**Wildcat Ready!**

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**A SOL's Survival Guide**

Hey Wildcats! This week's issue of the SOL Survival Guide is all about being Wildcat ready and getting excited for the upcoming semester. You'll learn UArizona terms, what it means to Bear Down, local Tucson restaurants, and of course amazing resources that the UA offers!

**What's Going on This Week**

Tuesday August 11th at 3pm there will be an opportunity for you to ask questions about classes this upcoming fall. You have the opportunity to talk to the Dean and other great faculty about the upcoming semester. You can [Click Here](#) to register for the zoom session.

Sol's will also be hosting Q&A zoom session for any last minute worries or questions you might have.
Wildcat Terminology!
Phrases and Places to know

Now that you are a Wildcat you will notice the countless terms we have as a student body. From "Bear Down" to CALS to "Let's head to the Mall for the Farmers Market" don't worry you'll get the hang of it before you know it. Here are a couple examples to get you Wildcat Ready!

Forbes:
You may be asked, “hey, we’re going to go get some food and study at Forbes. Do you want to come?” And your response should be yes! The Forbes building is the hub for College of Agriculture and Life Sciences students. It was built in 1915 and named after Robert L. Forbes, the first dean of the college. This building houses the general CAS advisors, as well as, Sustainable Plant Systems and Plant Sciences. It is also home to the dean’s office and cooperative extension, a statewide non-formal education network bringing research-based information into communities to help people improve their lives. In 2015, the Forbes lobby underwent a major $1.9 million renovation, funded by our generous donors and alumni. The career center is also located in the Forbes lobby. You likely heard about this in your orientation, but the career center is available to students for resume building, career exploration, and more!

The Rec:
"The Rec" refers to Campus Recreation, which now has two locations! The Main Campus Rec that offers more amenities, is located in the Highlands. At this location, you can find a two-story work-out area, a large pool, ThinkTank Center, a clothing store for athletic attire and supplies, and a smoothie/fro-yo shop! The second Rec center- also known as the North Rec- is located at the Honors Village. It is a smaller location that provides workout amenities exclusively. Currently, due to COVID19, the NorthRec is closed until further notice. The Main Rec center is currently only offering pool reservations but is expected to slowly reopen for everyone’s safety.

The Mall:
When someone says, “the mall”, they are most likely not talking about the Tucson Mall! "The mall" refers to the large strip of grass located in the center of campus. Its surrounding buildings include the Student Union, the Main Library, the Science & Engineering Library, Old Main, and Koffler (many labs & science classes are held here). The mall is also home to various campus events such as weekly farmer's markets, club fairs, housing fairs, spring fling, and more! Lastly, the mall is a great location for a game of soccer or frisbee with your friends!
CALS:
Are you asking yourself, why are there so many acronyms!? CALS is short for the College of Agriculture and Life Sciences. Think of the University of Arizona as an umbrella. Within that umbrella, there are different colleges, for example, the College of Science, College of Humanities, College of Fine Arts, and 17 more! You are within the College of Agriculture and Life Sciences, we just shorten it to CALS. Within the colleges, there are schools, for example, the School of Animal and Comparative Biomedical Sciences (ACBS) or the Norton School of Family and Consumer Sciences. Finally, within the schools, your majors are housed. Fun fact: UArizona was founded in 1885 and CALS was the first school!

Greek Row:
The University of Arizona has been involved with Greek Life (Fraternities and Sororities) for over 100 years! There are 51 unique Greek organizations on campus. Some houses can be found on Greek Row, which runs through campus on 1st street. Greek life focuses on developing strong leaders through service projects and friendship. Over 65 buildings have been named after people involved with Greek Life on campus!

There are four types of Greek Organizations: Panhellenic, Professional, Honor Societies, and Recognition Societies. Each organization has its own pillars, service obligations, membership qualifications, and affiliations.

There are four Greek Organizations affiliated with CALS; Alpha Gamma Rho (AGR), Alpha Tau Alpha (ATA), Alpha Zeta Honorary, and Sigma Alpha (ΣA). AGR is a national social and professional agricultural fraternity, ATA is an agriculture education honorary, and ΣA is a professional agricultural sorority. For more information please visit: https://cals.arizona.edu/students/campus-life.

If you’d like to learn more about Greek Life, please visit Greek Heritage Park (1512 E. 1st Street, Tucson, AZ) or https://greek.arizona.edu/.
Back in 1926 there was a UA student named John “Button” Salmon. He was UA’s superstar, he was varsity quarterback, a baseball catcher, had high honors and was even the student body president. The football team was getting ready for a big game against our rivals at the time New Mexico State University. Unfortunately John Button got into a car accident coming back from Phoenix. He has in bad shape. At the time coach J.F. McKale went to go visit John in the hospital, McKale asked John if he had any words for his team mates to boost moral. That’s when John told him, “Tell the team the Bear Down.” McKale did just that and the team took the words to heart and won the big game! Unfortunately John didn’t make it but his words lived on.

Once the student body heard the phrase and where it came from it became wildly popular. The student body was so inspired that they decided to paint the words “Bear Down” on the roof of the University Gymnasium which is now known as Bear Down Gym. This became a tradition and the letters get repainted every year.

The story doesn’t stop there, because the letters that are painted on the roof of the gymnasium are so big it can be seen from a plain! And that’s exactly where band director Jack K. Lee saw the words “Bear Down” for the first time.

He was so inspired that he wrote “Bear Down, Arizona” in 1952. This became Arizona Anthem and fight song!

Fun Fact

You can hear the song every day on campus at noon. Once the bells ring at noon right after a recording of Bear Down, Arizona plays.

Pride of Arizona put together a great Quarantine Edition of Bear Down, Arizona, make sure to give it a listen!
Did you know the UA has 24/7 IT support! You can get in contact with IT 3 different ways. By calling (520)626-TECH (8342 or (877)522-7929, these numbers are always available. If you don’t want to call you can always chat with them at https://support.arizona.edu/. The last way to get in touch is for UAccess help and you can go to http://uaservice.arizona.edu for help. Click here to find more info about all the service IT can help with!

The DRC

The Disability Resource Center (DRC) is a student center located in the Highland Commons. The DRC is committed to making the UArizona campus more accessible for all students. They provide both individual accommodations and strive to make campus environments equally accessible for disabled and non-disabled students. They influence curricular design, the campus’ built environment, technology and information, campus events, and workplaces. The DRC holds many events and offers a disability cultural center. They also offer support for student with physical disabilities (including those with “invisible” disabilities) and physical and mental illnesses. Don’t feel afraid to ask for help if you need any kind of accommodation! For more information, you can go to: https://drc.arizona.edu/
Mental Health Resources

UArizona offers many mental health resources for students, many of which are free! There is no shame in needing help, and no problem is too small for you to get guidance, support, and medical services. Everyone needs support at some point, and knowing when to ask for help and allowing yourself to reach out is an important skill to have as an adult.

The LMC:

Life management counseling (LMC) is offered through the A center, an academic advising office for all majors. The life management counselor at the A center, Michelle Rosenbalm, is a licensed professional counselor who provides no-cost, confidential counseling services. She can offer short-term support for anxiety, depression, sleep disturbance, grief and loss, life transitions, overwhelming emotions and traumatic stress, and interpersonal conflicts. More information and a link to make an appointment can be found here: https://theacenter.arizona.edu/advising/student-support

CAPS:

UArizona’s Counseling and Psychiatric Services (CAPS) is run through Campus Health and can be found in the Highland Commons. CAPS provides mental health services through licensed psychologists, professional counselors, marriage and family therapists, social workers, board-certified psychiatrists, and psychiatric nurse practitioners. They offer brief therapy, psychiatric care, group treatment, care coordination, outreach programming, and specialty services. They also offer ADHD services, eating disorder services, LGBTQIA+ services, Oasis sexual assault, relationship violence, and trauma services, and substance abuse recovery. More information can be found at https://health.arizona.edu/counseling-psych-services

Self care is another important skill to have. Being out in the world as an adult can feel scary at first, and knowing how to take care of yourself is the key to living a healthy life. Aside from knowing when and how to ask for help, there are many ways to support yourself:

- As we mentioned before, taking care of your basic needs is the first step in preventing and treating stress. Make sure you are getting enough food, water, movement, social time, and down time. Check in with yourself throughout the day and learn to ask yourself what you need! Setting meal times, packing snacks and lunch, carrying a water bottle, and scheduling time with clubs, friends, and yourself are great strategies to make sure you’re taken care of.
- Using scheduling skills, to-do lists, and some good ol’ discipline is also a good way to prevent stress. Getting your work done on time will help prevent last-minute nerves, and help you feel more confident.
- Having some relaxing down-time is vital. Take some time to ask yourself what you like to do, what makes you feel better, and what helps you to recharge. Some good examples are playing volleyball with friends, watching your favorite show, taking a nap, doing a creative hobby, going on a walk, or taking a hot bath/shower. Everyone has their own ways to relax, so find out what helps you most and make sure you are setting time to do them!
- Practicing mindfulness has been shown to help decrease and prevent stress and to help people enjoy the day-to-day more. Meditation and yoga are some of the most common ways to do so, and there are many apps and classes out there. There’s also plenty of videos online that are free! If those options don’t work for you, mindfulness can be as simple as taking a minute to scan your body for where you feel tension, a body part pressing on your chair or the floor, etc. You can try to really taste and feel your food as you eat, or notice the details of your room. Deep breathing, or any other method of controlled breathing, are a simple way to have a mindfulness moment throughout the day.
- If you come from a certain cultural or religious background, taking time to connect with your background can be a form of self care, too. Going to church/a temple, taking some time to read your religious text, going to one of UArizona’s student/cultural centers, cooking a traditional meal, or participating in a festival or holiday are great ways to stay connected. There are many churches and temples around Tucson, and UArizona’s student/cultural centers can be found at this link: https://diversity.arizona.edu/student-centers
Your Major advisor is your point of reference for any questions you may have. Whether you have questions about what classes to take next semester, if you are on track, recommendations on next steps for your degree, or just being someone that you know and are comfortable with for your college career. You can find who your major advisor is on UAccess. Go to the Advising tab and click View Advisors in the drop down menu. Here you will see all your advisors, make sure you contact your major advisor at least once a semester to touch base and stay connected. You can also check out all the CALS advisors here.

CALS is so great that the college also has a team of General Advisors. These advisors help with general education questions as well as interpreting and enforcing policies, processing forms and petitions, and being a representative to the dean of CALS. You can get in contact with CALS general advisors if you transferring credits, need a dean's signature or permission, or referrals to campus resources. You happened to meet all of them during your orientation!

To help you out CALS General Advisors are holding extended drop in hours during the first week of school! Make sure to keep an eye on your email for those drop in hours in case you have question for the upcoming semester. Advisors in general are an amazing resources and should be your friend throughout your college career.

Speaking of advisors being your friend..

Are you sitting next to someone new in a class? Or are you unsure which direction a building is in? One great thing about the University of Arizona is everyone is friendly. If you find yourself sitting next to someone new, don’t be afraid to start a conversation with them. Ask people in your classes to grab lunch or study together. I met some of my best friends in a general education class my freshman year. If you ever find that all the tables are full when you go to study at Forbes, sit down with someone new! Everyone is happy to share their table and you may make a new friend in the process. Another great way to make friends and find people with the same interests as you is to join a club. If you haven’t already, make sure to read the third newsletter to learn more about UArizona and CALS clubs.
Local Tucson Eats!

BEST SPOTS IN TOWN TO GRAB A BITE

If you love food, Tucson is the right place for you! The University of Arizona is surrounded by many amazing local restaurants that our students love to frequent. Here are just a few of our local restaurants. For a more complete list of restaurants, you can visit [Tucson Weekly](#).

**SOL’S FAVORITE SPOTS:**

- **Street Taco and Beer co.** - There are 2 locations around Tucson, they are an amazing little business with great tacos!
- **Lovin' spoonful vegan restaurant** - They are a fully vegan restaurant and bakery not far from campus. Try out their buffalo cauliflower bites and lemon cupcakes.
- **Amy’s Donuts** - They are a local right of passage here in Tucson, everyone here has tried and LOVES Amy’s Donuts! They have a lot of different cool donuts; cereal donuts, girl scout cookie donuts, rainbow donuts, and even Halloween donuts in the fall!
- **BARRIO BREAD** - This local bakery makes bread from local wheat and organic flour! Their menu is constantly changing as they come out with new bread, so make sure you taste all the flavors!
- **Baggin’s Gourmet Sandwiches** - Baggins has locations all around Tucson, and one very close to campus! It is an amazing alternative to other chain sandwich shop. Their bread is always delicious and the ingredients are always fresh, they even have amazing vegetarian and gluten free options.
- **Miss Saigon** - They are a Vietnamese restaurant located right next to campus! They are most famous for their Pho and Boba, but everything on their menu is delicious. Next time you’re craving asian food, make sure to check this place out.
- **Tumerico!** - This hole in the wall Mexican food restaurant is fully vegan, but you would never know! They have amazing prices, and even better food since it is made from scratch daily. Make sure to try their prickly pear latte, it sounds weird but it is delicious.
- **Trident Grill** - Want a nice dinner with your friends? Try Trident Grill! It is close to campus and moderately priced. Make sure you try their fried pickles, but be warned, they have a kick!