



**I SAID, "REMEMBER THIS MOMENT"  
IN THE BACK OF MY MIND - LONG LIVE**

The university experience is peppered with moments that demand to be remembered - the unexpected triumphs, the laughter shared over late-night takeout, or the sense of accomplishment after completing a project. These instances beg to be tucked away in the recesses of our minds. As students navigate first year, they'll find that the journey is as much about gaining knowledge as it is about creating memories. With every 'first' that university life offers, it's a gentle nudge to pause, cherish, and internalize the moment. Because before you know it, you'll be on the brink of many 'lasts.' So, as you walk this journey, remember to frequently whisper to yourself, "Remember this moment."



**I USED TO THINK THAT WE WERE FOREVER, EVER  
AND I USED TO SAY, "NEVER SAY NEVER" - WANGBT**

Remember when you said you'd never pull an all-nighter, eat pizza for breakfast, or wear pajamas to a lecture? University is full of surprises! But sometimes, drawing boundaries and saying "never" is essential. It might be rejecting a toxic friendship, deciding not to procrastinate on that big project, or saying no to that fourth cup of coffee at midnight. While being open to new experiences is a part of the journey, knowing when to firmly stand your ground and set limits is equally important. So, the next time you're tempted to overextend, remember it's okay to say "never" when it counts!



# UNIVERSITY 101

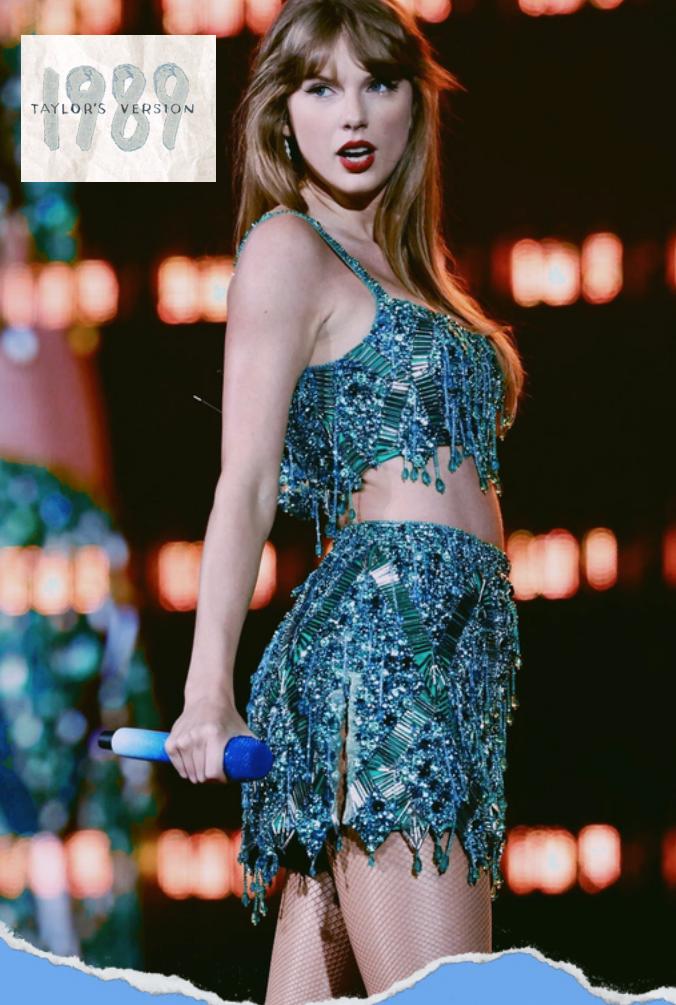
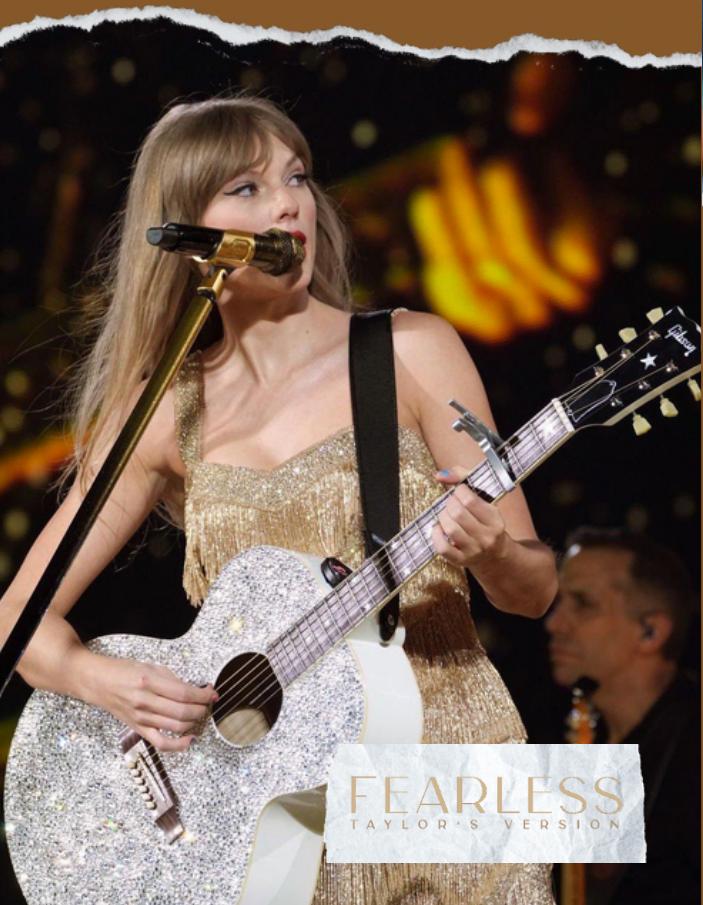
*(taylor's version)*

TAYLOR HAS MADE SOME MISTAKES. LEARN FROM TAYLOR.

**AND I DON'T KNOW WHY BUT WITH YOU, I'D DANCE  
IN A STORM IN MY BEST DRESS, FEARLESS - FEARLESS**

University is a lot like dancing in a storm — sometimes it pours assignments, surprise quizzes, and mystery food from the dining hall. But hey, throw on your best dress and embrace the chaos! Life might rain on your parade, but with a fearless attitude, you can make it one heck of a dance party.

And if you're not feeling particularly fearless? It's totally okay. Consider reaching out to the **Counsellors in Residence** — they're there to help you find your groove and get back to dancing. Their contact is [counselor.residence@ubc.ca](mailto:counselor.residence@ubc.ca)



**WE SHOW OFF OUR DIFFERENT SCARLET LETTERS  
TRUST ME, MINE IS BETTER - NEW ROMANTICS**

Diving into university, it's easy to feel surrounded by strangers with hidden stories. Those "letters"? They represent our personal struggles, past mistakes, and growth badges.

Think you're alone feeling homesick or overwhelmed by a tough course? Share your "scarlet letter" tales and you'll see: many have stories just like yours. In this uni adventure, everyone's got a letter; you're never truly flying solo!

If ever loneliness strikes, give a shout to your RA. They're equipped to connect you with resources that help.

**THAT OLD FAMILIAR BODY ACHE THE SNAPS FROM THE  
SAME LITTLE BREAKS IN YOUR SOUL,  
YOU KNOW WHEN IT'S TIME TO GO - IT'S TIME TO GO**

Often, we're taught that strength lies in perseverance, in pushing through no matter the odds. While resilience is undoubtedly commendable, there's an unsung strength in recognizing when something no longer serves our growth or well-being. There are moments when our soul signals us, through repeated pains and breaks, that it's time to move on.

And if letting go of an experience or person feels overwhelming, **SVP&PRO** is your go-to resource. Because, after all, "Sometimes giving it up is the strong thing; Sometimes to run is the brave thing"

