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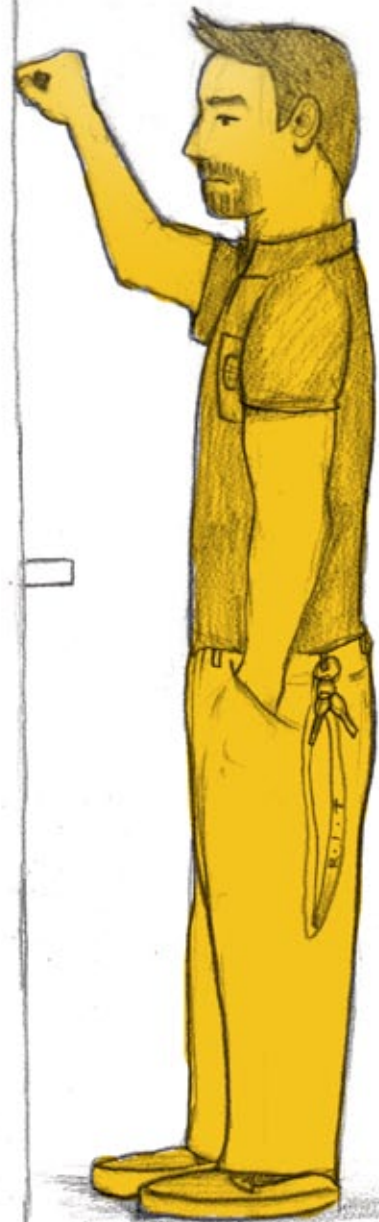
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FINDING THE BALANCE

You can choose two; a social life, good grades, or sleep. Do you try to "work hard, play hard" by sleep deprivation? Do you subscribe to the "C's get degrees" motto that some of my more socially inclined, sleep-conscious friends have chosen? Or do you, like me, try to do a bit of all three? For instance, I started writing this at a house party. My friend's roommates are gone so we decided to partake in a game called "beer ball." I, as a responsible designated driver, was playing with water.

Choosing what we spend our time on — whether it is on Reddit, doing homework or otherwise — will impact a college career more than the negative effects of procrastination or a late night partying. Through the actions we take, we are defining our behavior in an uncontrolled environment. If I want to stay up until 4 a.m. playing Euchre with my friends, there is no one who will wonder where I am or tell me to "drive safe" when I come home. How we were raised and taught as children has hopefully given us the tools to make informed decisions, but at this stage in life we are on our own.

In some circumstances, the freedom is refreshing. Each year, I stretch my wings a little bit farther and get a little bit more used to answering only to myself. In parallel, the safety net of parental guidance is gone. Going to a party and trying to write an editor's note that will be seen by whoever doesn't want to look lame eating lunch alone and — more importantly — my parents and boss, doesn't seem like a smart idea. But I'm trying it anyway. In this instance, my unusual work-place setting experiment is providing mixed results. On one hand, everyone around me thinks I'm a huge nerd for writing this at a house party. In contrast, I'm sure my parents are a bit skeptical of my work ethic.

My friend is yelling at me to join the party. "Close it, close it!" she yells, referring to my laptop. Shaking her beer bottle at me in disappointment, she gives me a friendly eye-roll and turns around, distracted by an invitation to play MarioKart. At this time, I have a few more articles to edit and am bound by an early deadline. That and the fact that I suck at MarioKart prompt me to continue my work. But, there are trade-offs for everything. I might regret passing up the opportunity to get bested in a video game or I might be glad I crossed another thing off my to-do list.

As we continue to further exercise our independence throughout our time at RIT, there are many benefits and consequences to consider. Each person must find his or her own balance between friends, academics and sleep. No matter which choice we make, it is important to remember what these decisions imply about us as individuals, solely responsible for the outcome.

Amber W-D

Amber Wilson-Daeschlein
EDITOR IN CHIEF

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Second year Electrical Engineering majors Connor Reardon, Luke Brophy and Adam Dibble make the most of Rochester's wonky weather by playing pond hockey with second year Industrial Engineering major Chris Haluszczak on RIT's campus, Friday, January 25, 2013. For more info on Destler's Weather Machine, check out RIT Lingo & Humor in At Your Leisure on page nine.

<p>6. Online Resources: No RIT student should be left without.</p> <p>7. Know Your Leaders Meet your Student Government members.</p> <p>9. At Your Leisure What do banjos, fountains and umbrellas have in common?</p> <p>10. Places to Study Find your ideal study spot.</p> <p>12. Spicing Up College Staples Save money while keeping your inner foodie happy.</p>	<p>13. Guide to Buying Textbooks A side-by-side comparison of book buying options.</p> <p>14. Ticking Time Time management tips for academic success.</p> <p>16. Roommate Contract: What it Really Means.</p> <p>18. Getting the Goods: Finding free stuff around campus.</p>	<p>19. Freshmen Year Bucket List Take advantage of everything RIT has to offer.</p> <p>21. Word on the Street: Freshmen Pro-Tips.</p> <p>22. Rings 'Quarter-Mile High Club' gets a new member.</p>
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Cover illustration by **Emily Gage**

ONLINE RESOURCES

NO RIT STUDENT SHOULD LIVE WITHOUT

by Ali Coladonato with contributions by Kayla Emerson

TEXTBOOKS

Bookmaid

bookmaid.com – A textbook exchange website, exclusively for RIT students.

Student2Student

student2student.com – Not exclusively an RIT resource, but it allows you to narrow your textbook search by university.

Textbook Exchange

Join "Groups at RIT" on facebook, then search for the "Textbook Exchange" group – Just what it sounds like. Post about books you have or books you want.

Check out (accompanying article in this magazine) for more!

REFERENCE RESOURCES

List of places that accept Tiger Bucks

rit.edu/diningservices/content/locations-accept-tiger-bucks

ASL Video Dictionary and Inflection Guide

ntid.rit.edu/dig/online – A useful resource for expanding your vocabulary or learning some ASL pick-up lines.

Wallace Databases

library.rit.edu/dbfinder/ – For research, the Wallace Library's site in general is a useful one.

RIT Directories

rit.edu/its/content/rit-campus-directory – In case you need to mail something, email a professor or find an office.

IMPORTANT RESOURCES WHEN DECIDING HOW YOU'LL SPEND YOUR TIME NEXT SEMESTER

RIT Schedule Maker

schedule.csh.rit.edu – Browse courses and see what your potential schedule looks like.

Student Employment Office

rit.edu/se - Check out job listings for both on- and off-campus jobs.

Rate My Professors

ratemyprofessors.com – Know what to expect from the head of the class.

The Link

thelink.rit.edu – See club happenings; stay connected.

Events Calendar

events.rit.edu – Get involved with RIT events.

FOR THE FOODIE IN ALL OF US

Dining Hours

rit.edu/diningservices/content/hours-operation – It's always good to know the dining hours, menu and locations.

Smart Nutrition


rit.edu/diningservices/smartnutrition – Contains nutrition facts for on-campus dining. Avoid the freshman 15!

MISCELLANEOUS

The Ride Board

Join "Groups at RIT" on facebook, then search for the "Ride Board" group – For those who need a lift, or for the lucky ones who have cars and want company (and gas help) on the way home. Student Government (SG) also has a physical ride board located in the Student Alumni Union (SAU) across from the Writing Center.

Software Licensing through ITS

rit.edu/its/services/software_licensing – RIT has some licensing agreements that allow students to install some applications for free or for a discounted rate. 

KNOW YOUR LEADERS

by Nick Bovee and Joan McDonough


STUDENT GOVERNMENT (SG)



PRESIDENT-
PAUL DARRAGH



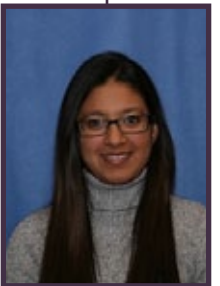
VICE PRESIDENT-
NICHOLAS CIFRANIC

During last year's SG election, Paul Darragh and Nick Cifranic campaigned to record all lectures to assist students with missed classes and to help those facing the tough decision to "take a \$15000 bet" and change majors. On campus bike rentals are another primary goal, followed by a requirement for teachers to use myCourses consistently. Paul and Nick's prior leadership experience outside of SG includes involvement in Greek life and the RIT Leadership Institute. They are interested in gathering student feedback and have invited students to contact them through Facebook or email. 

Freshman senator signups begin August 26

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ASHLEY CARRINGTON



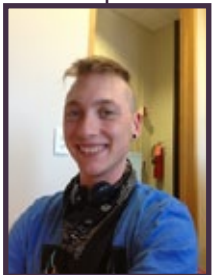
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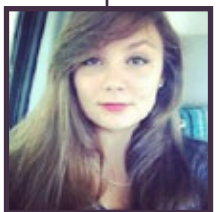
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AYL At Your Leisure by William Hirsh

Word of the Week

Milquetoast (noun): a timid or unassertive person. Jeremy, rather than being a milquetoast among his dorm mates, rallied his new friends to a group trip to Gracie's.

RIT Lingo & Humor

Humor:

Banjos: Destler was a bluegrass musician in his hey-day. He also has one of the largest banjo collections in the world. Look up his album to get your bluegrass fix!

Fountains: This is where your tuition goes. That and t-shirts.

Umbrellas: Many students survived and remembered the Great Umbrella Scare of 2012. Seriously, don't walk around with a gun hilted umbrella, least you want a campus safety brand tackle.

Innovation: According to the Prez, we have a lot of it here. Buzzwords away!

Bricks: RIT is composed of bricks. By the time you leave, the universe might look that way as well.

Destler's Weather Machine: So this is why we have snow in spring!

Lingo:

Co-ho: The Corner Store. The place you buy some microwave meals in case you're in a rush.

Toilet Bowl: Also called the Fish Bowl, this is another name for The Innovation Center.

Riverhole: Riverknoll. Yeah, it's that bad.

Party Row: The back row of Colony where partying has been turned to level 11/10.

Quarter Mile: A misnomer really. The Quarter Mile is actually a third of a mile. Also called the 25.

The Ratio: The absolute imbalance of men to women at RIT. If RIT was an ecosystem, it would be crumbling.

HvZ: Humans versus Zombies. A game of carrying Nerf guns and socks to ward off zombie students.

Haiku

Light seeps through window
Disturbed, I yell to roommate
Close the blinds, my eyes.

Quote of the Week

"When you're safe at home you wish you were having an adventure; when you're having an adventure you wish you were safe at home." - Thornton Wilder

Stream of Facts

The word **college** derives from the Latin phrase *collegium*, meaning "community, society or guild." Its literal meaning is "association of colleagues."

College did not refer to an academic institution until the 19th century, when Oxford and Cambridge started the trend.

When irked by the rules forbidding dogs at the University of **Cambridge**, the poet and writer Lord Byron reacted by bringing a bear instead. Byron insisted that the **University** had no legal reason to complain.

That according to researchers at the **University** of Newcastle, a bacon sandwich is an ideal cure for hangovers. The high protein content of the bacon along with the carbohydrate content in the bread provides helpful amino acids when broken down, jump starting your metabolism and aiding in the recovering from a night of heavy **drinking**.

When caught **drinking** gin on campus at Dartmouth College, Theodor Geisel was put on probation. To keep contributing to the school paper, he took on his now-famous moniker, Dr. Seuss.

Reporter Recommends: Adapt Yourself Like a Filmmaker

For every great series of books, novels, games and other media, there is always the possibility of a film adaption being made for them. Many franchises like Dragon Ball and Harry Potter have made the transition to the silver screen at one point or another. Now, even if you're a causal film junkie, most can usually notice the difference between a good and bad adaption.

Likewise, there are good and bad ways of rebranding yourself while in college. Some may feel that they need to take the Hollywood Remake approach and present themselves as an action-hero version of themselves, lacking in subtlety and faithfulness to the original. This is why I'd like to steer you from this tactic and rather you took a page from the movie "Scott Pilgrim vs. The World." While having a very similar beginning to the comics and a drastically different journey to the end, the movie still held a lot of the charm and elements from the source material. Why? The film was developed to include as much content from the comics as possible. The producers took some of the best aspects of the source material and blended them together into a weirdly appropriate adaption.

When beginning your first steps onto the Quarter Mile, adapt your person like you would a good film adaption: include the best qualities of yourself while still remaining truthful to who you are. **R**

Comic illustrated by Corinne Newbegin



PLACES TO STUDY

by Michelle Spoto

While the school work hasn't started to pile up quiet yet, eventually you'll be desperate to find the perfect study spot. Here's a detailed list of a few personal favorites, complete with rankings in the categories of "Group Work" (how well the space accommodates a group meeting) and "Noise Level." Finding your preferred place to study depends a lot on your own study habits, whether you like complete silence or a little background noise or whether you work is done individually or in a group. It can be complicated and a bit frustrating but we're here to make the process a little easier.

JAVA WALLY'S

Group work: ★★☆☆☆ Noise Level: ★★★★★☆

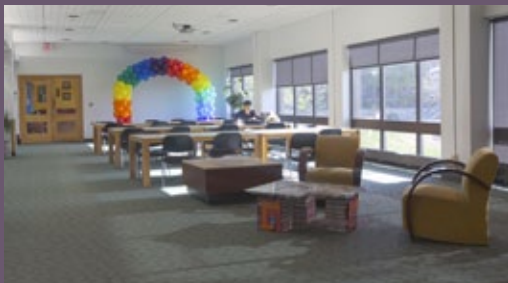


With a funky atmosphere and tons of coffee — that can unfortunately only be paid for using cash or credit — Java Wally's can be a great place to study or just hang out. Java's ranks a 3/5 in the "Group Work" category, a high score thanks in part to its comfy couches and several large tables. Since the place is pretty casual, no one will be disturbed if you group project gets a little loud. With that being said, Java's may not be the right place for you if you need peace and quiet; with the music and the crowds, the place can get pretty noisy, ranking 4/5 in the "Noise Level" category.

THE WALLACE LIBRARY

1st/2nd Floor

Group work: ★★★★★ Noise Level: ★★★★★☆



The first and second floors of the library may be the most ideal place to work in a group. Ranking a perfect 5/5 in the "Group Work" category, this half of the library houses many large tables giving your group space to spread out. Since the first two floors aren't considered "quiet floors," collaborating with group members is easy. However, this perfect group space comes at a price: the noise. You risk having to listen to everything from chatty cell phone users to that person who decides it's a good idea to bring the crunchiest carrots he can find as a study snack. The noisiness of the first and second floors give this half of the library its 4/5 rating for "Noise Level."

3rd/4th Floor

Group work: ★☆☆☆☆ Noise Level: ★☆☆☆☆



Unlike the first two floors, the third and fourth are deemed "quiet floors" where talking above a whisper is prohibited and even rustling your book bag too loud might earn you a few caustic stares. This no-talking policy gives the top two floors of the library their 1/5 rating for "Noise Level." If you need total silence to focus, these floors are perfect for you. With the large tables of the first two floors replaced by small study rooms and individual desk cubicles, this half of the library is really dedicated to individual work, earning it a meager 1/5 in the "Group Work" category.

THE READING ROOM

Group work: ★★★★★ Noise Level: ★★☆☆☆



Ah, the Reading Room. A personal favorite of mine, the Reading Room has comfy chairs (that far surpass the questionably stained couches you'll find in various buildings on campus), large tables and an atmosphere that'll really put you in the academic mood. Earning a 2/5 for "Noise Level," the Reading Room is generally a quiet place to be but, due to its location on the top floor of the Campus Center, don't be surprised if you can hear what's going on in the rest of the building. I gave this study space a 3/5 for "Group Work", thanks to its huge tables and the fact that it's often deserted, but there come some stipulations with this ranking. The Reading Room is partially intended as a place for RIT students and employees to pick up a book and read without much disturbance; a loud group working on a project doesn't seem to fit the picture. My own advice: if there's no one in the room, the space works as a great area for group projects but if someone's trying to work quietly, check out a different study area.

EASTMAN BUILDING LOUNGE

Group work: ★★☆☆☆ Noise Level: ★★★★★☆




With comfortable chairs and tables of all size, the lounge in the Eastman building (located directly across the Registrar's office) is a great place to curl up with a good book, or one that's required for class. Given the quite environment, it's not the most ideal place to work as a group, earning itself a 2/5 in the "Group Work" category. While the lounge has ample desk space, it can get a little noisy since it's open to the hustle and bustle of the Eastman Building.

YOUR DORM ROOM

Group work: ★☆☆☆☆ Noise Level: Unknown



This study space all comes down to personal preference; are you okay with working in a small space or do you need the room to spread out? If you're the former, your room might become your own favorite place to study. If you're like me, however, and need all the room you can get when it comes to working on homework or studying for an exam, then studying in your dorm room might feel a little claustrophobic. Undoubtedly, your dorm room is not going to be conducive to group work: there's a lack of seating and desk space, earning it a 1/5 in the "Group Work" category. As far as noisiness, that depends on your roommate, floor, and even time of day, making the "Noise Level" of your dorm room unable to be determined.

Whatever your preference for noise level or the type of work you need to complete, RIT offers several spaces to fit your needs. The most important part of finding your own perfect study spot, however, is to do more than just read this article by exploring campus yourself, even places outside of your own academic building. 

Spicing Up COLLEGE STAPLES

by Crystal Mendoza Paulin |
contributions by Amber
Wilson- Daeschlein |
photographs by Tom Brenner

EASY MAC



Although notorious for setting off fire alarms, mac n' cheese and other microwaveable pastas are generally easy to make. Much like ramen noodles, these meals are low in nutritional value so add ham, chicken or tuna. If you want to be extra healthy, try coupling the pasta with some greens like broccoli or celery.

MEXICAN MAC N'CHEESE

1 bowl of macaroni and cheese
1 cup of diced or shredded chicken
Salsa of choice

Prepare the macaroni and cheese as directed on bowl. Top with cup of chicken and microwave for 30 seconds. Add 2 tablespoons of salsa and mix well.

In a few short weeks, the glow of newfound independence will fade, your graduation gift money will be long gone and you'll be in need of some cheap, fast and easy-to-make meals. Not many foods fit the college budget and lifestyle; even fewer deliver the nutrients required to power walk down the quarter mile for that 8 a.m. class. If your inner foodie is screaming with boredom and you need a quick re-fuel, Reporter has you back.

RAMEN NOODLES



Ridiculously inexpensive, ramen noodles are an infamous college food staple. For more bang for your buck, add eggs, chicken or beef for protein. You can flavor the broth by adding anything from spinach to green onions to kimchi. You can even forgo the packaged seasoning altogether and make your own sauce, like curry.

SPICY EGG DROP NOODLES

1 bag ramen of choice
1 egg
Soy sauce
Ground red peppers
Sriracha sauce

Prepare the ramen as directed on bag. Leave ramen boiling and crack egg over noodles. Mix with noodles. Boil for two minutes while continually stirring. (If you want larger chunks of egg with your noodles, refrain from stirring so as to not break up the egg.) Add 1 tablespoon of soy sauce and Sriracha. Mix well with one teaspoon of ground red peppers.


YOGURT



Nothing is faster than grabbing a cup of yogurt and dashing off to class. Pre-made yogurt-based products can be expensive so it's far more cost-effective to buy a tub of yogurt and get creative. Nutritional and versatile, yogurt can be mixed with any number of brans and fruits for flavor. You could even crumble up a chocolate bar to power you through your next exam.

MAKE YOUR OWN PARFAITS

1 cup flavored yogurt of choice
Bran of choice (oats, cereal, granola)
Fruit of choice (berries, apples, bananas)
Condiment of choice (raisins, chocolate, nuts)

Add 2 tablespoons of oats/cereal to the yogurt. Add 1-2 tablespoons of fruit. Stir in condiment of choice. 

GUIDE TO BUYING TEXTBOOKS

by Juan Lachapelle

Most college students find out quickly that buying textbooks will take up a large portion of their budgets for the school year. These essential items for the classroom can end up costing hundreds of dollars, depending on what class you take. We'll take a look at a few places to find textbooks at a price that won't kill your wallet by using "Communication between Cultures," 8th edition by Samovar, Porter, McDaniel and Roy as an example book. Prices will vary depending on the text.

AMAZON

Prices (not including costs of shipping):

New	\$134.04
Used	\$65.59
Rent	\$85.74

Amazon is usually good with keeping books in stock and has great shipping options. The Amazon student program (comes with a free six-month trial but costs \$40 per year while in school) gives you free two-day shipping if you need your books in a hurry. Their trade-in program usually gives you a decent amount of cash depending on the title (\$93.44 back for "Communication between Cultures"). As you can see they are noticeably cheaper than Barnes & Noble @ RIT and have other sellers available, with varying prices, on the same site. This is a decent money-saving option if you remember to plan ahead or have the patience to wait and don't mind being behind one or two readings in class.

BARNES & NOBLE @ RIT

Prices:

New	\$161.35
Used	\$121.00
Rental	\$79.05
E-book rental-	\$81.00


Barnes & Noble @RIT is within walking distance to campus, is usually guaranteed to have your book in stock, has a buyback program and can also supply you with an e-book or used version when available. Even with these benefits, I recommend this place to be your last resort. More often than not, they are the most expensive book-buying option. You may also receive less for your books from the buyback program than you hoped for. For students who want their book quickly and are willing to pay the price, Barnes & Noble @ RIT is the option for you.

INTERNATIONAL EDITION/EBAY

Prices:

New	\$40.96
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An "international" edition of a book is an edition tailored for students in other countries and cannot usually be found in U.S. stores. They usually have different covers and sometimes slightly different content but can be found for a fraction of the U.S. price. Though not all books have international editions, generally the best way to find them is through eBay. This option can be risky depending on who you buy from so make sure it's the correct book and check the seller rating and feedback. Unless you plan on selling it directly, this option doesn't have much resale value since many stores won't buy international versions. For those willing to do the research and take the risk, this can greatly reduce the amount of money you have to spend on books.

There are of course a multitude of other websites and stores in the Rochester area that offer various text books for various prices, so do some research and find what works best for you! 





TICKING TIME

by William Hirsh |
photograph by Joe Philipson

It's the first week of classes. Professors are dishing out syllabuses like the semester depends on it. You glance at it for a minute and then lose it to that mountain of papers on your desk.

Now fast forward to the end of the semester. Projects, tests and finals begin to pile high on your to-do list. At RIT, these weeks can at first seem like an eternity, but that is never the case.

According to a 2007 analysis by the University of Calgary, 80 to 95 percent of college students procrastinate on their course work. Left unchecked, an insurmountable wall of work begins to form that is impossible to finish.

With other associated stressors such as the change in location from home to a college campus, a change in the quality of sleep and a stark difference in diet, students can be overwhelmed physically and mentally. These factors can affect the ability to manage time successfully.

HEALTH EFFECTS OF POOR TIME MANAGEMENT

Timothy Keady, Associate Director of the Student Health Center (AUG), has been working to help students for the past 12 years with the trials and tribulations of college. "I think a part of the reason students don't have good time

management is that they haven't learned the skills yet," said Keady. "A lot of students who come to RIT are very intelligent. Now they are put in an environment where everything changes."

Keady believes RIT students often don't realize how much time they actually have during the term, and should evaluate the time constraints early on.

As the work load begins to pile in the later weeks of the semester, students begin to make poor health decisions. "[Students] are going to make choices that are inappropriate," said Keady. "When they go out, some students abuse drugs and

alcohol or they become despondent and distressed. This over time can become a serious problem for students."

According to Psychology Today, procrastination leads to a higher level of consumption of alcohol in those who drink. Used as a coping mechanism, procrastinators often drink far more than they intend, resulting in more serious issues with their health and self-control.

With this amount of stress barraging the bodies of students, becoming sick is inevitable. Psychology Today found that after only one academic term, college students who procrastinated began to suffer

from constant outbreaks of colds and the flu, as well as other health issues like insomnia and gastrointestinal problems, the signs of a battered immune system.

"If you are sick, ill or just can't attend school for a week, you really become behind quickly," said Keady. "The weeks go by quickly so we encourage students to really take care of themselves from the beginning of their academic career." For possibly the first time in their lives, college-bound students have to deal with illness by themselves, without support from their parents or schools.

At RIT, Keady believes that students should become more aware of the services that the Student Health Center supplies. There, RIT students can make appointments for counseling in order to talk through their distresses, make medical appointments for physical injuries and receive general health information.

PROCRASTINATION FACTORS

Daniele Brown, a Student Support Specialist, works with six to ten students per week on time management. Brown stated that although there are other issues she tackles with students, most are related to procrastination. "Most students that we see usually have a difficulty with time management," said Brown. "It's rare that I meet with a student that I don't address a time management issue."

From her past experience, Brown finds that procrastination stems from a multitude of factors: "Some of it may be simple distraction. It's hard to concentrate."

"Sometimes students can have a fear of failure. If I can't do it just right, then I don't really want to do it at all," she continued. "It may be that [students] have a hard time investing in a class they don't like, that doesn't match their own goals."

Along with the above, sometimes deeper issues plague RIT students' abilities to get their work done. According to

Brown, grief over the falling out of a relationship, the death of a family member, family problems outside of school or anxiety and depression get in the way of students focusing on the tasks at hand.

On the other side of the support spectrum, the Academic Support Center (ASC) aids students with school as opposed to health. Offering opportunities for students to improve their work and study habits, the ASC provides a variety of services, from one-on-one academic counseling to its structured monitoring program to zero credit courses students can take to learn to use their time wisely.

HOW TO FIGHT BACK

Procrastination is preventable, but only if students are willing to commit to a plan of attack in regard to their work and study habits. Keady advises students to begin the semester right by establishing a plan.

There are a number of tools that can be found on the Academic Center website to help deal with ineffective time management. The first of these is a weekly planning sheet. This helps students organize their courses, meetings, sleep schedules and even relaxation in order to make better use of their time.

A well-tested and trusty tool students can use for time management is the old fashioned to-do list. Creating a column for each course for the semester and labeling the rows for the days of the week, students can parse out daily objectives they need to complete in order to succeed.

On the issue of time management, Keady had just one last tip for freshman students starting at RIT this year: "Try to schedule fun." 📅

For more resources on time management, visit rit.edu/studentaffairs/asc/resources.php

ROOMMATE AGREEMENT: *What it really means*

by **Nicole Howley**

Dorm Room # _____

Roommate #1 Signature _____

Roommate #2 Signature _____

WE WILL PLAN TO SHOWER:

- every day
- every other day
- as needed
- other

This question basically asks you and your roommate whether or not you are aware of how body odor works and if you know the appropriate way to take care of it. It may seem like something everyone should know but trust me, it's not.

WE WILL PLAN TO CLEAN OUR PART(S) OF THE ROOM:

- every day
- once per week
- once per month
- other

HOW MUCH OF A CLEAN FREAK ARE YOU?

- I even clean my cleaning supplies
- cleaning can be relaxing
- why does cleaning even have to be a thing?
- rats make cute pets

WE PREFER TO HAVE OUR ROOM:

- neat & organized
- neat but not perfect
- clean but cluttered
- not concerned with neatness

HOW FAMILIAR DO YOU WANT TO BE WITH YOUR RUG?

- I want to know what pattern it is
- I want to know that it's there
- the rug is ugly anyway
- do we even have a rug?

IF WE SMOKE OR ONE OF US STARTS SMOKING, THE SMELL OF SMOKE ON OUR CLOTHES AND IN THE ROOM WILL BE TAKEN CARE OF IN THE FOLLOWING WAYS:

Do you smoke? What do you smoke? Will you share?

WE WANT OUR ROOM TO BE:

- full of people
- moderately social
- quiet and reserved

WHO ARE YOUR FRIENDS?

- the people from our floor
- other freshmen
- what are friends?

WE ARE COMFORTABLE WITH GUESTS OF THE OPPOSITE SEX IN THE ROOM:

- yes
- no

Guys, do girls still have cooties? Girls, are you going to hide if a guy walks in?

WE ARE COMFORTABLE WITH GUESTS OF THE OPPOSITE SEX SPENDING THE NIGHT IN THE ROOM:

- yes
- no

This question defines whether there will be sex happening in your room. Be specific with your answer as in "Yes, but only when I'm sleeping elsewhere" or your answer might lead to some awkward situations.

IF WE ARE NOT COMFORTABLE WITH A GUEST/SIGNIFICANT OTHER IN THE ROOM THIS IS HOW WE WILL COMMUNICATE WITH EACH OTHER:

Sometimes subtle, more passive aggressive methods of communicating your discomfort are not as effective. A better replacement question: Is it okay if I throw things at you?

IF WE NEED TIME ALONE IN THE ROOM WITH A GUEST WE WILL COMMUNICATE THIS NEED WITH EACH OTHER IN THE FOLLOWING WAYS:

WE PLAN TO:

- go to sleep early (before 11pm)
- go to sleep later (between 11pm-1:30am)
- be up all night

Sock on the doorknob is a classic but noticeable for everyone. Texting is more subtle but sometimes people forget to check their phones until it is too late. Find a mode of communication that works for both of you.

- Do you even know how homework works?
- starting to understand how homework works
- you know how homework works

WE PREFER THE ROOM:

- cold, with window open
- moderate
- hot, with window closed
- we don't care

- I hope you brought blankets
- normal people temperature
- welcome to our sauna
- we'll argue about it once winter comes

WE WILL TAKE OUR TRASH OUT:

- every day
- once per week
- other:

- Who even has that much trash?
- when the bin starts getting full
- when the smell becomes too unbearable to deal with anymore

FOOD AND DRINKS WILL BE SHARED IN THE FOLLOWING WAYS:

How okay are you with me drinking all of your milk and then not replacing it so the morning of your first big exam, you are stuck with dry, milk-less cereal? Think about it.

IF ONE OF US WANTS TO STUDY IN THE ROOM AND THE OTHER(S) WANT TO USE THE ROOM FOR SOCIAL REASONS HOW WILL WE DETERMINE WHO HAS PREFERENCE OR PRIORITY IN THE ROOM:

You know that college joke that's like "Good grades, social life, sleep. Pick two?" This is where you choose.

IF ANY ROOMMATE IN THE ROOM OR THEIR GUEST IN THE ROOM IS VIOLATING AN INSTITUTE POLICY WE WILL:

How much of a tattle are you? And will I be able to discuss my first college party with you?

IF A PROBLEM ARISES HOW WILL WE ADDRESS IT?

Do you have the ability to communicate? And if so, are you willing to use this ability when necessary?

WHEN WILL ROOMMATES INVOLVE THE RA AND/OR THE CEC IN ISSUES WITHIN THEIR ROOM?

At this point in the roommate contract process, you should know your roommate well enough to guess how well you will get along and at what point this is appropriate for you.

GETTING THE GOODS

by **Kayla Emerson** | illustration by **James Lecarpentier**

Finding Free Stuff Around Campus



I can't count the number of free items I've acquired throughout my three years as a college student. I've utilized many boxes of sample-sized hygiene products and consumed more than my share of free popcorn and candy. But nothing brings a smile to my face quite like the plastic, RIT College of Science cup that changes colors when I fill it with cold milk.

While you will likely stumble upon a few giveaways during your stay at RIT, here are a few tips that will help you find the goods:

Read your RIT Message Center emails

These emails are often tedious and only sometimes relevant, but if you delete them en masse, you will certainly miss out on some free events and giveaways.

Go to Club Fairs and club meetings

In order to attract or keep student interest in an organization, clubs will often have freebies at club fairs. WITR 89.7, our campus radio station, is infamous for the T-shirts they hand out at club fairs. Other organizations might supply food during their regular club meetings or give out T-shirts and other swag if you decide to join.

Explore campus

Keep your eyes open as you get to know RIT. Sometimes fraternities are outside barbequing in the fall or giving away hot cocoa in the winter. Or you might discover a place like the RIT Center for Women and Gender on the first floor of the Campus Center: on any given day, the Center is giving away candy, pens, LED keychain whistles, retractable ID clips, pads, tampons and male and female condoms.

Go to events at RIT

The College Activity Board (CAB) hosts many major campus events. Some of the events are free, and lots of them have giveaways. The RIT Tiger Den will choose a few games per season to truck in RIT hats, rally rags, seat cushions, blankets and more. Enjoy some free stuff in the name of school spirit!

Go online

If you're looking for something in particular, check out the "Free Stuff on Campus" and the "Free & For Sale" RIT Facebook groups. Also be sure to follow the SpringFest and FreezeFest pages for annual giveaways.

The RIT community gives away goodies for different reasons: to boost school spirit, to keep up interest in an organization, to increase branding power, or simply to brighten your day. Take what you can find — and don't forget to say thank you! **R**



FRESHMEN YEAR BUCKET LIST

by **Ali Coladonato** | illustration by **Katty Dayton**

HUG RITCHIE

Our beloved mascot Ritchie the Tiger is one of those strong silent types, but man does he give good hugs. Cuddle up to the big fluffy guy at any number of sporting events.

COME UP WITH YOUR OWN THEORY FOR ROCHESTER WEATHER

One of popular theories is that President Destler has a weather machine. But you'll get sick of this explanation after the fourth day of inexplicably volatile weather, so get creative and come up with your own.

WHISPER WALL

Sol Heumann quad boasts a rounded, cement whisper wall. It's a great way to freak people out and a solid way to spend some time outside talking to a wall.

GO TO WEGMAN'S OR WALMART AT SOME UNGODLY HOUR

Something about getting off campus and wandering about a grocery store is just so college.

EAT A GARBAGE PLATE, FEEL DISGUSTED WITH YOURSELF

You are not an accepted Rochesterian until you have eaten an entire garbage plate made up of your choice of fatty foods — including hamburgers, cheese burgers, hot dogs, grilled cheese, chili, french fries, homefries, and/or macaroni salad — and felt completely disgusted with yourself as a result. These deliciously caloric meals can be found at Henrietta Hots and Nick Tahoe's, though several places in the area have similar dishes.

EAT AT HENRY'S

Located on the 4th floor of the Eastman Building, Henry's is a real and true restaurant run by the students from RIT's School of Hospitality Management. See what your peers have got cooking!

HELP SOMEONE FIND A BUILDING / CLASSROOM

Nothing makes you feel like you belong quite like knowing enough about the campus to help someone else get around.

PLAY HUMANS VS ZOMBIES

HvZ is a great way to get outside and build friendships based on a mutual love of survival (or brain-gnoshing). On the other hand, it is a bit of a challenge to walk to class while dodging Nerf guns and zombies.

SLED, MUDSLIDE, OR TUMBLE DOWN THE HILL OUTSIDE GORDON FIELD HOUSE

Just don't hit the fire hydrant (although 10 points if you can make it across the drive).

LEARN SOMETHING USEFUL IN ASL

Whether it's your name, "excuse me" or a classic pick-up line, knowing a bit of sign language can go a long way.

ATTEND OR PRESENT SOMETHING AT ImagineRIT

If ever there was a testament to the ingenuity and creativity of RIT students, ImagineRIT would be it.

WATCH MOVIES IN THE RHA

The couches are comfy, the popcorn is free and the people are fun and sweet.

MAKE BRICK JOKES

There are so many to choose from. Keep going until even you're sick of them.

START AND EXPAND YOUR RIT T-SHIRT COLLECTION

Measuring your college success in free RIT swag instead of grade point average isn't necessarily a bad thing.

GO SEE A SHOW PUT ON BY NTID

Watching someone sign a show, while a separate group of actors sing and act along is mesmerizing.

BECOME FRIENDS WITH A PROFESSOR

Because, believe it or not, professors are people too.

FALL ASLEEP ON CAMPUS SOMEWHERE OTHER THAN YOUR DORM

Frankly this will probably happen whether you plan on it or not.

ADD SOME GOALS OF YOUR OWN:

There are all kinds of things designed to strike your fancy at RIT, so go out and explore all the options. If you're bored you're not looking hard enough. Have fun out there! **R**

Welcome R.I.T. Students



Get Free Stuff
and valuable coupons!
Stop by Service Desk
for FREE coupon
flyer!

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\$4 30-day prescriptions*

\$10 90-day prescriptions*

Wegmans pharmacy

Easy prescription transfers
We'll take care of everything.

FREE Prescription Delivery from Wegmans Hylan Drive to RIT daily Monday thru Friday. Call store for details.

*Complete list of select generic drugs at wegmans.com

Gift Cards
We've got gift cards from all your favorite places. Ask Mom and Dad for a Wegmans gift card so you can pick out your own!

Redbox Movie Rentals
Located at the front of our store. Returns are due by 9pm the following day, no late fees



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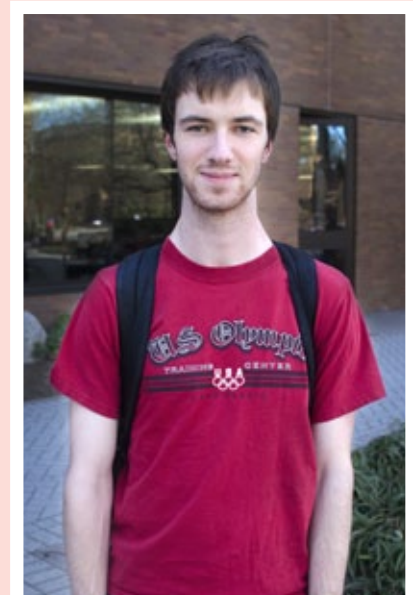
WORD ON THE STREET: Freshmen Pro-Tips



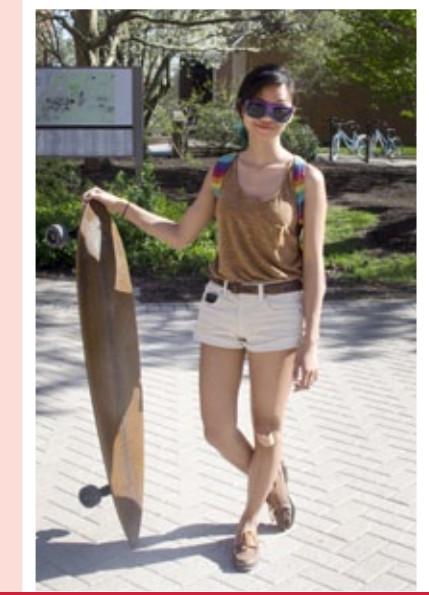
"Get involved and make sure you have fun."
-Caitlin Babul, first year Mechanical Engineering



"Enjoy it while you can."
-Ali Ahmed, fourth year Environmental Science



"Make sure to ask for help when you need it. For any situation."
-Ken Wilkinson, second year Mechanical Engineering



"Get a longboard, stock up on sweaters and don't be afraid to make friends because they're probably just as weird as you are."
-Thea Chesney, first year Medical Illustration



Rings

Call us. 585.475.5633

Wednesday, 1:59 p.m.
(from text)

Girl straddling the tiger statue: you have no idea what people do to that thing do you?

Thursday, 2:06 a.m.
(from text)

I can't be the only one that doesn't trust a course to be good when SIS tells me that the teacher's name is the very specific "Staff."

Friday, 12:10 a.m.
(from text)

Rings, have you ever heard of 'The Mile High Club'? Is there such a thing as 'The Quarter-Mile High Club'? Because if there is, I think I just became a member.

Wednesday, 10:20 p.m.
(from text)

"He gets to do the fun part, crunching numbers in Excel.."
: #nerdstatus

Thursday, 9:38p.m.
(from text)

I may have macked a freshman in the tunnels this morning at 5am. I may also have graduated a year ago. There's a reason I didn't leave this school, Rings. 📧

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