FEATURING OUR 94 THINGS TO DO BEFORE YOU GRADUATE FROM UBC • 77 TIPS ON STUDYING, EATING, CHILLIN' AND DEBAUCHING • AN ACCURATE MAP OF UBC AND ITS ENVIRONS • PLUS THE UBC PARTY CALENDAR

THE UBYSSEY PRESENTS

A STUDENT'S GUIDE TO UBC

WELCOME

FROM THE EDITOR

It's hard to sum up the collective experience of an entire class of UBC students — there are, after all, more than 8,200 of you. But if your lead up to graduation/summer after high school was anything like mine, it probably went a little something like this:

Sometime last spring, you got your acceptance letter to UBC in the mail. Since then, you've explained countless times to friends and family that you'll be attending the University of British Columbia in Vancouver, Canada. Everyone is very proud of you, and has assured you it's "a very good school." You stuck a little UBC flag pin into a map on the wall of your math teacher's classroom. Oh the places you'll go and all that.

The letters U-B-C have been following you around for some time now. Well, the lead up is over. You're here. And you're probably wondering what to expect.

That's why we (that is, the Ubyssey, your student newspaper) put together this little guidebook. You've probably been inundated with paper thus far, but we like to think you'll hold onto this one. It's the UBC you don't see in the brochures — with all the debauchery, stress and ridiculousness intact.

This book is set up in a tips format, drawn from the experience of eight student panelists (see pages 7-10), as well as our writers and editors themselves. Tips range from how to get by in academics, to how to form healthy relationships to how to be a grown-ass person. We hope they'll help you make sense of the coming weirdness.

If you're looking for one overarching tip or nugget of wisdom about this university, though, it's this: at UBC, you can do anything you want. We're naturally critical of this place, but UBC can't be criticized for being overly hands-on with its students. As a former editor said in a similar column, "At university, there are no rules. Just guidelines and malleable people."

At the same time, UBC can be a degree factory if you're not careful. To continue with that lovely little Seuss metaphor I set up in the second paragraph, UBC is kind of like the machine from the Sneetches: it spits you out on the other side with a nice shiny star on your belly, but that star doesn't mean much.

What does matter is how you spend your time here. It's not the institution that's going to define you: it's what you do here. So build something, learn about yourself, and get ready to take on this university the way you want to. Best of luck.

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the ubyssey presents

94 THINGS TO DO AT UBC BEFORE YOU GRADUATE

- ☐ 1. Find *The Ubyssey*'s office in the SUB.
- ☐ 2. Hit on your TA and see if your grade improves.
- ☐ 3. Learn about DC++.
- ☐ 4. Star in a viral video. Court an obsessive YouTube following. Use that following for evil.
- ☐ 5. Find the UBC Farm.
- ☐ 6. Spend 24 hours straight in Irving K. Barber Library.
- ☐ 7. See a play at Freddie Wood.
- ☐ 8. Get your groove on at the Pit.
- ☐ 9. Climb to the top of the clock tower.
- ☐ 10. Act like you know what you're talking about at the Bike Kitchen.
- ☐ 11. Break into a building on campus.
- ☐ 12. Find out where the UBC drunk tank is (via personal experience).
- ☐ 13. Smoke up behind Totem Park.
- ☐ 14. Get kicked out of a T-Birds game.
- ☐ 15. Get kicked out of the 99 B-Line.
- ☐ 16. Get kicked out of your own house.
- ☐ 17. Eat (loudly) in the Koerner bookstacks.
- ☐ 18. Take a swim at Wreck Beach.
- ☐ 19. Make new friends by the cliffs.
- ☐ 20. Explore the famed steam tunnels.
- ☐ 21. Ge threatened with arrest by Campus Security, or better yet, the Mounties.
- ☐ 22. Sleep on the roof of the Aquatic Centre.
- ☐ 23. Leave a philosophy paper until the last night, write it on an angst filled caffeine bender, get an A.
- ☐ 24. Feel a deep sense of shame waiting in line at McDonald's at 2:30 in the morning.
- ☐ 25. Accidentally make out with the entire exec of your club or group.
- ☐ 26. Never speak of it again.
- ☐ 27. Develop a far too expensive hobby.
- ☐ 28. Hunt alongside the squirrels.
- ☐ 29. Buy a coffee from three different shops in a single day.
- ☐ 30. Spend an entire week holing up in your rez room watching *The Wire* and subsisting on Doritos.
- ☐ 31. Host a kegger inside a parkade.
- ☐ 32. Miss the last NightBus to UBC.
- ☐ 33. Realize you can't afford a cab and wander around aimlessly waiting for the first bus in the morning.
- ☐ 34. Buy a longboard. Never use it.
- ☐ 35. Cry about not getting into Pit Night.
- ☐ 36. Offend a Wesbrook Place resident.
- ☐ 37. Take part in the annual undie run.
- ☐ 38. Drink beer from a vending machine.
- ☐ 39. Kidnap the EUS president.

94 THINGS TO DO AT UBC BEFORE YOU GRADUATE

- ☐ 40. Proceed to deface the Cairn.
- ☐ 41. Shotgun a beer after a final.
- ☐ 42. Make a GIF of your prof in class.
- ☐ 43. Get everyone in the room watching it.
- 44. Eat free event food for all three meals.
- ☐ 45. Get lost in Pacific Spirit Park.
- ☐ 46. Befoul a campus water feature.
- ☐ 47. Become disillusioned.
- 48. Play soccer on MacInnes Field.
- ☐ 49. Use the AMS Whistler Lodge.
- ☐ 50. Become a Starcraft champion.
- ☐ 51. Have "Fun Type 2" wih the Varsity Outdoor Club.
- ☐ 52. Eat at every food outlet in the University Village basement.
- ☐ 53. Watch Olympians train as you nap in the Aquatic Centre's "womb."
- ☐ 54. Hook up at GLOW or Graffiti Night, go back to your dorm satisfied.
- ☐ 55. Hook up at GLOW or Graffiti Night despite not living in rez.
- ☐ 56. Do shrooms on the canopy walkway after hours.
- ☐ 57. Hop the fence and swim in the outdoor pool at night.
- ☐ 58. Drink on Koerner's patio, even if they don't reopen.
- ☐ 59. Learn to play darts.
- ☐ 60. Star gaze on the 50-yard line at Thunderbird Stadium.
- ☐ 61. Get lost in a maze of blue fences.
- ☐ 62. Storm the motherfuckin' wall.
- ☐ 63. Hang out in the weird echo chamber.
- ☐ 64. Write an article for *The Ubyssey*.
- ☐ 65. Watch Billy Greene be Billy Greene.
- ☐ 66. Have a curtain for a wall.
- ☐ 67. Run for an AMS Executive position as a joke candidate.
- ☐ 68. Accidentally win.
- ☐ 69. Mourn the loss of Arts County Fair.
- ☐ 70. Use Code Academy instead of going to your CPSC class. Get an A.
- ☐ 71. Bring wine to the Vera's on campus.
- ☐ 72. Moon an audience at the Chan Centre.
- ☐ 73. Find where the free parkings are on campus.
- ☐ 74. Go on exchange.
- ☐ 75. Visit every library on campus.
- ☐ 76. Fall asleep on a bus. Wake up in Surrey.
- ☐ 77. Bring your unsuspecting friends to a Gateman lecture.
- ☐ 78. Take a Friday night exam.
- ☐ 79. Order Amazon.com to Point Roberts, lie to customs about your smuggled goods.
- ☐ 80. Go to the liquor store, fail to make it back.
- ☐ 81. Start a band, win CiTR's Shindig.
- ☐ 82. Get an item returned to you by UBC Campus Security, marvel at the innate decency of humanity.
- ☐ 83. Ask a Sauder student about their "personal brand." Vomit.
- ☐ 84. Have a naked party.
- ☐ 85. Watch robots play soccer.
- ☐ 86. Fake an injury, get massage waivers from the Student Health Centre.
- ☐ 87. Pose naked in *The Ubyssey*.
- ☐ 88. Go to Aggie beer garden on halloween, ride the bull.
- ☐ 89. Smuggle an alcoholic concoction in a water bottle.
- ☐ 90. Communicate by signs with someone in Gage Towers.
- ☐ 91. Start a thoroughly bizarre AMS club. Apply for club funding. Buy a goddamn helicopter.
- ☐ 92. Go to a retreat with a group you aren't even in. Enjoy it. Spend the entire next year doing stuff with that group.
- ☐ 93. Change your major.
- ☐ 94. **Graduate.**

THE STUDENT PANEL

WE ASKED THESE PEOPLE FOR SOME TIPS ABOUT YOUR UBC EXPERIENCE

5TH YEAR
POLITICAL SCI

Kate Burtinsky

Originally from a small town in Ontario, Kate Burtinsky has lived on campus for the past four years while working on her Political Science degree. Residence played a big role in her time at UBC, and she's worked as a residence advisor. Kate became involved with the Greek system after joining a sorority in third year and she is currently the UBC Sororities director of external communications. Now entering her fifth year, she has just moved off campus to Kitsilano. After completing her undergrad, Kate plans to pursue a graduate degree in public policy.

3RD YEAR
ENGINEERING

Ian Campbell

Now going into his third year, Ian Campbell has been involved on campus throughout his degree. He grew up in Vancouver and now lives in the Mount Pleasant neighbourhood. Majoring in electrical engineering, Ian is also a member of the Sigma Phi Delta engineering frat. He has also been actively involved with the Engineering Undergrad Society (EUS) for years, attending several conferences with them and working as EUS director of finance. Ian is now the EUS president.

PHOTOS: KAI JACOBSON, JOSH CURRAN, JOHN CHIANG, CHRIS BORCHERT/THE UBYSSEY

THE STUDENT PANEL

2ND YEAR
ARTS

Marjan Hatai

Though Marjan Hatai is from West Vancouver, she grew up in Berlin. For first year, Marjan lived in Totem Park, and this year she will return to Totem as a residence advisor. Marjan is also acting as a MUG leader on Imagine Day this year, and she hopes to become more involved in clubs. Though she has yet to declare her major, she hopes to enter Political Science at the end of the year. Ultimately, she wants to attend law school or go into politics.

3RD YEAR
INTL RELATIONS

Urooba Jamal

Currently a third-year international relations major, Urooba Jamal grew up in Surrey. In her first year, Jamal wrote for the psychology student association newsletter, and she was also a member of the Ubyssey investigative journalism team. She got involved in residence life by becoming a resident advisor in second year in Place Vanier. Jamal now lives in Richmond, and serves as an executive member of the Pakistan Students' Association and as a researcher at the Institute for Asian Research. She is considering a career in foreign policy or international development, though she is still undecided.

THE STUDENT PANEL

Anna Leong

3RD YEAR
BIOLOGY

Anna Leong is a third-year biology student who commutes from Burnaby. She answers questions from panicked students on her Tumblr account, helping them navigating UBC's academic side. She volunteers at an outreach program for a botany lab and would like to move toward studying clinical genetics. A self-described nerd, Anna chose to major in biology because she felt confident in the subject.

MASTERS
MEDICINE

Jesse Olson

Jesse Olson is a graduate student in his second year of a masters in pathology and laboratory medicine. He did his undergraduate degree in molecular biology at UBC-O, where he learned about both the science of biomolecules and the science of what liquor does to young minds as a doorman at the student pub. Born in Langley, he now lives near Stanley Park in the West End. Jesse also volunteers in a program called Let's Talk Science!, which demonstrates science experiements to high school students.

THE STUDENT PANEL

Denise Tom

Denise Tom graduated in 2011 with a linguistics major and psychology minor. A huge Vancouver Canucks fan, she met her best friends randomly through classes and felt her time at university helped change her for the better. Raised in Vancouver, she lived at home throughout her degree. She now works for a foundation that helps children with learning disabilities learn to read.

Ethan Wong

Recently graduated from UBC, Ethan Wong was an Arts student who split his time as an undergrad between working on his history major and leading the Chinese Varsity Club. Ethan joined the CVC after feeling isolated in his first year, and ended up as the club's president, organizing dances and campus-wide Spy vs. Spy games. Ethan is considering going into teaching in the future.

TABLE OF CONTENTS

5 94 Things to Do at UBC Before You Graduate
7 Student Panel
11 Table of Contents

EDUCATION

12 Welcome! You're not in high school anymore!
13 Take a class just for the prof, Find the easiest classes with PAIR
14 Thoughts on choosing a major, Take classes outside your major
15 How to pull out of an academic disaster
16 On required courses, Make sure your prof knows you exist, Do you really need to bring a laptop to class?
17 ...And please get a grad check before 4th year, How to navigate UBC Advising

HUMAN RELATIONSHIPS

18 How to meet other humans and form relationships with them, How to maintain relationships with people you are far away rrom
19 ...Including your long distance relationships
20 When you have sex with people, be smart about it
21 Don't sexually assault people
22 How to live with people, The terrible things that roommates do,... And in the washroom
23 How to stop living with people who do terrible things
24 Your rights as a renter
25 Join a club for money, friends and fame; Resources for LGBTQ+ students
26 Don't form (or maintain) relationships with shitty people

DEBAUCHERY

28 How to drink without making a fool of yourself, If you choose to drink underage...
29 If you choose to take drugs..., How to recover from a night of excessive boozing
30 How to drink for cheap
31 How to drink with class, Finding a good theme party
32 Where to drink on any given night of the week
33 Strange places to have sex
36 So you decided to go to a frat party, The frat party experience
37 So you decided to go to the nightclub
38 How to get your ass home

ENTERTAINING YOURSELF

39 Have fun in September...after all, it's just five weeks 'til midterms!, How to show off Vancouver to out-of-towners
40 Get to the beach in September, Climb some mountains
41 Check out these Van buzz bands, ...Or some new acts at these venues
42 Cheer on some local sports teams!, Cheer on the Thunderbirds!
43 Forget those movies about college, Learn some life skills, A crash course in Canada

HOW TO FEED YOURSELF

44 How to avoid getting ripped off In the caf, Five food items to keep in your dorm
45 Food to stock when you actually have a kitchen, Become a vegetarian to save money, How to spice up ramen
46 You probably don't need to worry about the freshman 15...unless you're an idiot, There is such a thing as free lunch at UBC

LIFE AS YOU CHOOSE TO LIVE IT

47 How to deal with culture shock, Where to get a cheap bike
48 Point/Counterpoint: fraternities and sororities, What to do If your parents go crazy
49 Get a job, How to commute, how to budget
50 What to do when bad days turn into bad weeks
51 How not to destroy your future career with social media, Where to get the items you need for sex, How to get around campus

UNSOLICITED LIFE ADVICE

52 How to complain about Vancouver, The skinny on Vancouver neighbourhoods
53 How to be a good Vancouverite
55 Build your résumé the smart way: start small but start now, Reading outside of class makes you a more interesting Person
56 If you lose your faith...don't be a jerk about it, Be careful with study drugs
57 Attending matters of the soul
58 The War on Fun
59 Being jaded is boring

GEOFF LISTER/THE UBYSSEY

1. Welcome! You're not in high school anymore.

Now that you're practically a grown-up, it's time to accept the fact that you're not as smart as you think you are.

Your last year of high school is kind of like university with training wheels. Now that the wheels are off, you can expect more required reading and stricter marking (often done by people you will never personally interact with). And more competition.

The kids who barely graduated high school aren't going to UBC; the ones who studied hard and exercised their big juicy brains are. As a student, you're not as "special" as you used to be. Depending on your program and how good your study habits are, there's a reasonable chance that you won't see your usual clean sweep of A+s come December. So how can you stay a cut above the rest, or at least pass with a non-shameful grade?

Go to class. Good thing about university: You can skip class, and nobody will notice. The bad thing is: You can skip class, and nobody will notice. Time to test your self-discipline. Because no matter your faculty or program, the best way to get good grades, and your (parents'?) money's worth is to actually attend class.

"I would not recommend skipping classes," says Jesse Olson. "There are professors, specifically in the sciences, that will examine you in something not within the lecture material, but something spoken about during class."

Recent Faculty of Arts grad Denise Tom wasn't quite as adamant about this, saying, "You don't need to go to class when the prof is reading off their notes verbatim; you're not getting anything out of it. But I do recommend going to class for the most part."

And after four years at UBC, Kate Burtinsky says, "If there's anything I've learned, it's that the more you go to class, the better." Go to class. It will make you know more stuff, and do better at school. And it's what you're here for, right?

2. Take a class just for the prof

Professors can make or break a course. These profs have a reputation for enthusiasm, knowledge and general kick-assery:

- **Catherine Rawn** (psychology): Strives to get to know her students, no matter the class size.
- **Allen Sens** (political science): An incisive, witty lecturer.
- **Shona Ellis** (biology): Multimedia use brings her botany lectures to life.
- **Henry Yu** (history): Passionately dedicated to student learning.
- **Kurt Grimm** (earth and ocean science): May make you reconsider your goals in life.

4. Should you buy textbooks?

Ian Campbell | 3rd Engineering

"**It really depends** on what course it is. Another thing is how valuable the textbook is going to be later on. And quite frankly, is there a PDF of it on the internet? Because if the book is something that is just absolutely terrible, and the only reason you're buying it is because the problem sets are taken out of the textbook, I don't see any reason to own the textbook."

3. Find the easiest classes with PAIR

Want to figure out what mark you'll get in an upcoming course? UBC's Office of Planning and Institutional Research (PAIR) unintentionally gives students the ability to do just that, by publishing course grades and averages from previous years.

"I use PAIR all the time,... especially for electives," says Anna Leong, a third-year biology student. "I'll just go on PAIR and see which one has the highest average."

Inquisitive students input the subject, course and section number, and year in which the class was taught. In return, they can access class averages, the highest and lowest grades, enrolment numbers and the course instructor, dating back to 1996.

This information is pretty damn invaluable. "Look at the professors," recommends Leong. "There are a lot of courses where there are multiple sections, so try and find a professor's older grades and class distribution."

However, Walter Sudmant, director of PAIR, warns that high averages in the past don't guarantee an easy A. "It could be misleading, the idea of taking the course because the grades are high is assuming that those grades are largely the result of an instructor being generous.... What instructors generally give high grades for is hard work."

5. Thoughts on choosing a major

You just arrived at UBC and you have no idea what you want to do with your life. That's normal.

Over the next few years, you will have to choose your major, which will determine your career path, salary range, where you live...but don't stress about that stuff.

Pick courses that interest you and go from there. Once you've picked your major, you'll have to take a lot of required courses in that field, which will really suck if it's not a subject you're passionate about. Every major has room for electives. Take as many courses outside your major as your program allows. And if those electives make you reconsider your major, don't be afraid to change your mind. It's much worse to be stuck with a degree you hate than to take a few extra courses to get on track for your new program.

6. Take classes outside your major

Many student panelists wanted to stress that you shouldn't only barrel through your pre-reqs and ignore everything else. In the words of UBC history graduate Ethan Wong, "The worst thing to do is get stuck in your major and graduate from UBC with only that major and that knowledge."

Even people who are sure about their career path admit that varied learning experiences are helpful. Engineering student Ian Campbell had this to say:

"We'd have a bunch of people who came into engineering because they wanted to, say, work with machines, but that's all they end up being good with. We still have a lot of people who have poor social skills or poor presentation skills."

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- CLOTHING?
- SPORTS EQUIPMENT?
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7. How to pull out of an academic disaster

GEOFF LISTER/THE UBYSSEY

The obvious way to handle all-nighters is to avoid them in the first place. If you plan your work and play time appropriately and avoid procrastination, you'll save yourself a lot of stress.

That being said, at one point or another, almost every student is guaranteed to face a project, paper or exam they haven't prepared for. When things get desperate, keep the following tips in mind.

Consider the benefits of sleeping rather than staying up to cram in more study time. Research from Harvard suggests that sleep is necessary for the brain to consolidate any information it has learned during the day. Sleep deprivation also has a negative impact on your physical performance. So not only will you struggle to recall the contents of your cram session; you may also struggle just to keep your eyes open during that final.

Instead of grinding through it, make sure to include exercise and relaxation breaks in your study regimen. Exercise maintains blood pressure, while relaxation allows your mind to cool down and refocus.

"For me personally, I try to make a study schedule where I break it up into half days," says Denise Tom, "especially if I have to study for two exams at the same time."

Remember to keep a healthy diet. Eating regularly boosts your metabolism, maintains blood sugar levels and prevents fatigue. However, you should limit your intake of empty calories and caffeine. Although sugars and stimulants give you a small energy burst, you may find yourself crashing after the rush. Magda's and Hubbard's charge far too much for energy drinks, anyway. Instead, snack on nuts, veggies and fruit; apples, for instance, have a high sugar content and are a good source of Vitamin C and fibre.

Finally, take advantage of your friends — in a good way. Cramming with someone else allows you to share ideas, check facts and even practice testing each other. Just don't goof off.

8. On required courses...

Jesse Olson | Masters in Pathology

"I wish I would've known to follow the core required courses. In my first year, I chose a lot of electives, and it actually set me back a semester. So in your first two years, try to stick to the core courses of your program, because not only will you get the hoops that you have to jump through over and done with, but it leaves you a lot more options in your third and fourth year.... Classes you want to take [are] really not available until your second, third and fourth year, anyways."

9. Make sure your profs know you exist

Getting to know your professor or TA is a great way to get more out of your class and expand your network.

"Go up to talk to them.... Most profs are really approachable. I know they can be intimidating, but you kind of just have to break through that," says recent grad Denise Tom.

You could always email them, but in a class of 100-plus, you should take the time to go to office hours early in the semester. If the prof thinks you're genuinely interested in the course, he or she will appreciate it and be more willing to explain concepts to you.

Plus, you never know when you'll need a recommendation letter, and it's much easier to get one from a prof who can actually connect your face to a name. Don't worry about people calling you a keener: they'll be the ones lining up for help the day before that 15-page essay is due.

10. PANEL: DO YOU REALLY NEED TO BRING A LAPTOP TO CLASS?

Marjan Hatai

"They're very distracting, and it's easy to just want to go on the Internet and go to Facebook for a second, and then you miss a bunch of the lecture."

Jesse Olson

"You can definitely bring a laptop to class, but if you're going to goof around on it, don't sit in the first couple of rows."

Ian Campbell

"I've found that, sitting in class, because you have to look like you're sitting there paying attention, you can do homework from other classes."

Anna Leong

"With a lot of science classes, there's a lot of diagrams and equations and it's really hard to copy the exact same thing onto a laptop. So I find using a pen and paper is always the best way."

11. ...And please, get a grad check before 4th year

While it might seem like a distant impossibility right now, many of you will one day graduate from this university. But if you don't get a grad check before your fourth year, you may be here longer than you'd like.

Here's the cautionary tale of Yooji Cummings. Cummings was a fifth-year Sauder student, just about ready to wrap up his time at UBC. He had done an advising session in second year, knew the courses he would need for graduation, and was even cleared for graduation by UBC's online software.

"On the UBC [Student Service Centre], it said I was cleared for graduating. I even got all the letters from UBC saying congratulations," he says. "Anyone would have believed they were graduating. But no one had bothered to do a grad check within the system. That's when they told me I wasn't graduating."

Turns out, a single course code number threw him off. "I had read the one digit in the course number wrong. They're all 46 something at that level, but it can happen. It was the difference between an 8 and a 9."

Cummings had not completed COMM 468, a prerequisite for graduation. He had been going to job interviews and making plans to enter the real world, but he had to put everything on hold to finish another three credits. Worse yet, the course wasn't offered during the summer, even at other institutions where UBC accepts transfer credit. Cummings ended up trying to make the best of it; he worked part-time jobs to pay the bills, traveled and completed an internship. He says that overall, it was a positive experience, despite the initial terror. But here's the take-away: get a full academic advising session WITH A REAL PERSON prior to entering your last year.

12. How to navigate UBC advising

GEOFF LISTER/THE UBYSSEY

Bouncing between advising departments can be nightmare, but you can reduce the ping-pong effect just by knowing who to ask.

Academic advising is available through each faculty, offered on both a drop-in and appointment basis.

"It can help to have done some research, as otherwise you may get referred to the course planning website," says Paul Harrison, Associate Dean of Student Services in Science.

So before making the trip, take a look at your department website online to clarify your questions.

For financial advice, every incoming first-year student is individually assigned an Enrolment Service Professional (ESP).

"[ESPs] answer questions that are more of an administrative nature, to deal with registration problems, or tuition payments, or anything to do with the non-academic planning," explains Harrison. ESPs can be contacted through email.

But if students aren't sure where to turn, they should get in touch with their first connection at UBC – their MUG leader.

MUG leaders have been training since March on how to guide new students with a broad base of knowledge, and can be contacted by email throughout the year.

"I would really encourage students to think of their MUG leader as a point of contact, to ask questions and get redirected," said Harrison

13. How to meet other humans and form relationships with them.

If you're like most first-years at UBC, you won't be able to see your high school friends on a regular basis. Try to make new friends as soon as possible.

• Rez is a great place to make friends if you don't know anyone. You spend a lot of time with people who also don't know anyone yet.

• But don't assume the people on your floor are your only options. While living in rez is a great way to get to know people, you don't have to be best buddies with your floormates.

• Talk to people in class. Most people are just as lonely and nervous as you. Even if you don't become best friends, you've found someone to exchange notes with if you miss class.

• Join a club or sports league. It's a great way to meet people who share your interests. The more involved you are, the more you'll get out of university.

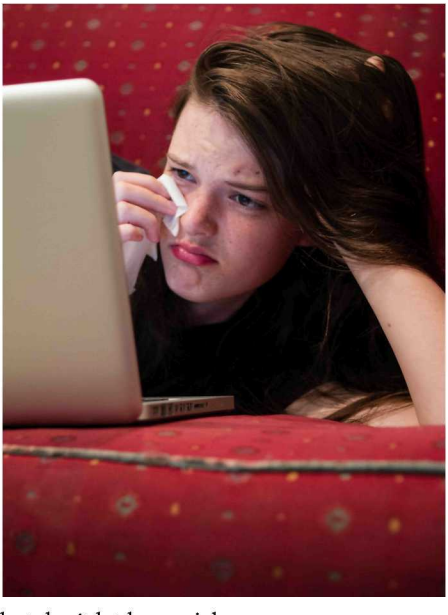
14. How to maintain relationships with people you are far away from...

University can be a big, scary place for students who have travelled far from home. Some first-years might savour their newfound freedom, but many wallow in homesickness for months.

First step: realize that you're entering a new chapter of your life, and no matter how much you love your high school friends, growing apart is not necessarily a bad thing. "[My high school friends and I] make time to see each other from time to time," says Urooba Jamal, "but we also realize that we're starting to get different interests and we're not necessarily the same people we were in high school."

So don't eat dinner alone in your single room or lie in bed creeping people from home on Facebook. It's easy and temporarily comforting, but it won't make things better.

Instead, focus on getting out there. Attend rez events. Introduce yourself to people in classes. Take walks around campus. Join clubs. You can and should make time to Skype with your family and friends,



but don't let homesickness consume your life.

"It's really tough to start with," says Ontario native Kate Burtinsky. "It will take some adjustment, but you will make friends. And you will get used to it."

15. ...INCLUDING YOUR LONG DISTANCE RELATIONSHIP

Many bright-eyed first-years arrive at UBC still attached to their high school girlfriend or boyfriend. And it's no wonder: the beginning of university is an overwhelming time. What could be more reassuring than falling asleep on Skype with the person that already knows and loves you, instead of facing the uncertainty of new people and experiences?

"I have been in a long-distance relationship, and it's pretty difficult," says Jesse Olson. "Especially in your first few years of university, when you're incredibly social and you're meeting people."

There will be many new experiences that you won't be able to share with your significant other, and this can breed resentment, jealousy and paranoia. Even if you're both level-headed about the situation, simply the strain of missing each other can be hard to bear.

"I don't think you should stay with [a high school girlfriend or boyfriend]," says Marjan Hatai. "You just miss out on a lot. You miss out on a lot of fun, like, staying in on a Friday night to Skype. Or things can get controlling because you'll be worried that the person's doing something."

If you're spending all your spare time on Skype, checking your phone constantly for xoxo-filled texts, and generally isolating yourself from social contact, then it might be time to re-evaluate the relationship.

Healthy long-distance relationships are possible, but they require balance. Cultivate your life outside of your significant other, and allow him or her to do the same. Otherwise, both of you run the risk of turning into lonely, co-dependent shut-ins.

Urooba Jamal, who was a residence advisor in Place Vanier last year, describes the Turkey Syndrome: "It's when residents go away for Thanksgiving and come back after that long weekend and they've broken up with their significant other. We are always aware of the fact that there'll be some droopy residents around that time."

On the other hand, some couples do make it work.

"I think if they both feel it's right, then it's right," says Jesse.

Kate Burtinsky agrees. "I know plenty of people who are still with their high school sweethearts or are engaged to them now."

16. When you have sex with people, be smart about it.

We know the feeling: it's 12 a.m. on a Friday night, you've had a couple of beers and you suddenly get a tingling feeling. Maybe it's just a small voice in the back of your head, saying, "Hey baby, it's business time. Business hours are open." Maybe this voice is you talking out loud, in which case, you have a bigger problem on your hands.

Whatever your situation, the fact is you're one step away from using some variation of the "Call Me Maybe" lyric as a pick-up line, all in the hopes that it will lead to a scenario that makes your private bits happy.

But before you let your nether regions act as a compass, consider the consequences you might have to face in the morning. Weigh your options, know the risks and make your choices accordingly.

Safety

The object of your desire may seem irresistible at the moment, but taking them home or going to their place is a risk that you may not be fit to evaluate after consuming alcohol.

If you do decide to proceed, be sure to let your friends know where you're going, with whom, and when you expect to be back.

Practice Safe Sex

This seems like a no-brainer, but when things get going, two people will rarely see the absence of a flimsy piece of latex as a reason to halt all engines. But throwing caution to the wind and forgoing protection can be a huge, life-changing gamble for both parties. As Jesse Olson puts it, "Wrap it until you're in a commited relationship, definitely."

Be Honest With Yourself

If you already feel lonely, stressed out or insecure, having sex with a stranger will probably only add to your already-full emotional plate the morning after. Ian Campbell gives good advice: "Make sure, before you have sex with someone, that you really do want to have sex with someone. Make sure it's not something you're going to regret later for whatever reason."

But if you're simply young, horny and adventurous, feel free to explore and satisfy your sexual cravings (safely) without guilt or shame. Just do your best to stay away from the "Call Me Maybe" pick-up lines.

17. Don't sexually assault people.

There are a few things you should be aware of when it comes to sexual assault.

For one, students are at a higher risk of sexual assault during the first few weeks of school. That's according to outgoing AMS Sexual Assault Support Centre (SASC) program coordinator Emily Yakashiro, and backed up by stats from the University of Alberta.

"You have a ton of people coming onto campus, people are away from home for the first time, they want to meet new people and try out new experiences," says Yakashiro. Add alcohol and drugs to the equation, she says, and the situation becomes doubly dangerous.

Statistically speaking, the risk of sexual assault is highest for women aged 16-24.

Everyone needs to take steps to prevent sexual assault. But that narrative is changing. "There's the classic safety tips, like watch your drink, don't go out alone and take a friend if you need to leave alone," says Yakashiro. "But we're also trying to steer away from that and put the blame where it belongs: on the perpetrator."

That means you need to have a clear idea of what consent is and isn't. In B.C., consent is defined as a "freely and enthusiastically given yes." This requires ongoing communication with your partner throughout "every stage of the encounter," according to Yakashiro. Legally, consent cannot be given if the person is drunk or high.

If you or someone you know is sexually assaulted, it's important to understand that you are not at fault. SASC exists to provide resources and services to members of the UBC community, including accompaniment to hospitals and the police, education and outreach, and services for secondary survivors and allies.

So stay safe, watch out for your friends and make sure you have ongoing communication with your partner(s). And most importantly, don't sexually assault anyone. If it's not clear whether consent is present, just walk away from the situation.

"There's the classic safety tips, like watch your drink, don't go out alone and take a friend if you need to leave alone," says Yakashiro. "But we're also trying to steer away from that and put the blame where it belongs: on the perpetrator."

Some resources:

Sexual Assault Support Centre
604-827-5180, SUB 119 A/B. Extended September hours: 9 a.m.–7 p.m.

Victim Link B.C.
1-800-563-0808. The province's toll-free, 24/7 crisis support line.

Women Against Violence Against Women Rape Crisis Centre
1-877-392-7583

18. How to live with people

If you're one of the few first-years living off-campus, congrats on your early escape from the notorious "UBC bubble." The true big-city experience is often a lot more exciting than months of rez movie nights and caf food.

But because Vancouver has an expensive, fiercely competitive rental market, finding roommates and rentals online can be difficult and time-consuming. If you sign a lease with randoms, you could become arch nemeses, lifelong friends or anything in between.

"I found my roommate using AMS Rentsline, which is UBC-specific, and I would put that as my top choice, definitely," says Jesse Olson.

While Craigslist beats AMS Rentsline in variety and number of listings, beware of weirdos and too-good-to-be-true scams. Proceed with caution and common sense, take a buddy to see prospective rentals or roommates, and above all, trust your instincts.

And if you decide to move in with a friend, know that it might not be super-fun-BFF-party-time. "Moving in with your best friend is difficult, just because you're around each other so much, and the little things ... kind of build up and accumulate," says Olson.

19. PANEL: THE TERRIBLE THINGS THAT ROOMMATES DO...

Jesse Olson
"I lived with three other guys [in first year], and none of them would vacuum or clean their dishes, [only] me. So I just told them, 'Yo, do your dishes.' And if they didn't do 'em, I'd put them on their bed. Regardless, dishes got done."

Denise Tom
"One specific one I've heard was about two roommates who had totally different schedules, and one wasn't very respectful of the other's schedule, such as talking on the phone at night while the other was trying to sleep. Especially in the small dorms, that's not good."

Kate Burtinsky
"I'm a very heavy sleeper and sometimes it takes a lot of snoozes for me to actually get up. My roommate hated when I had to snooze my alarm clock."

20. ...in the washroom.

The washroom is where you go to poop and pee, wash filth from your body and remove undesirable parts of your epidermis. The less you and your co-bathroomers consciously realize this fact, the happier you'll be. Here are some tips.

- **Don't leave** clipped nails or trimmed hair in the sink, tub or anywhere else.
- **Establish** and maintain a cleaning schedule. If you finish off the toilet paper, get more immediately. Keep a backup roll.
- **When taking** an enormous dump, flush as soon as the majority of the dump comes in contact with the water. This is called a courtesy flush, and will prevent blockages and almost completely remove shit-smell from the room.
- **Wrap wads** of cotton soaked in uterine lining/dead ova or jizz-filled condoms in toilet paper before throwing them out, so others do not have to look at them.
- **Make sure** everyone knows one another's schedules, for the prevention of pre-class shower jams. If you need to curl into the fetal position and cry in the shower, do so when nobody is around and needs the bathroom.

21. How to stop living with people who do terrible things

Despite your best efforts, sometimes things will fall out and you'll have to leave the place you live. Sometimes living with people means putting up with a lot, but if you ever find yourself staying out late at night because you don't feel like going home, that's a good sign that you might be in a bad situation. Talk about it and try to work out the issue, but if you can't settle it it might be time to get out of a bad situation. Here are some tips for finding a new place to live:

If you're in residence

• **Talk to** your RA; they're there to help.
• **If the issue** still isn't resolved, you can apply for a room transfer. You need to input your information on the housing section of the Student Service Centre and pay $50. When a new room becomes available, you can switch. (This might take a while.)
• **If you find** another person who lives in the same residence and wants to switch with you, the fee is only $10 each and the switch can usually happen pretty quickly. Just go with the other person to the front desk of your residence complex.
• **If there's** a medical reason why you need a room switch, you should contact the Access & Diversity office (students.ubc.ca/access) and submit relevant documentation. This can expedite the process.
• **If you're in** rez and you want to move out entirely, you'll need to pay a termination fee, which could be a quarter of your total residence fees for the year. There are exceptions to this, like if you completely drop out of UBC or decide to go on co-op halfway through the year.

If you're living off-campus

• **Changing your** living arrangement probably involves breaking a lease. If you don't work something out with your landlord, you could be on the hook for paying rent until your lease expires.
• **It's relatively easy** to find someone to sublet your place for the remainder of your lease. Vancouver has a crazy low vacancy rate for rental housing, which works in your favour in this situation.
• **You need your** landlord's permission, but he or she can't withold that permission unreasonably. Check out the Tenant Resource & Advisory Centre (tenants.bc.ca) for more info on lease agreements.
• **For finding a** new place and renting out your old one, AMS Rentsline, Craigslist, Kijiji and @Roommate_BC on Twitter are all good places to try. (Also use your own social media accounts and good old fashioned word of mouth.)

22. Your rights as a renter

Good news: There's a provincial law that gives you a bunch of rights as a renter! Bad news: It totally doesn't apply to you if you're living in residence.

In exchange for the sweet, sweet convenience of getting to sleep in until ten minutes before your 8 a.m. class, you've given UBC a good deal more power over you than a regular old landlord. This means there's a bunch of rules, called Residence Standards, that you need to follow while you live here.

In Totem, Vanier and Marine, you can't play drinking games, wrestle (yes, really), harass people on social media, make too much noise during quiet hours, burn a candle in your room, skateboard in hallways, put a sign in your window, or have a guest stay over for more than four nights per month.

If you're caught breaking these rules by residence staff, you could be given a number of "points" which stay on your record for a calendar year — even if you move to another residence. If you get more than four points on your record, UBC has the power to evict you. UBC can also discipline you in other ways, like making you move to a different residence complex or giving you a work assignment (seriously).

If you're caught breaking the rules, you can file an appeal within 72 hours. Find the appeal form at housing.ubc.ca/after-move-in/residence-standards/.

In the real world

If you're living in the "real world" (including non-UBC-run rental housing on campus), your rental agreement is governed by the Residential Tenancy Act.

This means your landlord can't let your place fall apart, jack your rent up too high, or evict you without notice or a good reason.

They also can't unreasonably restrict your guests, or enter your place without permission or written notice.

Landlords are not allowed to discriminate based on race, colour, ancestry, place of origin, religion, sex, sexual orientation, disability, source of income or age.

More information on your rights as a tenant is available at tenants.bc.ca.

23. Join a club for money, friends, fame

At a commuter school like UBC, it can be tough to make friends. Joining a club is a great way to meet like-minded people and improve your skills, social or otherwise. And chances are, if you stick around, you could end up running the thing.

Here are UBC's ten largest clubs in terms of membership as of last year. Be sure to check out Clubs Days, which run September 19–21 in the SUB.

1. UBC Ski and Snowboard Club (677)
2. Chinese Varsity Club (596)
3. UBC Sailing Club (571)
4. UBC Yoga Club (545)
5. UBC Film Society (535)
6. Varsity Outdoor Club (520)
7. Chinese Students' Association (367)
8. UBC Food Society (329)
9. UBC Finance Club (293)
10. Starcraft Club (232)

The AMS makes close to $45,000 available annually to clubs and constituencies, according to AMS Finance Committee Vice-Chair Nicola Simpson. That's a pretty big chunk of change to help make your vision a reality.

"I had to pretty much oversee all the events, promotions and everyday functions [of the club] ... I think with most things at UBC, it's hard to take the first step, but once you get committed, the saying rings true: you get what you put in."

24. Resources for LGBTQ+ students

There are a bunch of resources for lesbian, gay, bisexual, trans and queer at UBC.

• **Pride UBC** (prideubc.com), an AMS resource group, offers workshops, discussion groups and social events year-round.

• **UBC has** a pretty strict policy against harassment or discrimination based on sexual orientation or gender identity. If you feel like you might be the target of discrimination or harassment, contact UBC Equity (equity.ubc.ca). If you believe yourself or others could be in physical danger, contact contact Campus Security (604-822-2222) or the police (911).

• **UBC Equity** also has a map of gender-neutral washrooms throughout UBC.

• **Our City of Colours** (ourcityofcolours.com) is a group promoting awareness and support for LGBTQ+ people in different linguistic and cultural communities around Vancouver. They offer multicultural and ESL-inclusive events, too!

• **The Health Initiative for Men** (checkhimout.ca) has tons of health and wellness information for men who have sex with men.

• **Vancouver Coastal Health** offers a youth drop-in night for transgender people 24 years old and under, as well as their friends and loved ones. It happens on Friday evenings, and more info is available at transhealth.vch.ca/youth/.

25. Don't form (or maintain) relationships with shitty people

First year can be a whirlwind. You're uprooted from your friends and your hometown and placed in the middle of a strange new landscape. And you're expected to latch on to whatever group you can find to avoid going through this university thing alone. But how do you know if you've wound up in a romantic relationship or friendship that just isn't healthy?

According to Renee Robert, acting director of UBC Counselling Services, the key is to keep in touch with family and friends from outside of university for support. "For anybody who's coming to school in their first year and maybe living away from their parents for the first time ... maintaining those healthy relationships [is] really really important," she said.

Robert said that a healthy relationship is nurturing and supportive, and it allows communication to freely negotiate problems.

"When you start to feel that there are things being asked of you that you can't or don't want to give ... if they're unkind, if that's a continuing situation, then you want to make sure that you address that, and if you can't address it on your own, that you get help."

"**When** you start to feel that there are things being asked of you that you can't or don't want to give ... if they're unkind, if that's a continuing situation, then you want to make sure that you address that, and if you can't address it on your own, that you get help."

Bottom line: Don't stay in a relationship, or even a friendship, if you aren't being treated with respect. This university is a huge place, and you can find other people to associate with who aren't assholes.

Your campus, your news

The Ubyssey, your campus news source, has been covering UBC since 1918. The paper is largely volunteer run, and we're staffed by ten full-time student editors.

Want to get involved? At *The Ubyssey*, you can learn to write, design and take photos, go to shows, track down the story, investigate like a detective and become super-informed about everything that goes on on campus.

What do you want to do?

News: Current affairs, politics, events
Culture: Reviews, tips, artist profiles
Sports: Game recaps, rec tips, columns
Features: Investigation, longer writing
Photos: Event photos, composed shots
Videos: Learn to shoot, edit, and produce
Design: Put together dazzling visuals
Blog: Bring your unique voice to UBC

Ways you can get involved:

- Send an email with your contact info to coordinating@ubyssey.ca.
- Come to production on Wednesdays and Sundays starting at noon and help us put together the paper.
- Follow on Twitter (@ubyssey) and Facebook (facebook.com/ubyssey) and send us tips, gripes or story ideas
- Just wander into our office in SUB 24, across from Copyright.

IF HURTING ONE ANIMAL IS

CRUELTY

WHY IS HARMING 211,604 A YEAR

SCIENCE?

STOP
UBC ANIMAL RESEARCH

STOP THE SUFFERING.
www.stopubcanimalresearch.org

26. How to drink without making a fool of yourself

GEOFF LISTER/THE UBYSSEY

This is an extremely important social skill. Alcohol can be a social lubricant, but you won't make many friends if you regularly drink yourself into a goddamn mess.

Jesse Olson advises that you get the urge to get uber-trashed out of your system. "Everybody has to go overboard once to know what it's like, so do it once, get it out of your system, then try not to do it again," he says. And if you have a tendency to go overboard, consider limiting your cash flow. "Control the amount of liquor that you bring or the amount that you buy if you're out," says Kate Burtinsky. "Don't bring a credit card or a debit card when you go out. Just bring cash, so that that's your limit."

Beyond that, don't mix different kinds of alcohol. Don't start drinking hard liquor late in the game. If you're feeling super proactive, follow each drink with a glass of water. And taking in some sports drink before bed can be a lifesaver.

27. PANEL: IF YOU CHOOSE TO DRINK UNDERAGE...

Jesse Olson

"If you're going to drink underage, have a good fake ID, or good friends, or perhaps know the bouncer.... But while you're underage, enjoy being underage, because if you go clubbing underage, it gets old and it kills the fun for you."

Kate Burtinsky

"When I drank underage, it was just in residence. I never tried to get in with a fake ID and I'm kind of glad because I've heard stories of people getting kicked out because of it."

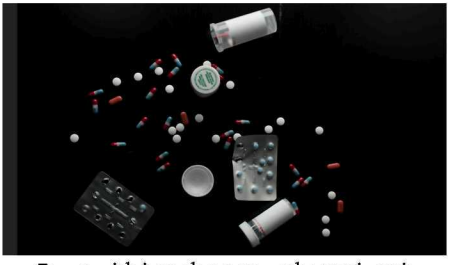
Ian Campbell

"Don't be a drunken first-year, even if you are, in fact, a drunken first-year.... Keep it together, especially since you're probably going to be drinking in a residence. You don't want to be evicted.

Don't do things you wouldn't do while sober.... Don't be like, 'Oh, I'm going to try this drug because I'm drunk and I don't care,' because that will end poorly for you.

Don't punch your computer monitor. I know someone who did that."

28. If you choose to take drugs...



As with just about any other university, if you want to find drugs at UBC, you won't have much trouble. This is the time in life when many people find the prospect of tinkering with their brain chemistry appealing. If you feel this urge, here are a few things to keep in mind:

• B.C.'s famous bud is very strong. Don't smoke too much if you don't have much of a tolerance: it'll make you a nervous wreck.
• If you're taking edibles (pot brownies, shrooms, etc.), be aware that they can take hours to process. So don't mow down on more right away because you "don't feel high."
• Don't mix drugs, or mix drugs with alcohol. It's a surefire way to puke your guts out (or worse).
• Always talk to someone with previous experience before taking anything stronger than marijuana for the first time.
• If you want to find out how certain doses of different drugs affect people, try consulting erowid.com. But take everything you read there with a grain of salt.
• Get a trusted friend to hang out with you if you're going to try hallucinogens. Make sure they stay sober.
• Having a bad trip is an emotionally scarring experience. Don't take the possibility lightly, or laugh at anyone who's experiencing one.
• Don't take a drug for the first time before going to a concert.
• Hydrate, hydrate, hydrate.
• Cocaine makes you a shitty person. This is a rule.

29. How to recover from a night of excess boozing

The quintessential first-year experience is drinking way past your limit, getting embarrassingly sloppy and waking up with the hangover from hell. Congratulations! Now you know how much booze causes you to be miserable/full of regrets the next day. Follow these steps to alleviate your suffering:

1. Down some ibuprofen and a cup of coffee. (The caffeine is proven to reduce headaches.)
2. If you can stomach it, go for a big, greasy breakfast. Bacon and eggs from the rez caf is a classic. Have some kind of starchy food too, especially if you're still nauseous. Pho noodle soup is also a great revitalizer.
3. Go back to bed and make yourself as comfortable as possible. This means sweatpants, duvet covers, pillows and your favourite sitcom streaming gently in the background. Keep a bowl or bucket by the bed for any surprise pukes. (Or alternatively, do something active to get yourself sweating and not wallowing in sorrow).
4. Drink as much water as you can throughout the day. Sports drinks help as well.
5. Assess the damage by checking your outgoing texts and calls from last night. Did you drunk-dial your best friend's mom? Did you sext your ex? Now you know, so you can avoid eye contact accordingly.

30. How to drink for cheap

If you hadn't noticed, booze is quite expensive in Vancouver. Luckily, if you know where to look, you can find cheap swill in a reasonably good atmosphere. Here are a handful of reasonably-priced drinking establishments.

Dentry's
It is certainly the closest bar to campus. There's usually a daily pitcher special.

Gargoyles
One of the latest-closing bars in the neighbourhood, with cheap appetizers and an awesome table hockey machine.

The Coppertank
This bar has a million TVs on the walls, so don't plan on having any really deep conversations here. They also sell 24-ounce tankards of beer for around $7.

Kitsilano Public House
This pool hall has all the atmosphere of a Street Fighter level.

The Fringe
It wins the ambience category hands down. It's dim and intimate, with decent beer on tap, good music, no TVs and a friendly, no-nonsense staff. A good place to take dates.

Lola's
The closest thing there is to a dance club on the West Side. They have a bunch of student night deals and are the source of the most noise complaints in Kits. Enjoy it while it lasts.

The Cambie
A large, cheap and divey hostel-affiliated bar downtown There are lots of pitchers and big tables, but it's super busy.

PHOTOS FROM POINTGREYVILLAGE.COM, GOHIPSTER.COM, VANPUBS.COM AND CIVIXEN (FLICKR)

31. How to drink with class

Ever had a Sauder student mix you an Old-Fashioned in their dorm room? Sorry, buddy, you ain't no Don Draper. Best leave the classy drinks to the professionals. If you're ever flush with cash and feel like getting properly gin-soaked, consider checking out one of these fine Vancouver establishments.

The Cascade Room (2616 Main Street)

The cocktails at the Cascade Room will melt your face off. Their massive drinks menu mixes classic cocktails (like Manhattans, gin fizzes and mojitos) with some of their own inventions. Each drink will set you back around $10, but you'll be right liquored after just one.

The Cellar Jazz Club (3611 West Broadway)

You can't beat the Cellar for atmosphere. On Mondays, cover is only $5 for students, and on Tuesdays it's free. People who know things about modern jazz say it brings in some pretty fresh musicians, so you might be a little more cultured after your evening out.

Biercraft (3305 Cambie Street and 1191 Commercial)

Belgian style-brews and classy pub food. Their beer list is huge, and while many pints will run you around $10, they're generally quite strong. Plus, Biercraft puts on lots of social media contests for free Whitecaps tickets and gift certificates.

"The best place to get a beer in Vancouver is the Alibi Room [157 Alexander Street] because they have over 80 taps, and if you like beer and you don't just want to drink beer to get drunk, you go to the Alibi Room."

32. Finding a good theme party

Some say that theme parties are a sad attempt to make social gatherings less awkward by imposing burdensome dress codes, which make those who didn't bother wearing a costume feel like stick-in-the-mud losers and those who did feel like try-hard dweebs. Others seem to enjoy them.

If you're in the latter group, maybe you'd like to experiment with party themes beyond Tight 'n' Bright. Here are some suggestions.

Dead Relatives Party: Dress up as your favourite relative who is dead. Spend the whole night making a game out of trying your best not to cry.

Segregation Party: Find a physical quality as arbitrary as ethnicity and rigidly divide your party on that basis. Maybe people with connected earlobes can't eat snacks from the same table as people with detached earlobes.

Prank Party: Make your party an event on Facebook. Then all of your friends show up, but instead of a party, they're in a remote vacant lot filled with used syringes, dandelions and corroded rebar. Pranked! You just made all your friends like you a little more.

32. Where to drink on any given night of the week

MONDAY

Trivia at The Cove (Kitsilano). The game starts at 8 p.m., but get there at least an hour early as the place fills up fast. Pitchers are $14, but that's for good beer.

Ice Cream Social at The Waldorf (East Van): It's kind of far away, but this dance night with music from the fifties and sixties is hugely popular.

TUESDAY

Gallery Karaoke (UBC SUB). It's on campus and it's a UBC institution. They have a pretty decent songbook and a relaxed vibe. Karaoke starts at 9 p.m.

Open Mic at Corduroy (Kitsilano). If your music skills have evolved beyond yelling your way through "Bohemian Rhapsody" along with 10 of your drunkest friends, try your hand at performing here.

WEDNESDAY

Pit Night (UBC SUB). Once a week, a whole bunch of UBC students choose to share in the collective hallucination that this dark little student pub is, in fact, a nightclub.

If you want to join them, go early to avoid the line, and expect a packed and makeout-filled dance floor.

THURSDAY

Thursday is the unofficial Drink Cheap Beer Off-Campus Day. There are $1.59 beers (10 ounces, but still) at **Room 18** in Kitsilano (though they will make you order food after the first two rounds).

$1.59 beers are also available at the **Backstage Lounge** on Granville Island, plus there's a live band. There is a cover charge, though.

There are also $2 beers at **Elwood's** on Broadway.

FRIDAY & SATURDAY

There aren't many specials to be had on Friday or Saturday, as most places generally assume you'll want to go out anyway. Since you don't have class tomorrow, consider venturing out of the campus/west side bubble and trying one of these spots:

If you're into flash, Top 40 and paying too much, there are plenty of **nightclubs along Granville Street** downtown that will be happy to take your money.

If you prefer something a little less mainstream, try the live acts at the **Biltmore**, the **Cobalt** or **Electric Owl**.

If you're into craft beer, The **Alibi Room** on the Downtown Eastside or **St. Augustine's** on Commercial are the places to go. If you're intent on having someone entertain you, the **Comedy Mix** downtown, **Yuk Yuk's** on Cambie or **Vancouver Theatresports** on Granville Island are always good for some laughs.

SUNDAY

If your day of rest consists of some crispy brews, there's still a special to be had. Although (unlike Saturday) you do have class tomorrow, over at Gargoyles the special is all of the week's daily specials at once.

33. PANEL: STRANGE PLACES TO HAVE SEX

Oh, you kids and your hormones! At some point, you may find that you really need to have sex, but your bedroom is too far away or too boring. So, like these enterprising folks, you may have to get creative. Crazy sex-havers, we salute you.

A horizontal ovation

Jesse Olson: "One of my personal favourites is the forest outside of the Chan auditorium. As a concert was getting under, there were a couple of people just giving it right outside!"

Stay classy, Pit Night

Kate Burtinsky: "Personally, I think it's crazy to do it in the Pit bathrooms. I've heard of people doing that, and I'm like, no, no, no, NO! Gross."

What!? You live a minute away!

Urooba Jamal: "On the Totem dance floor, I've heard. That's as crazy as it gets, I think."

Fuck away that exam stress

Ethan Wong: "I've actually heard that people have done it in the Harry Potter Room in Irving — with clothes on!... Also, people have done it in the handicap bathroom on the second floor of Hennings.... And apparently when Irving was first built, quite a few did it in the top-floor bathroom there."

Your public realm is showing

Marjan Hatai: The bouncy bushes. I've heard. like, in stairwells in residence sometimes, those were probably the worst. Or in the Pit bathrooms. Super classy.

A brief history of sex on campus

Ian Campbell: Somebody must've had sex on the Knoll ... A really hilarious one is always in someone else's bed, like the two of you go to your other friend's bed when they're not there. That's a pretty horrible thing to do but it's hilarious. I'm going to assume that people have had sex in the majority of classes on this campus, too. And club spaces. The Cheeze, don't have sex in there. I don't want you having sex in my building. It's gross and old, but I know people who have had sex in there. Like on the couches in the Cheeze. At least they're leather couches and they're not fabric...And *The Ubyssey* office, make sure to mention them. Every time I walk into this office I feel like I might catch something by sitting on the couches.

THE CALENDAR.CA

THE UBC PARTY CALENDAR

MONDAY SEPT 3

AMS FIRST Week
TOTEM OPEN AIR MOVIE
8 pm @ Totem Field

AMS FIRST Week
VANIER OPEN AIR MOVIE
8 pm @ Vanier Field

AMS FIRST Week
SAVE-ON FOODS SHUTTLE
see website for details

AMS FIRST Week
IKEA BUS TRIP
see website for details

AMS FIRST Week
UBC IMPROV
8 pm @ Gage

TUESDAY SEPT 4

IMAGINE DAY
9 am @ Campus Wide

LFS BBQ
12 pm @ MacMillan

AMS FIRST Week
MARINE OPEN AIR MOVIE
8 pm @ Marine Drive Field

AMS FIRST Week
COMEDY SHOW
8 pm @ The Norm (SUB)

AMS FIRST Week
MIDNIGHT MOVIE
11 pm @ The Norm (SUB)

WEDNESDAY SEPT 5

AMS FIRST Week
KITSILANO 101
9 am @ MacInnes Field
• 9 & 10 am Free Yoga

AUS/CUS/EUS/SUS
WATERBALLOON FIGHT
3:45 pm @ Buch Courtyard

AMS FIRST Week
BIKE KITCHEN WORKSHOP
5 pm @ Totem

AMS FIRST Week
UBC IMPROV
8 pm @ Totem

AMS FIRST Week
LEGENDARY INDOOR
OUTDOOR POOL PARTY
9 pm @ UBC Aquatic Centre

AMS FIRST Week
OPEN AIR PIT NIGHT 19+
@ The Pit

THURSDAY SEPT 6

KITSILANO 202
9 am @ MacInnes Field
• 9 & 10 am Free Yoga

SUS THE GREAT DEBATE
5 pm @ TBD

BIKE KITCHEN WORKSHOP
5 pm @ Vanier

UBC IMPROV
8 pm @ Vanier

ALL AGES OPEN AIR DANCE PARTY
9 pm @ SUB

ELECTRO SHOW (19+)
9 pm @ The Pit

FRIDAY SEPT 7

SUS WET LAB COAT PAGENT
12 pm @ TBD

AUS NO PANTS DANCE
9 pm @ MASS

OPENING WEEKEND
9 pm @ The Frat Village

AMS
WELCOME BACK BQQ
MORGAN PAGE
STARFUCKER
HEY OCEAN
& MORE

SATURDAY SEPT 8

SHINE DAY - SHINERAMA FUNDRAISING COMPETITION
see website for details

OPENING WEEKEND FRAT PARTIES / OPEN HOUSE
9 pm @ The Frat Village

FRIDAY SEPT 14

10th ANNUAL
FARMADE
3 pm @ UBC Farm
music
farm fresh food
community farm tours

AMS Student Society of UBC Presents:
amsfirstweek.com
*check website for entrance fees September 1- 14

AMS FIRSTWEEK & CITR PRESENTS:
LIVE AT LUNCH
FREE NOON - 1PM
SUB NORTH PLAZA

SEPTEMBER
04 - E.S.L.
05 - SLEUTH
06 - HOT PANDA
10 - HEATWAVE
11 - THE OH WELLS
12 - CAPITOL 6
13 - JAY ARNER

34. So you decided to go to a frat party

A trip to the fraternity village on a Saturday night might leave you with some lifelong memories ... or a skull-splitting headache.

Often, the most extreme, stereotypical behaviour comes from outsiders who believe that frat parties are an opportunity to be as obnoxious as possible. However, for students who jibe with the whole Greek life thing, frat parties offer a local alternative for meeting people in a fun environment — no debauchery required.

"I personally love them because everyone knows each other," says UBC Sororities communications director Kate Burtinsky. "It's not like a club where you go and it's all these strangers rubbing up against you...it's a bunch of friends having a good time."

There are some mainstays that any party-goer can expect: throngs of sweaty people, loud music of questionable quality and, of course, beer-pong. If you're willing to throw yourself in, you might just have a good time.

35 PANEL: THE FRAT PARTY EXPERIENCE

Jesse Olson: It's a gong show! Complete gong show. It's tons of fun... it could be difficult depending on whether you fit in or not, because [with] frats, people still judge, people are still kind of dicks. But if you fit in, you'll have a good time; if not, then you can have a great time elsewhere.

Ian Campbell: You'll go in and the temperature will be about eight million degrees inside. You'll probably have a tough time getting through the crowd at the front... There'll be beer pong going all the time. Probably going to be some people making out on the couch. Everyone will be standing in the kitchen and it'll be impossible to get through because kitchen parties are where it's at. You have to watch what you do, because late in the night, because of the nature of house parties, people go a little bit nuts...

Ethan Wong: Basically there are just 50 guys and 3 girls, it's a complete sausage fest.

36. So you decided to go to the nightclub

KAI JACOBSON/THE UBYSSEY

1. Pre-drink with your friends. Paying for cover and drinks adds up.

2. Don't go out too late. Clubs here close early, and if you turn up just a few hours before they close, you might run into a crazy-long line that renders your night out pointless.

3. Keep an open mind. Everyone has different preferences, and the clubbing scene here may not be your cup of tea. At the very least, look up what clubs seem the best fit for you instead of going with the crowd and being forced to dance to music you can't stand.

4. As you can probably deduce from the above, clubbing here is expensive. For a good night out, plan to spend no less than $50 on:
a) Pre-drinking
b) Cover and coat check
c) Drinks at the club
d) A taxi home (optional, but if you were drunk enough to dance all night, you might opt to splurge).

PANEL: CLUBBING

Ian Campbell: I can't stand clubs...It's a group of people at those establishments that are going out to get fucked up. It's almost neanderthal-like, you could say. I think the problem I have with a lot of clubs is that you can't carry on a conversation with someone because the music is so loud.

Ethan Wong: Clubbing here is overrated and it is expensive. But if you choose your nights well then you'll have a good time. There are some issues at clubs here, but I've had a lot of good nights and it can be worth it if you only go sometimes.

Kate Burtinsky: It's tons of fun. As a student, pre-drink before you go out. If you have a group of friends, you'll always have a good time, but if you want to have a good time by yourself, then you have to be comfortable with talking to people, meeting strangers, making new friends.

Urooba Jamal: I've only really been to a couple and I don't go too often. I would just say, go with your girlfriends, that's the funnest. I don't think that it would be something that I personally would like to do every single weekend, I'm more of a slam poetry night kind of girl.

37. How to get your ass home

Accidently taking a cab home from downtown late at night is a great way to destroy your budget. Fortunately, TransLink has 12 night bus routes that run until well after 2 a.m.

The N17 will be your best friend if you're out late downtown. The last bus leaves Howe and Pender at 3:09 a.m., and arrives at UBC at around 3:30. And on certain night buses, you can request stops that aren't necessarily on the route. Head over to translink.ca for route information, or m.transitdb.ca on your cell. Try not to get puked on!

Here's a full list of the night buses:

N6—Downtown/West End
N8—Downtown/Fraser
N9—Downtown/Coquitlam Station
N10—Downtown/Richmond
N15—Downtown/Cambie
N16—Nanaimo/Renfrew
N17—Downtown/UBC
N19—Downtown/Surrey Central Station
N20—Downtown/Victoria
N22—Downtown/Dunbar
N24—Downtown/Upper Lonsdale
N35—Downtown/SFU

SAVE UP TO 90% ON USED TEXTBOOKS

AND 35% ON NEW TEXTBOOKS

BEING OF FASHIONISTA MIND but of thrift store means, I will hereby spend less for my textbooks in order to save money for that must-have pair of skinny jeans.

amazon.ca/textbooks

38. Have fun in September...after all, it's just five weeks 'til midterms!

UBC is at its best in September. The campus is reinvigorated with fresh blood and clear skies. The students who have been toiling all summer to improve their club, student group or service have their moment in the sun. People see old friends, make new ones, stay out late and create the kind of memories that make UBC more than a degree factory.

We don't want to say that UBC is a damp, grey ball of stress for the rest of the year. But let's be real. Come November, most of you will have abandoned pants with non-elastic waistbands.

Students are "doing things" year-round, no doubt about that. They're putting on club events, attending conferences, running businesses, holding beer gardens, planning road trips and so forth. But it's September when this campus shines. People are excited about what they're doing. Everything is fresh and new. There are concerts on campus, people are drunk in public, and you don't need an excuse to be that guy who's high-fiving everyone. It's enough to make you want to climb to the nearest rooftop and shout "COLLEGE!" at the top of your lungs.

The moral here? Don't clam up. It sounds cliché, but get out there, meet new people, get in some weird situations. Join everything. Don't say no to anything that's not illegal or against your (still flexible) moral code. Being jaded is boring.

39. How to show off Vancouver to out-of-towners

GEOFF LISTER/THE UBYSSEY

• Wreck Beach: Be prepared to see naked people everywhere (even in the colder months) and experience a hippie vibe in the summer. Expect drums, naked women hula-hooping and some weird guy trying to sell you magic mushrooms.

• The Rose Garden: A well-manicured little garden set against a breathtaking ocean vista. Useful for reminding yourself that the world is not an awful place when you're coming off of a three-day cram session.

• The Museum of Anthropology: It's a nationally recognized museum full of interesting things, right on campus — and it's free for students.

• Nitobe Memorial Gardens: Lovely views and a sense of peace. Students get in for free.

• Pacific Spirit Park: This park's great hiking trails make for an enjoyable day outside.

•Gastown: Forget the stupid Steam Clock and souvenir shops, and focus on the cute restaurants, craft beer pubs and eclectic boutiques.

•Main Street: This street is full of great, cheap food and vintage/thrift stores. Walk along and explore! At the very least, you're guaranteed to find a fantastic meal.

40. Get to the beach in September

The weather is going to start sucking before you know it, so get out and enjoy Vancouver's many beaches sooner rather than later.

Spanish Banks

A beach close to campus that's great for barbecues, volleyball and seeing the city lights across Vancouver at sunset.

Kitsilano Beach

Extremely crowded on sunny days, but with a beautiful view across the water and lots of concession stands lining the beachfront.

English Bay

This popular downtown beach is the location of the annual Celebration of Light, the biggest offshore fireworks celebration in the world.

Jericho Beach

A relaxing place for picnics, fishing, kayaking, volleyball and of course, just lazing around.

41. Climb some mountains

Grouse Mountain

There are several routes you can take to the top, one of them being the notorious Grouse Grind. You could hop the fence and do the trail while there's still snow on the ground, but if you go while the Grind is officially open, expect a not-exactly-tranquil path clogged with Lulu-clad gym rats. The paths less travelled by, such as the BCMC Trail, Baden-Powell Trail and Larsen Trail, get you to the top via a gentler incline.

Shannon Falls / The Chief

Located just outside of Squamish, the Chief is about an hour's drive away, but it's well worth it. It's a bit of a tough hike, but once you get to the top, the views are jaw-dropping.

Mount Gardner / Killarney Lake

Located on Bowen Island, Mount Gardner will take about five hours to hike, and there are magnificent views of Howe Sound from the peak. Killarney Lake (also on Bowen) is a much shorter walk and not too difficult; the tranquility of the area is very soothing. Visiting Bowen Island makes for a good day trip in general.

The Lions / The Lions Binkert Trail

It's a tough one: 16 kilometres long and 1,280 metres of elevation. But the summit has stunning views of Howe Sound, the Capilano Watershed and the Vancouver skyline. You can also see these iconic peaks from almost anywhere in the city, so you can point to them and say, "Yeah, I've been to the top of that."

42. Check out these Van buzz bands...

CiTR's *Discorder* knows more about this than we do, but hey, let's give this a shot:

Japandroids

INDIE DARLINGS!

With a distinctively raw and youthful sound, this duo gained recognition outside of Vancouver's rock scene with the recent release of their second album, Celebration Rock.

Mother Mother

NICE HAIR!

Releasing since the mid-2000s, this five-piece band's cool beats and unpredictable lyrics make them a staple of West Coast music.

Destroyer

SO SENSITIVE!

The shoegazers among us flock to this solo act; the poetic, meditative lyrics place Destroyer on the softer side of Van's indie scene.

Teen Daze

THE HIPNESS!

During the Chillest Summer Ever of 2010, Teen Daze gained and secured standing in the genre through several notable remixes.

Apollo Ghosts

CHARMING!

A three-piece pop-rock band fronted by an elementary school teacher. As a bonus, lyrics often contain local references!

Nü Sensae

FACE=MELTED!

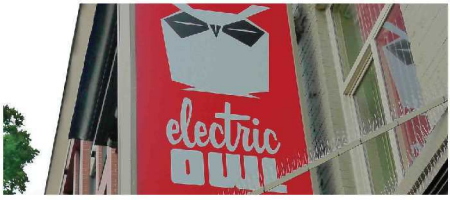
This three-piece "grunge-punk" is a standout, notable for strong female musicians and energetic drums. Their live performances are not for the faint of heart.

Delhi To Dublin (D2D)

ZANY!

This fusion group combines elements of traditional Irish and Indian music, with an entertainingly bouncy result.

43. ...or some new acts at these venues



The Cellar Jazz Club (3611 West Broadway)

This small basement jazz club is only a 10-minute bus ride from campus. The price of cover varies based on the night's performers. Check their site for details on their student nights.

Backstage Lounge (1585 Johnston Street)

This lounge has cheap beers, daily drink specials and bands performing every night. It has a great vibe and a dance floor once the live music gets going.

The Bourbon (50 West Cordova Street)

This is Vancouver's only country bar. With well-priced drinks, live country bands and free bull-riding every Friday and Saturday, it's great if you're up for something different!

The Railway Club (579 Dunsmuir Street)

This hidden gem has been around since the 1930s, and it's where a lot of bands got their start, including the Barenaked Ladies, The Tragically Hip and more. It caters to all age groups and is a nice, cozy place to have a good beer and enjoy live music.

Electric Owl Social Club (928 Main Street)

This is a relatively new venue that's also really popular. It's spacious, has cheap drinks and an interesting Japanese fusion menu. Live acts usually run on the indie side.

44. Cheer on some Local Sports Teams!

Unfortunately for students, tickets to Vancouver Canucks games are damned expensive. Fortunately, there are plenty of alternatives.

The B.C. Lions (Canadian Football League), Vancouver Whitecaps (Major League Soccer), Vancouver Giants (under 21 hockey league) and Vancouver Canadians (minor league baseball) are all quality entertainment for not too much money. The crowd environment is almost always fun, too.

"B.C. Place [is the best live place] because you can watch Whitecap and B.C. Lions [games]," says Jesse Olson. "I'm also a big lacrosse fan, and there's a couple of junior and senior teams around here that I like to watch."

However, if you're willing to part with a hundred dollars (or more) for your ticket, going to a Canucks game is a hell of an experience.

Oh, and you know who else is cheap to watch and always puts on a good show? The UBC Thunderbirds!

45. Cheer on the Thunderbirds!

KAI JACOBSON & JOSH CURRAN/THE UBYSSEY

Popular UBC T-Bird teams include womens soccer (top) and football.

UBC is one of the best athletics schools in the nation, and the majority of our teams are in contention for Canada West championships every year. And for barely over $10, you can join the Blue Crew (the T-Birds' supporters group) and get into every single game during the year.

The big team to watch this year is the football squad. Led by last year's CIS player of the year, quarterback Billy Greene, the T-Birds made the Canada West final. With Greene and many other starters returning, things are looking up, and the team will come back very motivated this year. The women's basketball team was one win away from becoming national champions last season. Their speed and shooting ability is fun to watch, and third-year Kris Young is one of the best players in the country. Men's hockey is an up-and-coming team that's rapidly improving and poised to make a deep playoff run this year. The Canada West teams play an exciting brand of hockey with no shortage of goals and action, and you can get right up close to witness it all.

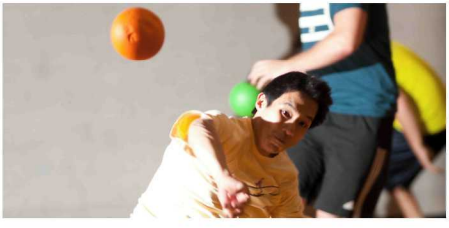
Value-wise, there's no better option for sports fans than going to UBC Thunderbirds games.

46. Forget those movies about college

In case you haven't realized by now, life isn't like the movies. While *Animal House* has a reputation as the iconic university film, UBC isn't anything like it.

• There are no all-you-can-eat cafeterias. Get used to paying through the nose for food and drinks.
• Don't expect UBC President Stephen Toope to show up at your door when you get in trouble. Even if you are on double secret probation.
• Varsity athletes aren't gods who can get away with anything.
• Professors don't leave answers to exams in the trash and they won't smoke pot with their students.
• There will be parties, but they won't be every night and they won't be as big and crazy as might expect.
• There will be lots of immaturity and shenanigans, but you generally have to keep your shit together to make it at UBC.

47. Learn some life skills



Keep yourself sane and take a break from classwork to learn a practical, fun new skill.

AMS Minischool offers a variety of non-academic courses, like bellydance, cardio lapdance, emergency first aid, power yoga, wine tasting, tarot reading, acting and bartending. The courses vary from year to year, but there are always a lot of choices.

If you like to play sports, UBC Rec has a variety of leagues at various skill levels. Some of the more popular ones are ultimate frisbee, soccer/futsal, basketball and hockey.

Clubs are a great way to learn a new skill and meet other people who have similar interests.

Here are a few you can try: UBC Pottery Club, UBC Aqua Society (scuba diving!), UBC Varsity Outdoor Club (crazy hikes!) and the UBC Wargamers Society (RPGs galore!).

48. A crash course in Canada

Canada is a massive country with a rich history. For more on that, take some Canadian History. Here's a quick idiot's guide:

• Canadian spelling: Use Canadian spelling on your assignments. Centre and theatre, not center and theater. You cash a cheque at the bank, not a check. Words end in –ize, not –ise: realize, capitalize, etc.
• MSP: Apply for the Medical Services Plan (MSP) as soon as you get here. Health insurance is something you want to deal with before you get sick, not once you're in the hospital.
• Working: Finding a job is hard enough, and it can be even tougher for international students. You can work on campus without a special work permit, so look into UBC's Work Learn program. If you have to go off campus, you'll need to apply for a work permit before you can get a job.
• Get a SIN number: If you want to work here or have access to government benefits, you'll need to apply for a Social Insurance Number. It doesn't cost anything and you can apply by mail, or just go to the nearest Service Canada Centre.

49. How to avoid getting ripped off in the caf

JOSH CURRAN/THE UBYSSEY

The cafeterias in Totem and Vanier are a blessing when you're away from home for the first time. There are a few items on the menu, however, that are a complete gouge. Purchase them at your peril.

Anything from Magda's or Hubbards

The late-night convenience stores in Totem and Vanier offer just that: convenience. They're convenient for when you've been studying for hours, your willpower is depleted and you're willing to pay any price for that hit of salt, MSG or sugar. But you're better off stocking up on a few staples eleswhere (see the next tip for a list of must-have dorm foodstuffs). The overpriced munchies you buy at these stores might hit the spot at the moment, but are bound to make you crash a couple of hours later.

Certain items from the salad bars

The salad bars in the cafs are priced by weight, so watch out for heavy garnishes like olives, pickles and hard-boiled eggs.

Drinks

Think about it: if you pay $1.75 per day for a juice or soda from the caf (more for iced tea and vitamin water), you're spending more than $50 a month on useless refreshments. This is especially easy to do when you're using your meal card, so be careful.

50. Five food items to keep in your dorm

1. Granola Bars

They're healthy, they come in different varieties (fruit, nut, chocolate, etc.), and they're tasty and filling. Plus, they don't go bad.

2. Fruit

When picking fruit, apples and bananas are go-to choices: they don't need to be refrigerated and have a decent shelf life. Mandarin oranges are also great to have on hand, since they're easy to peel and give you a boost of Vitamin C. But be careful to not let your fruit rot; fruit flies and the sour-sweet stench will not be pleasant.

3. Rice cakes

They may sound boring, but with an array of different flavours (such as cheddar or sour cream and onion), you're bound to find something you like. If plain is more your style, try them with some nut butter or jam on top for a more filling snack. The mini rice cakes are also a perfect snack food; they taste just as good as chips and are a much healthier alternative.

4. Condiments

Stock up on jams, jellies, nut butters and spreads for those times when you're craving a hint of something sugary yet not too junky. Peanut butter is great on anything from fruit to plain old bread, jam goes well with plain yogurt or English muffins, and Nutella is simply good on anything (even just on a spoon).

5. Fresh food

If you're lucky enough to have a mini-fridge, take advantage and stock up on fresh food once in a while. It's a lot more exciting and tastes a million times better than packaged stuff. Some specific examples could include bread, deli meats, yogurt, cheese and milk.

51. Food to stock when you actually have a kitchen

Any schlub with a microwave can make ramen or Chef Boyardee for dinner. The problem with those types of foods, however, is that they're more expensive than homemade versions and could be full of harmful additives. If you'd like to start preparing some simple home-cooked meals, here are the items you need to stock up on:

• Dried beans or chickpeas: They cost practically nothing, and will fulfill your daily protein quota in a pinch. Just make sure you skim off the foam when you cook them to prevent excessive (and awkward) flatulence.

• Brown rice/whole-wheat pasta: Essential belly-filling starch. The non-white varieties will give you more energy and won't pack on the pounds.

• Flour and quick-rise yeast: If you can handle three hours of waiting around and 15 minutes of actual work, it may be worthwhile to learn how to bake bread. It's easy, and the resulting loaf will cost one-tenth of a store-bought one.

• Onions and garlic: Onions and garlic are essential for almost everything you'll cook, from one-pot student meals to impress-Mom-and-Dad mini-feasts.

• Spices: Spices will send even the drabbest ingredients to flavour country. Turmeric, chili powder and cumin can add a curry-esque kick; oregano and basil are the backbone of pasta sauce; ground coriander, oregano and cayenne pepper will give you the flavour needed for a decent chili or taco meat seasoning; and soy sauce and ginger will work for a basic stir fry.

52. Become a vegetarian to save money

Soy products and legumes are the wave of the future. Once Earth is filled with 12 billion people all desperately trying to survive in the face of global pandemics and hothouse weather anomalies, nobody will have the resources to raise animals for food. Plus, tofu and beans are way cheaper than steaks and chops.

If you don't like the texture of tofu and you think beans are a less-than-magical fruit, look online for recipes that disguise these ingredients or push them to the background. Curries, chili and tomato-based pastas are good for this. Any way you look at it, going vegetarian — even nine meals out of ten — brings benefits. You'll save surplus cash for fun times, cut a lot of fat out of your diet and reduce your risk of heart disease.

53. How to spice up ramen

Jesse Olson | Denise Tom | Ethan Wong

Jesse Olson: "Knock up hotdogs in there, throw in some potstickers.... Maybe use it in a stir fry after you drain it."

Denise Tom: "When I do cook ramen, I add whatever leftover meat I have. I add lots of veggies. [And] hot sauce,... hot sauce is key."

Ethan Wong: "I love to throw in an egg, sunny side up."

54. You probably don't need to worry about the Freshman 15, unless you're an idiot

GEOFF LISTER/THE UBSSEY

There's a lot of debate around whether the oft-cited "Freshman 15" actually exists.

It would seem to make sense that such a major lifestyle change as moving away from home would have an effect on one's physique. But a 2011 study from the University of Ohio argued that the average weight gain for college students was only around 3.4 pounds. Less than 10 per cent actually put on the fabled 15.

There doesn't seem to be any UBC data, but one can speculate the average would be even lower.

For one, UBC cafeterias charge per item, whereas many schools in the US have a flat all-you-can eat rate.

The key to our comparatively fit student population may also lie in location. Vancouverites tend to be freakishly in shape; plus, our liquor laws don't allow for late-night beer runs to the gas station.

To actually gain 15 pounds, you'd have to put in some serious work. A few suggestions:

- Don't sleep. Lack of sleep contributes to over-eating.
- Eat at the caf grill twice a day.
- Drink an excessive amount of beer. Don't forget the drunk snacks.
- Wing Wednesday.
- Take advantage of those twisted Domino's student deals. There's something evil going on there.
- Starch, starch, starch.

55. There is such a thing as a free lunch at UBC

If you're resourceful and not too picky, there is a ton of free food available around campus.

- Hit up Clubs Days. Feign interest. Go to the first club meeting, gorge on Timbits and pocket orange pekoe teabags.
- Check online to see if there are any public lectures or colloquia on campus, or go to the visual arts grad class exhibition and eat their finger food.
- Volunteer. Undergraduate societies love free labour, and in return for your hard work, they will often throw a thank-you ice cream party.
- Troll the interwebz for open houses from other post-secondaries, such as SFU or VFS. Go especially if it's at night, because they will offer sandwiches and Costco cookies. Pretend you're interested, but end with, "But I'm still not really sure if I want to switch majors ..." and the recruiters will back off.

56. How to deal with culture shock

The soup isn't going to taste how Mom makes it anymore. Your classes might have 500 people in them, and you no longer get to eat lunch with all of your high school friends. Coming to university is a time of transition. For some students, these changes can be so dramatic as to cause a sense of 'culture shock.'

"[UBC] was a big shock in the beginning," said recent graduate Ethan Wong.

Peter Wenyenya, International Student Advisor, Special Populations & Programs at UBC International House, explained that moving to a school as large as UBC is likely to leave new students a little bit disoriented.

"[It occurs] through social, cultural transitions, exposure to new ways of being, new ways of thinking, new ways of doing," said Wenyenya.

"The fact that you're meeting so many different people, and all at once, was a little bit overwhelming ... but I really embraced it," says third-year student Urooba Jamal.

Rather than feeling uncomfortable, Wenyenya hoped students would see these differences as an opportunity.

"Things that are shocking aren't just negative things," added Wenyenya. "They can be very positive things. Because through that process you learn about yourself, you learn about the new place you're transitioning to, you learn about ways you can adapt."

Recent graduate Denise Tom advises remembering you're definitely not alone in experiencing big changes.

"All of the first-years are in the same boat as you, so you can bond over that. And it was kind of hard to find my way around campus and get used to everything, but just give it a bit of time and you'll be fine."

57. Where to get a cheap bike

Having a bike in Vancouver is a must. The city is extremely bike-able, it's relatively flat (the hill to UBC notwithstanding), and you can generally get to most places in Kitsilano faster by bike than by bus. Finding the perfect bike on a student budget, however, is tough. Lucas Gallagher, from the AMS Bike Kitchen, has a few tips for getting a used bike without getting ripped off.

Give the bike a "drop test"

"If you can pick the bike up and drop it and it sounds really loose and is rattling, you're going to have loose bearings which is going to be a larger problem down the road."

If you can't ride it with no hands, pass.

"You should be able to ride no-handed. If you're not able to, that would indicate some kind of alignment trouble or greater issue with the bike that isn't identifiable right away."

Avoid steel rims

"Steel rims are really shiny; they're chromed, which is a dead giveaway. If you don't feel like you can identify them, bring a magnet. If the magnet sticks to the braking surface, it's steel and it's not going to brake well and it's not going to be a good value. Go for aluminum rims."

...on "Cheap Student Bikes" on Broadway

"That place is called Ride On. They have the huge banner that says 'Cheap Student Bikes,' and they don't fix their bikes. They get the bikes, they flip them around, they're cheap but they're not repaired right...I warn people against it, not because they're a bad shop and trying to rip people off, but because you'll end up having to spend more on it."

58. Point/Counterpoint: fraternities and sororities

GEOFF LISTER/THE UBYSSEY

Before you think toga party bros or horrible hazing traditions (this ain't U of A, after all), know UBC actually has a large Greek system dedicated to fostering friendships, building a professional network and hosting social events (did someone say frat party?).

"I would recommend it for someone who wants to make deeper connections with a group of friends." says Ian Campbell, third-year electrical engineer and member of the engineering fraternity Sigma Phi Delta. "As for what I've gotten out of it: very life-long friends."

On the negative side, joining the Greek system can cost you both time and money.

"It's really expensive for some people, and I think they just tend to have a kind of exclusivity that isn't too appealing for people. I think you could get a better experience just joining a normal social club," says recent graduate Ethan Wong.

So if a tightly knit group of people bound by brotherhood/sisterhood sounds like your thing, feel free to rush or go to their orientation in September. If not, there is still a plethora of other organizations that promote social events and long-lasting friendships that are much cheaper.

59. What to do if your parents go crazy

When parents are faced with an empty nest for the first time, they tend to go a little bit crazy. Just think: they've spent the past 18 years raising a small human into a larger human, and now that human has gone off to college to delay adulthood for about another decade, be ungrateful and shake them down for money constantly. So now what?

Some parents hover: the infamous "helicopter parent." The worst cases call up their student's profs and the administration, check in constantly and leave wistful Facebook messages about how much they love you and stuff.

Believe it or not, universities hate this kind of behaviour. Helicopter parents are a real pain for all levels of the university administration, from residence staffers up to faculty deans. In their book *Campus Confidential*, Ken Coates and Bill Morrison detail a few instances of helicopter parents at their worst. At an unnamed Canadian university, one mother slept on her daughter's dorm floor for three weeks while she got "adjusted." Others have accompanied their grown-ass children to job interviews. As the authors point out, "these are the same parents who produced the most cosseted children in history." They don't know what else to do. So what happens if your parents are overly clingy? Or start doing weird thingslike emailing your profs to ask how you're doing in class?

They might benefit from some highly educated people telling them that their kid is going to be fine. UBC runs a handful of parent orientations; for more information, check out students.ubc.ca/parents/. So do the teary goodbye thing, check in, and tell mom and dad you'll see them in December.

60. Get a job

Working while you're in school can pay the bills, build experience or give you a taste of your future career. So long as it doesn't get in the way of your studies, there's a lot to gain.

There are a number of jobs on campus that are tailored for students; some of the biggest employers are the AMS, the UBC Library, and UBC Athletics and Rec. Many research assistant positions are administered through the Work Study/Work Learn program, which offers part-time student jobs.

All the Work Study positions — and a bunch of other jobs — are listed on UBC's CareersOnline database (careersonline.ubc.ca/student/).

For off-campus work, you can start by cruising Craigslist want ads. Search using the name of your neighbourhood and keywords about the jobs you want.

While hunting, it's important to keep your resume up-to-date. The Centre for Student Involvement has resume workshops and one-on-one advising sessions. Lots of information about resume formatting and style is also on their website: students.ubc.ca/careers/students/get-career-guidance/job-search-skills/resumes/

And sometimes the best thing is just hitting the pavement and dropping resumes at various employers in your area. In restaurants and retail, sometimes positions open before they're posted. Also, try to milk any possible opportunities available through friends, family and social media.

Once you land an interview, remember to be well prepared: dress nice, bring a copy of your resume, check in with your references, find out a bunch about the company (and the position, and the interviewer) and get a good night's rest.

Good luck!

61. How to commute

It's Monday morning at 7:40 a.m. on the 99 B-Line. Where your rez-living counterparts can roll out of bed at 8:55, you have to haul ass all the way from the suburbs. To fit into the collective of overworked students stuck on a cramped bus, don't try to be overly happy or chatty. Make a grumpy expression and silently stoke your anger at TransLink instead.

"It made me unhappy, waking up so early," said Urooba Jamal, a third-year internaional relations major who used to commute from Surrey. "The first couple of months, I would be like, 'Yeah, I'll read my notes on the bus, there's so much time.' But as soon as I read a sentence, I would get droopy, so I'd just end up sleeping on the bus."

To survive your daily commute: Don't be smelly. Bring an iPod, but don't blast the music. Bring notes in a compact form like index cards for easy studying. Allow extra time for when TransLink decides to be flaky, and then rant at the TransLink Twitter account. Find a friend to commute with. Or don't, and condition your body to sleep the entire 40 minutes from Commercial Drive to UBC.

62. How to budget

Whether you save religiously or often wonder whether to spend your last $20 on booze or food, money worries inevitably crop up at university. Observe your spending habits in September, and then calculate your ideal monthly budget. Withdraw that amount of cash at the start of each month; a dwindling pile of bills is easier to track than invisible debit transactions. And if you can, maintain a small emergency fund. Cabbing home from across town at 3 a.m. might be an unexpected but very necessary expenditure.

63. What to do when bad days turn into bad weeks

JOSH CURRAN/THE UBYSSEY

University is a stressful and overwhelming experience for everyone. But when bad days become bad weeks, it's important to know help is out there.

According to UBC Counseling Services' website, new mental health disorders typically begin between the ages of 18 and 24. As such, disorders like depression and anxiety are very common in university students.

If a student has identified a problem, Patricia Mirwaldt, director of UBC's Health Services, says initial assistance is available in many forms.

"The AMS has Speakeasy, we have the Wellness Peers, people will often talk to an RA — all those people have extra training in active listening and being be able to make suggestions." Information on managing mental health is also available on the Live Well, Learn Well website (students.ubc.ca/livewelllearnwell).

But for students who require further support, UBC's Counselling Services also offers drop-in service.

"We see a student the same day they come in. We would assess what going on with a student, and potentially we would have a follow up appointment, offer them more counselling services, help them to find resources in the community or on campus," describes Renee Robert, a counsellor with Counselling Services.

In addition to individual sessions, group counselling is also offered. There are group discussions about anxiety and mood management, as well as mindfulness and meditation.

Counselling services specifically for First Nations and international students are available at the First Nations House of Learning and International House, respectively.

Counsellors can help tackle a variety of student concerns, from exam anxiety to supporting students with academic concessions.

Mirwaldt stresses that counselling isn't just for students who think they've hit rock bottom.

"There's quite a stigma," says Mirwaldt. "When students come in seeking help, they feel as though they've failed, that they should've been able to handle it better, handle it on their own."

But Robert argues that overcoming this perception and seeking support is hugely important for students who want to get better.

"One of the difficulties for students is that sometimes when they're feeling alone or things are getting overwhelming for them, it often feels difficult to take that step to get help."

Counselling Services' office is open Monday through Friday, 9:30 a.m. to 3:30 p.m. in Brock Hall, Room 1040. Consultations are also available over the phone.

64. How not to destroy your future career with social media

Twitter, Facebook, Tumblr and the like make it incredibly convenient (and addictive) to communicate anything and everything about your life.

But they also make it really easy for you to embarrass yourself in a way that's kind of indelible. The stupid thing you say at a party during first year will probably be quickly forgotten, but if you post that stupid thing to Twitter, it could come back to hinder you when you start to go looking for an internship or a job.

DO: Drinking.

Cowering away from anyone snapping an Instagram just because you're holding a beer won't help your future online reputation, it'll just ruin your night.

DON'T: Illegal drugs.

If you're stupid enough to go do E at a dubstep show or whatever, don't commit the extra stupid of documenting it on the Internet.

DON'T: Racism, sexism, homophobia and other discriminatory comments.

It doesn't matter if your friends will totally understand that you're not racist and you're totally tweeting the N-word as a joke. The Internet won't understand this. Your future boss Googling your name won't understand this. Just don't do it.

DO: Network.

Sending a witty @reply to someone working in the field you're trying to get into is a lot less intimidating than chatting them up in person, and you might wind up striking up a conversation.

65. Where to get the items you need for sex

Wellness Centre

A friendly, invaluable resource centre for sexual health info and general wellness advice on topics such as healthy eating, sleeping and stress management. Plus, the centre sells dirt-cheap condoms, lubes and toys.

AMS/GSS Health and Dental Plan

The student health plan covers 80 per cent of the cost of most contraceptives. You can also get some brands of birth control pills for free if you agree to pick them up every month at the Shoppers on campus.

Nurses in Rez

Nurses set up stations in Totem Park, Place Vanier and Walter Gage one night per week throughout the academic year. You can ask any burning health-related questions and snag a handful of free condoms while you're at it.

66. How to get around campus

How can you get from one end of campus to the other during a 10-minute between-class break? Know your route. Print out a map (or keep this book, with its handy-dandy map on page 53) .

Getting some wheels can really help cut travel time, especially. We've got a how-to-buy-a-bike section on page 47. Longboards go $80-$100 on Craigslist, or roller skates could really help set you apart.

If you have that particular mix of laziness and cunning, you can even use transit. The C38 shuttles between Wesbrook Mall and the Marine Drive residence, and if you grab the 25, 33, or 41 buses at the right time you can travel north-south on campus in the blink of an eye.

67. How to complain about Vancouver

First-year out-of-towners will quickly realize that complaining about Vancouver, much like complaining about any big city, is a finely honed art form.

WHEN QUIZZED ON VANCOUVER'S WORST QUALITIES, OUR STUDENT PANELISTS HAD MOST OF THE STOCK ANSWERS COVERED.

If you want to gripe like a local, be sure to also bring up Vancouver's arcane liquor laws (Google the Rio Theatre debacle) or our ridiculous real estate market (visit the hilariously depressing "Are You F-ing Kidding Me?" section of thethirtiesgrind.com).

A hearty eye-roll about yuppie Kits yoga moms or yuppie Yaletown purse-dogs — or yuppies in general, really — is always well-received.

And for that authentic touch: whenever anyone mentions Surrey, shudder theatrically and screw up your face like you're about to puke. It's usually acceptable to add, "Ugh, Surrey." You don't need to know why. You don't even have to go there. Just trust us.

68. The skinny on Vancouver neighbourl

With a city as big as Vancouver, it can be difficult to figure out which areas are worth visiting and which ones are a waste of time or just plain dodgy. Below are some do's and don'ts to keep in mind.

DO:

- Explore Kitsilano. It's close to campus, and it has several beaches and an endless array of cool restaurants, shops and bars.
- Wander around downtown Vancouver. You can do all the touristy things, but more often than not, it's simply walking around and stumbling upon hidden gems that people love most about the city.
- Check out Richmond. Hit up a karaoke room and shop at the famous Richmond Night Market. Expect lots of good food!
- Try some great, cheap Indian food in Surrey, if you're up for the commute.

69. How to be a good Vancouverite

The best thing about the Global Citizen Village From Here U-Town where you will spend most of your waking hours is that you never have to leave. But when you actually venture into downtown Vancouver, it will become a terrifying place you don't understand. Here's how to get used to it:

1. Vancouverites don't talk to each other

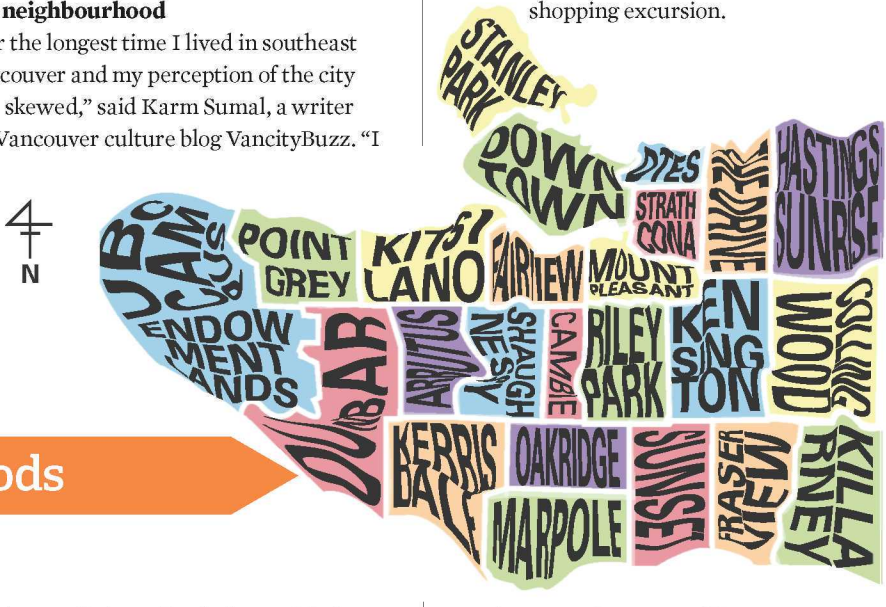
They don't. "Much like UBC, you can't really walk up to someone on the street and talk to them," Ian Campbell said. "People tend to keep to themselves. And it's nice that people are laid back...but it can be kind of a lonely place at times."

2. Nobody goes outside of his or her neighbourhood

"For the longest time I lived in southeast Vancouver and my perception of the city was skewed," said Karm Sumal, a writer for Vancouver culture blog VancityBuzz. "I didn't know what was going on in and around all the other wonderful neighbourhoods." Sumal recommends printing out a map and trying to visit as many different neighbourhoods as you can.

3. Shopping is a social activity?

Fitting Vancouver's freakishly expensive reputation, if you're not going somewhere like Stanley Park or the Seawall to walk around, most of the activities in Vancouver revolve around shopping, restaurants, and other establishments that exist to sell you things. Our student panelists recommend the vintage shops on Main Street and in Kitsilano for a decent-pried shopping excursion.



hoods

• Take a walk down Davie Street. It's the lively home of Vancouver's gay community.

• Stroll through Main Street. Something will definitely catch your eye (or make your stomach growl).

• Check out Yaletown. It's super trendy, filled with lounges, bars and lots of gorgeous people. It's not touristy, but it's a great way to experience a unique part of Vancouver.

DON'T:

• Bus home alone from anywhere late at night. Vancouver is pretty safe, but no matter where you are, it's always better to have a buddy if it's late at night.

nuba

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70. Build your résumé the smart way: start small, but start now

Graduation might seem very far away, but it'll catch up to you faster than you expect. And in today's job market, you want to have more than just a transcript full of decent grades under your belt when UBC spits you back into the real world.

To work your way up to the kind of real-world experience that'll put you ahead of all the other schmoes in your graduating class, you'll want to get started now.

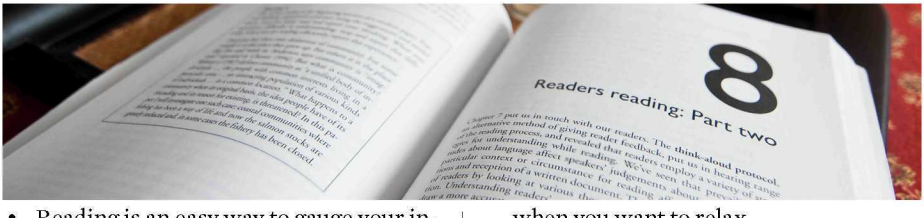
If you're thinking about going on in academia, you could try to get a paper published in your field while you're still an undergrad. Take your first step toward this by asking to volunteer for a professor whose research you like. Other useful steps would be attending research lectures in your field (there are tons on campus) and chatting up grad students who study things you're interested in.

If you want to leave academia behind and enter the workforce, try to get as much career-focused experience as you can now. Start looking into Work Study, internships and co-op options now. Don't go to your professors for help; they're the last people who can help you find a job outside the Ivory Tower. UBC Career Services has some job listings, but get used to scouring the internet for entry-level or internship work you can do part-time or during the summer.

Another option for filling up some résumé real estate is student involvement. Volunteer for your faculty association, a club or the AMS now, and before long you could run for a position that has actual responsibility.

Also, if you're interested in journalism, writing, photography or design, did we mention that we're a school newspaper that will help you do all of those things? You'll wind up with work you can show off, and if you're good enough you can even work your way up to getting paid.

71. Reading outside of class makes you a more interesting person



- Reading is an easy way to gauge your interest in an elective without committing to a full term.
- Applications for some majors or honours programs require a list of readings you've completed outside of class.
- Instead of turning to some mind-numbing Facebook time, try picking up a book when you want to relax.
- Pulling out a particularly dense tome is a great conversation-starter with other pseudo-intellectuals (now your new friends!).
- And as Zizek says, why be happy when you could be interesting?

72. If you lose your faith, don't be a jerk about it

University is usually the time when one's general worldview experiences its biggest shakeup. And it's a hoary college-years cliché to start your higher education with a belief in something-or-other and lose it by the time you're done.

As excited as you might be about this new outlook of yours, keep in mind that newly minted atheism is all too often a one-way ticket to assholedom.

If you want to have a debate about this stuff, do it with someone you know pretty well and make sure they're comfortable arguing over these topics with you first. Don't be that arrogant jerkwad drunkenly yelling Richard Dawkins quotes in someone's face at a party. It doesn't make you look smart. Trust us.

73. Be careful with study drugs

"Study drugs" — medications like Adderall, Dexedrine or Ritalin taken without a prescription — are not difficult to buy. But you should be wary of them.

"It's very easy to start to take a little bit too much of these drugs, and start to encounter all these difficulties," warns Dr. Anthony Phillips, a UBC psychiatry professor.

Potential side effects include changes to mood, appetite, sex drive and sleep patterns. Phillips says restlessness and anxiety can also occur.

"[If students] start to use them recreationally rather than for a studying context, then that's a slippery slope to addiction," explains Phillips.

And aside from health concerns, possession of prescription drugs without authorization is illegal in Canada.

74. How to complain about UBC

The euphoria you feel in the first few weeks of university will eventually fade. And when you finally hit that nadir, you need to know how to express your ennui like a pro. Here are the top things to complain about at UBC:

- **The wireless sucks.** UBC's campus-wide wireless often slows to a crawl, if indeed it works at all.
- **The rain** will destroy your socks and make it look like you just showered with your clothes on.
- **The ubiquitous construction** will turn a five-minute trek from point A to point B into a terrifying maze that ends in one of the following: a minotaur, you being late, or you being late to a meeting with a minotaur.
- **Transit is impossible.** When you are late, buses are always early, and when you are early, buses are always late. If you manage to board a bus, you'll have to stand stock-still while surrounded rows upon rows of people crammed into every last crevice.
- **Nothing fun ever happens.** At one time, there was no shortage of fun stuff to do on campus. But then a bunch of old people moved here and now we're left only with the odd lackluster dubstep show on a Pit Wednesday. The liquor store is now far enough from the middle of campus that you might as well just go to Kits for your booze. And once you do go to Kits, there's basically no reason to come back to campus anyway.

75. Attending matters of the soul

JOSH4242/FLICKR

The Labrynth at the Vancouver School of Theology, on UBC campus.

Want to practice your religion in the company of other religiously minded people? There are plenty of spiritual services available for students at UBC. Here's a brief list of some:

Anglican services are held every Sunday at 8:30 and 10:30 a.m. at St. Anslem's Chuch (5210 University Boulevard).

Born For More, a Baptist AMS club, meets Thursdays at noon in SUB Room 213.

Jewish campus group Hillel meets every Tuesday at noon in Hillel House (across from the SUB).

For Muslim students, daily prayers take place at Room 2357 in Brock Hall Annex, and Friday prayers are held at International House. For prayer times, contact the UBC Muslim Students' Association (msaubc.org).

Orthodox Christian Vespers are held every Wednesday at 7 p.m. at the Holy Cross Chaplaincy, in St. Mark's Chapel on Iona Drive.

Pentecostal services are held every Sunday at 10 a.m. at Point Grey Community Church on 7th Ave. Visit pgcc.org for more info.

University Christian Ministries, a multi-denominational group, meets every Thursday at 7 p.m. in Wood 6 lecture hall in the Woodward Instructional Resources Centre. Visit ubc.ucmonline.ca for more info.

Korean Presbyterian services occur on Sunday at 1 p.m., Wednesday at 7 a.m. and Friday at 7 p.m. at Light of Love Church at St. Anslem's Church.

Roman Catholic Mass is held at St. Mark's Chapel on Iona Drive. Visit stmarkscollege.ca for times and more information.

Shin Buddhist services occur every Sunday at 10:30 a.m. at both Steveston Buddhist Temple in Richmond and Vancouver Buddhist Temple on Jackson St.

United Church services take place Sundays at 10:30 a.m. at the University Hill Congregation in the Chapel of the Epiphany, on campus at Chancellor Boulevard.

For more information on spiritual organizations around UBC, start by searching yellowpages.ca under "Churches and Other Places of Worship" or "Religious Organizations" in the Vancouver area. UBC also has an interfaith chaplaincy service for students who want to talk spirituality; more information is available at chaplains.students.ubc.ca.

And there are a whole bunch of faith-based AMS student clubs, too. A full clubs listing is available at ams.ubc.ca/campus-life/clubs/.

76. The War on Fun

UBC is kind of a like a city, except it isn't. Why should you care? Well, there's no actual local government here. That means that people who live at UBC can't vote for anyone who has any power in a civic election. UBC basically gets unencumbered power over everything that happens on campus, and they get to decide what's built where.

Still, why should you care? Well, this might not be the nicest thing for you to hear, but this campus used to be a lot more fun. There was a time when you would pass four beer gardens on the walk back from Buchanan to Totem on a Friday afternoon.

UBC exists in a weird limbo where the university gets almost all the power, the people who live on campus in non-student housing get a little, and we students — you know, ostensibly the reason why the university exists in the first place — basically get none.

This means the university came this close to putting market housing (i.e. housing that's full of non-students who enjoy complaining about loud noises) next to the only place on campus left for outdoor concerts. The amount of hassle and paperwork a student club has to go through to hold a beer garden on campus should practically entitle them to an extra course credit.

A recent UBC student survey showed that the more years someone has spent at UBC, the more they think that campus development isn't done with students in mind.

Some people call the steady year-to-year decline of fun shit to do on campus (and simultaneous rise in things like seniors' homes) the "War on Fun," and it's a phrase that's pretty apt.

What can you, a wide-eyed first-year student, do about any of this? The problem is that students come and go all the time, while UBC's top brass and million-dollar condo residents tend to stick around. But get involved with student groups and pay attention to campus news (shameless plug: read *The Ubyssey*!) — and if the university tries to push a policy or development that's not good for students, push back. Or try to organize a fun event on campus, so a handful more people have a reason to stay here past 6 p.m.

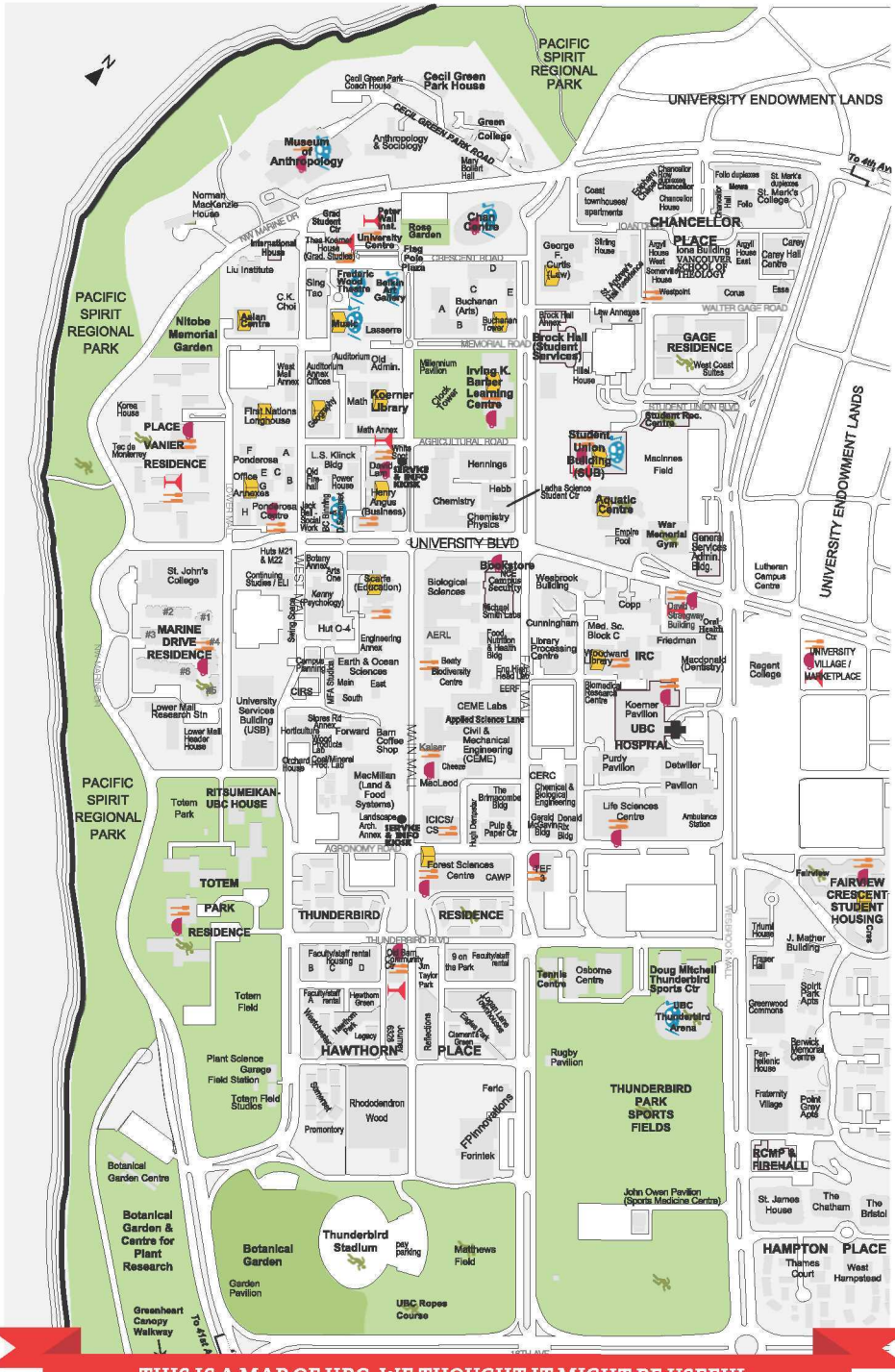
77. Being jaded is boring

The first few weeks of university can be a bummer if you're not into the first-year ra-ra spirit. People at rez are making the same high school penis jokes. Professors want you to conform to a certain ideology. You're homesick and tired of greasy burgers and you think to yourself, as emo as it seems, is university really worth it?

Before you don the "been there done that" attitude, take a step back. You're in university! You can take interesting courses like wine science (FNH 330)! You can meet people from around the world! As tired as you are of the education system or of humanity in general, you never know what you'll find. Keep an open mind.

Even who you were in high school does not dictate who you will be in university. Marjan Hatai was a yearbook editor in high school, but saw the variety of new and different opportunities to get involved.

"I think that's what happens when you go to college. You change a lot as a person."



THIS IS A MAP OF UBC. WE THOUGHT IT MIGHT BE USEFUL.

THE OLD SUB is still Open since 1968!

study AT THE SUB

eat AT THE SUB

SHOP AT THE SUB

In April 2008, UBC students approved the construction of a new Student Union Building (SUB). Since then, the AMS has been working around the clock to turn that vision into reality through a participatory, student-driven process.

But great things take time to build, so while our new home is being built, we're going to keep bringing you the quality AMS restaurants, shops and services you've come to expect, all still housed in the Old SUB!

COMING SOON

ams
student society
ams.ubc.ca

Enhancing Student Life