Hello Wildcat! With your high school diploma displayed on your desk and countless gift cards spent purchasing dorm and apartment necessities, the countdown continues for classes at the University of Arizona to begin.

Now, you must be thinking, "How on EARTH am I supposed to take care of myself?" or "What is this thing you call 'adulting'?" If you are one of these students, no need to worry! Your CALS Student Orientation Leaders are here to help!

This week's issue of the SOL Survival Guide will touch on the basics of adulting to help prepare you for your first year at the UArizona! Keep reading to learn more!
It's Laundry Day!

**HOW TO GET YOUR CLOTHES FROM THE HAMPER TO THE HANGER:**

Learning to do your own laundry is something that MANY Wildcats have to learn, but don’t worry, we are here to help!

For our wildcats living on campus, each dorm on UArizona's campus has laundry facilities with high-efficiency washers and dryers that cost $1.75 per wash and $1.50 per dry for a total of $3.25 per load! Payments are made in the laundry room with CatCa$h via your CatCard, so no change is needed!

The University of Arizona has also partnered with University and Student Services (USS) which offers students laundry services that will wash and dry your laundry for you! Please visit this link for more detailed related to the [USS Laundry Services](#).

**Steps to Washing Your Clothes:**

- Sort your clothes into three different piles: whites, darks, and delicates.
- Put one of these piles into the washing machine with a half cup of liquid laundry detergent OR 1-2 laundry pods into the “detergent” section of the washing machine.
- Close the lid and pick a water temperature and cycle. It is highly recommended that you wash all of your clothes with cold water and on the “normal” cycle.
- Once the washing is complete, move your clothes over to the dryer. Remember to hang dry items that you do not want to shrink!
- Select your desired time and temperature and press “Start”! Repeat this cycle with any other piles of clothes that you have.
- Fold and hang your clothes to prevent wrinkling.
- Hooray! Clean clothes!

"Laundry Hack: Set an alarm on your phone before you start washing or drying your clothes so you don't forget about them!"
Struggling to keep your eyes open, you try to scribble down the answer to your math homework. Exhausted, you look at the clock, “Oh no! It’s almost midnight and this paper is due tomorrow afternoon! There is no way that I am going to finish it by then! Looks like I am going to have to pull an all-nighter.”

Depriving yourself of sleep and pulling an all-nighter has many consequences that student often forget about. Students perform much better on assignments and tests after getting sleep and starting the day off fresh. Sleep deprivation affects our ability to concentrate and remember the material presented to us. In simpler terms, not sleeping slows down your brain!

So remember, the next time that a project or a paper is assigned, completing them ahead of time prevents you from having to stay up all night and finish them. However, if you do find yourself in a time-crunch, taking a quick power-nap to refresh your brain will help you to retain material and perform better on assignments!

CALLING HOME OFTEN AND WHY IT’S IMPORTANT:

In college, living away from home is either a sweet relief or a constant battle with homesickness. Finally gaining your sense of independence as you begin your college experience away from home is bittersweet for many of our Wildcats. One piece of advice that we can give you is to call home, often! Touching in with your family and/or friends is a great way to bring yourself back to reality. Many students get so caught up with their hectic college lives that they often forget about their life back home, and remembering to call home allows you to brag about all of your college accomplishments, or even gain advice on how to improve!
Knowing how to grocery shop—and how to use those groceries—is an important skill in adulthood. What you get will depend on your budget, available resources, and tastes. Here’s a general guide on how to grocery shop, but this will look different for everyone!

The Basics:
First it is a good idea to see what you have on hand such as appliances, storage, and food that you already have. Then, set a budget, whether you decide to shop weekly, or biweekly having a budget helps make sure you are not overspending or over shopping. Making a list of any recipes ingredients you need will save you in the long run. This method avoids unnecessary shopping on foods that could potentially rotten before you get a chance to use them.

Keep a Nutritious Shopping List:
Make sure that you have the basics on hand, such as a source of protein, carbohydrates, and fats. Make sure that a good part of that shopping list includes some produce also! Depending on the facilities you have and your diet, you will likely want some cooking oil on hand, bread, eggs, and your choice of milk!

Sticking to a Budget:
Going to the grocery store’s website to see their prices, and compare prices between stores can come in handy when sticking to your budget. Some stores may have discounted student rates on some days. The Safeway on Campbell and Broadway has 10% off every Saturday for students, and the Fry’s on Grant does a 10% discount on Tuesday when you show them your CatCard. When you’re at the store, make sure that you stick to your list, as it can be tempting to buy stuff off-list, try going directly to the aisles you need.

Learning How to Save Money:
Knowing how long foods last is an important skill—for example, almond milk only really lasts a week after opening, even if the expiration date is later—this avoids any unnecessary food poisoning that could occur. Learning how to preserve food is a good skill too. Some examples include:

- Freezing recipes and ingredients.
- Using scraps when you can—like making broth out of veggie scraps or smoothies out of “ugly” fruit.
- Pickling your favorite veggies before they go bad.

Ultimately, grocery shopping looks different for everyone! Your diet, available resources, culture, preferences, and time will all contribute to how you shop. Having some of these tips under your belt will be a great place to start and will help you on your way!
You've Got Mail!
HOW TO SEND LETTERS TO FRIENDS AND FAMILY:

Have a letter that you want to send home but not sure how to address it?
No problem! Use the example to the right to properly format your envelope.

After your envelope has the correct information on it, simply take it to the local post office and drop it in their outgoing mail box!

Visit this link for more information!

This is NOT a Drill!
EMERGENCY CONTACT/INFORMATION SHEET:

Having a place where you can keep all of your important contact phone numbers and information, such as your primary care doctor and insurance, is crucial to maximizing your success as an adult. 

Click here to download an emergency contact/information sheet!

I also encourage you to update your personal information on the UAccess Student Center. Updating your addresses, phone numbers, and emergency contacts will allow the UArizona to know who to contact in case of emergency. You can update this information on the "Personal Summary" section under the "Personal" tab.

The University of Arizona also provides a free service, called UAlert, that delivers emergency alerts to registered UA students via their cell phones, mobile devices and/or email accounts during a campus emergency. UAlert is the most efficient and timely way to receive notifications about critical incidents affecting any of the University of Arizona campuses.

Learn about signing up for UAlerts here!
Something that is brand new to many new Wildcats is learning to manage money! Whether you’re living on an allowance from parents, stretching your summer savings, or earning from a part-time job, managing your money is a skill every college student needs. Here are some tips for managing your money:

**Create a Budget and Stick to It:**
Evaluate and anticipate how much money you will be spending. Some expenses to consider may be rent, groceries, books, and transportation. Knowing how much you spend will help you create a budget that is easy for you to stick to. There are many apps and websites that are available to help you with your first budget! Type “college student budgeting” into google and many resources will pop up.

**Choose Your Bank Wisely and Consider a Credit Card:**
Ultimately, you know your spending habits better than anyone else. If a credit card is something you’re considering, make sure you are truly ready for the responsibilities that come along with it. Additionally, look into the student programs and locations for different banks. There can be many perks that come along with banking as a college student. Make sure to research your different student options and look to see if that bank is located conveniently close to campus or your home.

**Be Realistic:**
As the saying goes, “live like a college student now, so you don’t have to later.” Some easy tips to save money are buying used books, cooking at home often, use coupons, choose housing wisely, use student discounts, and make use of campus amenities. Here is a list with 31 money saving tricks for students.

All in all, no one knows you better than you! Money management comes easy to some, but is difficult for others. There are hundreds of resources to help you manage your money. Make sure to do your research and use these tips throughout your college career!