
	Taqueria El Mexicano	Mexican cuisine	Adelphi
	Jumbo Jumbo	Taiwanese chicken and bubble tea	Near Lot 1
ASIAN	Northwest Chinese Food	Modern and traditional Chinese	Route 1
	Aroy Thai	Pad Thai, noodles, curries	Route 1
	Qu Japan	Japanese ramen, hibachi	Route 1
	Hanami	Sushi, noodles, hibachi	Campus Village Shoppes
	Kangnam BBQ	Korean barbecue	Near The View
	Food Factory	Indian and Middle Eastern cuisine	Campus Village Shoppes
	The Spot Mini	Japanese, other East Asian cuisine	Under Terrapin Row
CHICKEN	Nando's Peri-Peri	Flame-grilled chicken	Route 1
	Poh-Yo	Charcoal chicken	Campus Village Shoppes
BAGELS AND DELI	Bagels 'n Grinds	New York-style bagels	Route 1
	Marathon Deli	Greek cuisine and gyros	Route 1
VEGAN AND SALAD	Sweetgreen	Fast casual salads	Under The View
	NuVegan	Meat-free entrees, juices	Under The Varsity
COFFEE AND TEA	The Board and Brew	Cafe fare and over 500 board games	Under The Varsity
	Vigilante Coffee	Fair-trade coffee	Near The View
	Kung Fu Tea	Bubble tea	Route 1
	Möge Tee	Bubble tea	Under The Varsity
	Jidong TEA	Bubble tea	Campus Village Shoppes
MISCELLANEOUS	College Park Diner	American fare	Near Monument Village
	Noodles & Company	Noodles and pasta	Route 1
	Insomnia Cookies	Late-night cookies	Route 1

VENTURING OUT

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

BUSBOYS AND POETS

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

- Alexander Dacy | Former sports editor

SILVER DINER

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

- Christine Condon | Former special projects editor

MARATHON DELI

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

- Christine Condon | Former special projects editor

KUNG FU TEA

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

- Joy Saha | Former diversions writer

NUVEGAN

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

- Camryn DeLuca | Former Diversions writer & assistant engagement editor

PHO THOM

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

- Christine Condon | Former special projects editor

CAVA

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

- Joy Saha | Former diversions writer

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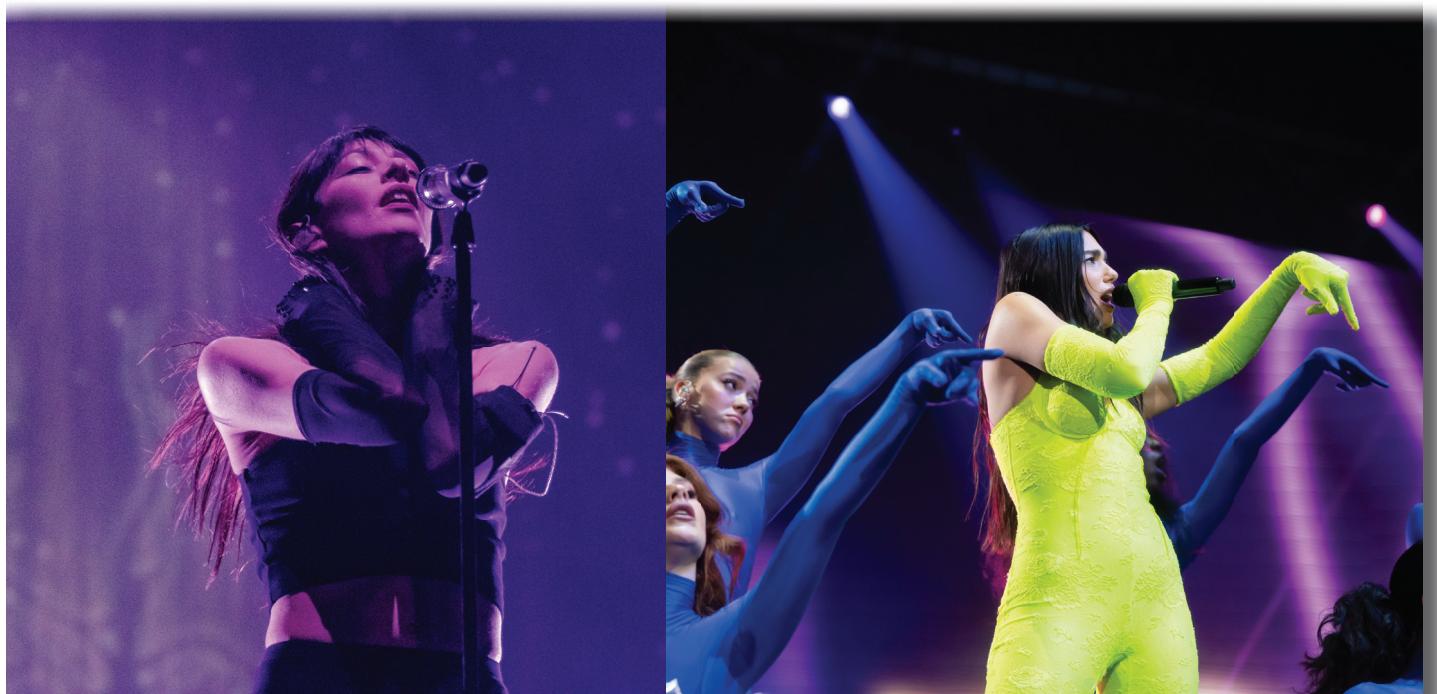
REDVEIL performs on the Clarice Courtyard at the NextNow Fest on Sept. 18, 2021. (AUTUMN HENGEN/THE DIAMONDBACK)

CONCERTS

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

MOVIES

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



CAROLINE POLACHEK (LEFT) AND DUA LIPA (RIGHT) perform at Capital One Arena as part of Lipa's 'Future Nostalgia' tour on March 2, 2022. (CAM ANDREWS & TANEEN MOMENI/THE DIAMONDBACK)

SEE'S FREE MOVIE SERIES

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

ART ATTACK

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

OTHER EVENTS

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

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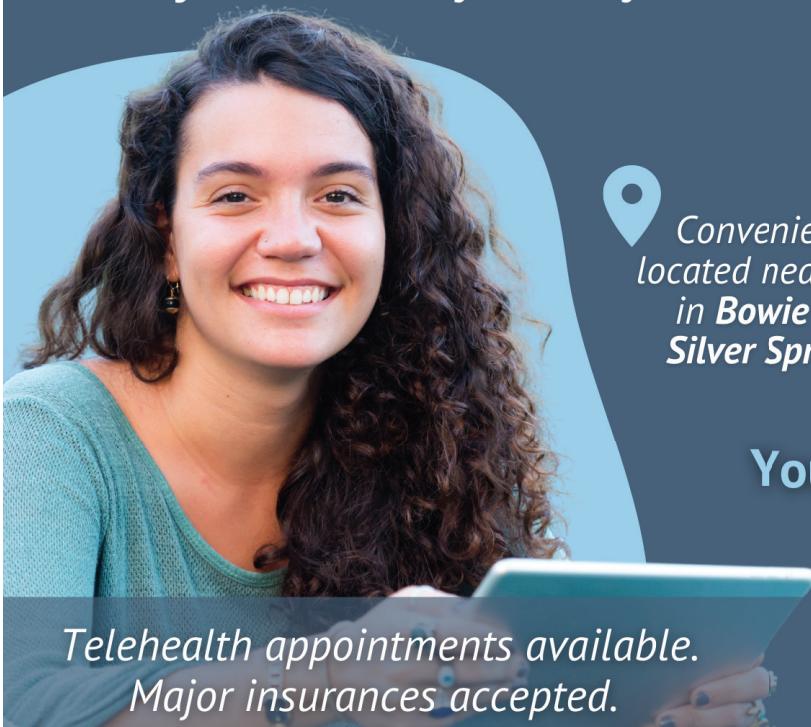
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MARYLAND'S MASCOT TESTUDO rallies fans during a Maryland football game against West Virginia on Sept. 4, 2021. (CAM ANDREWS/THE DIAMONDBACK)

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

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TAILGATES

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

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

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

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

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

THE FAN EXPERIENCE

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

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

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



THE MARYLAND DANCE TEAM performs during a men's basketball game against Virginia Tech on Dec. 1, 2021. (CAM ANDREWS/THE DIAMONDBACK)

STUDENT TICKETS

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

GIVEAWAYS

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

SONGS THAT MAKE US FEEL LIKE THE MAIN CHARACTER ON CAMPUS

The Diamondback staff's personal soundtrack; shuffle these beats to feel like you're in a coming of age movie.

Unlock it (Lock It) - feat. Kim Petras and Jay

Park – Charli XCX, Kim Petras, Jay Park

Campus – Vampire Weekend

Liquid Smooth – Mitski

Boomer – Bartees Strange

Waiting Room – Fugazi

brutal – Olivia Rodrigo

Money (feat. Flo Milli) – Rico Nasty, Flo Milli

good 4 u – Olivia Rodrigo

As It Was – Harry Styles

Oblivion – Grimes

Mariners Apartment Complex – Lana Del Rey

Tomorrow – Kali Uchis

Motion Sickness – Phoebe Bridgers

Smack a Bitch – Rico Nasty

Run Away With Me – Carly Rae Jepsen

Been Like This – Doja Cat

...Ready For It? – Taylor Swift

BROKEN GIRLS – Saba

Mystery of Love – Sufjan Stevens

212 – Azealia Banks, Lazy jay

Dog Days Are Over – Florence + The Machine

Bad Boy – Red Velvet

Move Your Feet – Junior Senior

Normal Girl – SZA

Dancing Queen – ABBA

Formula – Labrinth

Pyramids – Frank Ocean

Roaring 20s – Flo Milli

Suddenly I See – KT Tunstall

Waves - Tame Impala Remix – Miguel, Tame Impala

0:00

20:22



INTRODUCING VIRTUAL CLASSROOMS

UMGC to pilot virtual reality classrooms this fall

By Victoria Stavish | @victoriastavish | Staff writer

When David P. Johnson had his first meeting in the virtual metaverse, his boss sat directly next to him in a room full of empty seats.

"I looked at all these other seats and I was like, 'Why?'" Johnson, the program director of the digital media and web technology undergraduate program at University of Maryland Global Campus, said. "When you're in this space, it's just like in real life ... sometimes you find yourself, you get too close to someone until you see both people back up a little bit."

A virtual metaverse allows students and faculty to meet and walk around virtual spaces. Through Oculus Quest 2 headsets, which include spatial audio and the ability to feel the presence of other avatars near you in the virtual space, UMGC will pilot virtual and augmented reality learning environments during the fall 2022 semester, Johnson said.

The virtual spaces include classrooms, an auditorium, a

museum and meeting spaces. The virtual metaverse also allows users to travel to other significant locations outside of the campus or even the moon, Johnson said.

UMGC is a public university that provides about 90 percent of its classes online and asynchronously, explained Daniel Mintz, associate professor and chair of the Department of Information Technology in the School of Cybersecurity and Information Technology at UMGC.

Because UMGC serves people online from all over the world, Mintz hopes providing a virtual space to connect will improve student-faculty relationships, he said.

Through a partnership with VictoryXR, a global leader in creating learning environments through immersive technology, UMGC aims to use virtual technology in 15 class sections in the fall 2022 semester, Mintz said. The university is one of 10 in the partnership with

VictoryXR.

Some educational experiences are done better in a virtual environment than in any other environment, Mintz said.

Biology classes that involve dissection or criminal justice classes in which students have to look at evidence and interview potential witnesses will be made more efficient when students can complete assignments in a virtual world, Mintz said.

"Instead of having to do it once and mess it up and you're done, you can do it over and over and over again," Mintz explained.

Though he began research into creating a virtual campus about a year ago, Johnson described the efforts to prepare the pilot for fall 2022 as a "mad dash."

Students in the selected class sections will be sent headsets at the beginning of the semester at no additional cost to them. The students are expected to return them at the end of the semester, but many of the details are still being worked out, Johnson said.



(PHOTO VIA PEXELS)

"I think we had to convince the [university] leadership that this was not a video game," Johnson said. "The components might look like a video game ... so we have to now reintroduce it and rebrand."

Mitchell Marovitz, director of the communications, journalism and speech programs, said he's excited to bring technologies to UMGC that make education more attractive and accessible to people who are parents or in the workforce full time.

To learn how the virtual campus works, program directors such as Marovitz have been attending meetings with their Oculus Quest headsets. While the virtual reality caused Marovitz motion sickness at first, he said he got used to it quickly.

Dr. Monica Simonsen, the education program director at UMGC, had two classes within her program approved for the pilot program. She hopes the virtual reality headsets create a connection between students and teachers, prepare future teachers to use technology such as virtual reality in their own classrooms in the future and give them the opportunity to practice teaching in a virtual world before beginning their internships.

Simonsen, like Johnson, also attends meetings virtually with her headset.

"I can turn my chair and look to my right and my left behind me and see the colleagues that are sitting in the chair behind me. I can whisper to the person next to me and only they can hear me. I mean it feels like you're in a classroom," Simonsen said, "And I just am so proud to work somewhere that is willing to say OK, this is gonna be messy and confusing at the beginning, but let's just do it."

AYELETTE HALBFINGER ELECTED NEXT UMD SGA PRESIDENT

By James Cirrone | @JamesCirrone | Staffwriter

Ayelette Halbfinger has become the University of Maryland's student body president after defeating Josie Urrea in the first in-person, contested SGA election in three years.

The junior finance and operations management and business analytics major led the Discover Maryland ticket and will serve as president in the 2022-23 academic year alongside her running mates: executive vice president Alexandra DeBus and vice president of financial affairs Ram Gupta.

"I couldn't be more excited to be working with my executive team ... and all the legislators who were elected as well as those who will be appointed," Halbfinger said.

Though Our UMD's executive slate of candidates lost, the party won more seats in the Student Government Association legislature than Discover Maryland.

This means there will be a divided SGA

come the fall, something Halbfinger said she welcomes. She said she's worked with a lot of the people from Our UMD who were elected to the legislature and has no problem continuing to work with them.

"I think it's really healthy for there to be a split legislature," Halbfinger said. "I think that it's important when addressing all of the different issues that we encounter as a student government to have people from different communities and different backgrounds and also people who have different perspectives."

Discover Maryland advocated for subsidized metro passes for students commuting to and from Washington, D.C., fixing the more than 20-year-old Blue Light Emergency Phones and reducing the student athletics fee, among many other policy items, according to its campaign platform.

Halbfinger said she wanted to make the

SGA more collaborative to create a more engaged student body. She also called the turnout in this election "incredible," and thanked students for coming out to vote.

"I thank students for turning out in polls and voting for their representatives, and I encourage students to continue to be involved, to continue to voice their concerns," Halbfinger said.

In a statement to The Diamondback, Urrea wrote that while she was upset about the results, she was proud of what she and her party accomplished.

"I'm so proud of the team that we built and the students we reached during the campaign," Urrea wrote. "I know that the legislators elected from our ticket will carry the values of honesty, passion, and transparency into next year that Our UMD championed throughout the election."

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Building Community; Enhancing Value

A SPACE TO 'DEFY THE IMPOSSIBLE'

UMD community gathers at IDEA Factory dedication

By Christine Zhu | @christinezhu142 | News editor



VISITORS ASCEND the stairs leading into the IDEA Factory to join the tours of the new building on May 10, 2022. (CHRISTINE ZHU/THE DIAMONDBACK)

The University of Maryland held a ceremony Tuesday morning for the building dedication of the E.A. Fernandez IDEA Factory, a \$67 million project designed to promote dialogue across engineering, arts, business and science.

The IDEA Factory is the university's only building funded solely by private philanthropic support, according to the building dedication program. Construction on the 60,000-square-foot facility began in early 2020.

Samuel Graham Jr., the engineering school dean, said the IDEA factory is a place for students to be creative regardless of their major or background.

"The problems that we face today, they really don't care what your degree's in, or your pedigree, or your expertise," Graham said. "It is up to us to define the problems and to bring the right talents together that are needed to develop solutions to complex problems that are facing society."

University President Darryll Pines said this university has a "grand tradition of innovation."

For example, this university was the home of the first internet exchange, he said. It connected the first U.S. commercial and non-commercial networks.

"The IDEA Factory is going to embody visionary action that will bring together students, faculty and staff for robotics to

quantum engineering to brainstorm, design, build prototypes, develop business plans and move inventions from the laboratory to market," Pines said.

Emilio A. Fernandez, who graduated from this university in 1969, is the building's namesake.

He said when initially meeting with the building's architects, he wanted to craft something that would "defy the impossible" because of all the creativity that would happen inside.

"I believe that everyone has the potential

for vision, but we have to free them," Fernandez said. "We have to unleash that vision."

The building serves as the home for several research programs and activities for students.

The Robotics and Autonomy Lab occupies the third floor, allowing space for students to work on constructing robots.

Engineering students can use the ALEX Garage on the building's first floor as a place to work on entries for competitions.

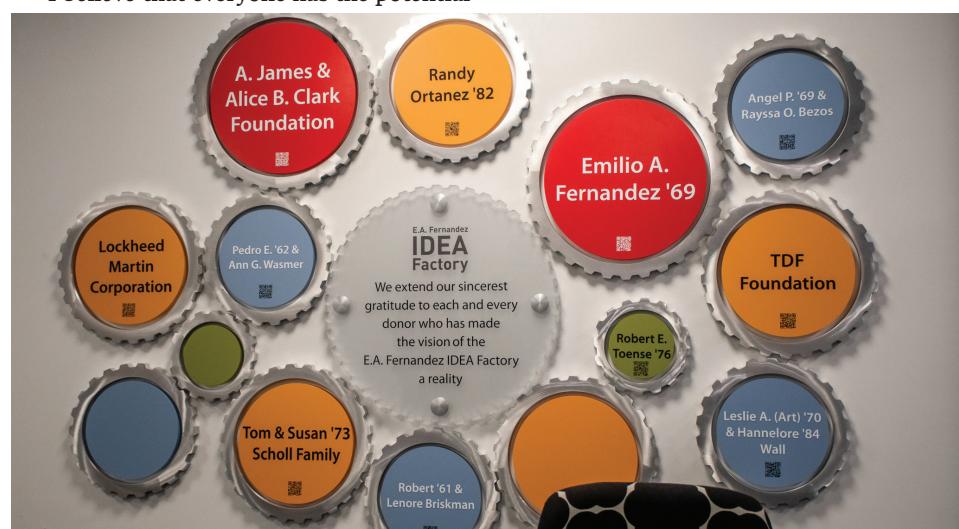
The Angel P. Bezos '69 RAPID Prototyping Lab is a makerspace in the building complete with 3D printers and other equipment that can be used to create prototypes and models.

On the first floor, the building also hosts Startup Shell, a student-run coworking space where students can work collaboratively on startups beyond this university's campus.

The second floor holds IDEA Central, a cafe with a salad-making robot named Sally and an outdoor patio.

Shane Bonkowski, a junior aerospace engineering major, is the president of UMDLoop, a group of engineering and physics students aiming to win Elon Musk's second annual Not-a-Boring tunneling competition. The group will work in the building.

"The IDEA Factory will make the students, faculty and staff address 21st century challenges," Bonkowski said.



THE IDEA FACTORY is this university's only building funded solely by private philanthropic support, with a cost of \$67 million. (CHRISTINE ZHU/THE DIAMONDBACK)

GET YOUR WORKOUT ON

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



A BARBELL CLASS. (KURT LEINEMANN/THE DIAMONDBACK)

EPPLEY RECREATION CENTER

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

REGENTS DRIVE STUDIOS

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

SCHOOL OF PUBLIC HEALTH

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

RITCHIE COLISEUM

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

RECKORD ARMORY

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



CAMEREN BRUCE teaches a HIIT30 class at the Eppley Recreation Center on Oct. 22, 2021.
(AUTUMN HENGEN/THE DIAMONDBACK)



KIMBERLY SYARDI excercises in the Eppley Recreation Center on April 28, 2022.
(JULIA NIKHINSON/THE DIAMONDBACK)

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HOUSING RESOURCES

Where to find off-campus housing

UNIVERSITY OF MARYLAND OFF-CAMPUS HOUSING DATABASE

The university's online database for off-campus housing provides the latest house and apartment vacancies around the campus. With your student account, you can add a listing or look for a roommate while providing a roommate profile of your own.

FACEBOOK

On select University of Maryland student Facebook groups, you can find student subletters and students looking for roommates. A comment or direct message showing interest could put you in contact with the individual who's listing.

REAL ESTATE MARKETPLACES

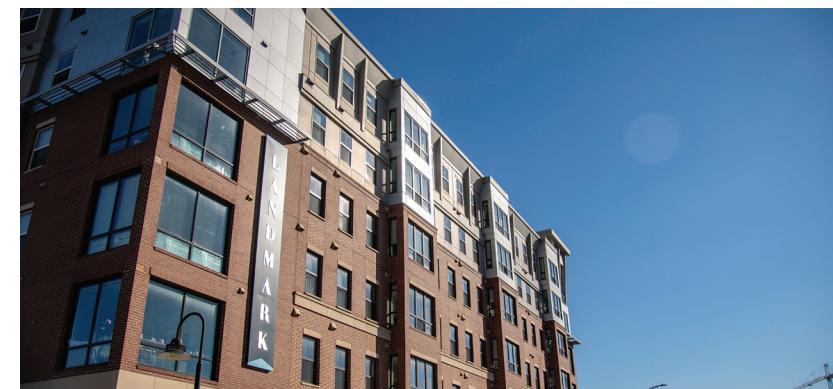
Online real estate marketplaces offer listings for entire apartments and houses in College Park. Many allow you to filter out listings by price range, amenities and more. Some offer maps so you can figure out a property's proximity to this university's campus.

RENTER'S INSURANCE INFORMATION:

- Renter's insurance can protect you from a liability lawsuit as well as your personal property when unexpected events such as fires, flooding or vandalism occur, depending on the policy.
- Many major insurance companies hold renter's insurance policies.
- The average cost of renter's insurance was \$14.90 per month in 2021, according to Business Insider.
- You may also be covered by your parents' insurance depending on their policy.



TEMPO APARTMENTS advertising outside of their leasing office.
(JOE RYAN/THE DIAMONDBACK)



LANDMARK APARTMENTS. (JOE RYAN/THE DIAMONDBACK)



APARTMENT GUIDE

SOUTH CAMPUS COMMONS — STARTING AT \$957/INSTALLMENT

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

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

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

THE VARSITY — STARTING AT \$974/MONTH

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

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

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

THE LANDMARK — PRICES VARY

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

MAZZA GRANDMARC — STARTING AT \$890/MONTH

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

THE COURTYARDS — STARTING AT \$746/INSTALLMENT

Similar to South Campus Commons, these apartments are located off of Route 193 and include a pool. Units house two to four people. Utilities are included.

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

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

TERRAPIN ROW — APPLY FOR PRICES

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

THE ENCLAVE — STARTING AT \$860/MONTH

This is on Route 1, just south of Metzerott Road. It includes a fitness center and a courtyard. Units house two to four people.

ALLOY BY ALTA — PRICES VARY

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

OLD TOWN — PRICES VARY

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

METZEROTT ROAD — PRICES VARY

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

WHAT I LEARNED AS AN OUT-OF-STATE STUDENT AT UMD

By Rachel S. Hunt



KEEP SHORT ACCOUNTS.

My phrase to myself when I graduated high school was, "Don't burn bridges." I tried to execute this in college, but I didn't necessarily know how to. It's inevitable that you're going to upset people, and people are going to upset you. Dealing with the conflict is the critical piece to not burning bridges. The answer, believe it or not, is to communicate how you're feeling in the moment rather than build up grudges.

While every relationship isn't going to be BFF-level, it's important to learn conflict resolution skills in college when things go wrong rather than shutting down or running away. When you get to adulthood, things aren't going to be as simple as switching classes or changing dorm rooms. It took me four years, but I finally feel like I've found a kind way to alleviate disagreements. It's a mix of learning your own boundaries while also learning others'. It's not an easy lesson to learn, but I urge you to be proactive and receptive in those moments. Give yourself grace when you mess up, doing the same for others.

TAKE ADVANTAGE OF WHAT'S AROUND YOU.

I wish I had spent more time taking advantage of the quaint little places hidden in College Park. While I blame part of it on COVID-19, I'm also to blame for being too lazy or too scared to branch outside of my comfort zone. I also didn't use on-campus amenities my tuition literally paid for, so that's a bummer. I urge you to take that 15-minute walk to try something new, even

if you have to bring your friends along. Go to Washington, D.C., more.

I'd like to shout out The Board and Brew in particular, because where else can you feel like you're the main character night and day while learning new skills and trying wonderful drinks? (Plus, the staff are pretty cool, if I do say so myself.) Learn as many games as you can for \$5 a session. You'll seem cool and well-rounded when you invite your friends over to play someday. Aroy Thai Restaurant also has amazing food and is incredibly reliable.

Also, if you can get a car to campus by senior year, tell your parents I said it will be worth it.

BE NICE TO STRANGERS.

Please, please, please (and I mean please), take the extra 10 seconds to hold the door open for people behind you or greet someone in the elevator. You might make a new friend or brighten someone's day just by small acts of kindness. The East Coast likes to mind their own business and while that's great, there is also a time for being a little bit more courteous than maybe you had planned. As much as you've heard it, you never know what people are going through.

Joy is contagious and simply the act of being nice might make you feel better too. The COVID-19 pandemic has caused us to be even more closed off to strangers than we already were. But not everyone around you is your enemy. Plus, this is good practice for networking, which you'll need by the time

you graduate. Be a little kinder than you have to be, as the saying goes.

UPHOLD COMMITMENTS, BUT DON'T OVEREXTEND YOURSELF.

A lot of college kids — including myself — can't seem to make up their mind about things. We spend so much time weighing the pros and cons of an action, we miss out on actually getting to do that thing. It might be scary to make a decision, but it's the only way you're going to learn. It can also be tempting to say yes to everything related to your field in the hopes of climbing up the ladder, but don't do so at the expense of your mental health.

Along the same vein, if you say you're going to do something, try your best to do it — especially when it involves extracurricular activities and sign-up sheets. If something is stressing you out more than it's benefiting you, it might be time to re-evaluate that commitment.

KNOW YOU HAVE SOMETHING TO LOOK FORWARD TO.

College is a time for learning and growing, and those two things can hurt. It can be comforting to know that all of the learning here leads out to something. Hopefully that's a job, but it can be more than that — relational lessons, greater appreciation for the world, personal growth or a variety of other things. I hope you can find what you love and learn from it. Our social media-altered, instant gratification mindsets have led us to forget that good things come to those who wait.

We made it through some pretty dark years. (The Bagel Place closed, for one.) And yet, there's still so much to look forward to mixed in with more lessons to be learned. Whether you leave with regrets or none, there's no denying college has played a pivotal part in who you've become. The pandemic has definitely taught us that it's easy to forget to be grateful in the moment.

STUDENT ADVICE:

We asked our Instagram followers what they wish they had known before their freshman year at the University of Maryland, here's what they said:

What do you wish you knew before freshman year?

The importance of AP credit.

What do you wish you knew before freshman year?

You will meet some of your best friends here!

What do you wish you knew before freshman year?

Bring hella snacks for your room.

What do you wish you knew before freshman year?

Take advantage of tutors/ office hours.

What do you wish you knew before freshman year?

Prioritize sleep over partying.

What do you wish you knew before freshman year?

Our campus is very hilly... wear good shoes.

What do you wish you knew before freshman year?

Staying in one Saturday won't make you lose all your friends.

What do you wish you knew before freshman year?

Bars > frats

What do you wish you knew before freshman year?

Join as many clubs first semester, don't wait!

What do you wish you knew before freshman year?

UMD has a slight squirrel problem and may potentially be taken over by squirrels one day.

What do you wish you knew before freshman year?

Don't buy a million UMD shirts. You'll get so many for free.

What do you wish you knew before freshman year?

Some of the dorms don't have air conditioning.

What do you wish you knew before freshman year?

Consider getting a bike to get around campus.



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What do you wish you knew before freshman year?

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*University determines initial delivery dates. In most cases we are able to deliver before student arrival. We still accept orders after first delivery. View website for more information.