

I Will Survive!
The Ultimate Freshman
Handbook



By: Karely Mann & Emily Mangelson

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Study:

Tips and Tads You Need

Survival Techniques for the Truly Drab Lectures/Lecturers You Stumble Upon

- Arrive a couple minutes early to obtain a seat near the front. This helps you stay awake during the drab moments. Caution: some professors spit!
- When the professor allows laptops to be used during class:

Do: Take notes, record lectures and refer to the syllabus when needed.

DO NOT: Engage in any illegal activity, cheat, shop, check ESPN, sign into Hulu, play Angry Birds or Solitaire, stalk the smokin' TA on Facebook.

- Study groups are an efficient way to make friends and do well in any class that you take.

“Fall in love with someone in your class right away; student, T.A., professor, whomever. You’ll be hard pressed to skip class. If there is no one in your class to love, then pick someone to hate and show up every day to make his or her life a living hell.”

-S. P.

University of Georgia, Graduate

How to Survive your Freshman Year

- One of the most underutilized resources at the University is your professor’s office hours. This time is set aside for students to ask personal questions regarding course work. Many professors will make an appointment with you if you cannot come to their office hours. Use their time wisely!
- While stumbling through your classes you may find a class that requires much memorization. Flashcards are a rather inexpensive and efficient solution to this problem. To save space and money - put two definitions on one card or find online flashcard websites, such as Quizlet.
- Raise your hand and ask fresh questions. This technique will clear any fog that resides in your head and make your name known to the professor. In a sea of hundreds of fellow classmates, personalization is a huge advantage.

I Spy With My Little Eye, Common Writing Errors

If you think this sentence is correct or appropriate for the collage course's that you soon will be taking due to your prior experience with the english language; then you are sorely mistaken because this level of writing will defiantly maim **any** chance you have of passing **any** course that the grand University of utah thus far has offored to student's and if such a course is ever ever ever ever ever created at the University of utah then...shame.

Diagnosis: TAKE A 2010 WRITING COURSE your very first semester here at the University of Utah.

LEAP offers a 2010 Writing class that assures smaller class sizes and professors that are linked to the LEAP Program.

Did you catch every mistake Detective Holmes?

**Dear...Who? Dear Ms.? Dear Mrs.? Dear Mr. Ph.D.
graduate student who technically isn't a
professor yet? Phewph.**

How do you write a truly considerate e-mail?

1. Keep in mind that an e-mail is meant to be a short, concise message.
2. Always refer to the instructor as "Professor" while corresponding through e-mail. Some of your classes may be led by a graduate student trying to attain professorship or an Assistant Professor; despite their station on the academic ladder use the title "Professor".
3. State your full name, your class title, and which section you attend at the beginning of your e-mail; remember that they may have hundreds of students in many different classes.
4. Clearly define your problem or question. Bear in mind that the professor will appreciate your succinct, brief, elfin, crisp, synoptic, pygmy, dwarfish, miniature, pint-sized, condensed, cut to the bone, knee-high to a grasshopper message. Or as the Scottish say, "Keep it wee!"
5. To close this correspondence you should kindly thank them for their time.
6. Sincerely, (insert your name...again).

P.S. If you have any personal issues with grades or class fairness, please take the time to meet with the professor face to face.

Study:

Some Simply Lovely Tips



Cinemark Movies 10- Sugarhouse: **On Monday nights (if you have a group of three or more people) tickets are only \$0.75 per person.** 2227 South Highland Drive, Salt Lake City, UT - (800) 326-3264

Best bathrooms on Lower Campus: **Marriott Library on 4th and 5th floor.**

Finals Week: **The Marriott Library stays open 24 hours a day for the full week before finals (there is no shame in taking a few caffeine pills while trying to get through finals).**

Parking: **Good Luck!**

Economical Printing: **open access to all students**

Bennion Hall (the Education building) ~ \$0.03 per page

CRCC ~ \$0.05 per page

Marriott Library ~ \$0.08 per page

Union ~ \$0.08 per page

OSH ~ \$0.05 per page

Math Building (LCB) ~ free for all math and physic homework

Utah College of Massage Therapy: **Every Saturday and Sunday the Utah College of Massage Therapy opens its doors to walk-ins, the students need hours and tight/lactic acid filled bodies to practice on. You can get a 50-minute full-body massage for \$25. And lucky for you, they are right down South Temple- 2.6 miles and 6 minutes away from the University of Utah.** 25 South 300 East, Salt Lake City, UT 84111- (801) 521-3330

Write a Bucket-List: **First watch the movie “The Bucket List”, then concoct one for yourself. First five on my bucket-list (to spark your creative juices)- 1. Bake a bagel 2. Climb a Redwood tree 3. Skinny dip in all the Great Lakes 4. Blow glass 5. Read a Sunday edition of The New York Times, every word**

Free Pie: **Village Inn gives free pie out every Wednesday all day. Warning: you do have to buy some food before you are rewarded, so here is our plan- buy their \$2 cup of hot cocoa then ask for your blueberry pie or peanut butter-cup pie.**

Drop the Pop and Drink Water: **8 glasses of water per day is optimal. How many cups have you had today?**



Buy Netflix: **Trust me. Netflix will become your second best friend (hopefully you have an Emily, Izzy, Chess or Peder for the first best friend). Watch Monk, Psych, Once Upon a Time, Grey's Anatomy, Raising Hope, Bones, Friday Night Lights, etc. It's okay to put down the books and recharge and if you are a Millennial (Generation Y) TV means turning off your brain.**

Where to buy a Laptop: **If you are okay with used laptops, the cheapest place to shop for electronics is ksl.com.**

Closest Ice Cream Shop: **Baskin Robbins is right down the way (576 East 400 South) so...when your head is pounding with the answers to your anatomy quiz on Tuesday, STOP! Get in your car or pop on Trax and refresh your brain and body by spending time away from the flash cards.** If you have finer tastes go to Dolcetti Gelato on 9th & 9th

Buy and Sell Your Textbooks: **Compare bookstore prices to Amazon.com or Half.com- you could save hundreds of dollars. Keep the shipping time in mind!**

A Children's Book: ***Monster Mama*** by Liz Rosenberg and Stephen Gammell

Learn to Make a Lime Slushy: **Use a hand juicer and squeeze 5 limes. Poor the juice into a blender. Put lots of ice and sugar in the blender. You don't need a recipe, make it up yourself- it's fun to be a creator!**

Movies you Need to See: **Fried Green Tomatoes, I Am (a documentary), Second Hand Lions, Spirited Away, Forest Gump, Rear Window (Alfred Hitchcock), Indiana Jones, Lord of the Rings, Seven Pounds, The Pursuit of Happiness, Jason Bourne, Howls Moving Castle (all of Hayao Miyazaki's films), Hotel Rwanda, Butch Cassidy and the Sundance Kid, Casino Royale, Patch Adams, The Princess Bride, Count of Monte Cristo, Star Trek, The Abyss, Remember the Titans, etc.**

PayDay: **Make it a habit to treat yourself on payday. You can buy Chinese take-out for dinner or buy a new comic book or go to Whole Foods instead of Smith's.**

Learn to use and trust your subconscious/intuition: **When you spend time in silence daily, listen not for words but for a feeling that tells you to do something. Do not mistake your own reasoning and thoughts for those of your subconscious. If you can track where the thought came from, (this thought led to that thought which led to this thought, etc.) then it was not from your subconscious. Learning to accurately discern between the two will allow you to tap into knowledge that you don't consciously have.**

Remember People's Names: You need this skill so that people feel appreciated and for your own future benefit when you want something from that person. To do this, say their name back to them when they introduce themselves. Then repeat the name in your head a number of times until you are sure you have it. Continue to use their name in conversation as much as possible to remove any chance of forgetting it.



Fall and Spring Break Excursion: The best way to make long-term friends is grabbing a few people for Fall and/or Spring Break and going on an adventure together. If you are an outdoors Fella or Sheila; go hike into Havasupai, Grand Canyon (in Arizona).

Learn to Use your Eyes to Their Full Potential:

1. **Look at your conversation partner dead in the eyes and keep them locked on.** This is an vital tip when it comes to talking to your professors, you have to prove to them you are confident. Looking away (especially down) is a sign of inferiority.
2. **Master the piercing stare.** You know when someone looks at you and it feels like they can see into your soul? Well that's not a hereditary characteristic, it just takes practice. Work on sharpening your gaze in the mirror. You'll know you have it when it's intimidating to continue looking at yourself.
3. **Master the one-eyebrow raise.** This one isn't necessary by any means, but hey, why not? Pick a brow to learn with and go look in a mirror. Raise both of your eyebrows but use your hand to hold down the brow that you want to stay down. This will probably feel very stupid at first but if you keep trying, you will eventually pin down the muscle you need to flex to get that one brow up.

Put "GO to Mackinac Island" on Your Bucket-List: in mid-October (perhaps for Fall Break). While there eat the famous fudge, ride bikes around the island and go to the Grand Hotel and watch "Somewhere in Time".

Memorize something Every Day: Not only will this leave your brain sharp and your memory functioning, you will also have a huge library of quotes to bust out at any moment. Poetry, famous quotes and philosophical excerpts are your best options.

Develop an Accent: Choose an accent you find impressive or attractive. Once chosen practice and practice and practice till you sound like a native English immigrant or Australian or Italian immigrant. You'll find this accent useful at parties and airports.



Buy a Dog (or 2): **If you are a dog lover, you will smile more if you have a pup wandering through the halls of your home. Whenever you get a grin on your face, your brain is releasing serotonin, the happy hormone. Smiling is the natural way to force yourself to be happy. Many people even smile for five minutes straight in the morning to get themselves in a great mood for the day. It is a very powerful tool that is utilized less and less as we grow older and need happiness more than ever. Just remember that while happiness leads to smiles, smiles also lead to happiness. Dogs = Happiness. Smile because everyone is more beautiful when they have a smile on their face.**

Thanks to High Existence for percolating thoughts- <http://www.highexistence.com/life-secrets-and-tips/>

Study:
Tight-Lipped Places to Cram



The LEAP House

One resource that the LEAP Program has provided for its students is a small house just north of the Heritage Center. Allow me to warn you, the LEAP House ‘tis literally a small house (one in which you would expect to run into Goldy Locks and the Three Bears). The main level has a bathroom, a full kitchen and a study area. Upstairs is another bathroom, a computer room and a study full of squishy armchairs and couches. Oh and the basement is full of cobwebs and cement, perfect for a Halloween Party! All this we offer to our students. Monday through Friday we have the LEAP Peer Advisors staffing the house (PA’s picture is above). The PA’s are there to help and aid the LEAP students in any way they can.

Marriott Library



I am sure you have noticed the cushy blimp sized gray chairs sprinkled around the library...yes? Well, sit yourself down in the plump soft grayness and grab your ear buds, wiggle them into your ear canal and block out the world while you attempt to study (we permit you to “people watch” as well).

Explore the first floor for study areas - cubbyholes line the books and in the map section there is a tabled area for quiet time.

Hunt out the second floor as well - once again, there are cubby holes/desks that line the perimeter near the bookshelves; don't be shy grab a seat and begin the dreaded homework.

You've also noticed that near the computer lab are glasswork rooms - these are ideal for group projects (hint: you can also contact your LEAP librarian, they have the power to book you a whole classroom in the library if you have a large group). BIG HINT: the glass rooms are not only for groups, if you see one open and your alone for the time being, don't be afraid to claim it. Put on a Mr. Scrooge face and stand your ground; granted if a group asks you to move, then do move but...that rarely happens.

When finals come and you are
craving, thirsting, pining, yearning,
lusting for a quiet place...



This might be your only option- the Marriott Library level one or two in
between the bookshelves

Zzzzzzz...It wouldn't be college unless you napped regularly



- The Union or library lawn is choice (during non-icy non-bitter cold days).
- Climb a tree and snuggle in.
- Big grey chairs in the Marriott Library.
- The student lounge in the Union (south side), there is a fire place for your winter chills.
- LEAP HOUSE!
- Couches parallel to the Union Ballroom.
- Student lounge in Social Sciences building.
- In your car, just recline the seat and sleep like a wandering homeless college student.
- Advice: bring a camping pillow.
- In any class that is set in an auditorium style.
- Math Lab on the east side of JWB (it is always quiet in the math lab).
- And if you dare: go to the elevators in Sniper building (Beh S), then push the STOP button and see what happens!

Study:

Resources at the  to Help the
Drifting Soul/Student

Admissions Office

Pay close attention!! This office will be utterly important as you begin and end your career here at the University of Utah. As you begin you need to.

Apply: Go to <http://admissions.utah.edu/undergraduate/freshman.php> to apply on-line to the University of Utah.

Pay the Application Fee: \$45 dollars (purely because college likes to suck your bank account dry).

Send High School Transcripts to Admissions Office: Your transcripts reside at your High School, and only your High School can send them to the U. When your High School sends your transcript, all AP (Advanced Placement) credits should transfer. You, personally, will need to transfer any CE (Concurrent Enrollment) credits. . . this will require calling the University or College you earned the credits from, there will be a \$5 fee.

ACT or SAT: Your scores should be sent from the testing company. Be sure to check though!

Track Status: You may track your status online through: <http://admissions.utah.edu/track/>.



(This picture is simply here because it is cool!)



As a registered student, you are already a member of ASUU. Getting involved with ASUU will make college life easier and more enjoyable for you. They provide assistance with on-campus Childcare, Tutoring, and Legal services for students. Throughout the year ASUU hosts free concerts, food, movies, dances and parties for students. Be sure to enjoy engaging speakers and service projects as well as family events. ASUU also coordinates with over 500 student groups and clubs offering more ways for you to find and connect with students that share your interests.

Find Your Place- No matter what your interest, ASUU has an opportunity for you to get involved. Explore and contact our boards and get involved today!

Examples of the boards that exist within ASUU:



Sustainability Board

Rock the U Board

Student Advocacy Board

Governmental Relations Board

Diversity Board

Marketing Board

Finance Board

Non-Traditional Student Outreach Board

The Lowell Bennion Center



The Bennion Center fosters lifelong service and civic participation by engaging the University with the greater community in action, change, and learning.

Each year more than 8,500 U of U students, staff, faculty and alumni provide nearly 175,000 hours of service with community and non-profit organizations through direct volunteer work and service-learning opportunities. The Bennion Center's diverse programming ensures there is an opportunity for everyone to become engaged!

Phone: (801) 581-4811

<http://bennioncenter.org/>

Room 101 in the Olpin Union

C.I.S

Main Uses of your CIS page (Campus Information System not Crime Scene Investigation)

Your CIS page can be accessed through the University of Utah web page.

*P.s. you should create a bookmark for the University of Utah page on your laptop or most used computer. You will visit this page on average 5 times per day (grr... your CIS page will log out every 40 minutes, prepare for the frustration).

The Six Most Vital Uses for the student CIS page:

a) **DARS- Degree Audit Reports** (your DARS should be your best friend)

This navigation tool will visually allow you to see what classes you have left before the big graduation date (if you are undeclared it would be worth your while to generate a DARS for each of the majors you might be interested in). All your major requirements and your general education requirements are listed like a check list on the DARS; you can see complete, in progress and incomplete credits.

b) **Everything about Registration**

The right hand column of your CIS page will be acutely important as registration for next semester classes open. First, students receive a “Registration Date”. Dates are assigned by number of credits completed; therefore, seniors receive an earlier registration date then freshmen. There is a “View your Registration Date” link located on your CIS page that will allow you to view the specific time you can start registering for class (*Hint: you can put all your classes in the shopping cart before your allotted time. Then when the clock sings “Go” you can just push “Register”). Second, class schedules for the upcoming semesters are listed on your CIS page as well. Third, remember to print out your class schedule!

c) **Pay Tuition**

If you have 2 minutes you have time to pay tuition. Through your CIS page you can shell-out-the-bills online for a minor fee of \$1. If you don't care to release your credit card or debit card information you can call the Tuition Office or walk into the Student Service Building.

d) **Access to Canvas**

One of the fastest ways to get to Canvas is to simply click on “Go to this Class” tab on your CIS page.

e) **Financial Aid Status**

The process to receive financial aid can be very complicated. There are a lot of hoops you need to jump through (you may fix the Financial Aid's office number on your cell's speed dial). Please continue to call and bug this office, the hours you spend filing your FAFSA and talking to the grouchy workers will be generously rewarded with low rate loans and/or semi-free money. Once again this link is found on your CIS page.

f) **View holds**

Check this link! Holds can be a monstrous bother as registration rolls around. This link is in the middle column at the bottom of the page called “View Holds”.



Campus Recreation Services

There are 3 main services provided by Campus Recreation Services:

1. **Fitness Program**
2. **Intramural Sports**
3. **Outdoor Recreation Program**

Fitness Program: SWEAT is Beautiful!

We have lots of ways to get you glowing! We want you to sweat and feel GREAT while taking classes designed to accentuate your healthy, happy life.

GROUP X FITPASS

With a FITPASS you are eligible to attend any GROUP X class that suits your interests, goals, and time constraints. You may attend as many classes as you want, whenever you want. Classes are first-come, first-served as there will be size restrictions.

GROUP X 12-Punch Card

A 12-Punch Card allows you to attend *twelve* GROUP X classes. Want to take a friend with you? No problem, as long as your guest is a U of U student, a Campus Recreation Services member, or pays the guest fee. If you bring a friend it will cost you 2 punches. Classes are first-come, first-served as there will be size restrictions.

Intramurals

First Session Sports- Inner Tube Water Polo, Flag Football, Full-Sided Soccer, Softball, Tennis, Racquetball, Sand Volleyball, Kickball

You Can Register

On-line:

- Team Entries: Create an account at www.imleagues.com/utah to register and pay for your team.
- Free Agents: Create an account at www.imleagues.com/utah and sign up as a free agent. Find a team that needs players or we will assign you a team.
- Need help with making a team or becoming a free agent on imleagues.com? [Click Here](#)

Or In Person:

- Campus Rec Office: HPER-East 214
- You can fill it out online, print it out, and bring it in to the office with your entry fee.



OutDoor Recreation Program

If your idea of adventure is finding a parking space on campus, you need to get out more. From canyoneering to mountain biking, the “ORP” can help you get geared up for the great outdoors.

The ORP offers various programs and activities from adventure trips to discount lift tickets. We also host the annual Banff Film Festival and Radical Reels.

Equipment Rentals

If you need gear, the ORP has it. Equipment is available for various activities including skiing, snowboarding, snowshoeing, biking, rafting and water sports, climbing & mountaineering, and camping and backpacking.



Career Services

The Career Services is a great resource geared towards helping students be successful with their chosen major.

Career Services offers personal counselor advice on potential job opportunities and job searches, internships, international work experiences, resume drafting and advice, career fairs and how to prepare, and information regarding graduate schools.

*Tip: first go to Career Services to find the jobs open on campus- then go to Career Services so they can review your resume- lastly, go to Career Services to receive a mock interview.

Student Services Building Room 350

www.careers.utah.edu

Phone: (801) 581-6186

Counseling Center



The purpose of the University Counseling Center (UCC) is to facilitate and support the educational mission of the University of Utah. We provide developmental, preventive, and therapeutic services and programs that promote the intellectual, emotional, cultural, and social development of students, staff, and faculty... We aspire to respect cultural, individual and role differences as we continually work toward creating a safe and affirming climate for individuals of all ages, cultures, ethnicities, genders, gender identities, languages, mental and physical abilities, national origins, races, religions, sexual orientations, sizes and socioeconomic statuses.

Phone: (801) 581-6826

Student Services Building RM 426

www.counselingcenter.utah.edu



Cross Campus Connections

HONORS COLLEGE PARTNERS →

You probably already know that Honors provides an alternate way for you to satisfy your general education requirements in classes that are smaller, taught by distinguished and engaging professors, and that often use innovative teaching methods. But you probably don't know that entering the Honors College also means that you are now a member of the Honors community – a group of students, faculty and community members who share a love of learning, the desire for excellence, and an engagement in the world of ideas.

You will find that the Honors College tries to create an environment that nurtures the whole person academically, socially, emotionally, and intellectually. Watch for announcements of special activities or opportunities on our website – we will post notices of lectures, socials, classes, and scholarship deadlines regularly.

Phone: (801) 581-7383

www.honors.utah.edu

DeTrobriand Building room 619

THE MUSE PROJECT ("My U Signature Experience"), a Presidential initiative launched in fall 2010, systematically enriches the educational culture of the University by building opportunities for students to have signature learning experiences: moments in their education that have a defining and empowering effect on their intellectual growth, their professional development, and their path in life.

The MUSE Project and all of its activities are grounded in the educational missions of the University of Utah. The purpose of MUSE is to enhance the education we offer to every University student. To achieve this end we actively cooperate with people and programs focused on serving all three of the University's primary missions: education, research and community engagement.



Phone: (801) 587-3177

www.muse.utah.edu

Marriott Library Room 1705 B

The M.U.S.S

The Mighty Utah Student Section



The MUSS is the University of Utah's student fan club for football, men's basketball, and women's soccer, volleyball and gymnastics. Established in 2002, The MUSS became the most popular student section in the Mountain West Conference and is looking to do the same in the Pac-12. In 2004, it was named one of the Top Five Student Sections in the country by ESPN.

The MUSS provides an exciting and memorable experience for students at football and basketball games. Students who join The MUSS develop a bond with other students on campus and also with the athletic teams. We hope that MUSS members will become lifelong University of Utah fans!

*bonus: you get season tickets and a under armor t-shirt, the question is why not join...

To register go to:

www.alumni.utah.edu/muss/membership

Tutoring Center

The mission of the Tutoring Center is to provide high quality affordable tutoring and invaluable teaching experience through tutoring jobs to U of U students. The Tutoring Center strives to meet all requests made by U of U undergraduate students.

Phone Number: (801) 581-5153

Student Services Building Room 330

<http://www.sa.utah.edu/tutoring/index.html>



University College

The mission of University College is to assist new, transfer and transitioning students, through academic advising, to develop and implement plans for achieving educational and life goals.

University College can help you:

- Decide on a Major
- Understand your General Education requirements
- Interpret Degree Audit Reports (DARs)
- Plan and register for classes
- Follow academic policies
- Explain the Leave of Absence Policy

Student Service Building Room 450

<http://www.sa.utah.edu/Advise/home.aspx>

Phone Number: (801) 581-8146

University Writing Center

The University Writing Center is a place where they champion the writer inside each person. Whether you are just starting college, working on a dissertation, or finalizing an article for publication, the Writing Center is a resource to help you improve your writing. In a collaborative atmosphere a student meets with a tutor to talk about a writing assignment. Their tutors can work on anything from rhetorical analysis papers, to arguments, to lab reports and research results. Whether you need to brainstorm ideas, write or re-write, they can help you improve your own writing practice. They love writers and their writing, in all its fabulous forms.

**University of Utah Marriott Library
Second Floor (near the Course Reserve desk)**

**Hours: Monday- Thursday ~ 10:00 am to 7:00 pm
Friday ~ 10:00 am to 3:00 pm**

www.writingcenter.utah.edu

Phone: (801) 587-9122



Women's Resource Center

The Women's Resource Center (WRC) at the University of Utah serves as the central resource for educational and support services for women. Honoring the complexities of women's identities, the WRC facilitates choices and changes through programs, counseling, and training grounded in a commitment to advance social justice and equality.

A. Ray Olpin University Union in Room 411

www.sa.utah.edu/women/index.htm

Phone: (801) 581-8030

Happy Hour: Food to Fill the Starving Stomachs



Beware: the text below is a bit of creative writing in 2nd person

Your tummy growls under the wrinkly sweats flavoring your body today. Your headache is beginning to play Michael Jackson's "Thriller" as your professor's mouth moves yet the sounds are underwater mumbles. In short you are hungry. All the tell-tale signs have arrived. You need quick solid substances to cure the Opera that blares from your stomach. Where to go?

Places to eat on campus with their highest and lowest priced food items:

<u>Union Terrace</u>	<u>Highest Item</u>	<u>Price</u>	<u>Lowest Item</u>	<u>Price</u>
Out-Takes	Sushi	\$11	Doritos	\$0.99
Jamba Juice	Original smoothie	\$6	Steel-cut Oatmeal	\$2.49
Panda Express	(Coming Soon!)		(Coming Soon!)	

Union: Eat- Learn- Live

Chilitos Mexican	Grill Nachos	\$6	Tamalito	\$0.99
Burger Box	Bacon Cheeseburger	\$8	Grilled Cheeseburger	\$2.50
The Deli	Half sandwich	\$7	Soup	\$3
Pap John's	I pizza (any type)	\$5	Cheese sticks	\$4
Chop'd	Salad combo	\$7	Half Salad	\$4

Bookstore

Bookstore	Snacks and Candy	\$7	Gum	\$0.30
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Library

Mama's Café	Sushi	\$7	Yogurt	\$1.50
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OSH n m

Out-Takes	(See info gathered on Out-Takes above)			
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CRCC

"Good Stuff For You"	Calzone	\$4.50	Candy bar	\$1.00
	(* Daily Special \$5-7)			

SFEBB

"Good Stuff For You"	Cuban	\$7	Coffee	\$1.50
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the Commuting Guide:
Buses, Trax, Shuttles

Bus Rides- ah the joys



There are seven counties that UTA busses pass through: Salt Lake, Weber, Davis, Box Elder, Tooele, Utah, and Summit. And with your U-card you can travel to the edges of Summit County. Weekend excursions...here we come.

There is a simple 4 step process to get on a public transportation vehicle:

1. You get to the bus stop 3 minutes before takeoff.
2. As the bus finally pulls up 10 minutes after you arrive, take out your U-card and line up behind the old grey skinned man that smells like your grandfather.
3. Tap the little machine, located on your right, with your U-card while you greet the pleasant bus driver (it is difficult to multi-task at times- it takes some real talent).
4. Then find the safest seat in sight! Good luck!

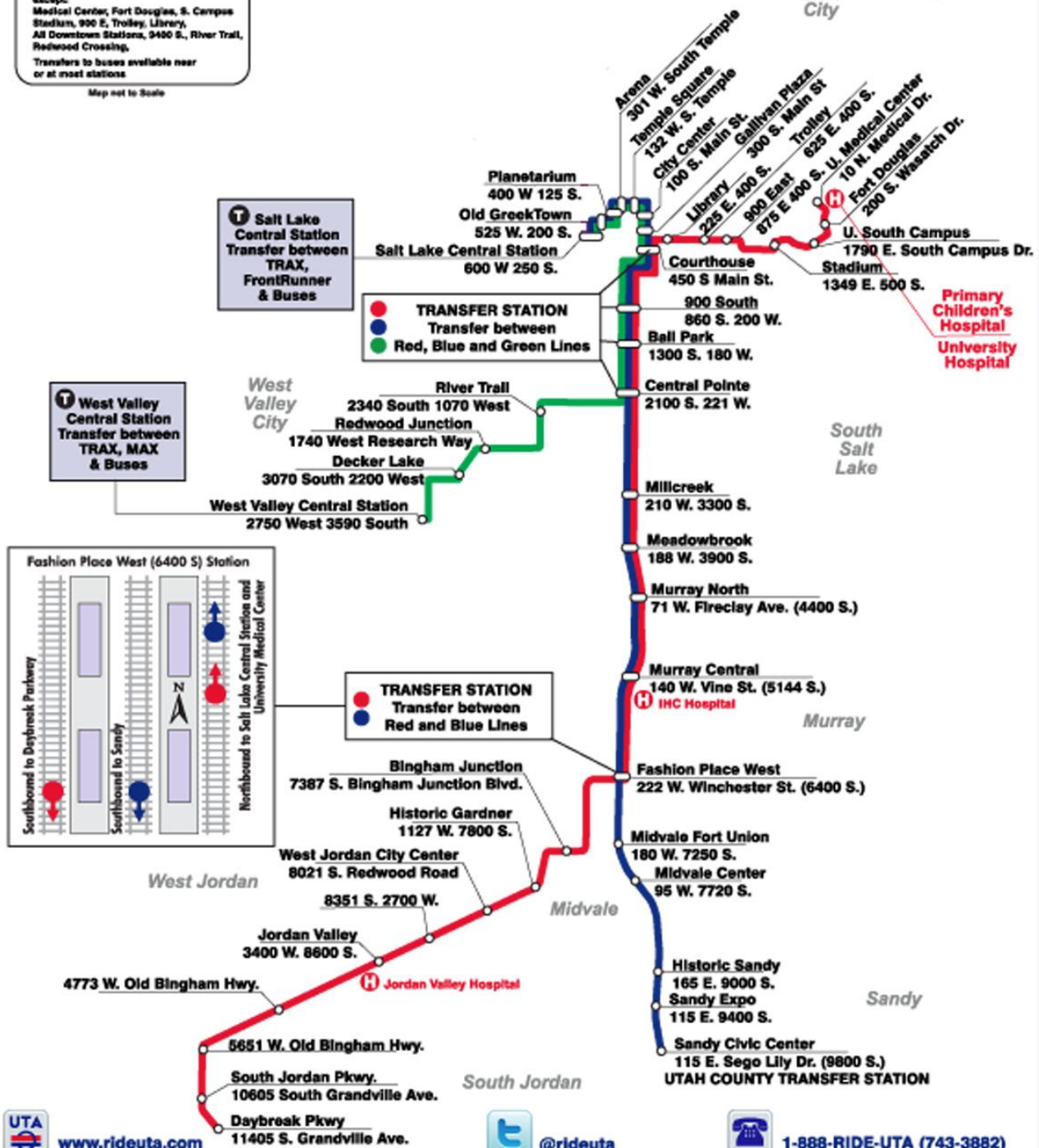
TRAX



Legend

- 701-ELC / Sandy Line
- 703-Mid Jordan University Line
- 704-West Valley
- Stations
- Stations (Transfer to other lines)
- Hospital
- Park and ride lots at all stations except: Medical Center, Fort Douglas, S. Campus Stadium, 950 E. Trolley, Library, All Downtown Stations, 9450 S., River Trail, Redwood Crossing.
- Transfers to buses available near or at most stations

Map not to Scale



For a clearer picture and a Trax schedule go to www.rideuta.com

Shuttles

Commuter Services- Campus Shuttles Schedules

www.commuterservices.utah.edu Office: (801) 581-4189

Purple Route			
Shuttle Stop	6:00am-6:00pm		
East Village	:13	:33	:53
West Village	:18	:38	:58
1725 E. South Campus Dr.	:22	:42	:02
Institute Trax	:23	:43	:03
Building 417	:30	:50	:10
Red Butte Clinic	:31	:51	:11

Orange Route			
Shuttle Stop	06:00 am- 6:00 pm		
Heritage	Every 15 minutes		
Union			

The Orange Route operates Fall/Spring Semester when class is in session.

BLACK ROUTE 6:00 am- 6:00 pm				
Shuttle Stop	Bus 1		Bus 2	
Orthopedic	:00	:30	:45	:15
P.C.M.C Trax	:04	:34	:49	:19
U Hospital	:06	:36	:51	:21
Huntsman Cancer	:08	:38	:53	:23
Lot 66/67	:10	:40	:55	:25
N.H.M.U.	:15	:45	:00	:30
Williams Loop	:23	:53	:08	:38
Human Resources	:25	:55	:10	:40
East Village	:27	:58	:12	:42

Green Route				
Shuttle Stop	Bus 1 6:00am-6:00pm		Bus 2 6:00am-2:00pm	
West Village	:13	:43	:28	:58
Social Work	:17	:47	:32	:02
Field House	:18	:48	:33	:03
Carlson	:19	:49	:34	:04
Park Bldg.	:21	:51	:36	:06
Browning	:23	:53	:38	:08
M.E.B.	:25	:55	:40	:10
Hospital	:26	:56	:41	:11
TRAX (Med)	:29	:59	:44	:14
Madsen	:31	:01	:46	:16
Ortho Cntr. So.	:33	:03	:48	:18
Komas/Arapeen	:34	:04	:49	:19
East Village	:36	:06	:51	:21

Blue Route		
Shuttle Stop	6:00 pm-11:30pm	
Institute Trax	:03	:33
Heritage	:11	:41
East Village	:16	:46
West Village	:20	:50
Social Village	:24	:54
Park Building	:27	:57

Red Route		
Shuttle Stop	6:00 pm-11:30pm	
Huntsman Center	:01	:31
Social Village	:03	:33
Park Building	:06	:36
MEB (LOWER)	:09	:39
Union Building	:11	:41
University Hospital	:16	:46
Trax Medical Center	:17	:47
Heritage Center	:26	:56

Night Routes

Updated

8/13/2012

*Constructions Detour: South Medical Drive is closed from 8:30 am - 3:30 pm (Routes: Red & Blue)

There are 2 ways you can locate a shuttle

If you have a SMART phone (or laptop):

The map can be accessed from computer or mobile device

From a computer- www.uofubus.com all routes will be displayed.

From mobile device- www.uofubus.com/m

*When using the mobile map you must follow the prompts and select a route to view.

If you have an LESS INTELLIGENT/STUPID phone:

Simply text a stop identification number to 41411 and within seconds you will receive a response with the location of the two closest buses of each color for that given stop. You need to be sitting or standing near the shuttle stop to find the identification number on a small sign.

*Make sure there is a space between "uofubus" and the number when texting to 41411.

*Standard text message rates apply

The Essentials:

U Card (the amazing lil' card)

Theatre



Pioneer Theatre: 300 1400 East Salt Lake City, UT 84112

Current University of Utah students can take advantage of their **Arts Pass** to attend performances at discounted rates, or even free. Go to the **Box Office** during business hours, or during "Rush," (one hour before a performance) with a valid University of Utah U Card, to receive up to two tickets at the discounts shown below for upcoming performances in the current semester.

Preview Night _____ **FREE** (Preview night tickets are distributed first-come-first-served on the Monday after (Thursday before Opening Night): prior show closes.)

Reserved Seats _____ **Half Price**
Monday- Thursday nights: (For productions in current semester.)

Student Rush _____ **Available Tickets are FREE**
1 Hour before curtain, any performance:

- *Limit of two tickets per U Card, per production.*
- *College student discounts, shown above, are not available online or over the phone, and are subject to availability.*
- *Tickets can only be purchased for productions in the current semester.*

Babcock Theatre:

Babcock shows are performed in the Babcock Theatre, lower level of Pioneer Memorial Theatre. The Babcock Theatre seats 127 patrons. All shows are open seating, and it is advisable to arrive early. **The Babcock theatre is dark on Monday nights.**

The actors that perform on the Babcock stage are students here at the U of U from the Theatre Department.

University of Utah students receive one **FREE** ticket for the Babcock Theatre productions. Warning: to get your free ticket you will need to go to the ticket office at **Kingsbury Hall** (not the Pioneer Memorial Theatre). The arrow to the right of the picture shows where the ticket office is located **Kingsbury Hall**.



Kingsbury Hall: 1395 E. Presidents Circle • SLC, UT 84112

U of U Student Discounts

Beginning Fall Semester 2011, the U and the Arts program, a campus wide initiative launched by the College of Fine Arts, will offer increased access to the arts to all students of the University of Utah in order to support and enrich the educational experience of all U of U students.

Through the University, admissions to **many** Kingsbury Hall performances are just \$5 for all matriculated U of U students, with a valid U Card! Other performances like **THRILLER** are not “Kingsbury Hall Presents Performances”, for example **THRILLER** is an Odyssey Dance production which is not associated with the University of Utah. For the 2012-13 season, students get \$5 tickets for the following performances:

- Ballet Folklorico de Mexico – November 20
- Trey McIntyre Project – November 27
- Shatner’s World: We Just Live In It – January 22
- Branford Marsalis – February 5
- The Chieftains – February 13
- Here to Stay: Gershwin Concert Experience – March 2
- Joan Rivers – March 9
- Henson Alternative’s Stuffed and Unstrung – April 4

Museums

Red Butte Gardens: **FREE** access with U-card

Red Butte Garden, a part of the University of Utah, is a non-profit organization located in Salt Lake City, Utah. With over 100 acres including display and natural gardens, walking paths and natural areas with hiking trails, Red Butte Garden is the largest botanical garden in the Intermountain West that tests, displays, and interprets regional horticulture. 300 Wakara Way, Salt Lake City, UT 84108

Utah Natural History Museum: **FREE** access with U-card

The Natural History Museum of Utah illuminates the natural world and the place of humans within it. 301 Wakara Way, Salt Lake City, Ut 84108

Prepare to be amazed, when you take the afternoon off to spend some time to explore our world.



UMFA: **FREE** access with U-card

The Utah Museum of Fine Arts engages visitors in discovering meaningful connections with the artistic expressions of the world's cultures.

410 Campus Center Drive, Salt Lake City, Ut 84112

The Utah Museum of Fine Arts is Utah's primary cultural resource for global visual arts. It is unique in its dual role as a university and state art museum. It is Utah's only visual arts institution that collects, exhibits, interprets, and preserves a comprehensive collection of over 5,000 years of art from around the world.

About the Authors



Emily Mangelson is on the left.

Karely Mann is on the right.

Karely loves pinstripes, and plums. If Karely were part of the X-men squad she would be Rogue. Her favorite sound is the whistle of a train; her favorite smell is fabric softener. Most importantly she is much like you: a working lil' lass and a fervent student. Karely has been part of the LEAP program for 3 years, this year as Senior Peer Advisor. Karely wishes all the keen eyes that fall on this page LUCK with their college career!

Emily began her University of Utah experience by enrolling as a freshman in the LEAP Program, and then she served her sophomore year as a LEAP Peer Advisor. Currently she has continued to work with the LEAP program through the Undergraduate Research Opportunity Program (UROP). She serves as a University of Utah Ambassador as she works to finish her degree in Marketing and Nutrition before applying for Graduate Programs. Emily enjoys running, playing soccer, playing the piano, reading, and spending time with family and friends.

P.S. Emily and Karely are best friends and have been since their freshmen year! They met in LEAP!