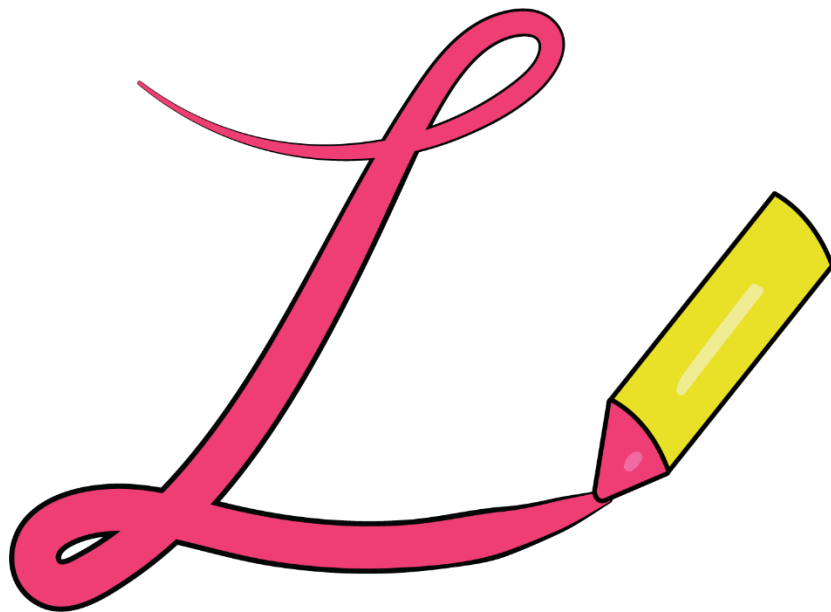


# THE ULTIMATE GUIDE TO PRINCETON UNIVERSITY

Everything a Student Needs to Know:

*Skimmable in Under 3 Hours*



**Presented by the LIPService**

*(Lean Information Program Service)*

# WARNING!

- This guide is easy to navigate, despite its length.
- This is not an official Princeton document.
- Excuse any biases or errors - the guide was proofread by multiple readers, but the scope of the guide inherently means that corrections may still need to be made.
- Fill out the [Reader's Survey](#), regardless of how much you have read! All feedback helps, and you can also note errors here.

**Thank you for reading! Enjoy!**

## Three Steps to Start Using the Guide:

### ***First, Choose your Format:***

- **Website** (<https://ptonultimateguide.wixsite.com/home>)
- **Google Docs** (Desktop Recommended, use landscape orientation on mobile)
- **PDF** (Mobile Recommended, may need to press download button to enable clickable links. Landscape orientation recommended.)
- **Individual Chapter PDFs** (Refer to the website).
- **Print** (Not recommended to print entire guide to avoid killing many trees)

### ***Second, Consider Navigation Tips:***

- **Google Docs** – Use “View -> Document Outline.”
- **Microsoft Word** – Press “Ctrl + F” to access outline or find keywords.
- **Click on Links** – To go to external websites or navigate the document. You may have to hold the “Ctrl” button while clicking.
- **Navigate with Headers and Footers** – Allow quick access to top of chapter/section, and next/previous chapters. May need to double click for these links or hold “Ctrl.”

### ***Third, Choose Your Chapter:***

- Each chapter is about 30-50 very skimmable pages.
- Save and download chapters you want to read later.

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# Section 1: Getting Started

Learn how to read this guide and adjust to Princeton life.

## **Chapters Included:**

[Chapter 1](#): How to Use the Ultimate Guide

[Chapter 2](#): Arriving on Campus

[Chapter 3](#): Talking to People and Staying Informed

# Chapter 1: How to Use the Ultimate Guide



*The Ultimate Guide can be a lot to take in at first.*

## ***In this section you'll learn about:***

- The goals of the Ultimate Guide.
- How to use the Ultimate Guide (left – skim, right – details, LSRD HIT!).
- The Special Icons.
- Five key lessons from each section.

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## *1.1) Letter from the Editor*

Dear Princeton Student,

Welcome (or welcome back) to Princeton! I'll get straight to the point: I want you to succeed. I have compiled every tip and resource possible inside this guide, concisely.

I'm an alumnus who concentrated in Philosophy with a certificate in Urban Studies. I studied much about distributive justice (i.e., who should get what goods and how much) and epistemology (i.e., theory of knowledge). While Princeton has many resources, I observed that not everyone was aware of how to use them or that some even existed. This guide is my intervention to achieve equitable and accessible distribution of knowledge of how to use Princeton's abundant resources.

No more wasting time, and no more jargon. Let's go. Rock that orange and black.

Sincerely,

Daniel Te

## 1.2) Goals of the Ultimate Guide

# Outline. Connect. Empower.

### *Outline Princeton Life with Good Design Principles*

#### **Why:**

- Reading in-depth across multiple websites gets confusing and tiring.
- Having resources doesn't matter if we get tired reading them.

#### **How:**

- Table formatting puts key ideas on the left and details on the right.
- Easily navigate between chapters using the headers and footers.
- Emphasize key points at beginning of sentences.
- Cut unnecessary words.
- Short sentences.
- No long paragraphs ("walls of text").

#### **Beware of Biases:**

- Summarizing requires interpretation on my part.
- Double check facts, especially as this guide gets older.
- Despite 300+ hours of research and work, I am not truly an expert of everything.
- I did the best a single person could reasonably do.

### *Connect Students to Comprehensive Resources*

#### **Why:**

- It can be hard to find the right resources when there are so many.

- You may not know such resources exist.

**How:**

- Links to major resources are at the start of each subchapter, for easy access.
- Links to specific resources linked in-text.
- Electronic reading format recommended to access links.

**Trust Official Resources First:**

- This is not an official resource.
- Many chapters are quick summaries of the official policy.

## ***Empower All Students with Knowledge***

**Why:**

- Students often lack social connections to learn about different experiences (e.g., a non-athlete curious about athletics).
- Following the COVID-19 lockdowns of 2020 and 2021, many students come back to campus not knowing how typical campus life works.
- First generation college students must learn how to interact in a new type of environment.
- Important skills are not taught formally, yet are crucial for success (e.g., talking to a professor). This is often referred to as “*the hidden curriculum.*”
- Providing people with skills and knowledge of their options allows them to create a Princeton experience best suited for them.

**How:**

- Offer informal tips akin to a friend giving tips based on their experience.
- Provide actionable strategies to navigate unfamiliar situations.
- Cover a wide range of topics for a holistic understanding of campus life.

**Learn, But Also Act:**

- Take notes so you don't forget key lessons.
- Explore new opportunities, not just be aware of them.

## 1.3) How to Read: LSRD HIT!

(Pronounced, “Lasered Hit!”)

### ***How to Read:***

***Left-Skim. Right-Details.***

### ***The Three Main Formats:***

***Headers. Icons. Tables!***

- **It’s like driving a car** – go fast on the left, slower on the right.
- **Use Headers** to identify main idea and determine if you want to skip.
- **Use Icons** to identify what kind of content you are reading.
- **Use Tables** to quickly skim key points or move your eyes right for details.
- **Example below:**



## 3.3 The Short List of People You Should Talk To

1



### General Types of People To Talk To

Title:	Description:
<p>Students Assigned to You (RCA's, ARCA's, PAA's)</p> <p style="text-align: center;">↓</p> <p style="text-align: center;">2      3</p>	<ul style="list-style-type: none"> <li>• <b>Literally Their Job</b> – Your RCA (“Residential College Advisor”) is literally paid to help you. Ask them anything.</li> <li>• <b>Ask About Other Things</b> – You may be assigned a PAA (Peer Academic Advisor), but they can answer questions besides academic ones. “what’s the best dining hall?”</li> <li>• <b>Casual First Contact</b> – Good for a stressful person to talk to.</li> <li>• <b>See Next Section</b> – for more details on these.</li> </ul>
<p>Residential College Staff</p>	<ul style="list-style-type: none"> <li>• <b>Also Their Job</b> – To talk to you. Though, they are more official.</li> <li>• <b>Get Connected to the Right People</b> – If they can’t answer it themselves.</li> <li>• <b>Official First Contact</b> – Most administrative problems go through them first.</li> <li>• <b>See Next Section</b> – For more details again.</li> </ul>

## ***5 Levels of Reading!***

### **Level 1 – Skip**

Read Headings and Icons to know the topic. Skip if uninterested.

### **Level 2 – Skim**

Read along the left side of tables to see major points. Turn eyes to the right if interested.

### **Level 3 – Read**

Read subpoint headers to get a quick sense for what the details are about.

### **Level 4 – Deep Read**

Read details of every subpoint to get an in-depth understanding.

### **Level 5 – Fully Investigate**

Click on links within the chapter to read more.

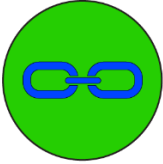
## ***Reading Strategies:***

**Skim/read the whole guide for first-years.** You may learn a lot or will get more familiar with parts of campus life.

**Deep read, save interesting chapters, and take notes.** Remember that you can download PDF's on the website ([princetonultimateguide.wixsite.com](http://princetonultimateguide.wixsite.com)). Hint: save [Chapter 11](#) on room draw/housing and pull it up in January.

**Read a chapter or section a day.** You'll get more time to process information and strategize. Try it when waking up or going to sleep, or during mealtimes.

## 1.4) Special Icons



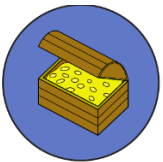
LINKS

Comprehensive guides or University resources. External links are in blue like [this](#). Links may also be in-text. Bookmark (save) helpful links.



OVERVIEWS

Summaries or introductions to different topics.



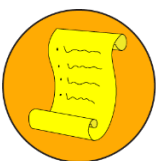
RESOURCES

Compilations of official or unofficial resources to help. Sometimes have links.



STRATEGIES

Strategies to navigate situations. Tips are mostly unordered.



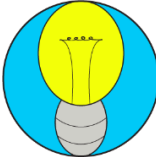
PROCEDURES

Step-by-step, ordered, instructions. May be official policy.



IMPORTANT

Key ideas that you should pay attention to.



HINTS

Tangential points that are either intriguing or useful.

## 1.5) Five Lessons (from Each Section)

Let's test out the LSRD HIT format in action now:



OVERVIEWS

### *Five Lessons (from Each Section)*

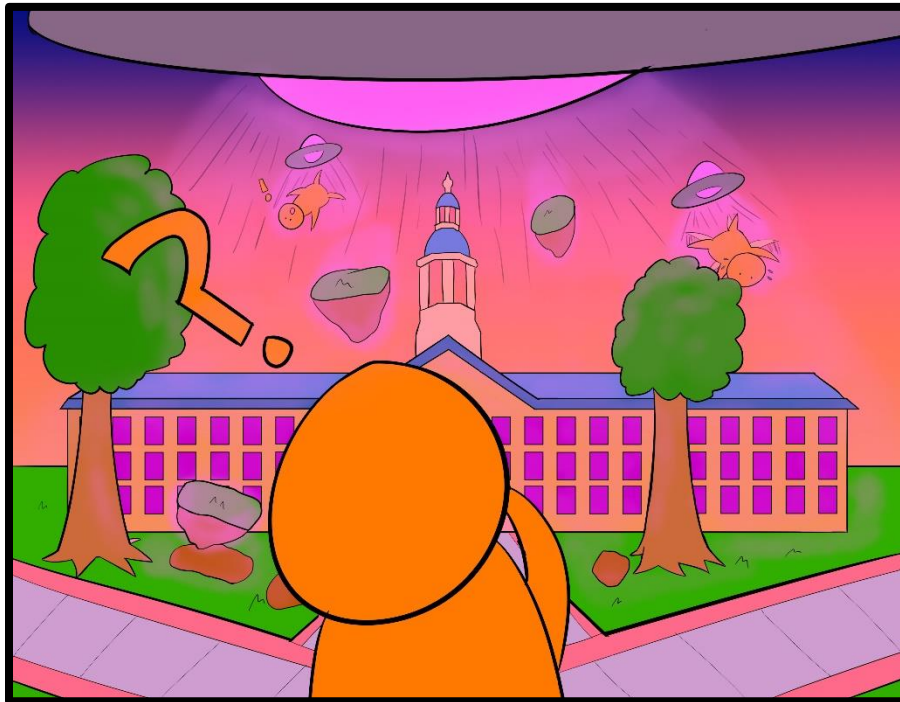
Lesson:	Description:
1. Talk to People	<ul style="list-style-type: none"><li>• <b>Getting Started</b> – <a href="#">Section 1.</a></li><li>• <b>Help Beyond This Guide</b> – For the most specific questions, talk to someone personally.</li><li>• <b>Ask the Princeton Community</b> – Subscribe to (residential college) listservs at <a href="https://lists.princeton.edu">https://lists.princeton.edu</a>.</li></ul>
2. Plan Ahead	<ul style="list-style-type: none"><li>• <b>Academics</b> – <a href="#">Section 2.</a></li><li>• <b>Don't Wait for Disaster</b> – Set yourself up for success with knowledge, habits, and strategies early.</li></ul>

3. Pursue Opportunities	<ul style="list-style-type: none"><li>• <b>Social and Orgs</b> – <a href="#">Section 3</a>.</li><li>• <b>Don't Just Study</b> – Clubs are enriching and fun, while also forming connections that will lead you to more opportunities.</li><li>• <b>Take the Lead</b> – Be a leader of your own group if you do not see a group available already.</li></ul>
4. Live Healthy	<ul style="list-style-type: none"><li>• <b>Everyday Life</b> – <a href="#">Section 4</a>.</li><li>• <b>Health Always First</b> – You cannot do anything unless you are healthy.</li><li>• <b>Customize to Your Needs</b> – Choose eating and housing options that best fit your lifestyle. Know your needs.</li></ul>
5. Take Advantage of Princeton's Resources	<ul style="list-style-type: none"><li>• <b>Money Matters</b> – <a href="#">Section 5</a>.</li><li>• <b>Princeton's Rich</b> – Ask for money when you need it.</li><li>• <b>Lots of Opportunities</b> – You won't get other chances to travel the world for free.</li></ul>

## 1.6) Suggesting Edits and Contact

Please email [lipserviceguides@gmail.com](mailto:lipserviceguides@gmail.com) to suggest any edits or inquire into additional guide-writing services.

# Chapter 2: Arriving on Campus



*Princeton can seem rather alien when you first arrive...*

## ***In this section you'll learn about:***

- How to get to Princeton and the surrounding area.
- What to pack and how to get things you need.
- How to move in and move out smoothly.
- What the residential colleges are.

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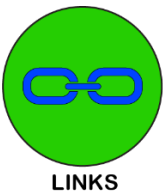
OVERVIEWS

## Chapter 2 Vocabulary

<b>Word:</b>	<b>Description:</b>
Pre-Frosh	A student who has committed to attending Princeton but has not been formally inducted as a student (this happens right after orientation).
Freshmen/First Year	A student who is in their first year of schooling at Princeton. They become a sophomore officially after the end of spring exams.
Sophomore	A second-year student.
Junior	A third-year student.
Senior	A fourth-year student.
Underclass Student	A First Year or Sophomore.
Upperclass Student	A Junior or Senior.

Prox	Your “proxy” or “student ID.” Use it to enter buildings and swipe into the dining hall. Very important.
Dinky	The train from Princeton Junction to Princeton’s campus, in a 5-minute ride. Most trains (e.g., NJ Transit, Amtrak) stop at Princeton Junction.
Hoverboards	Electric scooters and skateboards
Facilities	The “office of facilities” that does the work orders.
Labyrinth Books	Located at 122 Nassau Street, you can usually buy course books there.

## 2.1) Arriving at Princeton



**Transportation at Princeton Official Page:**

<https://transportation.princeton.edu/>

**Transportation and Parking Services Maps:**

[https://transportation.princeton.edu/guests\\_visitors/maps-and-directions](https://transportation.princeton.edu/guests_visitors/maps-and-directions)

**Campus Map:**

<https://pr.princeton.edu/campusmap/PUCampusMap.pdf>



### ***Transportation Options to Princeton***

<b>Method:</b>	<b>Details:</b>
----------------	-----------------

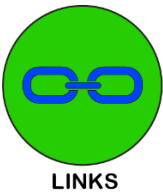


<p>Train</p>	<ul style="list-style-type: none"> <li>• <b>From NYC:</b> Take Northeast Corridor NJ Transit train. ~1-2 hours. Cost: ~\$17.</li> <li>• <b>From Philly:</b> Take Keystone Service Amtrak train. ~1-2 hours. Cost: ~\$20.</li> <li>• <b>To Princeton Station:</b> Above trains go to Princeton Junction but take “Dinky” train to then get to Princeton (campus). Cost ~\$3.</li> </ul>
<p>Driving</p>	<ul style="list-style-type: none"> <li>• <b>Easier than Train</b> – Especially for bringing in move-in supplies.</li> <li>• <b>Avoid Tolls</b> – Use Google/Apple Maps “avoid tolls” feature, especially around NJ Turnpike.</li> <li>• <b>Parking</b> – Parking Lots map <a href="#">here</a>. Free parking lots, not free streetside parking meters (e.g., Nassau Street).</li> </ul>
<p>Airplane</p>	<ul style="list-style-type: none"> <li>• <b>Best Option Beyond East Coast</b> – Unless you like long drives.</li> <li>• <b>From Newark Airport (NJ)</b> – Easiest option. Take the Northeast Corridor train straight from the airport.</li> <li>• <b>From JFK Airport (NYC)</b> – Take the air train to Jamaica Station. Then, Long Island Railroad to Penn Station. Then, Northeast Corridor train.</li> <li>• <b>From PHL Airport (Philly)</b> – Take the Airport Line Septa Train, then Northeast Regional.</li> <li>• <b>From Airports to Campus (or back)</b> – Taking a rideshare/Uber is common; look on listservs for other students willing to split the cost.</li> </ul>



**Connect to Eduroam when you get on-campus!** This is how you get Internet access, for computers and mobile phones. Download the Eduroam app and login with your Princeton email address and password. Details [here](#).

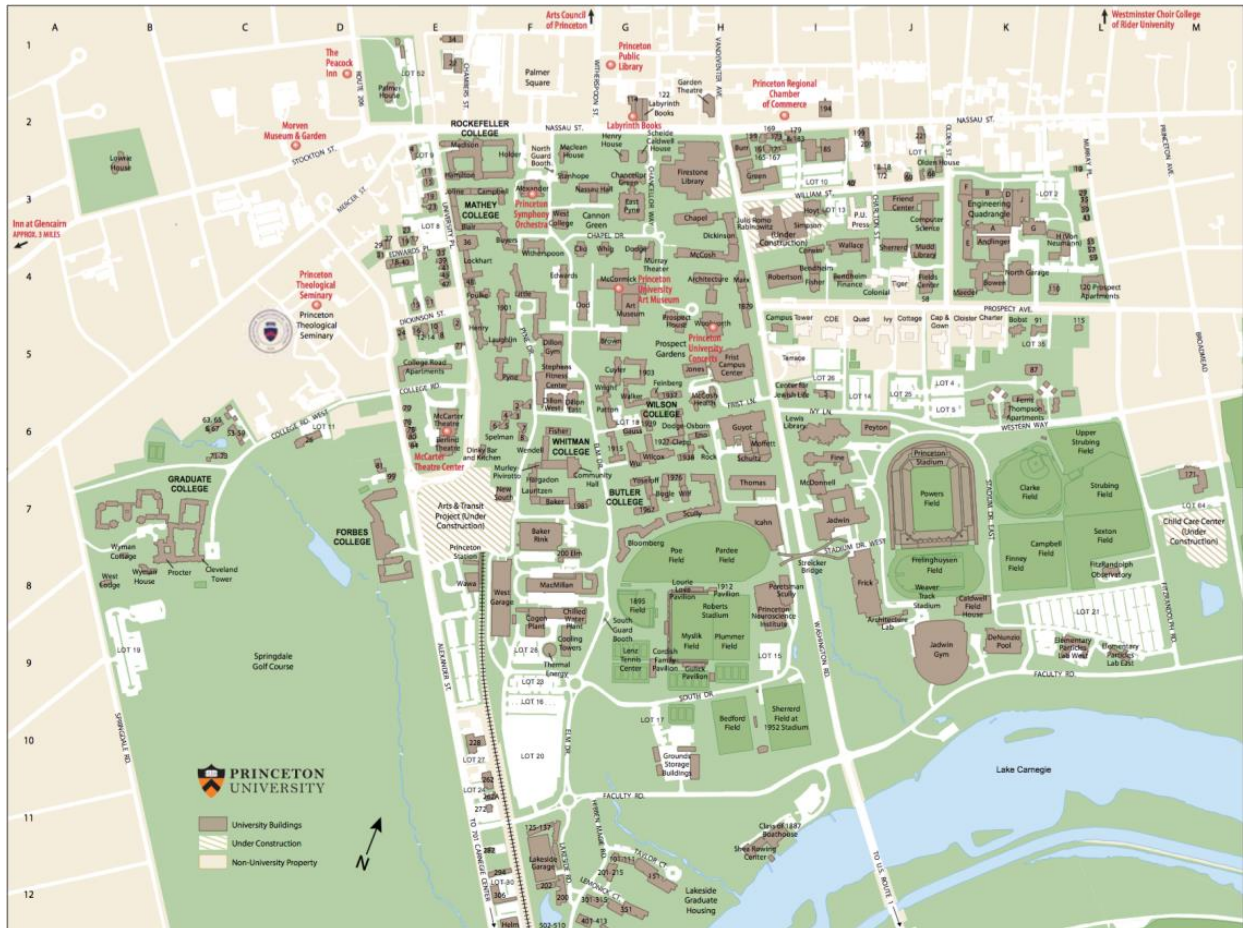
## 2.2) Getting Around the Princeton Area



Campus Mobility Project:

<https://www.princetoncampusmobility.org/>

# Campus Map



Map of campus (Image [source](#)).



**Campus slopes upward from south to north.** Get familiar with landmarks on the edges of campus for easier navigation. Forbes is in the southwest, while Prospect Avenue and Lewis Science Library are on the east.



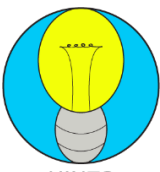
RESOURCES

## Transportation Options Around Princeton

Method:	Details:
<p><b>Walking</b></p>	<ul style="list-style-type: none"> <li>• <b>Cost</b> – Free, except for shoes.</li> <li>• <b>Walkable Campus</b> – ~20 minutes to walk across campus.</li> <li>• <b>Budget 10 Extra Minutes</b> - To get to your destination when new to Princeton.</li> <li>• <b>Princeton Shopping Center</b> – Has many shops and is a 30-minute walk north.</li> <li>• <b>Safe at Night</b> – Very little crime happens in Princeton, with the exception of a few <a href="#">lewdness incidents</a>.</li> </ul>
<p><b>Biking</b></p>	<ul style="list-style-type: none"> <li>• <b>Cost</b> - \$100-1000 for bike, \$15-30 for U-locks.</li> <li>• <b>Faster But Beware Slopes</b> – Going downhill (north to south) is much easier and quicker than going uphill.</li> <li>• <b>Lock Bike</b> – U-locks (like <a href="#">these</a>) are the most secure.</li> <li>• <b>University Bike Policy</b> – Read <a href="#">here</a>.</li> <li>• <b>Register Bike</b> – with Transportation and Parking Services <a href="#">here</a>. They help with bike thefts and opening locks.</li> <li>• <b>Don't Abandon Bikes</b> – TPS removes unregistered, abandoned bikes after 60 days.</li> <li>• <b>Free Repairs</b> – Go to <a href="#">Cyclab</a>, student-run bike shop in Rocky.</li> <li>• <b>Getting (Cheap) Bikes</b> – Check Free and For Sale FB Group, <a href="#">Target/Amazon</a>, or local bike shops <a href="#">Kopp's Cycles</a> and <a href="#">Jay's Cycles</a>.</li> <li>• <b>Bike Quality</b> – More expensive bikes tend to last longer. Choose wisely.</li> </ul>
<p><b>"Hoverboards"</b> (e.g., Electric</p>	<ul style="list-style-type: none"> <li>• <b>Policy</b> – Found <a href="#">here</a>.</li> <li>• <b>Speed Limit</b> – Don't exceed 10 miles per hours.</li> <li>• <b>Be Polite</b> – Don't block sidewalks or use inside buildings.</li> <li>• <b>Charge in Your Room</b> – To avoid blocking areas.</li> </ul>

<p>Scooters and Skateboards)</p>	<ul style="list-style-type: none"> <li>• <b>Must Register with TPS</b> – Same form as bikes.</li> </ul>
<p><b>Driving</b></p>	<ul style="list-style-type: none"> <li>• <b>Get a Permit</b> – Car permit policy <a href="#">here</a>.</li> <li>• <b>Few Undergrads</b> – Very few undergrads are permitted to have cars.</li> <li>• <b>Grad Students</b> – Are more likely to have a car. Ask for short rides.</li> <li>• <b>Enterprise Carshare</b> – <a href="#">Rent out cars</a> for a short time. Not running as of Spring 2021.</li> <li>• <b>Benefits</b> – Convenient if you have a medical need or need to pick up groceries.</li> </ul>
<p><b>TigerTransit (Bus-Shuttles)</b></p>	<ul style="list-style-type: none"> <li>• <b>University Page</b> – On TigerTransit <a href="#">here</a>.</li> <li>• <b>Tripshot App</b> – <a href="#">Download this</a> to track when/where the bus will show up.</li> <li>• <b>On-Campus Routes</b> – Runs on weekdays but likely faster to walk in most cases. Goes to <a href="#">Forrestal Campus/Plasma Physics Laboratory</a>, <a href="#">Grad College</a>, <a href="#">Engineering Quad</a>, and <a href="#">Lakeside/Lawrence grad apartments</a>.</li> <li>• <b>The Weekend Shopper</b> – Only runs on weekends but goes <i>off-campus</i> to many convenient stores (e.g., Target, Wegmans, Whole Foods, Home Depot, Trader Joe’s, Party City, etc.).</li> <li>• <b>Bus Station</b> – Weekend shopper stops at the grad college and at Princeton Station (i.e., in front of Wawa).</li> </ul>
<p><b>NJ Transit Buses</b></p>	<ul style="list-style-type: none"> <li>• <b>Princeton Public Transit Page</b> – Click <a href="#">here</a>.</li> <li>• <b>605 Line</b> – Goes to Quakerbridge Mall, pickup near Wawa.</li> <li>• <b>100 Line</b> – Coach USA bus, picks up near Palmer Square and goes to NYC.</li> <li>• <b>Cancellations</b> – Some bus lines may not be running in Fall 2021, due to COVID-19.</li> </ul>
<p><b>Ridesharing Apps (Uber, Lyft, etc.)</b></p>	<ul style="list-style-type: none"> <li>• <b>Late Night Safety</b> – If you cannot get home safely, get picked up (e.g., alcohol intoxication).</li> <li>• <b>Carpooling</b> – Going with friends reduces individual cost.</li> </ul>

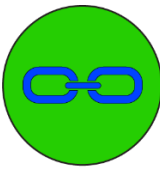
	<ul style="list-style-type: none"><li>• <b>Flexibility</b> – You can reach areas that public transport doesn't reach (e.g., hiking trails).</li></ul>
<b>Trains</b>	<ul style="list-style-type: none"><li>• <b>Far Off-Campus</b> – See previous section for how to get to NYC/Philly.</li><li>• <b>Princeton Junction</b> – Taking the Dinky from Princeton Station to Junction may be worth it to go to a few shops at Windsor Plaza.</li></ul>



HINTS

**Google/Apple Maps can get you to nearly every building on campus**, with even walking directions and time estimates. Google Maps also allows for “street view,” which can help you familiarize yourself with what buildings in an area look like.

## 2.3) Packing and Getting Things You Need



LINKS

**Path to Princeton Packing List**

<https://path.princeton.edu/faq/logistics#t3426n672736>

**Fire Safety Regulation (Ban List)**

<https://hres.princeton.edu/policies/fire-safety-policies>

**Sustainable Move-In Tips and Packing List:**

<https://sustain.princeton.edu/move-in>

The following supply lists are sorted by:

**Essential** – Bring to campus, hard to get conveniently.

**Helpful** – Things you should have but can get later around campus.

**Optional** – Nice but unnecessary.

**Don't Bring** – Banned or useless.



STRATEGIES

## *Essential Supplies List*

<b>Supply:</b>	<b>Description:</b>
Laptop Computer	Don't rely on computer clusters. Use scholarship money to pay if necessary. You can go cheap if you don't need to run intense programs. If you have computer issues you can go to <a href="#">OIT (Office of Information Tech) Support</a> .
Backpack or Messenger Bag	Preferably waterproof and comfortable.
Warm Jacket	NJ winters can be very cold. Also helps you stay warm if blankets are not warm enough.
Warm Blanket	Sleep warm and use for cuddling in cold study spaces.
Towel	If you want to dry off after taking showers.
Mobile Phone and Chargers	Don't let your phone die when using Google Maps to find your dorm.
Umbrella/Raincoat	Umbrellas preferred to keep your backpack dry, so your books or computer aren't damaged.
Rain/Snow Boots or a Spare Pair of Shoes	Wet feet bring down your whole day. Snow boots prevent slipping, but sidewalks are cleaned quickly.

Flip Flops/Shower Shoes/Shower Caddy	A must if you are using a hall bathroom, otherwise usually fine without. Don't get foot disease.
Desk Lamp	Some rooms are dim, and more lighting will reduce eyestrain.



STRATEGIES

## *Helpful Supplies List*

<b>Supply:</b>	<b>Description:</b>
Warm Socks and a Hat	If your blankets aren't warm enough, wearing these along a warm jacket can help you sleep in the winter.
Pocket Tissues	Don't get caught with a runny nose during a seminar.
Allergy Medicine	If you have seasonal allergies, especially in the spring.
Hand Soap, Towel, Bath Rugs	If you have a private bath, these aren't provided to you.
Body Soap, Shampoo, Conditioner	Keep it clean.
Backpack/Messenger Bag	Preferably waterproof and comfortable to wear.
Folders	To hold... papers.
A Blue/Black Pen	In case you need to sign something.
Textbooks	Use Textbook Exchange <a href="#">here</a> .

A Planner or Notebook with Dates	Be organized! Write down important dates and assignments.
Notebooks	You can't have laptops out in all lectures, so you will have to write some notes by hand.
Detergent	For laundry. Tide pods also work.
Laundry Bag	Duffel or trash bags also work.
Clothes Hangers	Cheap to buy if they take too much space.
Reusable Water Bottle	There's many water refilling stations <a href="#">around campus</a> , and you don't want to be studying while dehydrated.
One Pair of Formal Clothes	Preferably something warmer (i.e., long sleeve) in case you have a job interview during summer months.
Casual Clothes	No, Princetonians do not walk around wearing dress shirts all the time. Go to class in sweatpants if you want.
XL Twin Bed Linens	These take up space (especially large blankets), so buy them at the U-store in a pinch. Have enough for the first night though.



### *Optional Supplies List*

Supply:	Description:
A (Mini) Stapler	The school staplers tend to run out of staples quickly. Residential college office usually has extra staples.
Double AA Batteries	Just a few is helpful, especially if you have to buy an iClicker for class.



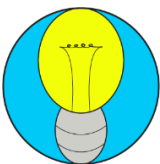
A Fridge	Not too helpful unless you are an upperclass student who cooks for themselves. There is also a large fridge in the communal kitchens (label your food to prevent theft though). You can also order microfridges through Student Agencies. You can have one minifridge per person.
Scotch (or Wall-Safe) Tape	Not just for sticking things to walls, but also helps you make quick repairs.
Command Hooks	Also allows you to hold things on walls without damage.
Christmas Lights	Not necessary, but it's a popular way to brighten up a room.
Dry Erase Markers	Some rooms have whiteboards outside of them. If you have one, draw something nice.
Scissors	Handy for opening packages.
Hot Sauce	If Princeton isn't spicy enough for you.
Bicycle	Faster than walking.
Coffee Makers and Kettles	Make sure that it is not a fire hazard.
Raid Spray for Bugs	Most dorms don't have bugs. Call up facilities first for infestations. Don't use chemicals unless necessary.
Power Strip	Plug in multiple devices, especially if the plug is in a hard-to-reach place. Note that extension cords are not allowed.
Sticky Notes	Nice for setting quick reminders or writing notes when you give roommates a care package (i.e., a bag of goodies).



STRATEGIES

## *“Don’t Bring” Supplies List*

Supply:	Description:
Microwaves	Fire hazard. Go to communal kitchen to use one.
Cooking Implements that Use Heat: Rice Cookers, Toasters	Fire hazards part 2.
Candles, Incense, Fireworks, Halogen Lamps, Space Heaters	Fire hazards part 3.
Laundry Quarters	Laundry is free.
Printer	Printing is free up to 2700 sheets.
Pets	Unless approved as a service or support animal (see <a href="#">Chapter 11.3</a> ). The exception is fish.
Air Conditioning Units	You can bring a desk fan though. Not all rooms will have AC.
A Lot of T-Shirts	You are going to get many free t-shirts, so save room for those.

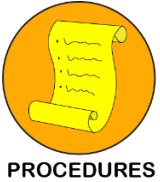


HINTS

**Fire Safety Checks** happen four times annually. If you or your roommates get caught with a banned item, all pay the full fine.



See [Chapter 10.5](#) for the **Independent’s Packing List**. Don’t worry about this if you’re a first year; it will only become relevant your junior year.



## *How to Get Things You Still Need, On-Campus*

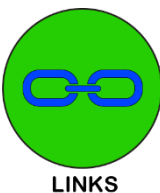
Step:	Details:
1. Ask Everyone Around You	<ul style="list-style-type: none"> <li>• <b>Incoming Roommates</b> – Ask them to bring it.</li> <li>• <b>Zee Group</b> – Ask your zee group or zee group chat.</li> <li>• <b>Neighbors</b> – Knock next door and introduce yourself.</li> <li>• <b>RCA’s/PAA’s</b> – Can help you find things.</li> <li>• <b>Res College Office</b> – Often has vacuums, staples, etc.</li> </ul>
2. Go to the University Store	<ul style="list-style-type: none"> <li>• <b>“U-Store” Location</b> – Go to <i>36 University Place</i> on campus, not Nassau Street. The one on Nassau is more like a gift shop than convenience store.</li> <li>• <b>U-Store Membership</b> – For \$25, you get 10% off future purchases. Good if you regularly need to buy things.</li> </ul>
3. Ask the Princeton Community	<ul style="list-style-type: none"> <li>• <b>Email the Res College Email Listservs</b> – Check <a href="#">Chapter 3.4</a> on how to subscribe to listservs.</li> <li>• <b>Free and For Sale</b> – <a href="#">Group on Facebook</a>.</li> <li>• <b>ReTail</b> – New <a href="#">TigerApp</a> that replaced the old Tiger Trade.</li> <li>• <b>Resource Recovery Program</b> – Formally <a href="#">known as surplus</a>, usually for University departments, but students are allowed to get used items too.</li> </ul>

<p>4. Go to Nearby Stores</p>	<ul style="list-style-type: none"> <li>• <b>Nassau Street</b> – Many stores within walking distance, though many are expensive barring the thrift stores.</li> <li>• <b>Princeton Area Thrift Stores</b> – According to this <a href="#">article</a>, try <a href="#">Nearly New</a>, <a href="#">Princeton Consignment</a>, and <a href="#">Greene Street Consignment</a>.</li> <li>• <b>Weekend Shopper</b> – Target has many things. The Walmart has shut down.</li> <li>• <b>605 Bus</b> – Leads to <a href="#">Quakerbridge Mall</a>.</li> <li>• <b>Uber</b> – To stores outside Princeton, not at the mall.</li> <li>• <b>Secondhand Stores</b> – Try <a href="#">Habitat for Humanity Restore</a>, <a href="#">Skillman Furniture Store</a>, <a href="#">Elephant in the Room Design</a>, or <a href="#">One of a Kind Consignment</a>.</li> <li>• </li> </ul>
<p>5. Order Online</p>	<ul style="list-style-type: none"> <li>• <b>Amazon</b> – The usual go-to.</li> <li>• <b>Pick Up</b> – Packages may be in a special tent during first couple weeks, after that it is usually in Frist Campus Center.</li> <li>• <b>Processing Time</b> – Always expect a couple days of delay when awaiting a package.</li> </ul>



**Don't get course books right away!** First years don't sign up for classes until after orientation, and even then, not all classes really use the textbook.

## 2.4) Moving In and Out



**TigerCard:**  
<https://tigercard.princeton.edu/>  
**Lockout Service:**

<https://publicsafety.princeton.edu/safety-security/lockout-services>

**Free and For Sale:**

<https://www.facebook.com/groups/forsaleatprinceton/?fref=ts>

**Move Out Checklist by Housing:**

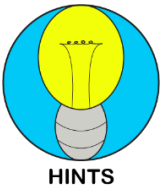
<https://hres.princeton.edu/undergraduate-housing/move-in-move-out/move-out>

**Greening Move-Out by Office of Sustainability:**

<https://sustain.princeton.edu/news/2021/guide-greening-move-out>

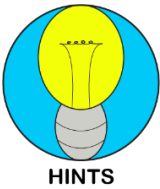
**Service Point (All Technical Help):**

<https://princeton.service-now.com/service?id=home>



HINTS

**If you lose your prox (Student ID card),** you can get a new one at the Department of Housing and Residential Services in the New South Building, on M-F from 8:45 AM – 5 PM. Outside those hours, call the Department of Public Safety (609-258-1000) for a loaner card, which will cost \$30.



HINTS

**Use the card holder that is given to you** and place it on the back of your phone, placing your prox inside. Then hold the back of your phone to swipe into buildings, no taking it out necessary. You can buy another card holder at the U-Store.



PROCEDURES

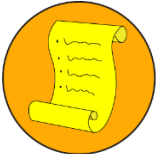
## ***How to Move In***

<b>Step:</b>	<b>Details:</b>
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<p>1. Talk to your roommate</p>	<ul style="list-style-type: none"> <li>• <b>Connect</b> - Facebook, text, or email a few weeks before move-in.</li> <li>• <b>Coordinate</b> - What you both are going to bring.</li> </ul>
<p>2. Double-Check Move-In Date</p>	<ul style="list-style-type: none"> <li>• <b>First Years</b> – Move in earlier than other class years for orientation.</li> <li>• <b>Orientation Leaders</b> – Move in earlier than first years to prepare for orientation.</li> </ul>
<p>3. (First Year) Get your prox</p>	<ul style="list-style-type: none"> <li>• <b>Your “Prox,”</b> – Or “proxy,” is your student ID card, officially known as a TigerCard.</li> <li>• <b>Enter Campus Buildings</b> - Tapping the Black rectangular scanners with the prox.</li> </ul>
<p>4. Update your prox on a hotspot</p>	<ul style="list-style-type: none"> <li>• <b>Hotspot Locations</b> – Map <a href="#">here</a>.</li> <li>• <b>How to Update Prox</b> – Tap prox on metal square until light turns green.</li> </ul> <div data-bbox="685 1060 1247 1327" style="text-align: center;"> <p style="text-align: center;">1    ----&gt;    2    ----&gt;    3</p> <p style="text-align: center;">Blue Light: Update in Progress      Green Light: Update Complete</p> </div> <ul style="list-style-type: none"> <li>• <b>Convenient Locations?</b> – Near Princeton Train Station and 1st floor (food gallery) Frist are both usually accessible without a prox.</li> </ul>
<p>5. Find your room</p>	<ul style="list-style-type: none"> <li>• <b>Google/Apple Maps</b> – To find the hall.</li> <li>• <b>Locate Stairs/Elevator</b> – Then figure out your route back to your stuff.</li> <li>• <b>Prop the Door</b> – Use a trash or recycling can.</li> </ul>
<p>6. Bring your stuff</p>	<ul style="list-style-type: none"> <li>• <b>Large orange carts</b> – About 4 x 6 feet in area, use to roll in things easily.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Ask to Borrow</b> – If you see someone with a cart. Help them out too.</li> <li>• <b>Use the Elevator</b> – To bring the cart to a higher level.</li> <li>• <b>Leave Carts Outside</b> – For others to use when done.</li> </ul>
7. Unpack your things	<ul style="list-style-type: none"> <li>• <b>Get Essentials First</b> – Toiletries, bedding, chargers, etc.</li> <li>• <b>Decorations Later</b> – Unless super stylish.</li> </ul>
8. Check that everything works	<ul style="list-style-type: none"> <li>• <b>Check Windows</b> – To see that blinds and windows close fully (keeps out cold air in winter).</li> <li>• <b>Check Bathroom</b> – That toilet, sink, and shower work.</li> <li>• <b>Check Bed</b> – Elevate your bed so that you can fit items under it. Or, if you want it bunked to save space.</li> <li>• <b>Fill out a Work Order</b> – With <a href="#">this form</a>, so that facilities can fix it. Usually takes a day or two for them to help.</li> </ul>
9. Take a walk	<ul style="list-style-type: none"> <li>• <b>Get Acquainted with the Area</b> – Don't get lost later.</li> <li>• <b>Find Key Areas</b> – Like Frist Campus Center, the U-Store, and laundry rooms.</li> <li>• <b>Help Others Move-In</b> – Especially if they are doing it by themselves.</li> </ul>
10. Get Missing Essentials	<ul style="list-style-type: none"> <li>• <b>See <a href="#">Chapter 2.3</a></b> – For details.</li> </ul>
11. Establish Responsibilities with Your Roommate	<ul style="list-style-type: none"> <li>• <b>Fill out the Roommate Contract</b> – If you're a first year.</li> <li>• <b>Establish Rules</b> – Even without a roommate contract.</li> <li>• <b>Coordinate Communication</b> – Best way to reach in an emergency.</li> <li>• <b>Coordinate Wake-Up Time</b> – Especially if one person is a light sleeper.</li> <li>• <b>Coordinate Shower Time</b> – If you have a private bath, don't both try to take showers at the same time.</li> <li>• <b>Establish Cleanliness</b> – Who cleans what, how often, and how much.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Noise Levels</b> – Is it okay to play music? Quiet hours after 11 PM?</li> <li>• <b>Visitor Policy</b> – If sleepovers or parties are allowed.</li> </ul>
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PROCEDURES

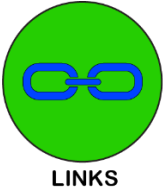
## *How to Move Out*

Step:	Details:
1. What to do with all your stuff	<ul style="list-style-type: none"> <li>• <b>Free Shirts/Gear</b> – You will have more things than what you came in with.</li> <li>• <b>Just Take Your Stuff</b> – ...But here are three other options if you can't fit it.</li> </ul>
2. Summer storage	<ul style="list-style-type: none"> <li>• <b>Free Summer Storage</b> – if you are a small-group orientation leader for the upcoming school year (i.e., OA, CA, DDA, etc.), or \$200 given to RCA's for summer storage costs.</li> <li>• <b>U-Haul</b> – Expensive but can split the cost with others.</li> <li>• <b>Student Agencies</b> – Summer Storage agency stores all your items for the summer and loads them into your fall room, at a price.</li> </ul>
3. Selling excess items	<ul style="list-style-type: none"> <li>• <b>Listserv Emails</b> – Offer individual items, or compile pictures of them into a PowerPoint (like "senior sale" emails). Include contact and payment info (e.g., Venmo).</li> <li>• <b>Free and For Sale</b> – Facebook group for selling, again.</li> <li>• <b>Textbook Exchange</b> – Another Facebook group.</li> <li>• <b>Labyrinth Books</b> – They buy back your textbooks for 15-20% cash back.</li> </ul>



	<ul style="list-style-type: none"><li>• <b>TigerTrade</b> – TigerApp for selling, currently inactive.</li><li>• <b>Friends</b> – Face-to-face sales are more persuasive.</li></ul>
4. Disposing items	<ul style="list-style-type: none"><li>• <b>Donate to Greening Move-Out</b> – They take food, furniture, clothes, and sometimes books.</li><li>• <b>Last Resort</b> – If Greening Move-Out doesn't take it, throw it in a dumpster.</li></ul>
5. Efficiently packing	<ul style="list-style-type: none"><li>• <b>Start Early</b> – At least a couple days in advance.</li><li>• <b>Start with Decorations</b> – And pack essentials last.</li><li>• <b>Packing Clothes Tip</b> – Fold them into plastic bag and tighten, releasing air and saving space.</li><li>• <b>Rolling Clothes</b> – If you need to fit clothes in a small space, try rolling instead of folding.</li><li>• <b>Don't Pack Late at Night</b> – Let your roommate sleep.</li><li>• <b>Desperation Tactic</b> – Put clothes on your bed so you can't sleep until you're packed.</li></ul>
6. Double-check you have everything and move-out	<ul style="list-style-type: none"><li>• <b>Open Everything</b> – Including drawers and cabinets.</li><li>• <b>Move Stuff Out</b> – Put into common room first and check your bedroom is empty.</li><li>• <b>Check the Hall</b> – Check communal bathrooms and kitchens.</li><li>• <b>Find an Orange Cart</b> – If needed.</li><li>• <b>Contact Your Roommate</b> – If you forgot something... and to say goodbye.</li></ul>

## 2.5) Small-Group Orientation Programs



**Orientation Programs:**

<https://orientation.princeton.edu/small-group-experiences>

**Admissions Blog on All Four Orientation Experiences:**

<https://admission.princeton.edu/blogs/recap-small-group-orientation-programs>



All first-years are required to be in one of the roughly week-long “small-group experiences.” The program goals are:



1. **Foster community** between first-years.
2. **Connect first years** to upperclass students besides the RCA and PAA’s.
3. **Promote other aspects** of the Princeton experience.

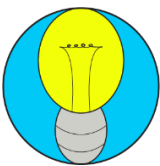
Number 3 is how these programs differ, shown below.



***Small-Group Orientation Program Chart***

Program	Exercise?	Description
<b>OA – Outdoor Action</b> 	Yes, intensity varies. May not have showers.	“Challenge by choice” philosophy that pushes students outside of their comfort zones, literally, by going into the wilderness.
<b>CA – Community Action</b> 	No, except PBC or PEEC.	Gets students involved in service, as per the University’s informal motto, “In the Nation’s service and in the service of humanity.”

<p><b>DDA – Dialogue and Difference in Action</b></p> 	<p>No</p>	<p>Seminars in difficult conversations about identity, encouraging compassion and intellectual courageousness.</p>
<p><b>AO – Athlete Orientation</b></p> 	<p>Yes</p>	<p>Gets student-athletes acquainted with their team. Fall athletes only.</p>



HINTS

**International Orientation** is not one of the small-group programs. This occurs a couple days before other first-years move in to help students get acquainted to American life. They still participate in one of the programs above.

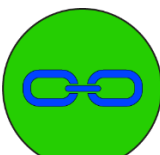


IMPORTANT

**Don't let fear of the cost of buying supplies stop you from doing OA!** Ask their office, and they can provide supplies for you.

Some orientation groups stay close for four years, whereas others don't talk much. The small group experience is not going to define your social life, especially since your zee group will be another small cohort.

## 2.6) The Safety Presentations



LINKS

**Umatter Website:**

<https://umatter.princeton.edu/>

**Department of Public Safety (Phone: 609-258-1000):**

<https://publicsafety.princeton.edu/>

**DPS’s Safety and Security Tips:**

<https://publicsafety.princeton.edu/safety/safety-and-security#safety-tips>

**First Year Residential Experience Program:**

<https://odus.princeton.edu/living/FYRE>



IMPORTANT

**Remember the safety presentations**, especially on fire safety, sexual harassment, and alcohol. Incidents happen all the time and memorize the phone number for Public Safety. Check [Chapter 12.4](#) on alcohol specifically.

**The safety presentations in a nutshell:**

1. Don’t do unsafe things.
2. Help others out if they are unsafe.
3. Stop unsafe behaviors from occurring.

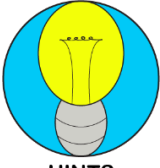
Specific issues are covered more in-depth in Chapter 12, on Health.



STRATEGIES

***UMatter’s Three D’s of Intervention***

<b>Method:</b>	<b>Description:</b>
Distract	Redirect focus of the situation to get a person’s attention. Use humor or an excuse to get the problematic person to stop.
Direct	Step in and separate individuals with assertive language.
Delegate	Ask others to help (e.g., friend, supervisor, bouncer, police officer). Be aware of emergency resources.



**Expecting a dangerous situation?** Use the TigerSafe app’s feature to “Work Alone,” and it will check on you every couple minutes. If you stop responding, it will alert an emergency contact.

## 2.7) *The Post-Small Group Experience Period*

Once you return from your small-group experience and the safety presentations, there are a couple more things you should do...



### ***Notable Post-Orientation Events***

<b>Event:</b>	<b>Details:</b>
Course Selection	<ul style="list-style-type: none"><li>• <b>First-Year students only</b> – Classes are usually picked in the preceding semester, but only first year fall semester, classes are chosen a few days before starting.</li><li>• <b>Meet your academic advisor</b> – Get your courses approved by them for your first two semesters.</li></ul>
Pre-Read Discussions	<ul style="list-style-type: none"><li>• <b>With Your Zee Group</b> – A seminar discussion that prepares you for Princeton classes.</li><li>• <b>With the Whole Class</b> – An assembly with the author and discussants on a stage.</li></ul>

	<ul style="list-style-type: none"> <li>• <b>With Princeton’s President</b> – At each res college in the upcoming weeks for a dinner discussion. Take a picture with the president too!</li> </ul>
Academic Fair	<ul style="list-style-type: none"> <li>• <b>Majors/Concentrations</b> – Meet different departments and sign up for their email lists to hear more about their programs and related opportunities.</li> <li>• <b>Minors/Certificates</b> – Also sign up for info about these.</li> <li>• <b>Don’t Hesitate to Subscribe</b> – You can always unsubscribe later, as per <a href="#">Chapter 3.4</a>. If you don’t sign up, you’ll never know.</li> </ul>
Activities Fair	<ul style="list-style-type: none"> <li>• <b>All the Extracurriculars</b> – Will be present. See <a href="#">Chapter 8</a> for more details on the types of clubs.</li> <li>• <b>Civic Engagement Fair</b> – For service groups, usually located outside Dillon Gym at the same time as this.</li> <li>• <b>Don’t Hesitate to Subscribe</b> – Again, you can always unsubscribe.</li> </ul>
Campus Rec Expo	<ul style="list-style-type: none"> <li>• <b>All About Fitness</b> – Learn about various fitness programs or club sports.</li> </ul>
Pre-Rade	<ul style="list-style-type: none"> <li>• <b>A Literal Parade</b> – March through FitzRandolph Gates and officially become a Princeton student.</li> <li>• <b>The Counterpart to the P-Rade</b> – You’ll march out of FitzRandolph Gates during graduation to mark the end of your Princeton career.</li> <li>• <b>Don’t Walk Through the Gates Again Before the P-Rade</b> – If you do, you may get cursed to never graduate.</li> </ul>
Freshmen Step Sing	<ul style="list-style-type: none"> <li>• <b>At Blair Arch</b> – Near Rocky and Mathey, the largest arch on campus.</li> <li>• <b>Pop Songs</b> – You get a book of songs to go through with the first-year class.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Princeton Tradition Songs</b> – You’re going to know “Old Nassau” by heart by graduation.</li> </ul>
The Ice Cream Social	<ul style="list-style-type: none"> <li>• <b>Loud Music</b> – And ice cream, of course.</li> <li>• <b>Very Packed</b> – In normal times, at least.</li> </ul>
<a href="#">First Year Families Weekend</a>	<ul style="list-style-type: none"> <li>• <b>Parents Come to Visit</b> – Also a good opportunity to get things you missed upon packing.</li> <li>• <b>A Weekend a Few Weeks into Fall Semester</b> – So you won’t have to see your parents immediately after leaving them.</li> <li>• <b>It’s Okay if They Can’t Come</b> – Most parents don’t come anyway.</li> </ul>



**Explore your options during your first year.** Clubs will be more eager to reach out to you during this time, and the first clubs you join might not be the ones you stick with.

## 2.8) The Residential College System



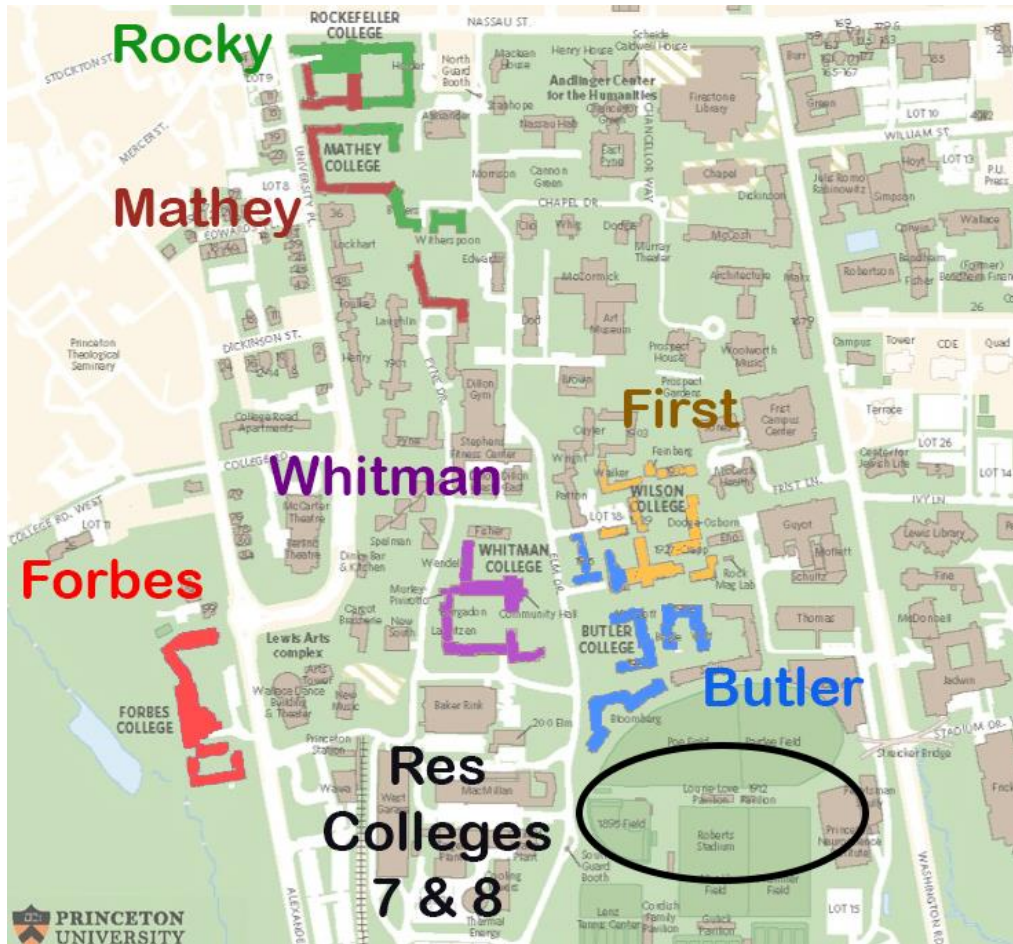
### What are Residential Colleges?

Description:	Details:
Just Groups of Dorm Buildings	<ul style="list-style-type: none"> <li>• <b>Your New Home</b> – For the next two years, at least.</li> <li>• <b>See Map Below</b> – For locations of each res college.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Started in 1967</b> – When First (formerly Wilson) College became a residential community.</li> <li>• <b>Randomly Assigned</b> – It’s the Harry Potter sorting hat, but nothing to do with your personality.</li> <li>• <b>The People You Live With</b> – Many of your first friends will be made here.</li> </ul>
<p>What Each Res College Has</p>	<ul style="list-style-type: none"> <li>• <b>A Dining Hall</b> – Sometimes shared with the sister college. Not required to eat there all the time.</li> <li>• <b>A College Office</b> – Where you can talk to res college staff.</li> <li>• <b>Res College Activities</b> – Sponsored social activities like study breaks or trips to Broadway in New York.</li> <li>• <b>A “Sister College”</b> – Each res college is paired with another for the sake of community.</li> </ul>
<p>The Res College Community</p>	<ul style="list-style-type: none"> <li>• <b>Res College Staff</b> – The people that will support you all four years, even if you live there only two years.</li> <li>• <b>First Years and Sophomores</b> – Required to live with their res college.</li> <li>• <b>Some Upperclass Students</b> – Only Butler, Mathey, and First are “four-year colleges,” meaning juniors and seniors can live there. Other res colleges will soon be four-year colleges too.</li> </ul>
<p>The New 7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup> Res Colleges</p>	<ul style="list-style-type: none"> <li>• <b>7<sup>th</sup> Res College</b> – Will be completed in Summer 2022, south of Poe Field.</li> <li>• <b>8<sup>th</sup> Res College</b> – Will be completed in Summer 2022.</li> <li>• <b>9<sup>th</sup> Res College</b> – Named Hobson College, will be completed in Fall 2026. Will replace First College.</li> </ul>

## *Res College Locations on Campus*






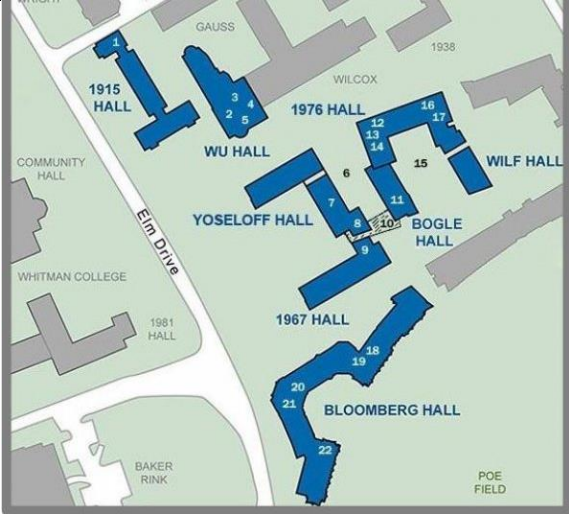

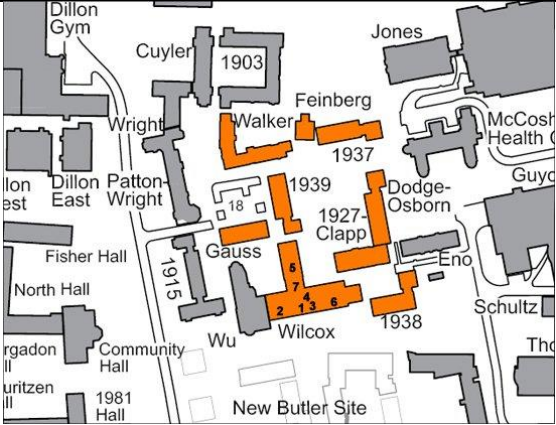
HINTS

If you're wondering what the non-colored dorms on this map are, they are upperclass dorms. Dorms are mostly in the west, while academic buildings are more towards the east. To hear more about upperclass housing, see [Chapter 11](#) on housing.

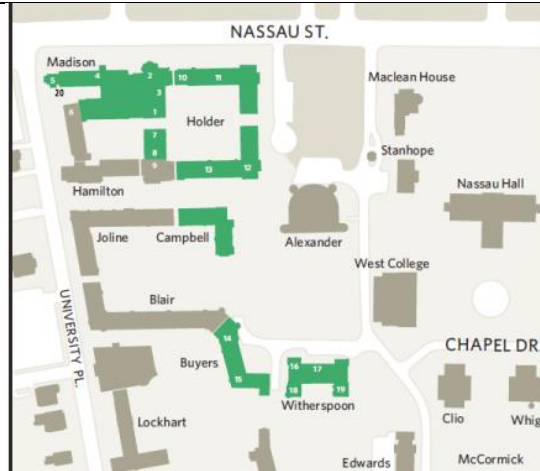


OVERVIEWS

### *The Six Res Colleges*

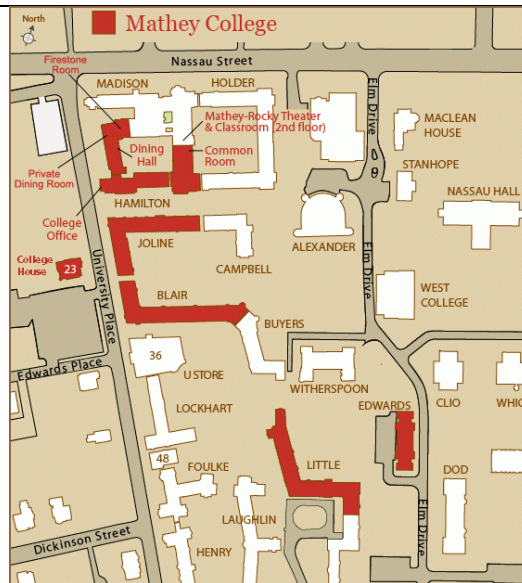
Res College:	Details:
<p><b>Butler</b></p> 	 <ul style="list-style-type: none"> <li>• <b>Halls</b> – 1915, Wu, 1976, Yoseloff, 1967, Bogle, Wilf, Bloomberg Halls.</li> <li>• <b>Known For</b> – New dorms with good AC.</li> <li>• <b>Sister College</b> – First.</li> </ul>
<p><b>First</b> (formerly known as “Wilson”)</p> 	 <ul style="list-style-type: none"> <li>• <b>Halls</b> – Walker, Feinberg, 1939, 1937, 1927-Clapp, Dodge-Osborn, Gauss, Wilcox, 1938.</li> <li>• <b>Known For</b> – Oldest res college.</li> <li>• <b>Sister College</b> – Butler.</li> <li>• <b>Why the Name Change?</b> – Woodrow Wilson was <a href="#">racist</a>.</li> </ul>

## Rocky



- **Halls** – Madison, Holder, Campbell, Buyers, Witherspoon.
- **Known For** – Gothic architecture.
- **Sister College** – Mathey.

## Mathey

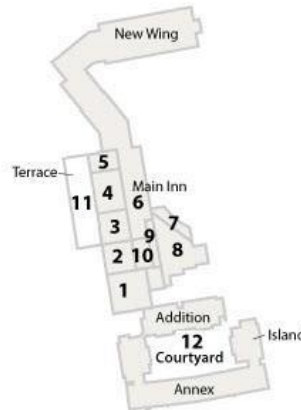


- **Halls** – Hamilton, Joline, Blair, Little, Edwards Halls, Campbell 5/6.
- **Known For** – Looking exactly like Rocky.
- **Sister College** – Rocky.

## Forbes



### Forbes College Upper Level (Main)

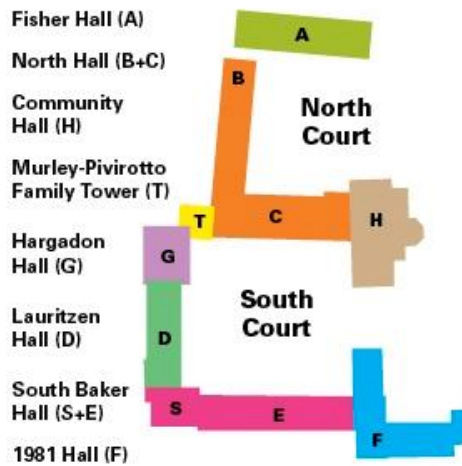


- **Halls** – Main Inn, Annex (and “Addition”), and New Wing, all part of the same building, roughly.
- **Known For** – Formerly the “Princeton Inn” and being a long walk from other parts of campus.
- **Sister College** – Whitman.

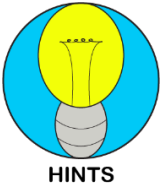
## Whitman



### WHITMAN COLLEGE



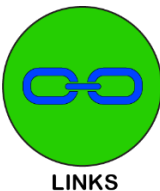
- **Halls** – Fisher, North, Hargadon, Lauritzen, South Baker, and 1981 Halls.
- **Known For** – Single rooms and dark brown interiors.
- **Sister College** – Forbes.



**Forbes is objectively the best res college.**

– Sincerely, a biased Forbesian.

## 2.9) Residential College Staff



**Residential College Staff People:**

[Butler](#)/[First](#)/[Forbes](#)/[Rocky](#)/[Mathey](#)/[Whitman](#)

**PAA Network:**

<http://paanet.princeton.edu/>

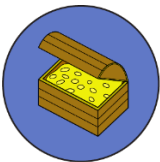
The staff of your residential college will support you through all four years of your Princeton experience. Here’s their jobs:



### *Residential College Staff Roles*

Title:	Description:
Head of College	<ul style="list-style-type: none"> <li>• <b>The Top Dog</b> – Sets res college priorities and organizes activities.</li> </ul>
Dean	<ul style="list-style-type: none"> <li>• <b>Overlooks</b> – academic affairs and student life.</li> <li>• <b>Upperclass Advising</b> – i.e., juniors/seniors, including academics.</li> </ul>

Director of Studies (DoS)	<ul style="list-style-type: none"> <li>• <b>Academics</b> – Advising for first years and sophomores.</li> </ul>
Director of Student Life (DSL)	<ul style="list-style-type: none"> <li>• <b>Manages Students</b> – RCA’s, College Council, social/disciplinary issues.</li> </ul>
College Program Administrator	<ul style="list-style-type: none"> <li>• <b>Money</b> – Budget and operations</li> </ul>
College Office Coordinator	<ul style="list-style-type: none"> <li>• <b>Bring it Together</b> – Works with Dean, DoS, DSL, College Program Administrator in the office.</li> </ul>
<a href="#">Faculty Advisors</a>	<ul style="list-style-type: none"> <li>• <b>Academic Advisors</b> – Work with first years for course selection.</li> <li>• <b>Switch Your Advisor</b> – Request to change your faculty advisor at any time.</li> <li>• <b>Replaced in Upperclass Years</b> – Swapped with departmental advisor when you declare a concentration (“major”).</li> </ul>

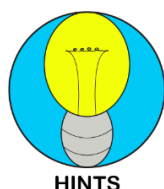


RESOURCES

## *Residential College Student Leaders*

<b>Title:</b>	<b>Description:</b>
Residential College Advisors (RCA’s)	<ul style="list-style-type: none"> <li>• <b>AKA “RA’s”</b> – Called Residential Advisors at any other college.</li> <li>• <b>Upperclass Students</b> – These are juniors and seniors.</li> <li>• <b>Advise a First Year “Zee Group”</b> – “Zees” or “advisees” are first years that the RCA holds weekly meetings with.</li> <li>• <b>Ask Them Anything</b> – with any questions about Princeton life.</li> </ul>

<p>Assistant RCA's (ARCA's)</p>	<ul style="list-style-type: none"> <li>• <b>Sophomore Advising</b> – Less involved than first year advising.</li> <li>• <b>Larger Groups</b> – They can be advising ~50 sophomores.</li> </ul>
<p><u>Peer Academic Advisors</u> (PAA's)</p>	<ul style="list-style-type: none"> <li>• <b>Academics But More</b> – As upperclass students, they can answer most things.</li> <li>• <b>PAA Network</b> – A list of all PAA's at Princeton <a href="#">here</a>.</li> <li>• <b>Ask Other PAA's</b> – For specific majors, find the PAA in your college that studies it, if it's not the one assigned to you.</li> </ul>
<p>Residential College Council</p>	<ul style="list-style-type: none"> <li>• <b>Elected Group of Students</b> – Includes both first years and sophomores.</li> <li>• <b>Social Events and Gear</b> – They build the res college community.</li> </ul>
<p><u>Residential Graduate Students</u> (RGS's)</p>	<ul style="list-style-type: none"> <li>• <b>Ph. D and Master's</b> – Living in the res college in special rooms.</li> <li>• <b>10 Hrs/Wk on College Activities</b> – Expect them to be involved in student life.</li> <li>• <b>Ask About Post-Undergrad Life</b> – Being an adult, applying to grad school.</li> </ul>
<p><u>Dormitory Assistants</u> (DA's)</p>	<ul style="list-style-type: none"> <li>• <b>An RCA for Upperclass Students</b> – You will only run into them if you live in housing for juniors and seniors.</li> <li>• <b>No Advising</b> – They just make sure housing is okay.</li> </ul>



**You don't have to be assigned to someone to ask for their help.** Peer Health Advisors, LGBTQIA+ Peer Educators, and Student Technology Consultants are all assigned by res college. However, if you have an issue that they can address, they'll likely help anyone.

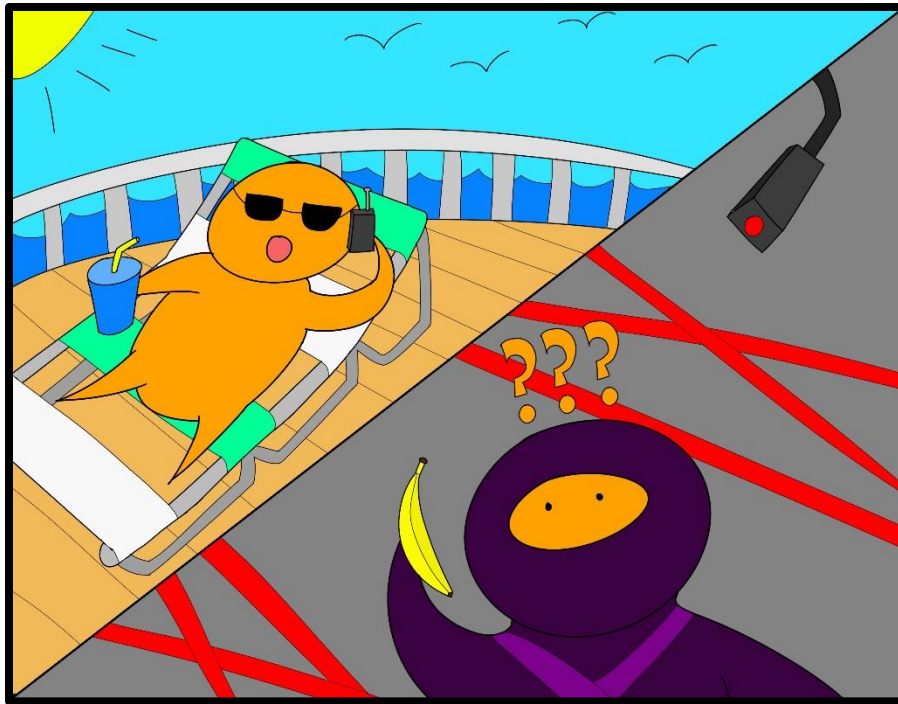
## ***Residential College Workers***

These include janitors, dining hall workers, and repair workers.

**Make sure to say hi and thank them** for the work that they do. They are often underappreciated. This goes for all service workers on campus.



# Chapter 3: Talking to People & Staying Informed



*Talking to people can get you out of a sticky situation...*

## ***In this section you'll learn about:***

- Why and how you should talk to people, and who you can talk to.
- How to subscribe to the residential college listservs.
- Platforms to help you keep informed about campus events.

## Chapter 3 Table of Contents:

- 3.1) The Most Important Lesson: Talk to People! ..... 58
- 3.2) How to Talk to People: Step-by-Step..... 60
- 3.3) The Short List of People You Should Talk To ..... 71
- 3.4) Res College Listservs and Emails..... 75
- 3.5) Other Ways of Staying Informed ..... 82
- 3.6) Public Forums: Real Talk and Tiger Confessions ..... 86
- 3.7) Project Welcome Mat..... 88

# 3.1) The Most Important Lesson: Talk to People!



IMPORTANT

**This guide can only take you so far!** I cover the basics here, but for advice specifically suited for you, you'll need to talk to people.

Past the small group orientation period, no one is going to tell you what to do. So, you need to talk to a lot of people.

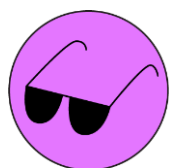


OVERVIEWS

## Why You Need to Talk to People

<b>Reason:</b>	<b>Details:</b>
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Learn about opportunities	Extracurriculars, jobs, or life tips that you only learn through solid networking. This is an important skill for post-graduation too.
Recommendations and References	You need these for job applications or grad school.
Award Nominations	Professors and friends can't nominate you for awards if they don't talk to you.
Building a Support Network	Not just friends who emotionally support you, but professors and faculty who can advocate for you in bad times.
Stronger Academic Engagement	Professors are much more available at Princeton than other universities, so don't squander the opportunity to challenge your ideas and learn.
People are Pretty Cool	You probably won't get to meet so many amazing people (students and teachers) in one place again in your life. Except for Reunions.



STRATEGIES

## ***General Strategies for Talking to People, Based on Who You Are***

<b>Student Demographic:</b>	<b>Details:</b>
From a Private School or Well-Endowed Public High School	<ul style="list-style-type: none"> <li>• <b>This is Normal</b> – Feeling entitled to adults' time and going to office hours is what you've done before.</li> <li>• <b>Help Others Out</b> – Give others tips or accompany them to situations where they might not be comfortable talking.</li> </ul>

<p>Introverts or Socially Anxious People</p>	<ul style="list-style-type: none"> <li>• <b>Learn this Skill Early</b> – It won’t come naturally, but don’t forego these benefits forever.</li> <li>• <b>Quality over Quantity</b> – Make the most of interactions you have; avoid exhausting yourself with too many.</li> <li>• <b>Choose Type of Interactions</b> – You don’t need to network at conferences if they are irrelevant.</li> <li>• <b>Getting Help</b> – Consider talking to <a href="#">Counseling and Psychological Services</a> for help navigating social anxiety. It’s free and confidential.</li> </ul>
<p>Underserved (Public) School Students</p>	<ul style="list-style-type: none"> <li>• <b>A Foreign Concept</b> – Teachers in public schools often try to keep classes in order, while at Princeton, they are paid (well) to help you succeed. Get used to this.</li> <li>• <b>To Your Advantage</b> – You have the most to gain out of college (i.e., social mobility), so use all the human resources.</li> <li>• <b>It’s Not Kissing Up</b> – If you let this hold you back, other students are going to gain large advantages over you.</li> <li>• <b>Be Genuine</b> – Faculty know you need to build relationships.</li> </ul>

## 3.2) How to Talk to People: Step-by-Step



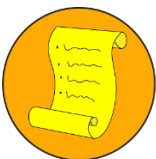
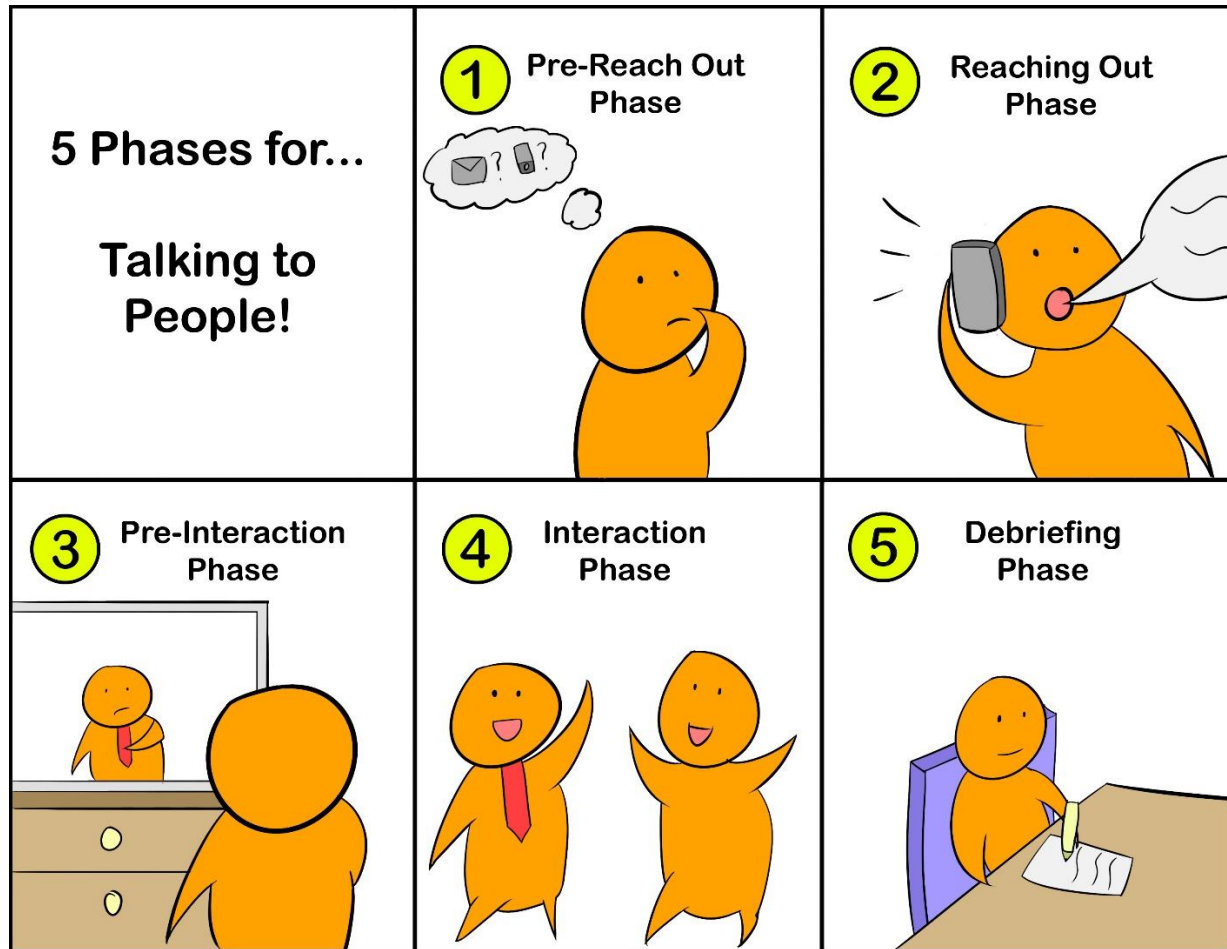
**This subchapter of the guide is very in-depth** because talking to people is hard, whether you’re just nervous or preparing for a new situation. Many other chapters will reference this specific subchapter.



OVERVIEWS

## *Key Types of Interactions*

<b>Interaction:</b>	<b>Details:</b>
Office Hours	Time set aside by professors for you to ask questions outside of class time.
Job Interviews	Before you get hired for a job, so your employer can get to know you.
Informational Interviews	A meeting with a job recruiter that tells you about the place you might want to work for.
Meeting Upperclass Students	Any time with a student in a higher class year than you.
Meeting Alumni	Meeting someone who graduated in your major, met at an event, or reached out to via TigerNet.
Networking Events	Meant for you to build connections and find job opportunities.
“Cold” Emails	Any email sent to people that you have never met before. People may not respond, but those that do are usually helpful.
Any Conversation	Everyone has something you can learn from.



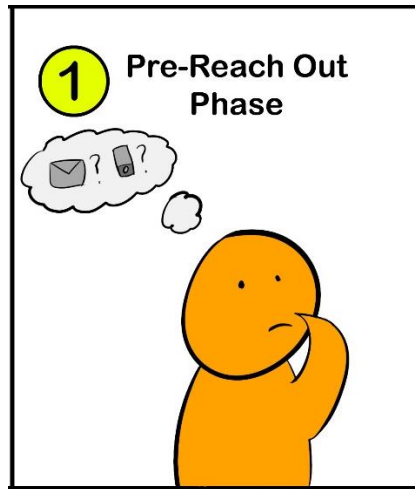
PROCEDURES

***Five Phases of Talking to People:***

Phase:	Details:
1. Pre-Reach Out	Before you reach out to the person.
2. Reaching Out	How you reach out (e.g., mediums, manners, etc.).
3. Pre-Interaction	Preparing to talk to the person.
4. Interaction	Talking to the person.

5. Debriefing	Reviewing what you learned from the meeting.
---------------	--

Use the following strategies as helpful for the situation; you don't need to do everything listed here every time.



## *Talking to People: Pre-Reaching Out Phase*

Strategy:	Details:
Plan Out How Many Interactions	<ul style="list-style-type: none"> <li>• <b>Start Easy</b> – 1-2 challenging interactions per day so you have time to debrief and rest.</li> <li>• <b>Recovery Time</b> – Budget 1-2 hours between interactions to rest and prepare for further interactions.</li> </ul>
Decide on Medium of Interaction	<ul style="list-style-type: none"> <li>• <b>Email</b> – If you just want a small question answered, this is easiest.</li> <li>• <b>In-Person</b> – If the person is nearby, ask them to join you in a coffee shop. For students, dining hall, Frist Campus Center, and casual walks also work.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>(Video) Call</b> – If not nearby, ask to call them. Use video if more comfortable.</li> </ul>
Ask a Friend to Join	<ul style="list-style-type: none"> <li>• <b>If Appropriate</b> – Don't bring to a job interview, but fine to bring a classmate to office hours.</li> <li>• <b>Who?</b> – A classmate, zee group member, or random friend. Upper class student if appropriate.</li> </ul>
Get Practice	<ul style="list-style-type: none"> <li>• <b>Center for Career Development Help</b> – They can look over your emails or help you plan what to say. Sign up for free appointments or walk-in office hours. More in <a href="#">Chapter 14.1</a>.</li> <li>• <b>Write an Outline</b> – With your goals, what you plan to say, and how you say it.</li> </ul>



STRATEGIES

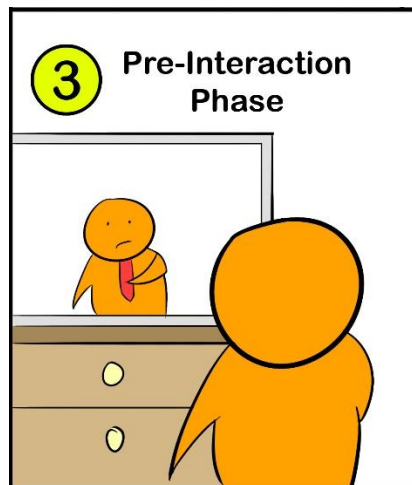
## *Talking to People: Reaching Out Phase*

<b>Strategy:</b>	<b>Details:</b>
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<p>Email Greetings</p>	<ul style="list-style-type: none"> <li>• <b>Dear...</b> - The safest opening, formal. “Hi [Name]” if you are casual with them.</li> <li>• <b>Copy Their Greeting</b> – If they say, “Hi Students/ [Your Name]”, it’s okay to say “Hi [Their Name]” back. Same for closings.</li> <li>• <b>Mr./Mrs.?</b> – Most preceptors want you to call them by their first name (as grad students only a few years older). Many professors do too, but never hurts to initially call them “Professors [X]” or ask how they want to be called.</li> <li>• <b>Gender?</b> – You can check faculty bios to see what pronouns they use, but use “they,” until you know their pronouns.</li> </ul>
<p>Email Closings</p>	<ul style="list-style-type: none"> <li>• <b>Best...</b> - The default. “Sincerely” or usually also works.</li> <li>• <b>The Formal</b> – “Sincerely” or “Thank You.” For professors, most are okay with less formal closings.</li> </ul>
<p>Appointment Sign-Ups</p>	<ul style="list-style-type: none"> <li>• <b>WASE</b> – Web Appointment Scheduling Engine. Click an available time and you should get a confirmation email.</li> <li>• <b>Calendly</b> – Click a time and send over any materials if necessary.</li> </ul>
<p>Ask Someone to Read Over Your Email</p>	<ul style="list-style-type: none"> <li>• <b>Center for Career Development</b> – Set up a free appointment and after that, feel free to send emails to career counselors. Or go to open hours.</li> <li>• <b>A Parent, Older Sibling, Upperclass Students, RCA’s</b> – May be more likely to have experience with emails.</li> <li>• <b>Things to Check for</b> – Typos, clarity, length (be brief).</li> </ul>
<p>Follow Up on Emails</p>	<ul style="list-style-type: none"> <li>• <b>Bump in 4-5 Days</b> – Send an email like “just circling back around to see if you’re available at these times!”</li> <li>• <b>If They Don’t Respond Again</b> – Wait another week, and then one more bump email.</li> <li>• <b>Don’t Take it Personally</b> – Sometimes people are just busy or lose emails in their inbox.</li> </ul>

<p>Email Content</p>	<ul style="list-style-type: none"> <li>• <b>You Don't Need to Say Your Name</b> – That's already on your email address and closing.</li> <li>• <b>Who You Are</b> – Instead, describe what you study or are interested in.</li> <li>• <b>Purpose for Meeting</b> – Tell them what you want to do and why you want to do it with them.</li> <li>• <b>Suggest Location/Format</b> – E.g., meet in person at Frist, or video call at 3 PM.</li> <li>• <b>Set a Time, on Your Schedule</b> – Say "I am free at x day at y time." Give a couple times too, at least 2 days in advance. Set this now; otherwise, they'll have to reply asking you when you're available.</li> </ul>
<p>Video Calls</p>	<ul style="list-style-type: none"> <li>• <b>Send the Video Call Link</b> – Once the other person confirms that they are available.</li> <li>• <b>Google Calendar Invites</b> – Optional, but some people appreciate it and helps them to keep organized.</li> </ul>

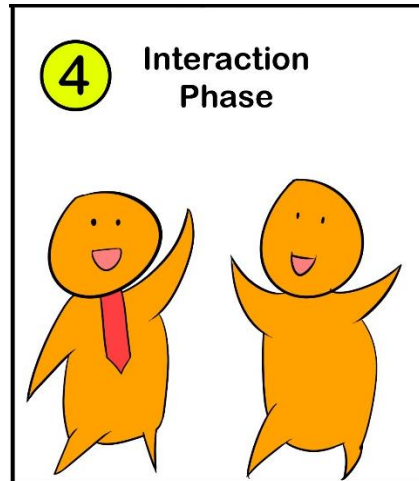


STRATEGIES

## *Talking to People: Pre-Interaction Phase*

Strategy:	Details:
Go to the Bathroom	<ul style="list-style-type: none"> <li>• <b>Find the Bathroom</b> – You don’t want to need to go in the middle of a conversation.</li> <li>• <b>Stall for Time</b> – Arrive early but you can hide in the bathroom if you’re too early... Or just stand outside.</li> <li>• <b>Don’t Drink Too Much Water</b> – Be hydrated, but too much defeats the point of going to the bathroom.</li> </ul>
Dress Code	<ul style="list-style-type: none"> <li>• <b>Job Interviews</b> – Dress more formally but depends on the workplace. Business casual (e.g., a button-down shirt) is always a safe choice.</li> <li>• <b>Talking to Professors/Anyone Else</b> – Casual is fine if you’re not messy.</li> </ul>
Take a Deep Breath	<ul style="list-style-type: none"> <li>• <b>Square Breathing</b> – Not just a strategy for the socially anxious, but a solid relaxation measure for anyone. Breathe in, hold, breathe out, and hold, for 4-7 seconds at each stage.</li> </ul>
Write a Plan	<ul style="list-style-type: none"> <li>• <b>2+ Questions</b> – Make sure to have a second question in case the first one is answered quickly. Keep in mind what the other person is skilled in answering.</li> <li>• <b>Calculate Time</b> – How long will it take for these questions to be answered?</li> <li>• <b>Goals</b> – What are your goals for this interaction? To establish better relationships? Learn? Be better at talking to professors?</li> <li>• <b>Anticipate Answers</b> – If you are nervous about negative responses, write down how you might handle objections to reassure yourself it’ll be alright.</li> </ul>
Do Some Background Research	<ul style="list-style-type: none"> <li>• <b>Probably Unnecessary for Friend Meet-Ups</b> – But good for knowing a job interviewer.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>TigerBook</b> – Allows you to check what they look like, so that you have an easier time finding them if meeting up in person.</li> <li>• <b>Social Media</b> – LinkedIn for professional background, Facebook for casual background.</li> </ul>
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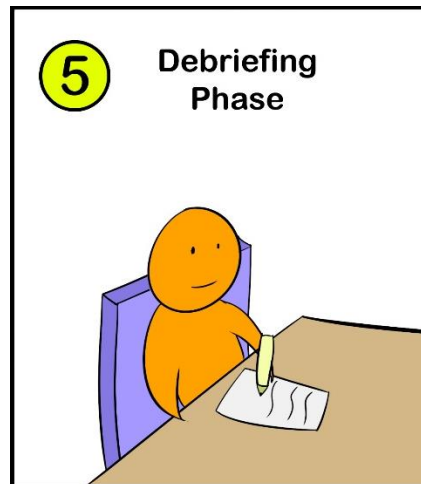


## *Talking to People: Interaction Phase*

Strategy:	Details:
Ask to Record	<ul style="list-style-type: none"> <li>• <b>Always Ask Permission</b> – Some people are uncomfortable being recorded.</li> <li>• <b>Why Record?</b> – This means you don't have to take as many notes in the moment, allowing you to be more engaged in the conversation. Not necessary for casual interactions.</li> <li>• <b>Ask Early in the Meeting</b> – Just so you don't miss any key details.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Recording Tools</b> – Usually in-built in video calling software like Zoom but use recording apps on your phone for in-person.</li> <li>• <b>Consider Context</b> – Probably doesn’t make sense to record a job interview, but if it’s for your information and benefit, then recording is practical.</li> </ul>
Talk Clearly	<ul style="list-style-type: none"> <li>• <b>Don’t Talk Too Fast</b> – It’s easy to do when nervous.</li> <li>• <b>Don’t Use Jargon</b> – Unless you are sure your audience understands it.</li> <li>• <b>Try Mirroring</b> – Match the other person’s talking speed and tone for more natural conversation.</li> </ul>
Hold a Balanced Conversation	<ul style="list-style-type: none"> <li>• <b>Don’t Interrupt</b> – Don’t miss what they have to say.</li> <li>• <b>Don’t Dominate in Casual Settings</b> – Keep speaking time to 50-50 for each person.</li> <li>• <b>Job Interviews?</b> – They might be expecting you to talk more, but the secret is that if you can get the job interviewer to talk more about themselves, they’ll like you better than other applicants.</li> <li>• <b>Build Off of What the Other Person Says</b> – This ensures that you engage with the other and not just talk about yourself.</li> <li>• <b>Nod or React to What People Say</b> – This shows that you’re paying attention.</li> <li>• <b>Be Natural</b> – You don’t have to impress everyone or plug your resume every time you talk. Be friendly.</li> <li>• <b>Ask if You Can Take Notes</b> – If you need to, so people don’t get distracted when you start doing so.</li> </ul>
Keep Time	<ul style="list-style-type: none"> <li>• <b>Respect People’s Time</b> – Don’t go more than 5 minutes over the expected time, even if you came late.</li> <li>• <b>Track Time</b> – Note the clock in the room or wear a watch. Don’t check so often to appear disinterested though.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Casual Ending Conversation</b> – If your questions were answered early, ask about their day or what they’re going to do next.</li> <li>• <b>Ending Early</b> – Don’t drag on the conversation longer than it needs to if unnatural or over time.</li> </ul>
<p>Make Sure You Hit the Important Points</p>	<ul style="list-style-type: none"> <li>• <b>A Checklist?</b> – Bring one and check at the end of the meeting if you met all your goals.</li> <li>• <b>Didn’t Get All the Points?</b> – Try setting up a follow-up meeting or communication to make sure you don’t miss out.</li> </ul>



STRATEGIES

### Talking to People: Debriefing Phase

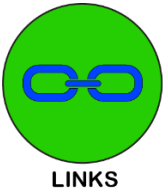
Strategy:	Details:
<p>Review Notes</p>	<ul style="list-style-type: none"> <li>• <b>Write Notes if You Haven’t</b> – Things you learned are fresh in your mind for about 48 hours.</li> <li>• <b>What Did You Learn?</b> – If you didn’t learn much, think about how you can prepare better questions.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Reach Out Again?</b> – Consider if you need to talk to them again later or reach out to someone else for more info.</li> <li>• <b>Talk to a Friend</b> – Can help if you are not sure what to make of an interaction.</li> <li>• <b>Improvement?</b> – Write down how you could improve and keep it by you when planning the next interaction.</li> <li>• <b>If It Goes Badly...</b> - It’s okay. It’s one interaction, a learning experience, and you can’t expect it to go right the first time. You’ll have hundreds more chances in the future to do better.</li> </ul>
<p>Follow-Up</p>	<ul style="list-style-type: none"> <li>• <b>Job Interviews</b> – Make sure to send a brief follow-up email thanking them for their time and a detail about your interview to show your enthusiasm for the job.</li> <li>• <b>Casual Interactions</b> – If you like, ask them to hang out at an event or text them with other questions or topics of interest.</li> <li>• <b>Not Required All the Time</b> – You don’t need to follow-up with a professor after office hours or a friend after hanging out unless it’s natural.</li> <li>• <b>Social Media Connections</b> – A Facebook/Instagram follow or LinkedIn connection with a friend can keep you up to date on the cool things happening in their life.</li> </ul>



**Remember that you are talking to human beings!** It is easy to be intimidated by famous professors, but they have families, take time off, or even eat junk food. Always thank people for their time and be forgiving if something comes up (which happens a lot, to human beings).

## 3.3) *The Short List of People You Should Talk To*



**TigerBook (Student Directory with Emails):**

<https://tigerbook.herokuapp.com/>

**Residential College Facebook (Also the Student Directory):**

<https://collface.deptcpanel.princeton.edu/>



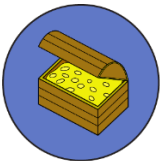
## *People You Should Talk to*

Title:	Description:
Students Assigned to You (RCA's, ARCA's, PAA's)	<ul style="list-style-type: none"> <li>• <b>Literally Their Job</b> – Your RCA (“Residential College Advisor”) is literally paid to help you. Ask them anything.</li> <li>• <b>Ask About Other Things</b> – You may be assigned a PAA (Peer Academic Advisor), but they can answer questions besides academics (e.g., “what’s the best dining hall?”)</li> <li>• <b>Casual First Contact</b> – Good non-stressful person to talk to.</li> <li>• See <a href="#">Chapter 2.9</a> – for more details on these.</li> </ul>
Residential College Staff	<ul style="list-style-type: none"> <li>• <b>Also, Their Job</b> – To talk to you. Though, they are more official.</li> <li>• <b>Get Connected to the Right People</b> – If they can’t answer it themselves.</li> <li>• <b>Official First Contact</b> – Most administrative problems go through them first.</li> <li>• See <a href="#">Chapter 2.9</a> – For more details again.</li> </ul>
Professors and Preceptors	<ul style="list-style-type: none"> <li>• <b>Office Hours</b> – They literally have time for you to go talk to them. Do it.</li> </ul>



	<ul style="list-style-type: none"> <li>• <b>Academics, but Also Life</b> – Many students casually talk to professors about their life, though they first start out just talking about academics.</li> <li>• <b>Preceptors are Just Grad Students</b> – Ask for grad school advice or if you’re curious what grad students do on-campus. Younger and cooler than professors sometimes.</li> </ul>
Upperclass Students	<ul style="list-style-type: none"> <li>• <b>Upperclass = Juniors/Seniors</b> – This is because by junior year, people have chosen their majors, joined eating clubs, and often no longer live in the res colleges.</li> <li>• <b>Academic Advice</b> – They know which professors or departments to avoid.</li> <li>• <b>Eating Club Advice</b> – Since they are in the eating clubs.</li> <li>• <b>Career Development</b> – They can read things you write or give advice on what will set you up for careers they’re also pursuing.</li> <li>• <b>Just Friends</b> – You don’t have to stick to being friends with just those in your class year.</li> </ul>
Students in Your Class Year/Underclass Students	<ul style="list-style-type: none"> <li>• <b>Your Class Year</b> – Make friends with people doing the same things as you to form study or support groups!</li> <li>• <b>Underclass Students</b> – Give them advice that will help them succeed.</li> <li>• <b>People Who Do Different Things</b> – Don’t get stuck in your bubble. Be open to new people, ideas, and activities.</li> <li>• <b>Just Friends</b> – Anyone is a potential friend.</li> </ul>
Campus Offices	<ul style="list-style-type: none"> <li>• <b>For Interpersonal Problems</b> – Some notable ones are SHARE (Sexual Harassment/Assault Advising, Resources, and Education), Carl A. Fields Center for Equality and Understanding, and Accessibility Center (Disability Services).</li> <li>• <b>More Logistical Problems</b> – Facilities, Grounds, Office of Information Technology (for tech issues).</li> <li>• <b>Affinity Based Offices</b> – Like LGBT Center, Women’s Center, and Office of Religious Life.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>See Chapter 15</b> – For resources for most affinity groups.</li> </ul>
Alumni	<ul style="list-style-type: none"> <li>• <b>Use TigerNet</b> – A directory of all the alumni ever. Search for similar majors, class years, or career paths.</li> <li>• <b>Send Them an Email</b> – They’re used to “cold” emails (i.e., emails from someone you don’t know). If they’re annoyed, you’ve only annoyed one human. It’s okay.</li> <li>• <b>Career Advice</b> – Most helpful to see how alums navigate their life and work. Set up a time to talk.</li> <li>• <b>They’ll Give More Connections</b> – Talk to more people until you reach your goals.</li> </ul>
Job Interviewers and Recruiters	<ul style="list-style-type: none"> <li>• <b>Job Fairs</b> – To find recruiters or put your name down on mailing lists.</li> <li>• <b>Job Interviews</b> – When you apply for any job.</li> <li>• <b>Informational Interviews</b> – Reach out to companies or people who work in the field to hear what they do.</li> </ul>



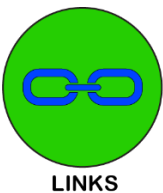
RESOURCES

## *Specialized Student Leaders*

Title:	Description:
<a href="#">Peer Health Advisors</a> (PHA’s)	<ul style="list-style-type: none"> <li>• <b>Health Related Activities</b> – Study breaks with healthy things.</li> <li>• <b>Referrals to University Health Services</b> – If you’re not sure what your diagnosis is.</li> <li>• <b>All Kinds of Issues</b> – Particularly alcohol, sleep, mental health, physical health, nutrition, sexual health, and stress.</li> </ul>

<p><u><a href="#">LGBTQIA+ Peer Educators</a></u></p>	<ul style="list-style-type: none"> <li>• <b>LGBT Identity</b> – Covering issues such as gender identity, sexual orientation, and romantic orientation.</li> <li>• <b>Educating</b> – Through panels and workshops.</li> <li>• <b>Peer Support</b> – Peers are less awkward than talking to adults.</li> </ul>
<p><u><a href="#">Fields Center Fellows</a></u></p>	<ul style="list-style-type: none"> <li>• <b>Events</b> – Host workshops, trainings, and dialogue.</li> <li>• <b>Support Against Bias and Discrimination</b> – Peers are great for hitting the sensitive issues.</li> </ul>
<p><u><a href="#">Peer Career Ambassadors</a></u></p>	<ul style="list-style-type: none"> <li>• <b>Brush Up Job Basics</b> – Resume, cover letter, interviews, career things.</li> <li>• <b>Modern Job Seeking</b> – People change jobs more than 20 years ago, so this calls for newer strategies.</li> </ul>
<p><u><a href="#">Student Technology Consultants</a></u></p>	<ul style="list-style-type: none"> <li>• <b>Contact</b> – <a href="mailto:stchelp@princeton.edu">stchelp@princeton.edu</a> or 609-258-4357 for OIT Support</li> <li>• <b>Digital Kids</b> – Be assured they know basic tech things and can find the person specialized for big problems.</li> </ul>
<p><u><a href="#">SHARE Peers</a></u></p>	<ul style="list-style-type: none"> <li>• <b>Directory</b> – Here</li> <li>• <b>Peer Confidant</b> – Talking about these issues can be weird with adults.</li> </ul>

## 3.4) Res College Listservs and Emails



**Listserv Subscription Website:**

<https://lists.princeton.edu/cgi-bin/wa?REPORT&z=3>

**Listserv Email Lists Search:**

<https://lists.princeton.edu/cgi-bin/wa?INDEX>

**The LIPService Guide to Listservs (Instructions w/ Pictures):**

[https://docs.google.com/document/d/1F6-pEWQZx3MevAJI\\_KbadAArt7LPDxm59QsZgyzEU/edit?usp=sharing](https://docs.google.com/document/d/1F6-pEWQZx3MevAJI_KbadAArt7LPDxm59QsZgyzEU/edit?usp=sharing)



IMPORTANT

**Subscribe to at least one residential college listserv!** You will miss out on a devastating number of opportunities if you do not.

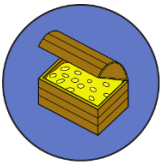


OVERVIEWS

***What are Listservs?***

<b>Quality:</b>	<b>Details:</b>
An Email List	<ul style="list-style-type: none"> <li>• <b>Subscribe</b> – Go to <a href="https://lists.princeton.edu">https://lists.princeton.edu</a> and sign in with your netid.</li> <li>• <b>Send Emails</b> – To all the people on the list.</li> <li>• <b>Receive Those Emails</b> – A good way to stay informed.</li> </ul>
Residential College Listservs	<ul style="list-style-type: none"> <li>• <b>NOT the “Official” Listservs</b> – Your official listservs are named like “forbes-21,” (for staff to reach Forbesians in the Class of 2021).</li> <li>• <b>Voluntary</b> – You must sign up for these yourself, and most posts are by students, not staff.</li> <li>• <b>Advertisements</b> – Student post events and opportunities on here.</li> <li>• <b>Finding Items</b> – If you lose something or need something quickly, ask here.</li> <li>• <b>Most Res College Listservs Open to Everyone</b> – You can subscribe to all res college listservs except for First, which is only open to its specific residents.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>All Six Listservs Virtually the Same</b> – The Rocky listserv hardly ever talks about Rocky-related events, but (usually) every res college listserv receives advertisements from the same student groups.</li> </ul>
Other Listservs	<ul style="list-style-type: none"> <li>• <b>Club Listservs</b> – To receive updates about meetings or events in that specific club.</li> <li>• <b>Freefood</b> – To hear about free food leftover from campus events.</li> <li>• <b>Academic Programs</b> – To hear about lectures, summer opportunities, and more.</li> </ul>



RESOURCES

## *Residential College Listserv Names*

Residential College:	Listserv Name:
Butler	ButlerBuzz
First	FirstComeFirstServ
Rocky	RockyWire
Mathey	MatheyMail
Forbes	Re-INNformer
Whitman	WhitmanWire



## Why You Need to Subscribe to the Res College Listservs

Reason:	Details:
Job, Academic, and Extracurricular Opportunities	<ul style="list-style-type: none"> <li>• <b>Discover Something New</b> – While you won’t take every opportunity, you should still hear about every opportunity in case you do become interested.</li> <li>• <b>Be in the Loop</b> – Sometimes events will only be advertised here a few days before.</li> </ul>
Political Action and Fundraising	<ul style="list-style-type: none"> <li>• <b>USG Referendums</b> – They need signatures to be on the ballot. Sign them.</li> <li>• <b>Petitions</b> – When the Princeton administration does wrong, sign these ASAP.</li> <li>• <b>Emergency Fundraising</b> – Help out people who end up in bad situations.</li> </ul>
Advertising Your Own Events	<ul style="list-style-type: none"> <li>• <b>Club Duties</b> – This is the first place you should advertise to, because hitting all the residential college listservs means hitting ~80% of the campus population.</li> <li>• <b>Subscribe and Unsubscribe</b> – You need to be a subscriber to send emails, but that also means you must receive emails.</li> </ul>
It’s Manageable	<ul style="list-style-type: none"> <li>• <b>30 Minutes Now, Save Hours Later</b> – Sit down and set up the strategies below early, and you’ll save yourself day-to-day suffering.</li> </ul>

 **LISTSERV 16.5**  
 Subscriber's Corner Email Lists

**Login Required**

**Login Required**

**Princeton faculty, staff, and students:** Please log in using your University password.

**Non-Princeton users:** Please log in with your existing stand-alone password. If this is the first time you see this prompt, or if you have forgotten your password, you will need to [get a new LISTSERV password](#) first.

Email Address:

Password:

[LISTS.PRINCETON.EDU](http://LISTS.PRINCETON.EDU)

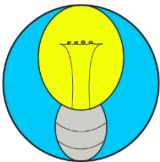


PROCEDURES

***How to Sign Up for the (Res College) Listservs***

Step:	Details:
1. Go to <a href="http://lists.princeton.edu">lists.princeton.edu</a>	<ul style="list-style-type: none"> <li>• <b>Login with your Princeton email and password</b> – Put your full email (e.g., xxxx@princeton.edu, not just xxxx).</li> <li>• <b>Bookmark this Page</b> – To adjust your settings later.</li> </ul>

2. Go to the “Email Lists” Tab	<ul style="list-style-type: none"> <li>• <b>Top Left</b> – Or you can just follow this link here.</li> </ul>
3. Search for the Listserv Name	<ul style="list-style-type: none"> <li>• <b>Refer to the Res College Listserv Names Table</b> – Again, the Forbes listserv is not “Forbes-21.”</li> </ul>
4. Click on it and Subscribe	<ul style="list-style-type: none"> <li>• <b>Settings</b> – You can change those later.</li> </ul>
5. Check for a Confirmation Email	<ul style="list-style-type: none"> <li>• <b>WhitmanWire Particularly</b> – The other res college listservs you can subscribe without clicking a confirmation email.</li> </ul>
6. Change Your Settings/Unsubscribe	<ul style="list-style-type: none"> <li>• <b>Go to “Subscriber’s Corner”</b> – Right next to the “Email Lists” tab.</li> <li>• <b>Click on “[SETTINGS]”</b> – Next to each listserv name and adjust settings (e.g., turn email headers on so MatheyMail emails start with “[MatheyMail]” in the subject).</li> <li>• <b>Unsubscribe</b> – Button at the bottom of the page.</li> </ul>



HINTS

**Learn to manage your emails early.** A few minutes now will save you time every day, adding up quickly.



STRATEGIES

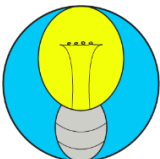
## *How to Manage Your Emails Efficiently*

Strategy:	Details:
Filter Res College Emails into a Folder	<ol style="list-style-type: none"> <li>1. <b>Go to settings</b> in Gmail (the gear icon) and click “See All Settings.”</li> </ol>



	<ol style="list-style-type: none"> <li>2. <b>Go to the “Filters and Blocked Addresses” Tab</b> and then click “Create New Filter.”</li> <li>3. <b>Customize Filter</b> – E.g., put “<a href="mailto:Re-INNformer@princeton.edu">Re-INNformer@princeton.edu</a>” in the “From” tab to get all Forbes emails.</li> <li>4. <b>Filter to a Folder</b> – By either putting a “label” on it or “Categorize as.”</li> </ol>
<p>Enable Keyboard Shortcuts for Quick Navigation (Desktop)</p>	<ol style="list-style-type: none"> <li>1. <b>Go to settings</b> in Gmail (the gear icon) and click “See All Settings.”</li> <li>2. <b>Click “Enable Keyboard Shortcuts,”</b> under the “General Tab.”</li> <li>3. <b>You can now press “j”</b> to go to the previous email and “k” to go to the next.</li> <li>4. <b>Customize shortcuts</b> by going to the “Advanced” tab -&gt; “Enable Custom Keyboard Shortcuts” -&gt; “Keyboard Shortcuts” tab that appears.</li> </ol>
<p>Download Plug-Ins</p>	<ol style="list-style-type: none"> <li>1. <b><a href="#">Boomerang Plug-In</a></b> – Pauses your inbox from receiving emails for a set time or schedule emails to send later.</li> <li>2. <b><a href="#">MailMeteor Plug-In</a></b> – Send mass emails easily using a template.</li> </ol>
<p>Tips for Frequent Listserv Advertisers</p>	<ol style="list-style-type: none"> <li>1. <b>Subscribe to All the Res College Listservs</b> – Each one you send to will <a href="#">reach hundreds more people</a>. Don’t miss any of them.</li> <li>2. <b>Filter Redundant Listservs</b> – Filter five res college listservs to spam so you can send to those listservs while only dealing with one listserv’s worth of email volume.</li> <li>3. <b>Or Subscribe and Unsubscribe</b> – Subscribe to the other res college listservs to send the email and unsubscribe when done to avoid redundant emails.</li> <li>4. <b>Send Emails to All Six Listservs with Hoagie</b> – A new student app, <a href="https://mail.hoagie.io">https://mail.hoagie.io</a>, allows you to do this easily.</li> </ol>

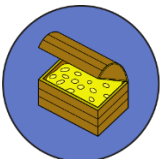
<p>Adjust Listserv Settings</p>	<ol style="list-style-type: none"> <li>1. <b>Enable Message Confirming Receipt</b> – Do this in the listserv settings at lists.princeton.edu in the Subscriber’s Corner, for each individual listserv. Helpful for senders.</li> <li>2. <b>Pause Listserv Emails</b> – This can also be enabled in the listserv settings.</li> <li>3. <b>“Listserv Style” Email Headers</b> – Enable this to have the listserv name in the subject line (e.g., “[MATHEYMAIL]”). Helps to manage emails.</li> <li>4. <b>Index (HTML Format)</b> – Set this to receive all your listserv emails at the end of the day.</li> </ol>
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HINTS

Check the original [LIPService Guide](#) for all your emailing needs! There are more pictures and diagrams if these instructions aren’t clear.

## 3.5) Other Ways of Staying Informed



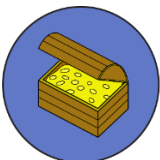
RESOURCES

### Other Ways of Staying Informed

Ways:	Description:
<p>“Official Class of [20xx]” Facebook Pages</p>	<ul style="list-style-type: none"> <li>• <b>Run by USG</b> – Student Government verifies you are a student before you are let in.</li> <li>• <b>You’re Not Limited to Your Class Year</b> – Sign up for other class years to advertise or hear about more opportunities.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>First Year Page is Most Active</b> – Student groups advertise heavily there at the beginning of the fall semester.</li> </ul>
<p>Other Notable Facebook Groups</p>	<ul style="list-style-type: none"> <li>• <b>The Meme Page, Unironically</b> – <a href="#">Princeton Memes for Preppy AF Teens</a> is where a lot of people make funny memes to vent their frustrations with University issues.</li> <li>• <b>Overheard at Princeton</b> – For things <a href="#">you hear around campus</a>, also tells what people are thinking about.</li> <li>• <b>Joining Private Facebook Groups</b> – You have to wait for someone in the group to approve you. Usually, it will be a random Princeton person you are Facebook friends with.</li> </ul>
<p>Campus Office Instagram Pages</p>	<ul style="list-style-type: none"> <li>• <b>ODUS, Pace, and Princeton</b> – Insta accounts are all quite active.</li> <li>• <b>Instagram Stories</b> – Check there for upcoming events.</li> <li>• <b>This Week in Posters</b> – Check the Princeton account’s story at the beginning of each week to see dozens. Send them posters to advertise too.</li> </ul>
<p>Physical Posters</p>	<ul style="list-style-type: none"> <li>• <b>Lampposts, Bulletin Boards, and Dorms</b> – Posters are plastered everywhere.</li> <li>• <b>Frist Campus Center Bulletin Boards</b> – There are many outside and inside.</li> <li>• <b>Electronic Message Board</b> – You can advertise for free on it, outside of Frist, <a href="#">here</a>.</li> <li>• <b>Target Areas</b> – E.g., for engineering events, put posters in the E-Quad.</li> </ul>
<p>Eating Club/Specific Group Listservs</p>	<ul style="list-style-type: none"> <li>• <b>Targeted Advertising</b> – Send theatre emails to a theatre-related listserv.</li> <li>• <b>Eating Clubs and Co-Ops</b> – Treat them like the res college listservs.</li> </ul>
<p>Talking to People</p>	<ul style="list-style-type: none"> <li>• <b>Friends</b> – They will talk about things they are involved in.</li> <li>• <b>Note Your Friends’ Interests</b> – Remember who is involved in theatre if you want to join theatre.</li> </ul>

<p>Frist Mailbox</p>	<ul style="list-style-type: none"> <li>• <b>Occasional Pamphlets</b> – From academic programs.</li> <li>• <b>Not Very Important</b> – Check it about once a semester at most. Students won’t advertise with physical mail.</li> <li>• <b>How to Access Your Mailbox</b> – Frist 100 level, mail services. You can check your mailbox number here.</li> </ul>
<p>Googling Things</p>	<ul style="list-style-type: none"> <li>• <b>Search for Your Interest</b> – Typing in “theatre Princeton” will probably get you to some theatre group.</li> <li>• <b>Checking Princeton Websites</b> – Some are more updated than others (i.e., ones with event calendars).</li> </ul>
<p>Princeton News Sources</p>	<ul style="list-style-type: none"> <li>• <b>The Daily Princetonian</b> – Student run newspaper with a large variety of content, <a href="#">here</a>.</li> <li>• <b>Planet Princeton</b> – Local news for Princeton <a href="#">here</a>.</li> <li>• <b>Patch</b> – Covers New Jersey wide news <a href="#">here</a>.</li> <li>• <b>The Billboard on Nassau Street</b> – Next to the four-way intersection at Washington Road, sometimes locals will post ads for services or events.</li> </ul>



RESOURCES

## *Notable Campus Instagram Pages*

\*Thanks to the Pace Center for compiling this list on their Instagram story.

<b>Office:</b>	<b>Description:</b>
<p>Res Colleges</p>	<ul style="list-style-type: none"> <li>• <b>Butler</b> – @butlercollegeprinceton</li> <li>• <b>First</b> – @firstcollegeprinceton</li> <li>• <b>Forbes</b> – @forbesscollege</li> <li>• <b>Rocky</b> – @rockycollegeprinceton</li> <li>• <b>Mathey</b> – @matheycollege</li> <li>• <b>Whitman</b> – @whitmanatprinceton</li> </ul>

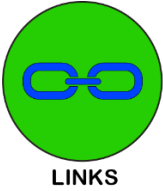
<p>Campus Life</p>	<ul style="list-style-type: none"> <li>• <b>Office of the Dean of Undergraduate Students</b> - @princetonodus (i.e., undergrad student life)</li> <li>• <b>Athletics</b> - @princetonathletics</li> <li>• <b>Office of Wintersession and Engagement</b> - @princeton_owce</li> <li>• <b>Graduate Students</b> - @princetongradlife</li> <li>• <b>Library</b> - @pulibrary</li> <li>• <b>Campus Recreation</b> - @pucampusrec</li> <li>• <b>Admissions</b> - @apply.princeton</li> <li>• <b>Alumni Affairs</b> - @princetonalumni</li> <li>• <b>Office of Sustainability</b> - @tigersgogreen</li> <li>• <b>Emma Bloomberg Center</b> - @princetonebc (first generation and low-income students)</li> <li>• <b>Princeton</b> - @princeton</li> <li>• <b>Undergraduate Student Government</b> - @princeton_usg</li> <li>• <b>Pace Center</b> - @pace_princeton (community service)</li> </ul>
<p>Campus Resources</p>	<ul style="list-style-type: none"> <li>• <b>UMatter</b> - @Princetonumatter</li> <li>• <b>Housing</b> - @Princeton_studenthousing</li> <li>• <b>Department of Public Safety</b> - @Princetonudps</li> <li>• <b>Counseling and Psychological Services</b> - @Princeton_cps</li> <li>• <b>Center for Career Development</b> - @Princetoncareer</li> <li>• <b>Davis International Center</b> - @Princetondavisic</li> <li>• <b>Financial Literacy Initiative</b> - @finlitprinceton</li> </ul>

Various student groups may also have Instagram or Facebook pages; search up their names and follow them accordingly.



**Top Three Instagram Pages to Follow?** @princeton, @princeton\_odus, and @pace\_princeton, all post flyers for special events on their Instagram stories. Check them frequently.

## 3.6) Public Forums: Real Talk and Tiger Confessions



**Real Talk Princeton:**

<https://realtalk-princeton.tumblr.com/>

**Tiger Confessions# (TC#):**

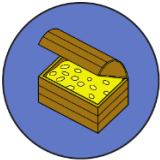
<https://www.facebook.com/groups/262652111719765>



VS.



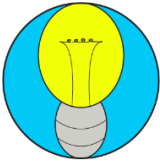
Sometimes it is uncomfortable to ask questions in-person. So, there are two services that allow Princeton students to ask questions anonymously and have other Princeton students answer. I compare the two services below.



RESOURCES

## *Real Talk Princeton and Tiger Confessions Comparison Chart*

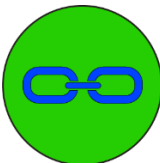
	<b>Real Talk Princeton</b>	<b>Tiger Confessions</b>
<b>Purpose:</b>	To answer anonymous student questions.	To allow anonymous student confessions, which can be questions, rants, polls, or memes.
<b>Who Can Contribute?</b>	Semi-anonymous team of ~25 students (pen names), but bios on website. Chosen through application to represent diverse interests.	Any of 3000+ Princeton students that are willing to comment, and posts from anyone who fills out the Google Form.
<b>How are questions answered?</b>	1-2 contributors respond per question.	5-10 questions grouped into a single post. Commenters answer any questions they want (though not all will be answered).
<b>Use the Search Bar</b>	To find if your question has been previously answered.	To find how often people discuss certain topics (e.g., housing, eating clubs, etc.).
<b>Suggested Use</b>	Asking questions and getting thoughtful answers.	Getting popular opinion about a topic, from a wider audience.



HINTS

**Remember that RTP and TC# does not speak for everyone!** Especially on TC, it represents only people who are willing to submit or comment. That might be a narrow demographic.

## 3.7) Project Welcome Mat



LINKS

**Project Welcome Mat (Student and Families Editions):**

<https://fsi.princeton.edu/fsi-family/project-welcome-mat-families-edition>

**Project Welcome Mat (Website Form):**

<https://projectwelcomemat.weebly.com/>



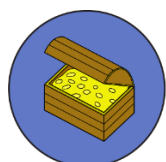
VS.

# THE ULTIMATE GUIDE TO PRINCETON UNIVERSITY



## ***What is Project Welcome Mat?***

A guide written primarily for first generation college students, though helpful for others too. The Ultimate Guide covers many of the same topics (and uses it as a reference).



RESOURCES

### ***Project Welcome Mat and Ultimate Guide Comparison Chart***

	<b>Project Welcome Mat</b>	<b>Ultimate Guide</b>
<b>Intended Demographic</b>	Primarily first-generation college students.	The general student body, though first-generation college student friendly.
<b>Who Wrote It?</b>	8 writers, 10 editors, and 12 student organizations, overseen by the Office of the Dean of the College for the Freshman Scholars Institute.	One Philosophical Boy with help from a lot of friends.
<b>Formatting</b>	Typical heading and paragraph structure.	LSRD HIT! (Left-Skim Right-Details through Headers, Icons, and Tables).
<b>Writing Style</b>	Friendly. Different tone based on author.	Concise. Consistent and organized because one author.

<b>Updates</b>	Created in 2015, some sections updated since.	Created in Summer 2021.
<b>Suggested Use</b>	A more traditional, prose alternative to the Ultimate Guide.	Skim and investigate further by clicking on links or referring to respective sections in Project Welcome Mat.

## Section 2: Academics

Everything you need to do as a scholar, efficiently.

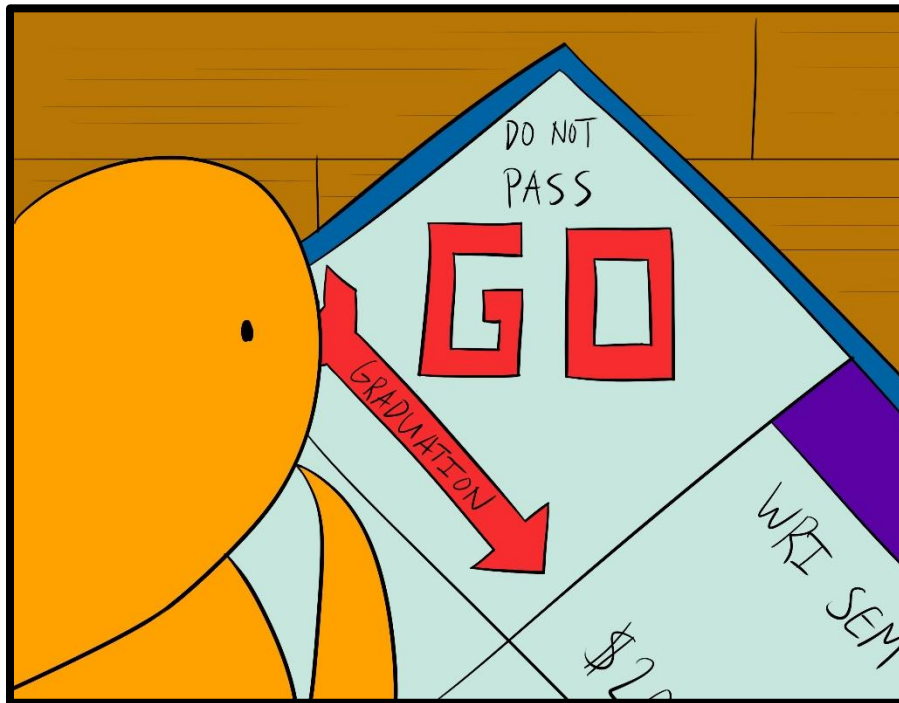
### **Chapters Included:**

[Chapter 4](#): Academic Requirements

[Chapter 5](#): Planning Your Courseload

[Chapter 6](#): Study Tips

# Chapter 4: Academic Requirements



*Do not graduate. Do not collect \$200.*

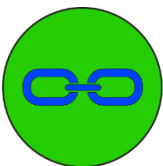
## ***In this section you'll learn about:***

- The unique qualities of the Princeton academic experience.
- General semester and 4-year academic timelines.
- Degree Requirements (AB/BSE, distributions, optional certificates).
- The Honor Code (Academic Integrity Policy).

## Chapter 4 Table of Contents:

- 4.1) The Princeton Academic Experience ..... 93
- 4.2) Semester and 4-Year Academic Timeline..... 95
- 4.3) AB vs. BSE, and AP Credits ..... 100
- 4.4) AP Credits and Advanced Standing ..... 103
- 4.5) Concentration and Certificate Requirements ..... 105
- 4.6) Distribution Requirements ..... 111
- 4.7) Writing Seminar and Language Requirement ..... 115
- 4.8) Grading Options: A-F, P/D/F's, Audits, Transfers ..... 122
- 4.9) The Honor Code and Discipline ..... 123

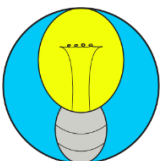
# 4.1) The Princeton Academic Experience



LINKS

**Princeton: What Does Liberal Arts Mean?**

<https://admission.princeton.edu/academics/what-does-liberal-arts-mean>



HINTS

**Your PAA can give you the most specific academic advice.** But save them some trouble and learn the basics here.



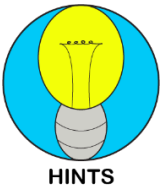
OVERVIEWS

**Unique Features of the Princeton Academic Experience**

Feature:	Description:
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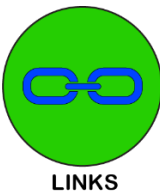
<p>No Pre-Professional Schools</p>	<ul style="list-style-type: none"> <li>• <b>No Law, Medical, or Business School</b> – Princeton’s grad schools are more academia/research focused.</li> <li>• <b>Theoretical Over Practical</b> – Princeton classes teach you more concepts than skills. Learn skills in extracurriculars.</li> <li>• <b>You Can Still Be Pre-Professional</b> – Just prepare accordingly (see <a href="#">Chapter 5.8</a>).</li> <li>• <b>It’s a Liberal Arts School</b> – Learning, not vocational training.</li> </ul>
<p>Undergrad Focus</p>	<ul style="list-style-type: none"> <li>• <b>Much Less Grad Students</b> – Only about 3000 compared to 5000 undergrads.</li> <li>• <b>More Attention from Profs</b> – Princeton really wants undergrads to talk to them. Do it.</li> </ul>
<p>Senior Thesis Requirement</p>	<ul style="list-style-type: none"> <li>• <b>What is it?</b> – A long paper or research report. Can also be creative (e.g., a theatre performance).</li> <li>• <b>Not Just for Honors Students</b> – Which is what other colleges do.</li> <li>• <b>Junior Papers</b> – You may be required to write a mini-thesis during your junior year to prepare for the thesis.</li> <li>• <b>Research Focus</b> – Researching heavily junior/senior year. Less free time than at other schools during these years.</li> <li>• <b>Good for Academia/Grad School</b> – It’s impressive to write a huge research paper.</li> </ul>
<p>Good Independent Project Funding</p>	<ul style="list-style-type: none"> <li>• <b>Highest Endowment Per Student</b> – Literally \$3 million. They can pay.</li> <li>• <b>Funding Sources</b> – Check <a href="#">Chapter 13</a>.</li> </ul>
<p>Difficulty and Grade Deflation</p>	<ul style="list-style-type: none"> <li>• <b>“Would Have Been an A at Harvard”</b> – It’s true. Princeton grades harsher.</li> <li>• <b>Grade Deflation</b> – A policy eliminated in 2014. Only allowed a certain number of A’s to be given per class, which lowered grade point averages (GPA’s).</li> <li>• <b>Grades are Rising</b> – Grade deflation is slowly disappearing.</li> </ul>

High Graduation Rates	<ul style="list-style-type: none"> <li>• <b>98% graduate in 6 years</b> – Or 89% in four years. This is like over Ivy schools, and much higher than national average of 60%.</li> <li>• <b>Support System</b> – It’s hard but you have a lot of help. See previous chapter on talking to people.</li> </ul>



**There is no objectively best school.** Even though Princeton tops the US News and World Report rankings most years, another school may be a better fit (e.g., if you want to study hands-on with doctors, Princeton is not for you).

## 4.2) Semester and 4-Year Academic Timeline



**Current Academic Calendar:**

<https://registrar.princeton.edu/academic-calendar-and-deadlines>

**Timelines/Action Plans for Every Class Year:**

<https://odoc.princeton.edu/advising/timelines-class-year/getting-started-princeton>

**First Year’s Academic Guide:**

<https://odoc.princeton.edu/resources/first-year-academic-guide>



### ***Semester Academic Timeline***

<b>Event:</b>	<b>Week:</b>	<b>Fall:</b>	<b>Spring:</b>
First years choose classes	Before Week 1 of classes (Fall Only)	Late August	Early December (with other classes)
The first day of classes	Week 1, Wednesday (Fall) or Monday (Spring)	Early September	Late January
Deadline to drop/audit classes <i>without a fee</i>	End of Week 2	Mid-September	Early February
Midterms	Week 5-6 of classes	Mid-October	Early March
Fall/Spring Break	The week after Week 6	Late October	Early March
Resume Semester	Week 7	Early November	Mid-March
Elect PDF Grading Option Period	Week 7-9 of classes	Mid November	Late March
Course offerings for the next semester released	Week 7-8	Mid-November	Late March
Deadline to drop/audit classes <i>with a fee</i>	Week 9	Mid-November	Late March
(Fall Semester) Thanksgiving Break	Wednesday-Friday, either Week 10 or 11	Late November	NA
Senior, junior, sophomore, first-year	Week 11 (Spring) or Week 12 (Fall), starting with	Early December	Mid-April



course selection for next semester	seniors and each class year starting on subsequent days, starting at 7:30 AM EST.		
End of class time	Week 12	Early December	Late April/Early May
Reading Period	The following week (7 days) until Dean’s Date	Early December	Early May
Dean’s Date (All Term Papers Due)	Week 13 on Tuesday	Mid-December	Mid-May
Deadline for Take-Home Exams	Week 13 on Saturday (4 days after Dean’s Date)	Mid/Late December	Mid/Late May
Final Exam Period (Scheduled)	The 7 days following Dean’s Date	Mid/Late December	Mid/Late May

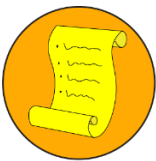


STRATEGIES

### *Surviving the Semester Tips*

<b>Tip:</b>	<b>Description:</b>
12 Weeks is a Very Quick Semester	<ul style="list-style-type: none"> <li>• <b>Faster Pace</b> – You’ll learn a lot every week.</li> <li>• <b>Don’t Fall Behind</b> – You won’t have as much time to catch up.</li> </ul>

<p>Some Classes Meet During Reading Period</p>	<ul style="list-style-type: none"> <li>• <b>Language Classes</b> – Often continue as usual.</li> <li>• <b>Study Sessions</b> – Hosted by large courses to help people prepare for exams.</li> <li>• <b>Extra Office Hours</b> – Talk to your professor and preceptor more before finals.</li> </ul>
<p>Dean’s Date is Hard Deadline</p>	<ul style="list-style-type: none"> <li>• <b>Emergencies Only</b> – You can’t say you just need more time to write a good paper.</li> <li>• <b>Why?</b> - It prevents people from having many papers and exams due at the same time.</li> </ul>
<p>Fall Semester is Slightly Easier</p>	<ul style="list-style-type: none"> <li>• <b>Thanksgiving Break</b> – Is an extra 3-day break to help you catch up near the end of the semester.</li> <li>• <b>Less Burnout</b> – More people feel tired out in the spring semester, tired from the academic year.</li> </ul>



PROCEDURES

## *4-Year Academic Timeline*

<b>Event:</b>	<b>Time:</b>
<p>Meet with your academic advisor and select your first classes.</p>	<p>First year</p>
<p>Meet with your academic advisor and select your second semester classes</p>	<p>First year, spring semester (past this point doesn’t require approval from any advisor).</p>
<p>Take writing seminar</p>	<p>Assigned to fall or spring first year</p>

Declare BSE concentration	End of first year
Take a 5-class semester (AB)	First year second semester, or either semester sophomore year
Devise and get an independent concentration approved (Optional)	Early sophomore year
Consider study abroad	Sophomore spring, or either semester junior year
Declare AB concentration	Second semester sophomore year
Complete first junior paper/seminar if required (AB)	Fall semester junior year
Start procuring thesis research funds, coming up with a topic, and finding a thesis advisor	Spring semester/summer following junior year
Finish spring semester junior paper/seminar	Spring semester junior year
Start preparing for grad school and taking tests	Spring semester/summer following junior year
Apply for grad school/fellowships/scholarships	Late fall semester senior year
Turn in a thesis draft	Early spring semester senior year
Submit thesis	April of senior year
Departmental exams	Post-reading period senior year

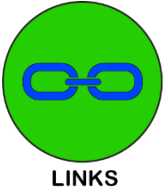
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## *Surviving the 4-Year Experience Tips*

<b>Tip:</b>	<b>Description:</b>
Every Year is Hard	<ul style="list-style-type: none"> <li>• <b>First Year</b> – Struggling in the transition to college.</li> <li>• <b>Sophomore Year</b> – Choosing a major and harder classes (but probably the easiest year overall).</li> <li>• <b>Junior Year</b> – The first independent work.</li> <li>• <b>Senior Year</b> – The thesis.</li> </ul>
Plan but Be Flexible	<ul style="list-style-type: none"> <li>• <b>Interests Change</b> – Unless you are so certain of your interests that you just want to work on that for the rest of your life.</li> <li>• <b>Planning Helps a Lot</b> – Making decisions in the moment is often leads to reckless decisions, but some reckless decisions also help you discover new things.</li> </ul>
It Doesn't Have to Be Four Years	<ul style="list-style-type: none"> <li>• <b>Gap Years</b> – You can take up to three if you need time to recalibrate and decide your goals. See <a href="#">Chapter 12.10</a>.</li> <li>• <b>Advanced Standing</b> – If you have enough AP credits, you can graduate in 3 years, though rare, because people want to enjoy the 4 years. You would be skipping sophomore year.</li> </ul>

### **4.3) AB vs. BSE, and AP Credits**



**AB Program Description:**

<https://ua.princeton.edu/contents/program-study-degree-bachelor-arts>

**BSE Program Description:**

<https://ua.princeton.edu/contents/program-study-degree-bachelor-science-engineering>

**Project Welcome Mat Section “For Engineers:”**

<https://projectwelcomemat.weebly.com/for-engineers.html>

## ***What is AB and BSE?***

**AB** = Bachelor of Arts (Artium Baccalaureate in Latin)

**BSE** = Bachelor of Science in Engineering.

**Your first major choice** – choose your degree program.



## ***AB and BSE Comparison Chart***

	<b>AB</b>	<b>BSE</b>
Number of Courses	31 (plus independent work)	36
% of Students Enrolled (2019-20)	61.4%	38.6%
Majors Available	30	6

Independent Work (e.g., thesis, JP)	Required	Optional. Can be an independent project which counts towards course credit.
Distribution Requirements	7 from across many specific areas.	7 from non-STEM fields.
Other Requirements	The language requirement (up to the 107 or 108 level), i.e., four semesters if starting a language, by the end of sophomore spring.	The BSE prerequisites: <ul style="list-style-type: none"> <li>• MAT 103/104/201/202</li> <li>• PHY 103/104</li> <li>• CHM 201</li> <li>• COS 126 (or COS 217 or 226).</li> </ul>
Writing Seminar?	Yes	Yes
Concentration Declaration Time	Mid-Sophomore Spring	End of First-Year Spring
Difficulty?	Easier start, harder end with JP and thesis work.	Tough beginning with prerequisites, easier end without independent work.



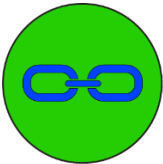
STRATEGIES

### *Tips for Switching Between AB and BSE*

Switch:	Description:
AB to BSE	<ul style="list-style-type: none"> <li>• <b>Harder Switch</b> – BSE declares majors in the first year, while AB declares in sophomore spring. You should switch ideally before end of first year to not be behind.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>BSE Core Requirements</b> – These usually take all of first year to complete, so get started on these early.</li> <li>• <b>AP Credit</b> – If you have a lot from high school, much easier to switch into BSE.</li> <li>• <b>Language?</b> – You can use language classes to fulfill the BSE distributions, so you might have a head start there.</li> </ul>
<p>BSE to AB</p>	<ul style="list-style-type: none"> <li>• <b>Easier Switch</b> – It’s easy to switch all the way until AB declares majors in sophomore spring.</li> <li>• <b>The Language Hurdle</b> – You’ll have to start taking the language requirement.</li> <li>• <b>Stick it Out?</b> – BSE core requirements during first year are notoriously brutal, but classes get more specialized and interesting after that.</li> </ul>

## 4.4) AP Credits and Advanced Standing



LINKS

AP Credit Policy and Reference Table:

<https://odoc.princeton.edu/advancedplacement>





OVERVIEWS

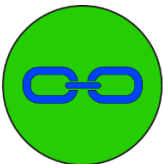
## How AP Credit Works at Princeton

Quality:	Description:
No Course Credit	<ul style="list-style-type: none"> <li>• <b>Not Even for 5's</b> – You won't save any time or money unless you choose to go for advanced standing.</li> </ul>
Placement into Higher Classes	<ul style="list-style-type: none"> <li>• <b>Skip Language Requirement</b> – If you get a 5 on the corresponding AP exam, then you completely fulfill the AB language requirement. Does not apply to any other requirement.</li> <li>• <b>Higher Level Math/Science Classes</b> – E.g., enter MAT 201 (multivariable) as opposed to MAT 103 (Calculus I).</li> <li>• <b>BSE Requirements</b> – 5's can place you out of physics requirement and get you a head start on math, 4's can place you out of chemistry.</li> </ul>
What's a Good Enough Score?	<ul style="list-style-type: none"> <li>• <b>AP 5</b> – 4's only get you one AP credit in history and some lower placements in chemistry and physics.</li> <li>• <b>AP Equivalents</b> – 7 on IB and A on A-Levels are equivalent to 5's, while 6 on IB and B on A-Levels are equivalent to 4's.</li> <li>• <b>SAT Subject Tests</b> – 760+ to place out of language, various scores for placement into math.</li> </ul>
Advanced Standing	<ul style="list-style-type: none"> <li>• <b>Graduate a Semester or Year Early</b> – Alternatively, take a year off for a gap year and graduate on-time.</li> <li>• <b>Not Common</b> – Most people want to enjoy Princeton for four full years. You'll also lose out on time to make connections.</li> <li>• <b>Save Money?</b> – Graduating quicker might help.</li> </ul>



	<ul style="list-style-type: none"><li>• <b>Don't Do It Just to Be Impressive</b> – Conversely, you'll have more time to do impressive things if you don't graduate early.</li></ul>
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## 4.5) Concentration and Certificate Requirements



LINKS

**All Concentration (Major) Programs:**

<https://odoc.princeton.edu/curriculum/concentrations>

**All Certificate (Minor) Programs:**

<https://odoc.princeton.edu/curriculum/certificates>

**Breakdown of Degrees Conferred:**

[Link](#)

**Independent Concentration Program:**

<https://odoc.princeton.edu/curriculum/special-academic-programs/independent-concentration>

**Switch Concentrations:**

<https://odoc.princeton.edu/resources/application-transfer-departmental-concentration>

**Tips for Many Concentrations:**

<https://principedia.princeton.edu/discipline-guides/>



OVERVIEWS

### **What are Concentrations?**

Quality:	Description:
Your “Major”	<ul style="list-style-type: none"> <li>• <b>The Main Thing You Study</b> – About 8-10 courses, or about 1/3 to 1/4 of your total classes.</li> <li>• <b>No Double Majors</b> – Choose only one. Princeton doesn’t want you to write two major theses.</li> <li>• <b>An Alternative to Double Majors?</b> – Take a certificate (minor) or create an independent concentration.</li> </ul>
Independent Work	<ul style="list-style-type: none"> <li>• <b>Junior Seminars</b> – A course that some concentrations require to prepare you for writing longer research papers. May not count for course credit.</li> <li>• <b>Junior Papers</b> – A long research paper, length depending on department. Shorter than the thesis, written in junior year.</li> <li>• <b>Senior Thesis</b> – Or a long senior independent project, that every Princeton student must undertake. Don’t worry about it until junior year.</li> </ul>
When to Declare Majors	<ul style="list-style-type: none"> <li>• <b>AB Program</b> – Declare halfway through sophomore spring semester. Choose from 30 departments.</li> <li>• <b>BSE Program</b> – Declare at end of first year spring semester. Choose from 6.</li> <li>• <b>Switching is Hard</b> – Especially through junior year because that means you would have to make up independent work.</li> <li>• <b><a href="#">Early Concentrators</a></b> – You can declare an AB major earlier than sophomore year, but you’ll have to do sophomore year independent work (i.e., unnecessary work). Gets you good research practice though.</li> </ul>
Independent Concentrations	<ul style="list-style-type: none"> <li>• <b>“Design-Your-Own Major”</b> – If you’re creative enough to come up with an idea and plan.</li> </ul>

	<ul style="list-style-type: none"><li>• <b>Linguistics</b> – Since there is no official linguistics major, some people (~4-5 per year) will declare as an independent concentrator and take linguistics classes.</li><li>• <b>Declare Early</b> – Perhaps beginning of sophomore year at the latest if you want to get it approved.</li></ul>
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***Prerequisites for Concentrations Sheet (By PAA's):***

\*Note that WWS (Woodrow Wilson School) is now SPI (School of Public and International Affairs)

### PREREQUISITES FOR DEPARTMENTAL CONCENTRATION

(Classes of 2022 & 2023; consult *Undergraduate Announcement* for more details)

AAS	any course in the department
ANT	one course (any level), or permission of department.
ARC	normally, ARC 203, ARC 204 and ARC 206 prior to sophomore year; at least one course in architectural history, taken in either the School of Architecture or the Department of Art and Archaeology, is recommended but not required.
ART	History of Art: any two courses in art and archaeology. Practice of Art: by application: two courses in the Program in Visual Arts and one course in the Department of Art and Archaeology.
AST	MAT 201/203/218 and MAT 202/204/217; Physics 205 or 207; AST 204 strongly recommended.
CHM	General Chemistry (CHM 201/207 and 202, AP and 202, AP and 215, or full AP credit); PHY 101-102 or 103-104 or AP; Math 103-104 or AP; CHM 301-302/304 before junior year.
CLA	Program 1 (Classics): CLG 108 or LAT 108, or permission of department. Program 2 (Classical Studies) and Program 3 (Ancient History): one course from <i>UA</i> list on classical civilization, second course strongly recommended; CLG/LAT 108 or higher required for graduation, with one course at Princeton.
COM	one 200- or 300-level course in a foreign literature or an advanced language course; COM 205-206 and 209, COM 225, COM 280, TRA 200, or HUM 216-219 recommended but not required.
COS	MAT 103-104 and MAT 202 or 204 or 217 (B.S.E. students also need MAT 201); COS 126, 217 and 226 before junior year.
EAS	at least one year of language study in one East Asian language (through 102 level); 107 or the equivalent recommended before junior year; one 200 (or higher-) level EAS course.
ECO	ECO 100 and ECO 101 with C or better, or AP 5; statistics (ECO 202 offered both semesters, or ORF 245 or, POL 345 offered both semesters and POL 346) with C or better, or AP 5; MAT 175 or MAT 201 (or equivalent) with C or better. MAT 201-202 encouraged. (See departmental website and AP table.)
EEB	EEB 211 and MOL 214/215; MAT 103 or 104 or 175 or AP; CHM 201/207 and 202, or AP; PHY 101, 103, 105, 108, or AP; statistics (SML 201 preferred; other options include ECO 202, ORF 245, POL 345, PSY 251, SOC 301 or WWS 332) by the end of senior fall.
ENG	any course in the department
FIT	one or preferably two 200-level courses, including one of the following: FRE 211, 215, 221, 222, 224, or 225; ITA 208, 209, or 220.
GEO	GEO 202 or GEO 203; one additional introductory GEO course (including 201, 255, or geosciences FRS with departmental permission). MAT 104 or MAT 175 or (with AP credit) one more advanced course in math. See <i>UA</i> for core sciences required.
GER	GER 107 or SAT subject score of 760 or AP 5.
HIS	two HIS courses, including one of the following: 201, 207, 208, 210, 211, 212, 241, 267, 277, 278, 280, 281, 282, 290, 291, 292. HUM 216-217 or 218-219 can replace one of these particular 200 level prerequisites but will not count as a departmental course.
MAT	generally, either 215-217 or 216-218 or 203-204-215 are strongly recommended for admission to the department. Prospective majors should consult the department early and plan a program that includes as much of the 215-217 or 216-218 sequence as possible.
MOL	MOL 214 and CHM 201 (or 207), 202 (or 215) and 301-302/304; chemistry AP or ISC 231-234 fulfill some of these requirements. At least one of the following recommended before junior year: SML 201, COS 126, PHY 108, MOL 348; see MOL website for alternatives and sample schedules.
MUS	MUS 105-106 or 205-206. Students who are considering majoring in music are advised to take 105-106 in their first year.
NES	At least one course in the department (language courses count). Note that departmental language requirement is four terms (i.e., through 107 level) of Arabic, Hebrew, Persian, or Turkish.
NEU	NEU 201 (formerly 258), NEU 202, and MAT 103 (or AP). ISC 231-234 provides an alternate path.
PHI	any course in the department.
PHY	PHY 105-106 (or PHY 103-104) by end of first year (no AP credit accepted); PHY 205 or 207; MAT 201-202 or 203-204 or 217-218.
POL	two courses in Politics taken on a graded basis; recommended at least one at the 200-level.
PSY	PSY 251 (or a pre-approved alternative, such as ORF 245, ECO 202, SML 201, WWS 200, or POL 345), and two of the following: PSY 101, PSY 252, PSY 254, PSY 255, and either PSY 258/NEU 201 or NEU 200
REL	any course in the department.
SLA	normally, RUS 107.
SOC	one or more courses in SOC; it is strongly recommended, but not required, that students take SOC 101.
SPO	normally, two 200-level courses in Spanish or one 200-level course in Portuguese.
WWS	Four courses: one course in microeconomics (ECO 100, ECO 300, ECO 310 or WWS 300); one HIS course (cross-listed courses may be used. HA courses must be listed or cross-listed as HIS); one POL, SOC or PSY at any level (cross-listed courses may be used); one course in statistics (WWS 200, POL 345, POL 346, ECO 302, ECO 312); A grade of C or higher is required for all pre-requisites; <u>AP credit may not be used</u> . One course cannot be used to fulfill more than one pre-requisite.

Updated 0/12/10



OVERVIEWS

## What are Certificates?

Quality:	Description:
Your “Minors”	<ul style="list-style-type: none"> <li>• <b>Secondary Things You Study</b> – It’s not as big as your major.</li> <li>• <b>Half a Major</b> – Usually only 4-5 courses.</li> <li>• <b>Extra Independent Work?</b> – Usually at least one of your major independent works (i.e., JP or thesis) must relate to the certificate (convenient), or you write extra independent work to fulfill the requirement (time consuming).</li> <li>• <b>55+ Certificates</b> – There are more options here than majors.</li> <li>• <b>Not Too Important</b> – It can show what other topics you are interested in, but your major probably matters more.</li> </ul>
Types of Topics	<ul style="list-style-type: none"> <li>• <b>Major-Lite</b> – Some departments will offer a certificate that is just a smaller version of the major.</li> <li>• <b>Interdisciplinary</b> – Some certificates will blend art, science, humanities, etc. This allows people from many majors to get the certificate.</li> </ul>
How Many People Get Them?	<ul style="list-style-type: none"> <li>• <b>55% of Students Get At Least One</b> – But that also means 45% don’t get any at all.</li> </ul>
What About Those People Who Get Like Four Certificates?	<ul style="list-style-type: none"> <li>• <b>Lose a Lot of Class Flexibility</b> – You won’t have time to take classes you like.</li> <li>• <b>They Might Be Showing Off</b> – Many first years and sophomores will list all of these to show what they’re interested in, not to actually pursue them.</li> <li>• <b>Don’t Get Intimidated</b> – You don’t need to prove you can do everything if you can do one thing well. Don’t get</li> </ul>

	intimidated by other students in general because everyone here is a Princeton student regardless.
When to Declare	<ul style="list-style-type: none"> <li>• <b>It Depends</b> – You can theoretically apply any time or sign up to hear from their listserv.</li> <li>• <b>Usually About Junior Year</b> – Would be the latest to be sure you could meet all the requirements.</li> </ul>



STRATEGIES

## ***Why or Why Not You Should Get a Certificate***

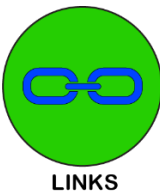
	<b>Why You Should Get a Certificate:</b>	<b>Why You Should Not Get a Certificate:</b>
Interest	The certificate topic genuinely interests you and you'll get to work with related faculty as a secondary advisor.	You're interested but would rather dedicate more time to your major or other certificates.
Independent Work Requirement	Your thesis was already going to be on the certificate topic or you're willing to write another thesis just about it.	Your thesis doesn't have to do with the certificate topic, and you don't have time to write another thesis.
Diversifying Your Resume	The certificate topic complements your major studies.	You shouldn't get one just to say you have one (or a lot). A Princeton degree is impressive enough.
Classes	You have either already taken many of the classes or are happy to adjust your schedule to fit them.	You haven't taken many of the classes and don't have room to fit them. Or you want to take more classes for fun and enrichment.

Opportunities	You get to hear about related programs (e.g., Urban Studies certificates and faculty lectures).	Just to hear about opportunities; you can just join the listserv.
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**Need a list of all the concentrations and certificates?** It’s listed in the [Appendix](#), though you can also visit the corresponding links at the beginning of this subchapter.

## 4.6) Distribution Requirements



**Princeton General Education Requirements (including Distributions, Writing Seminar, Language):**

<https://ua.princeton.edu/contents/general-education-requirements>



### *What are Distribution Requirements?*

Quality:	Description:
General Education Requirements	<ul style="list-style-type: none"> <li>• <b>“The Liberal Arts Education”</b> – Princeton wants you to know lots of different things, not just the main things you study.</li> <li>• <b>The Rule of 12</b> – Princeton blocks you from taking more than 12 classes in a department to ensure you have time to do other classes, including distributions.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>No AP Scores</b> – AP credit can get you into higher level classes, but it can't place you out of the distribution requirement.</li> </ul>
AB Distributions	<ul style="list-style-type: none"> <li>• <b>Take About One in Each Area</b> – The exception is 2 LA's, 2 SA's, and 2 sciences.</li> <li>• <b>About 11 Classes Total</b> – Though you can fulfill the CD requirement simultaneously with another requirement.</li> </ul>
BSE Distributions	<ul style="list-style-type: none"> <li>• <b>7 Classes Total</b> – While taking at least one class in at least four different categories.</li> <li>• <b>The Categories</b> – CD, EC, EM, language courses at the 107/108 or above level, HA, LA, and SA.</li> <li>• <b>No QR's or SEL's?</b> – They know you're going to fulfill these anyway through the BSE requirements, so they don't count for your distributions.</li> </ul>



OVERVIEWS

## *Number of Distribution Requirement Courses*

Distribution Requirement:	# of Courses Available (Spring 2021):	# Required to Take (AB):
(CD) Culture and Difference	72	1 (Can be fulfilled concurrently with another distribution)
(EC) Epistemology and Cognition	44	1
(EM) Ethical Thought and Moral Values	39	1
(HA) Historical Analysis	105	1



(LA) Literature and the Arts	244	2
(QCR) Quantitative and Computational Reasoning	50*	1
(SA) Social Analysis	140	2
(SEL) Science and Engineering w/ Lab	32	2 SEL OR 1 SEL w/ 1 SEN
(SEN) Science and Engineering w/ No Lab	47	0 SEN OR 1 SEL w/ 1 SEN

\*Some course sections were listed as separate classes, so I eliminated the redundant sections.

**Distribution requirements with more courses available are easier to fulfill**, so try to fulfill the harder to fulfill requirements when you see a good course.



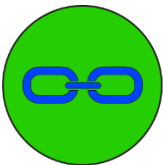
### *Tips for Fulfilling Each Distribution Requirement*

Distribution Requirement:	Description:
(CD) Culture and Difference	<ul style="list-style-type: none"> <li>• <b>What It Is</b> – Ethnicity, race, diversity, and different cultures.</li> <li>• <b>Common Departments</b> – AAS, ASA, SAS, COM</li> <li>• <b>Tips for Fulfilling</b> – Only CD can be fulfilled simultaneously with another distribution requirement (commonly SA, LA, or EC); knock out two at once.</li> </ul>
(EC) Epistemology and Cognition	<ul style="list-style-type: none"> <li>• <b>What It Is</b> – Theory of knowledge (epistemology) and how thinking works (cognition).</li> <li>• <b>Common Departments</b> – PHI, PSY, LIN</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Tips for Fulfilling</b> – One of the less common requirements, so search for this early.</li> </ul>
(EM) Ethical Thought and Moral Values	<ul style="list-style-type: none"> <li>• <b>What It Is</b> – What’s right or wrong, in religion, philosophy, literature, politics, etc.</li> <li>• <b>Common Departments</b> – PHI, COM, ENG, CHV, POL</li> <li>• <b>Tips for Fulfilling</b> – Same as EC, one of the less common requirements. Search early.</li> </ul>
(HA) Historical Analysis	<ul style="list-style-type: none"> <li>• <b>What It Is</b> – History.</li> <li>• <b>Common Departments</b> – Almost all HIS classes,</li> <li>• <b>Tips for Fulfilling</b> – Don’t just go for American history; study history of a different culture to broaden your views and learn something interesting.</li> </ul>
(LA) Literature and the Arts	<ul style="list-style-type: none"> <li>• <b>What It Is</b> – Visual arts, theatre, writing, reading, music, etc.</li> <li>• <b>Common Departments</b> – VIS, CWR,</li> <li>• <b>Tips for Fulfilling</b> – CWR classes are PDF grading only if you want something easy. But many LA’s are very fun, so consider taking alongside a tough semester.</li> </ul>
(QCR) Quantitative and Computational Reasoning	<ul style="list-style-type: none"> <li>• <b>What It Is</b> – Math, computer science, or calculating things.</li> <li>• <b>Common Departments</b> – MAT, COS, ECO</li> <li>• <b>Tips for Fulfilling</b> – There are easier math classes, as well as econ classes. COS 126, the intro computer science class, teaches good skills and fulfills this. Stats classes also fulfill this.</li> </ul>
(SA) Social Analysis	<ul style="list-style-type: none"> <li>• <b>What It Is</b> – Social studies, how people live.</li> <li>• <b>Common Departments</b> – SOC, ANT,</li> <li>• <b>Tips for Fulfilling</b> – Try taking one that also fulfills CD. Many SA’s are specific, take one that interests you.</li> </ul>
(SEL) Science and Engineering w/ Lab	<ul style="list-style-type: none"> <li>• <b>What It Is</b> – Science classes that have a lab section.</li> <li>• <b>Common Departments</b> – EGR</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Tips for Fulfilling</b> – If you are a humanities/social science student, plan this immediately. Find a SEL that you would be okay with taking and consider that it will be your most time-consuming class of the semester.</li> </ul>
(SEN) Science and Engineering w/ No Lab	<ul style="list-style-type: none"> <li>• <b>What It Is</b> – Science classes with no lab section.</li> <li>• <b>Common Departments</b> – AST, NEU</li> <li>• <b>Tips for Fulfilling</b> – SEN’s are less time consuming than SEL’s, so take 1 SEN and 1 SEL instead of 2 SEL’s.</li> </ul>

## 4.7) Writing Seminar and Language Requirement



LINKS

**Princeton General Education Requirements (including Distributions, Writing Seminar, Language):**

<https://ua.princeton.edu/contents/general-education-requirements>

**Princeton Center for Language Studies: List of Language Programs:**

<https://pcls.princeton.edu/resources/language-programs/>

**Writing Seminar Guides:**

<https://libguides.princeton.edu/writingseminar-guides>

**Writing Seminar Website:**

<https://writing.princeton.edu/>

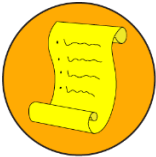


OVERVIEWS

### *What is Writing Seminar?*

<b>Quality:</b>	<b>Description:</b>
Why Is It Dreaded?	<ul style="list-style-type: none"> <li>• <b>A Lot of Work</b> – Writing 3 papers is a lot for one class.</li> <li>• <b>Required for All First Years</b> – The only class to be required for everyone, so everyone can complain about it.</li> <li>• <b>New (and Important) Skills</b> – You won’t be writing 5 paragraph essays.</li> </ul>
When Do You Take It?	<ul style="list-style-type: none"> <li>• <b>Randomly Assigned Fall or Spring First Year</b> – You’ll hear a little bit before the start of the school year.</li> <li>• <b>Must Pass to Graduate</b> – You cannot move past sophomore year until you pass.</li> </ul>
Choose a Seminar	<ul style="list-style-type: none"> <li>• <b>List Three Topic Preferences</b> – You might not get your first or second choice.</li> <li>• <b>Look for Good Professors First</b> – Each seminar covers the same material; it’s just a matter of who teaches it and about what topic.</li> </ul>
The Assignments	<ul style="list-style-type: none"> <li>• <b>Weekly Assignments</b> – From readings, short writing, to drafts.</li> <li>• <b>3 Rough Drafts (D1, D2, D3)</b> – That aren’t graded.</li> <li>• <b>3 Final Drafts (R1, R2, R3)</b> – That are graded. Later papers are longer (up to 10-12 pages) and are higher percentages of your grade.</li> <li>• <b>Citizenship Grade</b> – 10% of your grade, for participation.</li> </ul>
Quick Tips for Success	<ul style="list-style-type: none"> <li>• <b>Write Detailed Comments for Others</b> – On their drafts. It helps you know what you shouldn’t do on your papers.</li> <li>• <b>Write Good Drafts</b> – Better drafts get you better feedback.</li> <li>• <b>Don’t Procrastinate</b> – You can’t write a paper overnight, because you can’t think of paper ideas when tired.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Make it a Shared Bonding Experience</b> – Befriend people in your class, because you might not see them in other classes if they have different academic interests.</li> </ul>
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PROCEDURES

## Enrolling in Writing Seminar



A graphic describing the writing seminar enrollment process (Image [source](#)).

Step:	Description:
1. Explore Classpath	<ul style="list-style-type: none"> <li>• <b>New Program</b> – Helps you get adjusted to Princeton academic planning.</li> </ul>

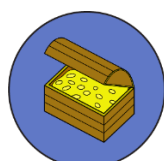
2. Wait for Term Assignment	<ul style="list-style-type: none"> <li>• <b>Fall or Spring</b> – Randomly determined.</li> </ul>
3. Explore Course Descriptions	<ul style="list-style-type: none"> <li>• <b>On the Writing Sem Website</b> – Usually available at least months before semester start.</li> </ul>
4. Rank Top 8 Choices	<ul style="list-style-type: none"> <li>• <b>You Might Not Get Your First Choice</b> – Be prepared.</li> </ul>
5. Wait for Email	<ul style="list-style-type: none"> <li>• <b>About One Week Before Classes Start</b> – Make sure the rest of your course schedule fits, because you can't add/drop writing seminars.</li> </ul>
6. Brace Yourself	<ul style="list-style-type: none"> <li>• <b>Good Luck!</b></li> </ul>



## *What is the Language Requirement?*

<b>Quality:</b>	<b>Description:</b>
Placing Out of the Requirement	<ul style="list-style-type: none"> <li>• <b>AP Scores</b> – A 5 on the corresponding AP language test.</li> <li>• <b>SAT Subject Tests</b> – Get a 760+ score.</li> <li>• <b>Equivalents</b> – IB Score of 7 or British A-Level Score of A.</li> <li>• <b>The Placement Test</b> – Taken through Princeton. If you do well enough, you're done. Otherwise, placed into the correct course level for you.</li> <li>• <b>Study for the Placement Test</b> – You might have forgotten over the summer.</li> <li>• <b>AB Students Only</b> – BSE students can take language classes to fulfill their distribution requirements.</li> </ul>
The Language Course Sequence	<ul style="list-style-type: none"> <li>• <b>Four Semesters... Or Less</b> – If you do well on the placement test, you might have to take only 1-3 semesters.</li> <li>• <b>The Track</b> – Start with 101, end in either 107 or 108.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Multiple Tracks</b> – Spanish, French, and Chinese have students who place well go through 105 and 108, whereas starting from the beginning goes through 101, 102, 105, and 107.</li> </ul>
Which Language to Choose?	<ul style="list-style-type: none"> <li>• <b>A Familiar Language</b> – May allow you to finish the requirement faster.</li> <li>• <b>A New Language</b> – Will take you four semesters, but if you enjoy it, it’s not a waste of time.</li> <li>• <b>Not All Languages Fulfill the Requirement</b> – Double check with the table below (only 4 out of 26 languages don’t, likely because they don’t teach for four semesters).</li> <li>• <b>Finish by End of Junior Year</b> – Important to note if you are switching from BSE to AB late.</li> </ul>



RESOURCES

## *Every Language Offered at Princeton*

Descriptions are copied directly from the Princeton Center for Language Study website, since they are already succinct (good job, PCLS!).

<b>Language:</b>	<b>Satisfies Language Requirement:</b>	<b>Sponsoring Program:</b>	<b>Description:</b>
<i>Akkadian</i>	No	<a href="#">Classics</a>	An ancient Semitic language, whose speakers inhabited Mesopotamia.
<i>American Sign Language</i>	Yes	<a href="#">Linguistics</a>	A signed language, with speakers in the US, Canada, and elsewhere.

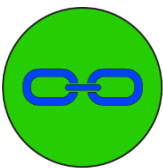
<i>Arabic</i>	Yes	<a href="#"><u>Near Eastern Studies</u></a>	A Semitic language, with speakers in the Middle East, North Africa, Horn of Africa, and elsewhere.
<i>Bosnian, Croatian, Serbian</i>	Yes	<a href="#"><u>Slavic Languages and Literatures</u></a>	A Slavic language, with speakers in Serbia, Croatia, Bosnia and Herzegovina, Montenegro, and elsewhere.
<i>Chinese</i>	Yes	<a href="#"><u>East Asian Studies</u></a>	A Sinitic language, with speakers in China, Taiwan, Singapore, and elsewhere.
<i>Czech</i>	Yes	<a href="#"><u>Slavic Languages and Literatures</u></a>	A Slavic language, with speakers in the Czech Republic and elsewhere.
<i>French</i>	Yes	<a href="#"><u>French &amp; Italian</u></a>	A Romance language, with speakers in Europe, Haiti, sub-Saharan Africa, Canada, Oceania, and elsewhere.
<i>German</i>	Yes	<a href="#"><u>German</u></a>	A Germanic language, with speakers in Germany, Austria, Switzerland, and elsewhere.
<i>Greek (Classical or Ancient)</i>	Yes	<a href="#"><u>Classics</u></a>	An ancient Hellenic language, whose speakers had inhabited Ancient Greece.
<i>Hebrew</i>	Yes	<a href="#"><u>Near Eastern Studies</u></a>	A Semitic language, with speakers in Israel and elsewhere.
<i>Hindi</i>	Yes	<a href="#"><u>South Asian Studies</u></a>	An Indo-Aryan language, with speakers in India and elsewhere.
<i>Italian</i>	Yes	<a href="#"><u>French &amp; Italian</u></a>	A Romance language, with speakers in Italy and elsewhere.
<i>Japanese</i>	Yes	<a href="#"><u>East Asian Studies</u></a>	A Japonic language, with speakers in Japan and elsewhere.
<i>Korean</i>	Yes	<a href="#"><u>East Asian Studies</u></a>	A Koreanic language, with speakers in North Korea, South Korea, and elsewhere.
<i>Latin</i>	Yes	<a href="#"><u>Classics</u></a>	An ancient Italic language, whose speakers had inhabited Ancient Rome.



<i>Modern Greek</i>	Yes	<a href="#">Hellenic Studies</a>	A Hellenic language, with speakers in Greece, Cyprus, and elsewhere.
<i>Persian</i>	Yes	<a href="#">Near Eastern Studies</a>	An Iranian language, with speakers in Iran and elsewhere.
<i>Polish</i>	No	<a href="#">Slavic Languages and Literatures</a>	A Slavic language, with speakers in Poland and elsewhere.
<i>Portuguese</i>	Yes	<a href="#">Spanish &amp; Portuguese</a>	A Romance language, with speakers in Brazil, Portugal, São Tomé and Príncipe, Cape Verde, Guinea-Bissau, Mozambique, Angola, and elsewhere
<i>Russian</i>	Yes	<a href="#">Slavic Languages and Literatures</a>	A Slavic language, with speakers in Russia, Ukraine, Belarus, Central Asia, and elsewhere.
<i>Sanskrit</i>	Yes	<a href="#">South Asian Studies</a>	An ancient Indo-Aryan language, who speakers inhabited South and Southeast Asia.
<i>Spanish</i>	Yes	<a href="#">Spanish &amp; Portuguese</a>	A Romance language, with speakers in Spain, the Americas, Equatorial Guinea, and elsewhere.
<i>Swahili</i>	Yes	<a href="#">African Studies</a>	A Bantu language, with speakers in East Africa, Southern Africa, the African Great Lakes Region, and elsewhere.
<i>Syriac</i>	No	<a href="#">Near Eastern Studies</a>	An ancient language, whose speakers inhabited Mesopotamia, Syria, Turkey, and elsewhere.
<i>Turkish</i>	Yes	<a href="#">Near Eastern Studies</a>	A Turkic language, with speakers in Turkey, Cyprus, and elsewhere.
<i>Twí</i>	Yes	<a href="#">African Studies</a>	A Niger-Congo language, with speakers in Ghana, Côte d'Ivoire, and elsewhere.
<i>Urdu</i>	Yes	<a href="#">South Asian Studies</a>	An Indo-Aryan language, with speakers in Pakistan, India, and elsewhere.

<i>Wolof</i>	No	<a href="#">African Studies</a>	A Niger-Congo language, with speakers in Senegal, The Gambia, Mauritania, and elsewhere.
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## 4.8) Grading Options: A-F, P/D/F's, Audits, Transfers



LINKS

Princeton Grading Standards:

<https://ua.princeton.edu/contents/academic-regulations/grading>



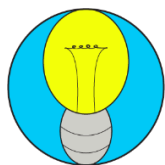
OVERVIEWS

### Grading Options

Grading Option:	Description:
A-F Grading	<ul style="list-style-type: none"> <li>• <b>Standard Letter Grades</b> – For most classes.</li> <li>• <b>A+'s?</b> – Rare. Teachers must fill out a form to justify why a grade is worthy of these.</li> <li>• <b>C's Are Passing and D's Get Credit</b> – Don't be scared if you get a bad grade; you'll still graduate.</li> </ul>
PDF (Pass/D/Fail)	<ul style="list-style-type: none"> <li>• <b>Passing is a P</b> – On your transcript.</li> <li>• <b>A-C is Passing</b> – Anything lower is rare.</li> <li>• <b>D is Passing but Recorded</b> – It won't be a P.</li> <li>• <b>F is Failing</b> – And still on your transcript.</li> <li>• <b>Not Counted Towards GPA</b> – Unless you get a D or F.</li> <li>• <b>You Get Four PDF Classes</b> – Use them wisely.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>PDF-Only Classes</b> – Don’t count towards your four uses.</li> </ul>
Audit	<ul style="list-style-type: none"> <li>• <b>No Course Credit</b> – Just show up to the class for your own enjoyment.</li> <li>• <b>Recorded on Transcript</b> – If you fulfill the professor’s requirements (e.g., do one problem per week), the course will be on your transcript as “AUD.”</li> <li>• <b>Failing the Class?</b> – The professor just won’t give you the “AUD” and the course won’t appear on your transcript.</li> </ul>
Transfer (T)	<ul style="list-style-type: none"> <li>• <b>Basically PDF</b> – Except as a transfer course from another university.</li> <li>• <b>Why PDF?</b> – Princeton doesn’t think other universities are rigorous enough to count towards your Princeton GPA.</li> <li>• <b>See <a href="#">Chapter 5.2</a></b> – For different transfer credit opportunities.</li> </ul>

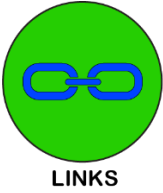
**Selecting your grading option** between the 7<sup>th</sup> and 9<sup>th</sup> week of the semester (i.e., past midterms) on TigerHub. Some classes don’t allow certain grading options (e.g., “No PDF,” “No Audit,” and “PDF-Only”).



HINTS

**You’re probably not going to get straight A’s.** First year is tough, especially with BSE requirements and adjusting to college courses. It gets better as you become a better student though.

## 4.9) *The Honor Code and Discipline*



**The Honor System:**

<https://ua.princeton.edu/contents/undergraduate-honor-system>

**Rights, Rules, Responsibilities:**

<https://rrr.princeton.edu/>



**Follow the Honor Code!** It's enforced and has serious consequences (i.e., suspension). It's also stressful to go through the process if caught.

Sign the Honor Pledge on exams and the Student Acknowledgement of Written Work on anything else.

**Honor Pledge:**

I pledge my honor that I have not violated the honor code during this examination. [Signed Name, type it if need be]

**Student Acknowledge of Written Work:**

This paper represents my own work in accordance with University regulations. [Signed Name].



*Rights, Rules,  
Responsibilities*

2016 Edition

The Rights, Rules, and Responsibilities book holds all the policies concerning academic integrity.



OVERVIEWS

## ***Overview of the Honor Code***

<b>Quality:</b>	<b>Description:</b>
Two Types of Academic Violations	<ul style="list-style-type: none"><li>• <b>On Exams</b> – Then you get referred to the honor code protocol.</li></ul>

	<ul style="list-style-type: none"> <li>• <b>On Everything Else</b> – Like homework or other assignments (as well as behavioral violations), that goes to the Committee on Discipline.</li> </ul>
<p>Who Judges?</p>	<ul style="list-style-type: none"> <li>• <b>The Honor Committee</b> – For Honor Code violations. Consists of one member each of sophomore, junior, and senior class government, two members of first year class, and other undergrads for 15 total members.</li> <li>• <b>The Faculty-Student Committee on Discipline</b> – Consisting of... faculty and some students.</li> <li>• <b>Office of the Dean of the Graduate School</b> – For violations concerning graduate students.</li> </ul>
<p>What Are Violations?</p>	<ul style="list-style-type: none"> <li>• <b>Unapproved Tutor</b> – Approved tutors are through the University (e.g., McGraw, residential colleges).</li> <li>• <b>Plagiarism</b> – i.e., copying.</li> <li>• <b>Writing Overtime on Exams</b> – If it's a minor violation, you'll usually just be reprimanded.</li> <li>• <b>Unauthorized Multiple Submission</b> – Don't turn in work that you've written for another class before, unless approved.</li> <li>• <b>False Citation</b> – Cite sources accurately.</li> <li>• <b>Attempting to Gain an Unfair Advantage</b> – Be legit.</li> <li>• <b>Violating Exam Procedures</b> – However your teacher defines these.</li> <li>• <b>Unauthorized Collaboration</b> – Don't work with people unless allowed.</li> </ul>
<p>Possible Penalties</p>	<ul style="list-style-type: none"> <li>• <b>No Penalty</b> – You get off free and all records of the case that personally identify you get destroyed.</li> <li>• <b>Dean's Warning</b> – A light warning that will only be kept on file until you graduate (i.e., not on permanent record).</li> <li>• <b>Reprimand</b> – Stronger than Dean's Warning, will not be on permanent record unless another infraction.</li> <li>• <b>Disciplinary Probation</b> – Even stronger than reprimand, assigned for a specific amount of time and appears on permanent record (but not on transcript).</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Suspension</b> – Being required to take a leave of absence (see <a href="#">Chapter 12.10</a> on gap years for details). Generally, the most common penalty.</li> <li>• <b>Degree Withholding</b> – Essentially suspension for seniors, they don’t let you graduate immediately.</li> <li>• <b>Expulsion</b> – Being forced to never come back to the University again. Usually only for repeat offenses or senior thesis offenses.</li> </ul>
<p>Your Rights During Investigation</p>	<ul style="list-style-type: none"> <li>• <b>Right to Be Informed</b> – You will know you are being investigated before being asked any questions.</li> <li>• <b>Right to Call Witnesses</b> – During initial interview with investigators.</li> <li>• <b>Right to Review Evidence</b> – Before the hearing.</li> <li>• <b>Right to Maintain Innocence</b> – You don’t have to plead guilty.</li> </ul>
<p>Rights During Adjudication (the Hearing)</p>	<ul style="list-style-type: none"> <li>• <b>Right to Representative from ODUS</b> – To explain the rules and procedures before and during the hearing, as a nonvoting resource.</li> <li>• <b>Right to Peer Representative</b> – Who can be any current undergrad. They can help clarify your answers and question witnesses.</li> <li>• <b>Right to a Copy of the Chair’s Case Summary and Hearing Recording</b> – So you can review the case, but only if you’re found guilty.</li> <li>• <b>Right to Poll Individual Committee Member Votes</b> – Only if you’re found guilty.</li> </ul>



STRATEGIES

## *How to Not Break the Honor Code*

<b>Strategy:</b>	<b>Description:</b>
Read the Syllabus	<ul style="list-style-type: none"> <li>• <b>Every Class Has a Different Policy</b> – Be careful.</li> </ul>
Don't Get Unofficial Help	<ul style="list-style-type: none"> <li>• <b>No Unofficial Tutors</b> – The only tutors allowed are the ones at McGraw.</li> <li>• <b>Collaboration Policy</b> – Some classes don't want you to work with other students on problem sets or set restrictions on it.</li> </ul>
Cite All Your Sources	<ul style="list-style-type: none"> <li>• <b>Don't Copy Directly</b> – At least rephrase and cite.</li> <li>• <b>Learn to Cite</b> – In-text citation.</li> <li>• <b>Zotero</b> – Makes it easy to cite work.</li> <li>• <b>Coding Too!</b> – Don't copy code from the Internet unless allowed.</li> </ul>
Double Check Exam Policy	<ul style="list-style-type: none"> <li>• <b>Write the Honor Statement</b> – At the top of this chapter.</li> <li>• <b>Procedures</b> – Is it open book? Open note?</li> <li>• <b>Don't Write Overtime</b> – If it's a little, you will just get a warning, but otherwise it can be bad.</li> </ul>



PROCEDURES

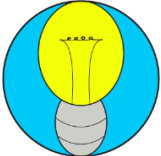
## *The Violation Process (Committee on Discipline)*

<b>Step:</b>	<b>Description:</b>
1. Getting Reported	<ul style="list-style-type: none"> <li>• <b>Who Reports?</b> – Teachers, peers, or P-Safe (especially for behavioral incidents) report violations of the Rights, Rules, and Responsibilities.</li> </ul>



	<ul style="list-style-type: none"> <li>• <b>Who Follows Up?</b> – A University investigator will decide if the case should be pursued.</li> </ul>
<p>2. Scheduling the Hearing</p>	<ul style="list-style-type: none"> <li>• <b>Who in Attendance?</b> – About 5 COD members (3 students and 2 faculty members), 2 deans, your advising faculty member, and usually a teacher in the offending course.</li> <li>• <b>Time</b> – Typically Thursday nights. Student in question will be given at least 24 hours’ notice.</li> </ul>
<p>3. The Hearing</p>	<ul style="list-style-type: none"> <li>• <b>Explaining the Procedures</b> – By one of the deans.</li> <li>• <b>Defend Yourself</b> – Give a personal statement.</li> <li>• <b>Questions</b> – The committee will ask you about the incident.</li> <li>• <b>Calling Additional Witnesses</b> – If they help clarify the case.</li> <li>• <b>Concluding Statement</b> – By you, and possibly by your advisor if they want to add anything.</li> <li>• <b>Decision Time</b> – You leave the room, the COD votes, and then the decision is told to you the following morning.</li> </ul>
<p>4. Appeals</p>	<ul style="list-style-type: none"> <li>• <b>Only on Procedural Unfairness or Harmful Bias</b> – You have a stronger case for the appeal if the process was skewed against you.</li> <li>• <b>Within One Week of Decision</b> – Write to the dean of the college.</li> <li>• <b>Can’t Get Increased Penalty</b> – So you can be punished for appealing.</li> </ul>
<p>5. Key Things to Remember</p>	<ul style="list-style-type: none"> <li>• <b>Terminology</b> – The COD judges by “clear and persuasive evidence” standards. This is stronger than “preponderance of evidence” and weaker than “beyond a reasonable doubt.”</li> <li>• <b>Seeking Disposition</b> – You have the right to seek a dean’s disposition (i.e., let them have the final</li> </ul>

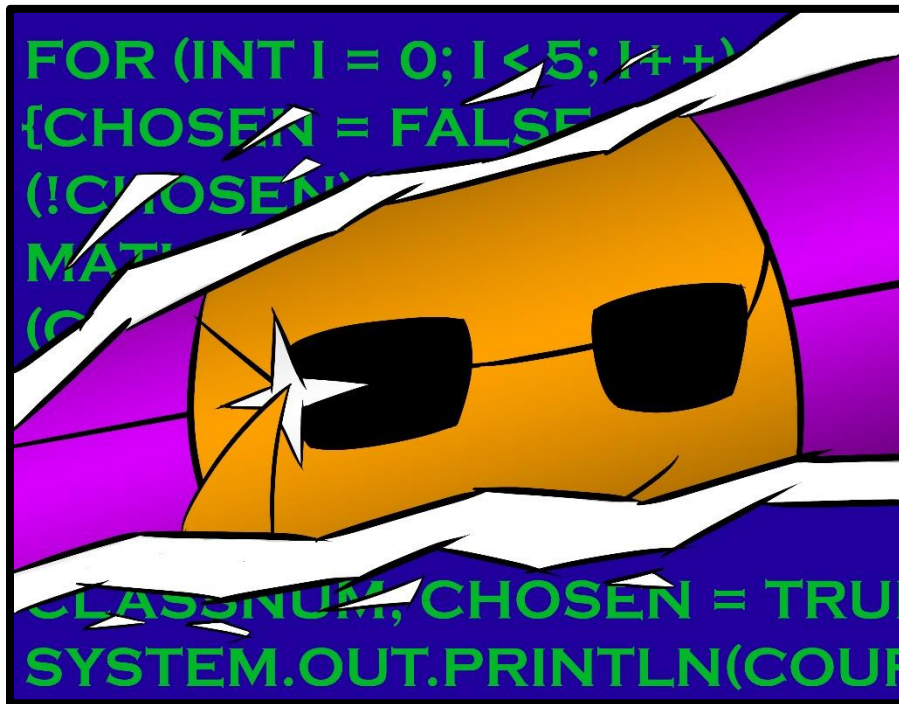
	<p>judgment) and let the dean make the decision themselves.</p> <ul style="list-style-type: none"><li>• <b>Two Stage Voting</b> – The COD votes on whether you are responsible. Then they vote on what would be the appropriate penalty.</li></ul>
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HINTS

**The Honor Code applies in computer science courses too!** Many violations are reported every year for code that is copied from the Internet. Be careful.

# Chapter 5: Course Planning



*Crafting the perfect schedule is a high IQ play.*

## ***In this section you'll learn about:***

- Special academic courses and programs.
- Adding and dropping your courses.
- Tools for planning your courseload.
- (Non) academic awards and grad school.

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## 5.1) Choosing Courses to Take



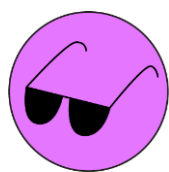
STRATEGIES

### Principles for Choosing Courses

Principle:	Description:
Course Evaluations (Quality)	<ul style="list-style-type: none"> <li>• <b>Previous Classes</b> – Was the class rated well in previous semesters? Is it getting better or worse?</li> <li>• <b>The Professor</b> – Check what other classes the professor has taught (easiest to check on Princeton Courses).</li> <li>• <b>Why is it Good/Bad?</b> – Some classes get bad reviews because people are bad at math, but if you’re good at math, that’s not an issue.</li> </ul>
Does it Fulfill Requirements?	<ul style="list-style-type: none"> <li>• <b>Distribution Requirement?</b> – Remember your CD can be concurrently filled with other distribution requirements.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Concentration Requirement?</b> – Classes you need for your major or as a prerequisite to enter a major.</li> <li>• <b>Certificate Requirement?</b> – Some certificates want you to take certain classes early.</li> <li>• <b>Exploring Interests?</b> – If you’re not sure what major you want, take some classes, and see if they’re fun.</li> <li>• <b>Multiple Requirements?</b> – A concentration requirement can also fulfill a distribution and certificate requirement simultaneously, in many cases.</li> </ul>
When?	<ul style="list-style-type: none"> <li>• <b>Lunchtime?</b> – You can grab late meal or pick up lunch early (see <a href="#">Chapter 10.2</a>), but preferably you have a break to eat.</li> <li>• <b>Time Between Classes?</b> – If one class is across campus and another is in 10 minutes, you might not make it in time.</li> </ul>
How Many Classes?	<ul style="list-style-type: none"> <li>• <b>Four course semesters</b> – AB students do five courses per semester at least once, but four is the average.</li> <li>• <b>Independent Work?</b> – Treat that like another class, even if it doesn’t count for credit.</li> <li>• <b>More Than Five?</b> – Think very seriously against doing this, but if you are that curious, be prepared to drop classes.</li> </ul>
Difficulty	<ul style="list-style-type: none"> <li>• <b>A Mix?</b> – Ideally a balance of challenging and easier classes.</li> <li>• <b>An Easy Semester?</b> – Sometimes a break can help you prioritize extracurriculars/independent work or prepare for a harder semester ahead.</li> <li>• <b>A Hard Semester?</b> – Don’t do it to prove you’re smart or show you can suffer. You get plenty of bragging rights taking 1-2 difficult classes in a semester anyway.</li> </ul>
Advisor Advice	<ul style="list-style-type: none"> <li>• <b>PAA’s</b> – The most helpful since they are a current student.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Academic Advisor</b> – Helpful during first year and sophomore year to get another look in case you don’t like your PAA.</li> </ul>
How Many Spots?	<ul style="list-style-type: none"> <li>• <b>Upperclass Students Pick First</b> – If it’s a selective class, a first year might not get a spot.</li> <li>• <b>Small Seminars</b> – These usually get filled quickly.</li> <li>• <b>Popular Classes or Professors</b> – Also fill quickly.</li> <li>• <b>Large Alternatives?</b> – Classes &gt;50 people almost certainly will not fill up.</li> </ul>

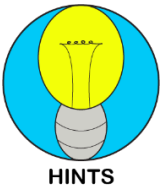


STRATEGIES

## *Three Strategies for Fulfilling (Distribution) Requirements*

Strategy:	Time:
The Quick Strategy	<ul style="list-style-type: none"> <li>• <b>Save Yourself Stress Later</b> – You may be occupied with major requirements later.</li> <li>• <b>If You’re Not Sure What to Do</b> – Distributions can introduce you to new departments and certificates.</li> <li>• <b>Tackle Easier Requirements First</b> – If you are going to struggle with labs, tackle an LA or SA first instead.</li> <li>• <b>Freshman Seminars</b> – Can fulfill many types of distribution requirements while being comparatively easy for Princeton classes; this rewards people who tackle distributions early.</li> </ul>
The Balanced Strategy	<ul style="list-style-type: none"> <li>• <b>1-2 Distributions Per Semester</b> – So you can take other classes that might satisfy major requirements or are fun.</li> <li>• <b>Fun and Boring Classes</b> – If you dread all your distributions, then taking a semester of just those would burn you out. This strategy avoids that.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Don't Just Take the "Easy" Class</b> – "Rocks for Jocks," "Stars for Stoners," and other "easy" classes are becoming increasingly difficult.</li> <li>• <b>Time to Find Interesting Classes</b> – Don't rush into a class you'll hate.</li> </ul>
<p>The Procrastinator Strategy</p>	<ul style="list-style-type: none"> <li>• <b>No, Procrastinating is Not Cool</b> – Joking about bad habits relieves stress but rushing last minute is not fun.</li> <li>• <b>Wait for Good Classes... But Not Too Long</b> – Some great SEL's are offered only occasionally but put it off too long and you'll have to rush into a boring class.</li> <li>• <b>Take Stock Senior Year</b> – Seniors take less classes to focus on the thesis, so finish distributions before then.</li> </ul>

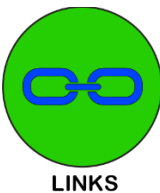


**The Rule of 12** notes that you can only take 12 courses in your department, to promote a diverse liberal arts education. Most departments require about 8-10 courses in their department, and most people don't hit the rule of 12 at all.



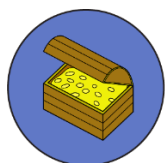
**You don't need to take the hardest classes!** You don't need to prove you're smarter than everybody else; most people will already believe you're smart because you're at Princeton. Your GPA also probably matters less than you think (see [Chapter 5.6](#)).

## 5.2) Notable Courses and Programs



List of Special Academic Programs:

<https://odoc.princeton.edu/curriculum/special-academic-programs>



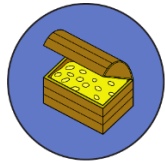
RESOURCES

## Course Sequences

Name:	Description:
<p><a href="#">HUM (Humanities) Sequence</a></p>	<ul style="list-style-type: none"> <li>• <b>Really Hard</b> – Don’t take this lightly.</li> <li>• <b>Two Courses, Two Semesters</b> – Four courses total; you’ll only have ~4 other courses to take first year.</li> <li>• <b>Distribution Requirements</b> – 2 LA’s, 1 HA, and 1 EC.</li> <li>• <b>Content</b> – Everything in Western literature from ancient to modern times.</li> <li>• <b>Breadth over Depth</b> – ~60 texts over a year means you won’t get much time to read any one of them.</li> <li>• <b>One Semester is Okay</b> – Some take just the fall semester, and some take only the spring.</li> <li>• <b>Trips</b> – Go to Greece, New York City, and other special events.</li> <li>• <b>Dedicated Faculty and Community</b> – They also know that most students in the course are first years, so supportive.</li> </ul>
<p><a href="#">ISC (Integrated Science Curriculum)</a></p>	<ul style="list-style-type: none"> <li>• <b>The Science HUM Sequence</b> – Also very hard, be wary.</li> <li>• <b>Two Courses, Two Semesters</b> – Four courses total.</li> <li>• <b>Fulfills BSE Requirements</b> – Two semesters of chemistry and physics, one semester of computer science and molecular biology.</li> <li>• <b>Math?</b> – Recommended that you take MAT 203/204 concurrently, but only need MAT 104 to enroll.</li> <li>• <b>Not Limited to BSE First Years</b> – AB science students might also benefit.</li> <li>• <b>Dedicated Faculty</b> – And a unique curriculum that combines sciences in one course.</li> </ul>



<p><a href="#">East Asian Humanities Sequence</a></p>	<ul style="list-style-type: none"> <li>• <b>Only Two Courses</b> – Unlike Western Humanities Sequence, which is four courses.</li> <li>• <b>Still Two Semesters</b> – But for... East Asia.</li> </ul>
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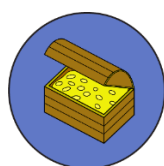
RESOURCES

## *Other Special Courses*

Name:	Description:
<p><a href="#">Writing Seminars</a></p>	<ul style="list-style-type: none"> <li>• <b>Required</b> – See <a href="#">Chapter 4.7</a>.</li> <li>• <b>Three Preferences</b> – You probably won't get your first pick.</li> <li>• <b>Teacher Quality First, Subject Second</b> – When choosing. Every writing seminar teaches the same concepts, but a good teacher helps you learn well.</li> </ul>
<p><a href="#">Freshman Seminars</a></p>	<ul style="list-style-type: none"> <li>• <b>Really Nice</b> – Usually easier than other classes because professors know first years are new to Princeton.</li> <li>• <b>Good for Distribution Requirements</b> – If you want to fulfill one easily.</li> <li>• <b>Interesting Topics</b> – Usually pretty niche but interesting.</li> <li>• <b>Rare Chance for Seminars</b> – You might not get another chance to take one until junior or senior year.</li> </ul>
<p><a href="#">CWR (Creative Writing) Courses</a></p>	<ul style="list-style-type: none"> <li>• <b>Send a Writing Sample</b> – More to gauge your writing skill rather than competing against other applicants, for intro CWR courses.</li> <li>• <b>Apply Early</b> – Application is due before course selection starts, but you might be able to switch in after classes start.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Chill</b> – Usually PDF only and fun but come prepared to be a better writer.</li> </ul>
<a href="#">ProCES Courses</a>	<ul style="list-style-type: none"> <li>• <b>Program for Community Engaged Scholarship</b> – Classes that have a community service component. Unique experience.</li> <li>• <b>Service Focus</b> – <a href="#">A program</a> with the Pace Center that connects students who do service internships and are required to take a SF-designated ProCES course.</li> </ul>
<a href="#">FSI (Freshman Scholars Institute)</a>	<ul style="list-style-type: none"> <li>• <b>Invitation Only</b> – Mostly for first-generation/low-income students.</li> <li>• <b>Why?</b> – To get acquainted with Princeton’s campus and networks.</li> <li>• <b>How Long?</b> – 7 weeks, summer before first year.</li> <li>• <b>What Courses?</b> – Two courses, one is “Ways of Knowing,” and the other is a quantitative course that can fulfill your SEL, QCR, or SA requirement.</li> </ul>
<a href="#">Student-Initiated Seminars</a>	<ul style="list-style-type: none"> <li>• <b>Can Fill Departmental Requirements</b> – But not distribution requirements.</li> <li>• <b>Design Your Own Seminar</b> – If you and other students have an interest in a niche topic.</li> <li>• <b>12+ Students and a Faculty Member</b> – Can propose a course and design the syllabus and reading list.</li> <li>• <b>Make an Appointment</b> – With the Deputy Dean of the College (currently Dean Colagiuri).</li> </ul>
<a href="#">Reading Courses</a>	<ul style="list-style-type: none"> <li>• <b>Design Your Own Course</b> – Meet one-on-one with a professor regularly and devise your own syllabus of readings.</li> <li>• <b>A More Personal Student-Initiated Seminar</b> – One-on-one as opposed to 12 students.</li> </ul>
<a href="#">Graduate Level Courses</a>	<ul style="list-style-type: none"> <li>• <b>With Permission</b> – Just ask the professor. Be prepared to tell why you’re prepared to take the course.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Fill Out a Reading Course Sheet</b> – This is a formality but otherwise you would just be like any other student in the class.</li> </ul>
<p>Summer Courses</p>	<ul style="list-style-type: none"> <li>• <b>Some Study Abroad Courses</b> – Such as global seminars or special courses like Princeton in Copenhagen (to study Kierkegaard).</li> <li>• <b>Some Math and Language Courses</b> – If you need to fill prerequisites.</li> <li>• <b>Not Expected</b> – Most Princeton students spend their summers doing jobs or internships, but this can free up your schedule in a later semester.</li> <li>• <b>Transfer Credit</b> – If you want to take courses at your local university instead.</li> <li>• <b>Financial Aid?</b> – Might not be given to you, so you may want to seek funding (see Chapter 13).</li> </ul>



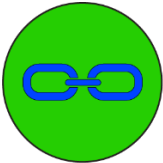
RESOURCES

## *Transfer Credit Options and Field Work*

<b>Name:</b>	<b>Description:</b>
<p>Transfer Credit (i.e., another university)</p>	<ul style="list-style-type: none"> <li>• <b>A T On a Transcript</b> – You won’t get letter grades or a GPA boost from these.</li> <li>• <b>Approve in Advance</b> – Start early in the previous semester.</li> <li>• <b>Study Abroad</b> – If not a specifically Princeton sponsored program (e.g., the Global Seminars, Princeton in Kenya), you get a T.</li> <li>• <b>Might Not Fulfill Requirements</b> – Always check with your advisors and get courses approved before starting.</li> </ul>

<p><a href="#">Cross-Registration Program</a></p>	<ul style="list-style-type: none"> <li>• <b>Take Courses for Free at Three Nearby Universities</b> – Only if they are not offered at Princeton and does not reimburse transportation.</li> <li>• <b>Princeton Theological Seminary</b> – Very close by, graduate courses in theology, religion, and society.</li> <li>• <b>Rutgers University</b> – 30-minute drive from campus, must be approved one month before classes start.</li> <li>• <b>Westminster Choir College</b> – 30-minute walk, vocal or instrumental instruction in piano or organ. No Princeton credit but 30-minute lesson per week or one course per semester for free.</li> </ul>
<p><a href="#">Field Study</a></p>	<ul style="list-style-type: none"> <li>• <b>A Semester Working</b> – In a government agency, private firm, or nonprofit.</li> <li>• <b>Academic Component</b> – Should be equivalent to four classes, and need a faculty advisor, supplementary assignments, and course of study.</li> <li>• <b>Ambiguous Details</b> – Ask the Deputy Dean of the College (Dean Colagiuri).</li> </ul>
<p><a href="#">University Scholars Program</a></p>	<ul style="list-style-type: none"> <li>• <b>A Non-Traditional Route</b> – If you have an exceptional talent that can't be pursued within the regular liberal arts curriculum.</li> <li>• <b>Examples?</b> – Professional careers in music or performance.</li> <li>• <b>How?</b> – After declaring a concentration, strong academic record, and three faculty members with one of them being an advisor.</li> <li>• <b>Who to Ask?</b> – Committee on Examinations and Standing approves, for questions ask the Deputy Dena of the College (Dean Colagiuri).</li> </ul>
<p><a href="#">Global Seminars</a></p>	<ul style="list-style-type: none"> <li>• <b>Six Week Courses Around the World</b> – About 5-6 offered every year,</li> <li>• <b>Very Competitive</b> – Don't feel bad if you don't get in.</li> <li>• <b>Summer Course</b> – Counts for your GPA too.</li> </ul>

## 5.3) Study Abroad



LINKS

**OIP Page on Study Abroad**

<https://oip.princeton.edu/our-programs/study-abroad>

**Global Program Systems (Where You Submit Study Abroad Applications):**

<https://gps.princeton.edu/>

**Princeton Summer Courses:**

<https://registrar.princeton.edu/course-offerings/summer-programs>



OVERVIEWS

### ***What is Study Abroad?***

Quality:	Description:
Study All Over the World	<ul style="list-style-type: none"> <li>• <b>Literally Anywhere</b> – Princeton has centers in practically any continent except for Antarctica.</li> <li>• <b>Choose a Princeton Program</b> – Notable ones are Princeton in Kenya or Panama in the EEB program, trips to Greece at the Princeton Athens Center, and Princeton in Africa/Asia/Latin America.</li> <li>• <b>Any Study Abroad Program or University Anywhere</b> – You can apply to a program outside of Princeton and they will support you.</li> </ul>
Generous Funding	<ul style="list-style-type: none"> <li>• <b>Reimbursed Financial Aid</b> – The costs of the study abroad program are sent to your bank account, to which you then send to the study abroad program.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Same Aid as Princeton</b> – If your study abroad program is cheaper than Princeton, you might end up with some excess money.</li> <li>• <b>Possible Profit?</b> – If you spend underbudget, you pocket the change (which can be hundreds of dollars, if frugal).</li> <li>• <b>Travel</b> – You can also use excess money to travel (i.e., nearby countries). Especially within the European Union, very easy to cross borders.</li> </ul>
<p>Ideal Time to Do It</p>	<ul style="list-style-type: none"> <li>• <b>Sophomore Spring is Best</b> – You won’t have to deal with junior year independent work. Can’t study abroad earlier than this.</li> <li>• <b>Junior Fall or Spring Depending on Department</b> – Some majors require you to take a “junior seminar” to prepare you for independent work, which may limit your ability to study abroad in junior fall.</li> <li>• <b>To Do Independent Research</b> – A unique chance to do field research... but just make sure to get IRB approval for any studies you conduct with human subjects.</li> <li>• <b>GPA Cutoff</b> – You need to have a 3.0 GPA for the previous academic year, but you can get an exception with support from your res college, an excuse for the low GPA, or a compelling academic reason.</li> </ul>

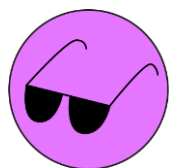


STRATEGIES

## *Why You Should Study Abroad*

Reason:	Description:
Gain Cultural Understanding	<ul style="list-style-type: none"> <li>• <b>Learn Cultures In-Depth</b> – Much more than a daytrip to any country, at least. Learn about daily life.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Volunteer</b> – If possible, to interact with the community; it might be hard otherwise.</li> </ul>
Academic Reasons	<ul style="list-style-type: none"> <li>• <b>Practice Language</b> – In an immersive, practical setting.</li> <li>• <b>Field Work</b> – Especially for independent work that might require field research.</li> </ul>
Taking a Break	<ul style="list-style-type: none"> <li>• <b>Usually Easier than Princeton</b> – Much more relaxed since people on study abroad are more there for the experience than for the academics.</li> <li>• <b>No Extracurriculars to Worry About</b> – Which you will find, gives you much more free time.</li> <li>• <b>A Change of Scenery</b> – Suburban New Jersey can get tiring after a while.</li> <li>• <b>Visiting Other Countries</b> – You can take the time to visit other countries in the area, if you have money left over.</li> </ul>
Generous Financial Aid	<ul style="list-style-type: none"> <li>• <b>Same as Princeton, but Without Stress</b> – You get the same amount of financial aid as you would for a regular Princeton semester.</li> <li>• <b>Possible Reimbursement</b> – Princeton gives you the financial aid in your bank account so you can directly pay the outside institution and handle daily expenses. Budget well and you might have a couple extra thousand dollars, if on full aid.</li> </ul>

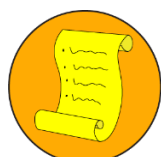


STRATEGIES

## *Why You Should Not Study Abroad*

<b>Reason:</b>	<b>Description:</b>
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<p>Independent Work Getting in the Way</p>	<ul style="list-style-type: none"> <li>• <b>You Still Have to Do Work</b> – Your department might ban you from studying abroad for a semester when you have a JP due, or they might ask that you do it with the same deadlines as at Princeton.</li> <li>• <b>Stress Less but Not Stress Free</b> – It might be easier to do independent work without the stress of Princeton, but it might hamper the fact that study abroad was going to help you relax.</li> </ul>
<p>Taking Advantage of Princeton</p>	<ul style="list-style-type: none"> <li>• <b>Princeton is Too Good</b> – Princeton classes are rigorous and engaging, which means that the study abroad academic experience can be less fruitful (unless going to a comparatively rigorous program, like Oxford).</li> <li>• <b>Princeton’s Resources</b> – You might have a harder time accessing physical resources (e.g., library books), but most services are set up to work virtually in some capacity.</li> </ul>
<p>No GPA Boost</p>	<ul style="list-style-type: none"> <li>• <b>All Classes are PDF</b> – Relaxing, but also not a chance to raise your GPA. They show up on your transcript as a “T” for transfer credit.</li> <li>• <b>Unless a Princeton Program</b> – Then your grades will be on A-F basis.</li> </ul>
<p>Giving Up Extracurriculars</p>	<ul style="list-style-type: none"> <li>• <b>Giving Up Leadership Positions</b> – You might not get them back when you return, or you might not have had enough time to realize your full potential in the position.</li> <li>• <b>How Important Is It to You?</b> – Most clubs manage to run fine while people are studying abroad (since many do it), but make sure you set up roles and expectations for a replacement if you are an officer.</li> </ul>



PROCEDURES

## *How to Prepare for Study Abroad*



<b>Step:</b>	<b>Description:</b>
1. Find a Program	<ul style="list-style-type: none"> <li>• <b>A Princeton Program?</b> – They’ll cover more of the logistics for you.</li> <li>• <b>A Third-Party Program?</b> – Search on the Princeton global programs website or talk to an advisor at the study abroad office. You will need to apply through there and then tell Princeton when you get in.</li> </ul>
2. Get Your Visa	<ul style="list-style-type: none"> <li>• <b>The Most Time Consuming Part</b> – Especially for certain countries, like South Africa,</li> <li>• <b>Make an Appointment with the US Consulate</b> – They’ll just check over your application. You may need to get extra vaccinations.</li> </ul>
3. Tell People That You’re Going	<ul style="list-style-type: none"> <li>• <b>Student Organizations</b> – If you’re an officer, find a replacement.</li> <li>• <b>Your Friends</b> – The real ones will keep in touch or catch up with you when you come back.</li> <li>• <b>Foreign Friends</b> – If you know someone in the country, perhaps plan to pay them a visit.</li> </ul>
4. Budget	<ul style="list-style-type: none"> <li>• <b>Plan for Unexpected Expenses</b> - ...You never know.</li> <li>• <b>Check Local Living Expenses</b> – Some countries have much cheaper food prices compared to the US.</li> <li>• <b>Live Comfortably</b> – Don’t send a budget to Princeton expecting to live lavishly, but don’t undershoot your budget; you don’t want to run out of money.</li> </ul>
5. Schedule Your Finals	<ul style="list-style-type: none"> <li>• <b>Take within 24 Hours of Original Exam</b> – Yes, you may have to take your final exams from the previous semester across the world if your program starts early.</li> <li>• <b>Let All Your Professors Know</b> – Each class may have different arrangements.</li> </ul>

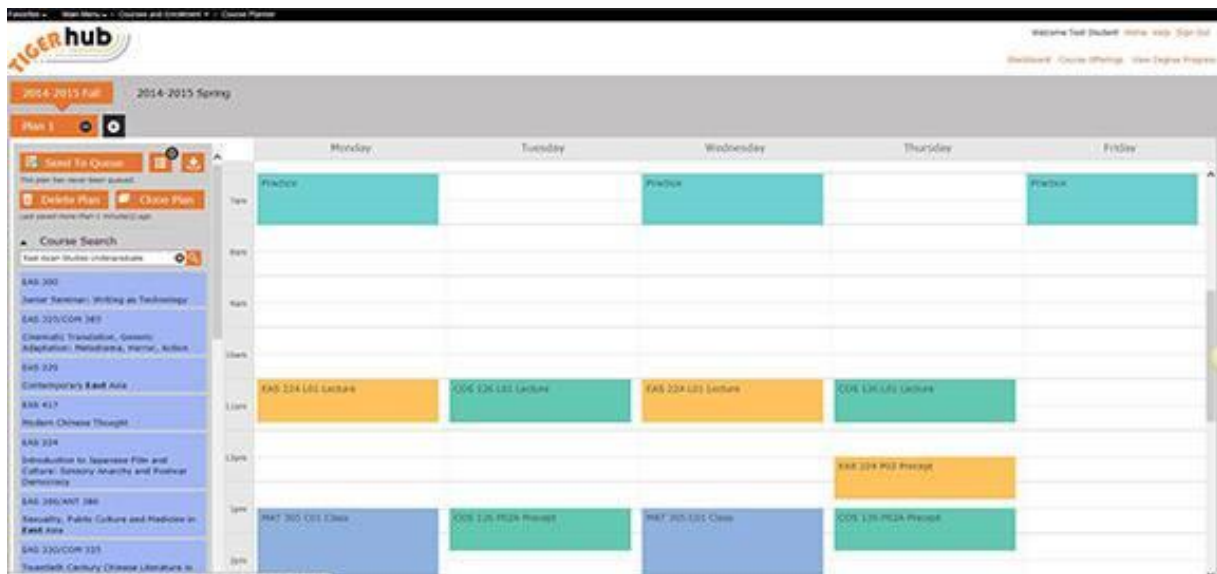
	<ul style="list-style-type: none"> <li>• <b>Let Your Study Abroad Program Know</b> – If Princeton wants to send them materials to help proctor an exam.</li> </ul>
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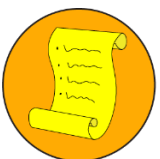
HINTS

**Study abroad grades matter for grad school!** When applying then, you will have to send grad schools your Princeton transcript and your transcript from the institution that you went to on study abroad, where they will be able to see what grade you actually got, not just a “T” for transfer credit.

## 5.4) Adding and Dropping Courses



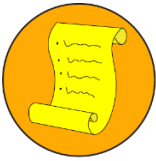
The TigerHub Course Planner. Make sure to press the down arrow to send your selections to the course queue.



PROCEDURES

### *How to Add (Sign-Up) for Courses*

<b>Step:</b>	<b>Description:</b>
1. Sign into TigerHub	<ul style="list-style-type: none"> <li>• <b>Login with Your Princeton Netid</b> – You should bookmark TigerHub too.</li> <li>• <b>If TigerHub Doesn’t Load</b> – Try clicking the home button or refreshing the page.</li> <li>• <b>Go to Course Planner</b> – Usually on the top right.</li> </ul>
2. Add Courses to Course Queue	<ul style="list-style-type: none"> <li>• <b>Add Your Courses</b> – You can’t add two courses that are at the same time.</li> <li>• <b>Add All Sections</b> – Some classes require you to sign up for the lecture, precept, and lab sections.</li> <li>• <b>Precept “P99?”</b> – These are placeholders until precept times are officially announced within the first two weeks of class.</li> <li>• <b>Send to Course Queue</b> – This is important; you won’t be able to add courses until they are sent.</li> <li>• <b>Have Back-Up Courses</b> – Send those to the course queue too in case your classes fill up (especially for smaller classes like seminars).</li> </ul>
3. Set an Alarm for 7:15 AM on the Day and Go	<ul style="list-style-type: none"> <li>• <b>Don’t Be a Minute Late</b> – You want to be at your computer for exactly 7:30; even a couple seconds can mean missing out on a class.</li> <li>• <b>Have TigerHub Open</b> – Open it a couple minutes before 7:30 AM. Be ready to click on “Add Courses.”</li> <li>• <b>Lag</b> – Be persistent and patient.</li> </ul>
4. If You Don’t Get the Classes You Want	<ul style="list-style-type: none"> <li>• <b>Sign Up for Your Backups</b> – Have a list on hand and sign up quickly.</li> <li>• <b>Email Professors to Be Waitlisted</b> – Do this quickly too so you can be closer to the top of the waitlist.</li> <li>• <b>Try to Enroll When Classes Start</b> – Some people will drop a class after the first week, especially large intro classes.</li> </ul>



## How to Drop Courses

PROCEDURES

Step:	Description:
<p>1. Consider Other Options</p>	<ul style="list-style-type: none"> <li>• <b>PDF Instead?</b> – If you think you can get at least a C and it's not too much work.</li> <li>• <b>Audit Instead?</b> – Audits are treated like dropping, but you can still get the course materials for your enrichment.</li> <li>• <b>Withdraw from the Semester?</b> – If you plan to drop multiple classes, consider taking a gap year (see <a href="#">Chapter 12.9</a>).</li> </ul>
<p>2. Double Check Requirements</p>	<ul style="list-style-type: none"> <li>• <b>Departmental Requirements?</b> – You may need to get it signed off by your department if you really need it.</li> <li>• <b>Distribution Requirements?</b> – Do you have a plan to fulfill it later?</li> <li>• <b>Total Credit Requirements?</b> – Will you have 17 courses by end of sophomore year? 31 (or 36 for BSE) by end of senior year?</li> </ul>
<p>3. Go to TigerHub</p>	<ul style="list-style-type: none"> <li>• <b>Go to Drop Courses</b> – And then drop it. Simple.</li> <li>• <b>Pay a Fee?</b> – If you drop between the third and ninth week of classes, you must pay a fee of ~\$50. If you are struggling, it is usually worth it though.</li> </ul>

## 5.5) Course Planning Tools



OVERVIEWS

## AB and BSE Course Load by Semester

	AB	BSE
First Year Fall	4	4
First Year Spring	4	5
Sophomore Fall	5	5
Sophomore Spring	4	5
Junior Fall	4	5
Junior Spring	4	4
Senior Fall	3 (or 4)	4
Senior Spring	3 (or 2)	4

Note: You must take 17 classes by end of sophomore year for AB to be in good standing.

ReCal—Course Selection About ReCal

20-21 Fall    20-21 Spring    21-22 Fall

SCHEDULE 1    MASTERLIST    **SCHEDULE 2** ✕    SCHEDULE 3    +

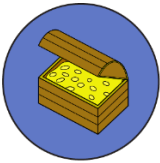
Search Course

5 Enrolled Courses

- COM441 / ENG281 / HUM441 / PHI441
- Saying "I": First Person Point of View in Literature and Philosophy
- PHI202 / CHV202
- Introduction to Moral Philosophy
- PHI309 / CHV309 / HUM309
- Political Philosophy
- SPI370 / CHV301 / POL308
- Ethics and Public Policy
- VIS418 / CEE418
- Extraordinary Processes

Monday	Tuesday	Wednesday	Thursday
	11:00 - 11:50 SPI370 L01		11:00 - 11:50 SPI370 L01
	12:30 - 13:20 PHI202 L01		12:30 - 13:20 PHI202 L01
		13:30 - 16:20 COM441 C01	13:30 - 16:20 VIS418 U01
17:30 - 18:20 PHI309 L01		17:30 - 18:20 PHI309 L01	

A picture of ReCal.io



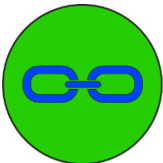
RESOURCES

## Course Managing Tools

Tool:	Description:
<a href="#">TigerHub</a>	<ul style="list-style-type: none"> <li>• <b>Course Planner</b> – Use this part to see how your schedule fits before officially signing up for courses.</li> <li>• <b>Check Your Grades</b> – Midterm and final grades posted here.</li> <li>• <b>View Degree Progress</b> – See which requirements you have fulfilled. Not always accurate to departmental requirements, but usually accurate for distributions.</li> <li>• <b>View Internal Transcript</b> – Review all the classes you’ve taken so far and download transcripts for any applications.</li> </ul>
<a href="#">Course Offerings</a>	<ul style="list-style-type: none"> <li>• <b>Official Course Website</b> – Search for classes to take here.</li> <li>• <b>Filters</b> – By distribution requirement, time, or subject.</li> <li>• <b>Course Evaluations</b> – Check these to see what previous students say about class.</li> <li>• <b>Time and Location</b> – Consider these if you’re not a morning person or if you don’t like walking.</li> </ul>
<a href="#">Princeton Courses</a>	<ul style="list-style-type: none"> <li>• <b>TigerApp</b> – Student-designed and maintained.</li> <li>• <b>Easy to Navigate Offerings</b> – Also easier to see how professors are evaluated over time (e.g., their first semester teaching might be bad, but get better)</li> </ul>
<a href="#">Recal.io</a>	<ul style="list-style-type: none"> <li>• <b>Another TigerApp</b> – Student-designed and maintained.</li> <li>• <b>Calendar and Plan Schedules</b> – You can plan out multiple different schedules, great for backup plans.</li> </ul>

<p><a href="#">TigerPath</a></p>	<ul style="list-style-type: none"> <li>• <b>Another TigerApp</b> – Student-designed and maintained.</li> <li>• <b>Plan Your Four Years</b> – Enter in the courses you have and will take, and it will track the requirements you hit.</li> <li>• <b>Distributions and Concentration Requirements</b> – Most of these are registered in the system, though they are working on tracking certificates too.</li> </ul>
<p><a href="#">TigerSnatch</a></p>	<ul style="list-style-type: none"> <li>• <b>Another TigerApp?</b> – A new iteration of the classic TigerApp, Pounce.</li> <li>• <b>When Waiting for Courses to Open Up</b> – Subscribe to a course and you’ll get an email when a spot opens.</li> </ul>
<p><a href="#">Google Calendar</a></p>	<ul style="list-style-type: none"> <li>• <b>Not a Princeton Product</b> – But still helpful for you to stay organized if you have non-class commitments (e.g., a job).</li> <li>• <b>Color Coding?</b> – Try putting in your classes in one color, and then planning the rest of your week in another color.</li> </ul>

## 5.6) GPA’s and Academic Awards



LINKS

**2019 Class Day Prize Winners:**

<https://www.princeton.edu/news/2019/06/03/students-honored-leadership-and-service-class-day>

**Service Awards and Prizes:**

<https://pace.princeton.edu/about/service-awards-and-prizes-0>

**Graduation Honors:**

<https://ua.princeton.edu/contents/academic-regulations/graduation-and-honors>

**Daily Princetonian Breakdown of Academic Award Recipients:**

<https://www.dailyprincetonian.com/article/2020/04/princetons-award-paradox>



IMPORTANT

**Grades aren't as important as you might think!** Having the Princeton degree is enough to impress most people. Try your best, but C's do get degrees.



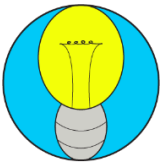
OVERVIEWS

## *What Grades Actually Matter For*

Name:	Description:
Grad School	<ul style="list-style-type: none"> <li>• <b>3.7 GPA</b> – About the highest you would really need for any top tier school. Maybe a 3.8 for Cambridge to be extra safe since they calculate grades differently.</li> <li>• <b>Lower GPA's Are Okay</b> – People with 3.0 GPA's still get into good schools.</li> <li>• <b>Research is More Important</b> – Having impressive scholarly work is something you'll already have through Princeton's requirements.</li> </ul>
Certain Academic Awards	<ul style="list-style-type: none"> <li>• <b>See Below</b> – for a list of academic awards.</li> <li>• <b>The Top of the Top</b> – You really don't need to prove you are the smartest kid when you already go to one of the highest colleges in the country.</li> </ul>
Departmental Honors	<ul style="list-style-type: none"> <li>• <b>Honors?</b> – Cum laude = honors, magna cum laude = higher honors, summa cum laude = highest honors.</li> <li>• <b>How Many People Get Them?</b> – About half of a department's class theoretically.</li> </ul>

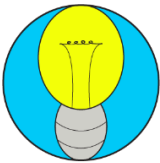


	<ul style="list-style-type: none"> <li>• <b>Does it Matter?</b> – Not for grad school, because if you apply during your senior year, you won't be awarded honors by then.</li> </ul>
Jobs and Scholarships	<ul style="list-style-type: none"> <li>• <b>Minimum GPA Requirements</b> – Some jobs will require a minimum 3.0 GPA, but usually not stricter than that.</li> <li>• <b>Irrelevant After the First Job</b>– Since work experience is a better indicator of your skills as a worker.</li> <li>• <b>Scholarships</b> – The Rhodes and Marshall generally want to see a 3.7+ GPA... but even then, your chances of getting it are slim.</li> </ul>



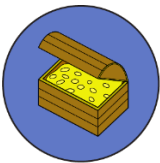
HINTS

**No one has to know your GPA unless you tell them.** If you don't go to grad school, your GPA becomes irrelevant after you get your first job.



HINTS

**Your GPA will likely go up throughout your Princeton career.** If you are BSE, you will finally get past all the prerequisites. You will also be better at studying the longer you are in college. And remember, Princeton GPA's are still lower on average because of the historic grade deflation policy.

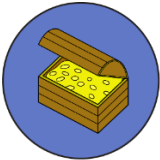


RESOURCES

### ***List of Academic Awards at Princeton***

<b>Name:</b>	<b>Description:</b>
Phi Beta Kappa	<ul style="list-style-type: none"> <li>• <b>Highest Tenth GPA</b> – of your class year.</li> <li>• <b>Senior Year</b> – Some elected early senior year, but most at graduation.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>The Oldest National Honorary Scholastic Society</b> – There are students at other colleges part of it.</li> </ul>
Society of Sigma Xi	<ul style="list-style-type: none"> <li>• <b>Scientific Research</b> – Usually based on your thesis work.</li> </ul>
Tau Beta Pi	<ul style="list-style-type: none"> <li>• <b>National Engineering Honor Society</b> – for the BSE students.</li> <li>• <b>Top Grades</b> – Upper eighth of junior class or upper fifth of senior class.</li> </ul>
Pyne Prize	<ul style="list-style-type: none"> <li>• <b>Official Description</b> – “excellence in scholarship, character, and effective support of the best interests of Princeton University.”</li> <li>• <b>3 Senior Winners</b> – with good academic records.</li> <li>• <b>Nominate Someone</b> – Send a letter to <a href="mailto:pyneprize@princeton.edu">pyneprize@princeton.edu</a> in January.</li> </ul>
Valedictorian	<ul style="list-style-type: none"> <li>• <b>The Highest-Ranking Student</b> – GPA considered with other qualities. Gets to give a speech.</li> <li>• <b>Probably Won’t Be You</b> – Even if you were high school valedictorian, you are in a school with hundreds of other valedictorians.</li> </ul>
Salutatorian	<ul style="list-style-type: none"> <li>• <b>A High-Ranking Student</b> – But must speak Latin.</li> <li>• <b>Graduation Speech</b> – Delivered in Latin, with students provided translations.</li> </ul>
Thesis Prizes	<ul style="list-style-type: none"> <li>• <b>Determined by Department</b> – Smaller departments will get you a better chance at winning an award.</li> <li>• <b>The Best In...</b> - Certain subareas in the field, and a best thesis for the entire department.</li> <li>• <b>Cash Prizes</b> – These are often thousands of dollars, but don’t rely on these as a source of income.</li> </ul>

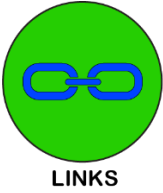


RESOURCES

## Academic Awards at Opening Exercises

Name:	Description:
Freshman First Honor Prize	<ul style="list-style-type: none"> <li>• <b>1-2 Sophomore Winners</b> – Exceptional achievement during first year.</li> </ul>
George B. Wood Legacy Sophomore Prize	<ul style="list-style-type: none"> <li>• <b>1-2 Junior Winners</b> – Also exceptional achievement during sophomore year.</li> </ul>
George B. Wood Legacy Junior Prize	<ul style="list-style-type: none"> <li>• <b>1-2 Senior Winners</b> – Again, exceptional achievement during junior year.</li> </ul>
Class of 1939 Princeton Scholar Award	<ul style="list-style-type: none"> <li>• <b>Cumulative Academic Achievement</b> – 1-2 senior winners, highest academic achievement for all previous years.</li> </ul>
<a href="#">Shapiro Prize</a>	<ul style="list-style-type: none"> <li>• <b>A Little Bit After Opening Exercises</b> – Technically given in late September.</li> <li>• <b>First and Second Year Students Only</b> – No upperclass students.</li> <li>• <b>Nominated by Faculty</b> – So talk to your professors.</li> <li>• <b>The Top 3%</b> – It’s okay being in the other 97%.</li> </ul>

## 5.7) Non-Academic Awards



**Service Awards and Prizes:**

<https://pace.princeton.edu/about/service-awards-and-prizes-0>



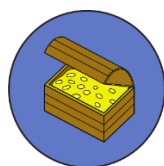
**These award descriptions are quite vague.** This allows a lot of people to be eligible. Keep in mind that the first step to getting an award is to get nominated (mostly by faculty), so like said in Chapter 3, talk to people and build relationships!



***List of Service Awards***

Name:	Description:
James Fisher Jr. Memorial Award	<ul style="list-style-type: none"> <li>• <b>By Pace Center</b> – Campus center for civic engagement.</li> <li>• <b>Official Description</b> – A senior who “clearly demonstrate an entrepreneurial spirit, zest for life, love of people, and loyalty to Princeton through their work in the realm of civic engagement.”</li> </ul>
Allen Macy Dulles '51 Award	<ul style="list-style-type: none"> <li>• <b>By ODUS</b> – Office of the Dean of Undergraduate Students.</li> <li>• <b>Official Description</b> – “a senior whose activities at Princeton best exemplify the University’s informal motto, ‘Princeton in the nation’s service and the service of humanity.’”</li> </ul>
Frederick Douglass Service Award	<ul style="list-style-type: none"> <li>• <b>By ODUS</b> – Office of the Dean of Undergraduate Students.</li> <li>• <b>Official Description</b> – “a senior who has exhibited ‘courage, leadership, intellectual achievement and a</li> </ul>

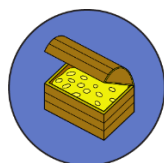
	willingness to contribute unselfishly toward a deeper understanding of the experiences of racial minorities and who, in so doing, reflects the tradition of service embodied in education at Princeton.”
Priscilla Glickman '92 Memorial Prize	<ul style="list-style-type: none"> <li>• <b>By Pace Center</b> – Campus center for civic engagement.</li> <li>• <b>Official Description</b> – “senior who has demonstrated independence and imagination in the area of community service, seeks knowledge and purposeful adventure in unfamiliar cultures and maintains strong academic work.”</li> </ul>



RESOURCES

## *List of Athletic Awards*

<b>Name:</b>	<b>Description:</b>
Class of 1916 Cup	<ul style="list-style-type: none"> <li>• <b>Official Description</b> – “the senior varsity letter winner with the highest academic standing.”</li> </ul>
William Winston Roper Trophy	<ul style="list-style-type: none"> <li>• <b>Official Description</b> – “a male senior of high scholastic rank and outstanding qualities of sportsmanship and general proficiency in athletics.”</li> </ul>
C. Otto von Kienbusch Award	<ul style="list-style-type: none"> <li>• <b>Official Description</b> – “the top senior sportswoman at Princeton.”</li> </ul>
Arthur Lane '34 Citizen Athlete Award	<ul style="list-style-type: none"> <li>• <b>Official Description</b> – “selfless contribution to sport and society by an undergraduate athlete.”</li> </ul>



RESOURCES

## Other Non-Academic Awards

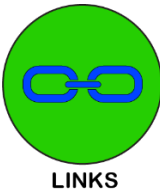
Name:	Description:
Spirit of Princeton	<ul style="list-style-type: none"> <li>• <b>Nominate Anyone</b> – Doesn’t have to be a senior.</li> <li>• <b>The Nomination Letter</b> – Write a really convincing one for a friend so the committee is impressed. Email <a href="mailto:odus@princeton.edu">odus@princeton.edu</a>.</li> <li>• <b>~10 Winners</b> – They get cool portraits and bios on the Princeton website.</li> </ul>
Santos Dumont Prize for Innovation	<ul style="list-style-type: none"> <li>• <b>Official Description</b> – “individuals and groups who have imagined and implemented unique and creative programs, events, initiatives, and projects that have had wide-reaching impact, visibility, and serve to strengthen the undergraduate student experience.”</li> <li>• <b>Selected by Committee</b> – Judging students and groups.</li> </ul>
W. Sanderson Detwiler 1903 Prize	<ul style="list-style-type: none"> <li>• <b>Official Description</b> – “a senior who, in the judgment of the student’s classmates, has done the most for the class.”</li> </ul>
Walter E. Hope Class of 1901 Medal	<ul style="list-style-type: none"> <li>• <b>Official Description</b> – “the senior who, in the judgment of the student’s classmates, has done the most for Princeton.”</li> </ul>
Debate Prizes	<ul style="list-style-type: none"> <li>• <b>Cash Prize</b> – If you can win... but the Princeton crowd is tough.</li> <li>• <b>Lynde Prize Debate</b> – For graduating seniors, win and get \$3000. Topic announced day prior to debate.</li> </ul>

<p>Harrison Willis Dodds Achievement Prize</p>	<ul style="list-style-type: none"> <li>• <b>Official Description</b> – “the qualities of clear thinking, moral courage, a patient and judicious regard for the opinions of others, and a thoroughgoing devotion to the welfare of the University and to the life of the mind.”</li> </ul>
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**Quintile Rankings can be viewed on TigerHub.** This is hidden under “Other Academics” under a compass icon. You can see if you’re in the top fifth, second fifth, etc. in your class in terms of GPA. It’s not a very good measurement though, especially in your first year, because some students take longer to adjust to college courses.

## 5.8) Preparing for Grad School



**Health Professions:**

<https://hpa.princeton.edu/prehealth-prep/academic-preparation/four-year-planning>

**CCD Guide to Grad School:**

[Link here.](#)

**CCD Guide to Law School:**

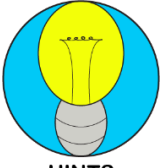
[https://careerdevelopment.princeton.edu/sites/careerdevelopment/files/medica/pre-law\\_guide-7.pdf](https://careerdevelopment.princeton.edu/sites/careerdevelopment/files/medica/pre-law_guide-7.pdf)

**Teacher Preparation Program:**

<https://teacherprep.princeton.edu/>

**Teacher Preparation Program Handbook:**

<https://teacherprep.princeton.edu/sites/teacherprep/files/pdf/TPP%20handbook%202020-21.pdf>



HINTS

**Princeton allows you to do a Master’s in one year after graduation.** This is only available for BSE students. A very new program, so not much information is available about it yet. Ask around for details.



OVERVIEWS

## ***Academia-Oriented Graduate Programs***

<b>Name:</b>	<b>Description:</b>
Master’s Degree (MA and MS)	<ul style="list-style-type: none"> <li>• <b>More Advanced Coursework</b> – which then leads into more research papers.</li> <li>• <b>Leads into Ph. D</b> – If you don’t feel ready for a Ph. D yet (more if you are in humanities and social sciences).</li> </ul>
Doctor of Philosophy (Ph. D)	<ul style="list-style-type: none"> <li>• <b>Independent Research</b> – If you liked your JP or thesis, this is for you.</li> <li>• <b>The Highest Non-Professional Degree</b> – You’ll be qualified to teach and go into academia.</li> <li>• <b>Find the Right Professor</b> – More about finding a professor in your research area than the right school.</li> <li>• <b>You Can Go Straight from Undergrad</b> – No need to do a master’s first. Most sciences have Ph. D students straight from undergrad, closer to 50/50 for humanities and social sciences.</li> </ul>



OVERVIEWS

## ***Professional Graduate Programs***



<b>Name:</b>	<b>Description:</b>
Law School (JD)	<ul style="list-style-type: none"> <li>• <b>Juris Doctor</b> – “Teacher of Law,” or what JD stands for.</li> <li>• <b>Good for Nonprofit Work</b> – Not just for lawyers.</li> <li>• <b>Many Types of Lawyers</b> – Corporate, insurance, public defenders, consider them all.</li> <li>• <b>Paying it Back</b> – May have to take out private loans.</li> <li>• <b>How Long?</b> – About 3 years.</li> </ul>
Medical School (MD)	<ul style="list-style-type: none"> <li>• <b>Very Competitive</b> – Be careful.</li> <li>• <b>Take Prerequisites</b> – There is no official pre-med degree, so track these yourself.</li> <li>• <b>Other Types of Medical Degrees</b> – Don’t forget dental and veterinary school.</li> <li>• <b>Health Professions Advising</b> – <a href="#">Official campus resources</a> for preparing for an MD.</li> </ul>
Master of Business Administration (MBA)	<ul style="list-style-type: none"> <li>• <b>Not Right After Graduation</b> – Most people take time to work for 3-4 years first.</li> <li>• <b>Good Networking</b> – Almost as valuable as coursework.</li> </ul>
Master of Fine Arts (MFA)	<ul style="list-style-type: none"> <li>• <b>The Highest Arts Degree</b> – For writing, visual art, theatre, etc.</li> <li>• <b>Not the Master of Arts</b> – MFA is more oriented towards professional practice.</li> </ul>
Post-Bachelor’s Programs	<ul style="list-style-type: none"> <li>• <b>Trade or Skills Certifications</b> – A viable option since Princeton is more theoretical than practical.</li> <li>• <b>Many Options</b> – Explore! From coding certificates, to Coursera, to a second bachelor’s degree.</li> </ul>
Teacher Preparation Program	<ul style="list-style-type: none"> <li>• <b>A Princeton Special</b> – Take four courses during your bachelor’s and only need one post-graduate semester to have teacher licensing.</li> <li>• <b>A Semester Following Graduation</b> – Where you must take two full-time teaching courses.</li> <li>• <b>Apply as an Alum or Grad Student</b> – Flexible.</li> </ul>

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STRATEGIES

## *How to Decide on a Grad School*

Quality:	Description:
Prestige	<ul style="list-style-type: none"> <li>• <b>It's Always Impressive</b> – Much like how a Princeton degree is always impressive.</li> <li>• <b>Find Programs That Treat Masters Students Well</b> – Some Masters programs are more for the university to make money.</li> </ul>
Cost	<ul style="list-style-type: none"> <li>• <b>Master's are Expensive</b> – They usually aren't funded.</li> <li>• <b>Ph. D Stipends</b> – Can be \$15,000 to \$35,000.</li> <li>• <b>Depends on City</b> – Cost of living, provided housing, university provided funding for travel, fieldwork, or conferences.</li> <li>• <b>Pay Attention to Length of Funding</b> – If funding is guaranteed for five years, but the average completion time is 7 years, you might run into trouble for the last two years.</li> <li>• <b>Cheaper Abroad</b> – American grad programs are expensive. Canada and Europe at least are cheaper.</li> </ul>
Location	<ul style="list-style-type: none"> <li>• <b>Less College Social Programs</b> – You'll have to find your own fun around the town unless your college wants to provide a social experience.</li> <li>• <b>College Towns?</b> – Summer might be a bit boring around there.</li> <li>• <b>Living for Six Years</b> – If you don't like the location, then you're not going to be happy for a long time.</li> </ul>

<p>Academics</p>	<ul style="list-style-type: none"> <li>• <b>GPA</b> – Aim for 3.3-3.7 range, and higher than 3.7 won't make a difference.</li> <li>• <b>Cambridge?</b> – Aim for 3.8 to be safe since they calculate GPA's differently.</li> <li>• <b>Finding the Right Advisor</b> – Especially for Ph. D programs.</li> <li>• <b>Structure of the Program</b> – From the length, teaching requirements, course requirements, and other components.</li> </ul>
<p>Time Required</p>	<ul style="list-style-type: none"> <li>• <b>Can be Six Years</b> – Especially for Ph. D's.</li> <li>• <b>Work Requirements</b> – If there is a large teaching requirement, the degree can take two more years.</li> <li>• <b>Working Part-Time</b> – If your stipend isn't good enough, you have to work to support yourself, which will make your degree take longer.</li> </ul>



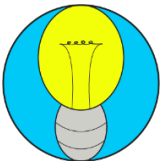
PROCEDURES

## ***How to Apply for Academic-Oriented Graduate Programs***

<b>Step:</b>	<b>Description:</b>
<p>1. Decide if You Want to Do It by Third Year</p>	<ul style="list-style-type: none"> <li>• <b>The Application Process Takes Time</b> – You need to prepare materials, study, do research, take classes, and apply.</li> <li>• <b>Applying After Undergrad</b> – You can always gain more work experience, but essentially start preparing 1.5-2 years before you would start enrolling.</li> </ul>
<p>2. Talk to People Who Can Help</p>	<ul style="list-style-type: none"> <li>• <b>Professors</b> – You will need 3-4 letters of recommendations.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>More than Lectures</b> – Make sure professors know you from research, precepts, or seminars, at least.</li> <li>• <b>Preceptors</b> – Since they are grad students, they just went through the application process.</li> </ul>
<p>3. Do Research in Your Third Year</p>	<ul style="list-style-type: none"> <li>• <b>Independent Work</b> – You’ll naturally have some through your junior paper and thesis.</li> <li>• <b>Extra Research</b> – Ask professors or look for various research labs on campus.</li> </ul>
<p>4. Prepare for the GRE</p>	<ul style="list-style-type: none"> <li>• <b>Graduate Record Examination</b> – It’s like the SAT test, but for graduate school.</li> <li>• <b>Start Preparing February-April Third Year</b> – Take the test by the summer.</li> <li>• <b>Aim for 85-95<sup>th</sup> Percentile for the Relevant Section</b> – Do well for the math section if your program is quantitative, reading if your program is qualitative.</li> <li>• <b>50<sup>th</sup> Percentile for the Irrelevant Section</b> – Just don’t look like you’re incapable.</li> <li>• <b>But Math is Scary!</b> – The GRE doesn’t test for anything at calculus or beyond, thankfully.</li> </ul>
<p>5. Fill Out the Rest of the Application</p>	<ul style="list-style-type: none"> <li>• <b>Apply in the Fall of Senior Year</b> – Some programs can be due as early as October.</li> <li>• <b>Writing Sample</b> – Depends on discipline. You can pull from course papers, Junior Papers, or excerpts from your thesis (assuming you have written any by the time you apply).</li> <li>• <b>Resume</b> – Standard.</li> <li>• <b>Personal Statement</b> – About 500-1000 words. Depends on school if it’s more about academics or personal circumstances.</li> <li>• <b>Research Proposal</b> – Cambridge/Oxford/London School of Economics might want more fully formed research proposals, whereas some American schools are okay with less defined proposals.</li> </ul>

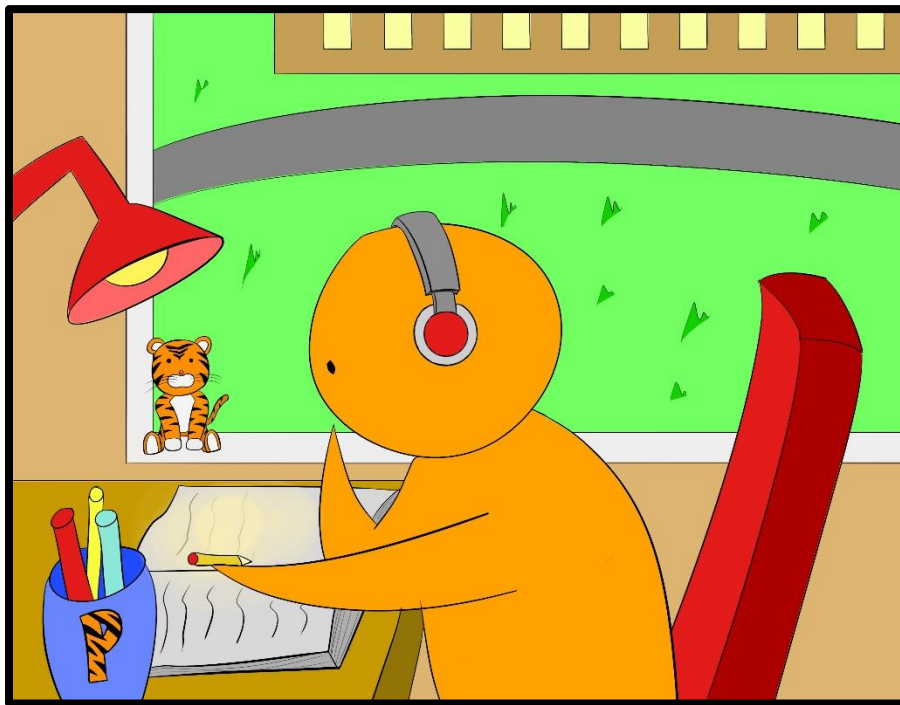
	<ul style="list-style-type: none"><li>• <b>Keep Track of Components with a Spreadsheet</b> – Don't let a missing recommendation or test score ruin your application.</li></ul>
6. Tour the School	<ul style="list-style-type: none"><li>• <b>Most People Tour After Getting In</b> – As opposed to undergrad, where most people tour before getting in too.</li><li>• <b>Make Sure You Know What You're Getting Into</b> – It is your life for the next couple years, after all.</li></ul>



HINTS

**Looking for a research job for your CV?** Check [Chapter 14.10](#) for more help there. Research experience helps a lot for grad school.

# Chapter 6: Academic Resources & Study Tips



*Lo-Fi Hip Hop Beats for Studying Near Poe Field.*

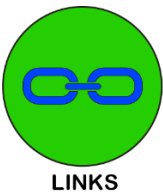
## ***In this section you'll learn about:***

- Libraries, study spaces, and free academic services.
- How to ace any academic assignment – from homework to exams.
- Preparing for independent work (i.e., JP or thesis).
- What to do when you're struggling in academics.

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# **6.1) Libraries and Physical Academic Space**



**Princeton Library Website:**




<https://library.princeton.edu/>



Firestone Library, the biggest library at Princeton.






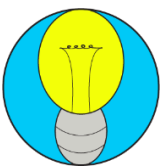
## *Princeton Libraries*

<b>Name:</b>	<b>Location:</b>	<b>Photo:</b>
Firestone Library (The Biggest Library)	Northeast side of campus, near McCosh Hall	
Architecture Library	Architecture building, 2 <sup>nd</sup> floor (north of Frist)	
East Asian Library	Third floor Frist Campus Center	



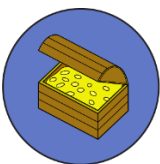
<p>East Pyne Library (cannot check out books)</p>	<p>East Pyne Hall, north of campus connected to Chancellor Green</p>		
<p>Engineering Library</p>	<p>Fine Hall A Floor, adjacent to Lewis Library</p>		
<p>Lewis Science Library (The Second Biggest Library)</p>	<p>Southeast side of campus</p>		
<p>Marquand Art Library</p>	<p>McCormick Hall (i.e., the Princeton Art Museum)</p>		

<p>Mendel Music Library</p>	<p>Woolworth Hall (northwest of Frist)</p>	
<p>Mudd Manuscript Library</p>	<p>Mudd Library, near Prospect House</p>	
<p>Stokes Library (Public and International Affairs)</p>	<p>Wallace Hall (northeast side of campus, northeast of the SPIA building or Robertson Hall).</p>	



HINTS

**Princeton Public Library is phenomenal.** It’s not owned by Princeton University, but it’s just a walk up Witherspoon Street. It’s not just a great place to study, but the catalog is also enormous. More in [Chapter 7.2](#).




RESOURCES

## ***Residential College Libraries***

The residential college libraries aren't really for checking out books, but they are a convenient place to study because they are open 24/7.

<b>Name:</b>	<b>Location:</b>	<b>Photo:</b>
Butler Library	Wu Hall, upper level	
Forbes Library	Under the New Wing	
First Library (Julian Street, or "J-Street")	Wilcox Hall (the dining hall), upper level	
Rocky-Mathey Library	Hamilton Hall	

Whitman Library	Wendell Hall Building B	
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**Alternatively, study in the res college dining halls.** There is usually cereal or peanut butter and jelly left out at night, and they also never close. The res college libraries are great for studying alone, but the dining halls are great for group study sessions.



### *Other Physical Academic Spaces*

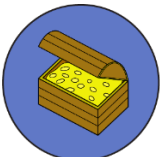
Name:	Location:	Description:
<a href="#">The Writing Center</a>	New South Building	<ul style="list-style-type: none"> <li>• <b>Any Writing Stage Help</b> – Planning, researching, writing, just not proofreading.</li> <li>• <b>Appointments</b> – Make these early, and if you can't make it, let them know or give your slot to someone else.</li> <li>• <b>Drop-In Hours</b> – If you just want someone to look at something last minute.</li> <li>• <b>Best Use?</b> – Writing seminar, junior papers, senior theses, or just regular courses.</li> </ul>
<a href="#">McGraw Center for Teaching and Learning</a>	Frist Campus Center, 3 <sup>rd</sup> Floor	<ul style="list-style-type: none"> <li>• <a href="#">Guides</a> – About pretty much anything academic, here.</li> <li>• <a href="#">Group and Individual Tutoring</a> – for popular intro courses.</li> </ul>

		<ul style="list-style-type: none"> <li>• <a href="#">Study Group Support</a> – Create your own student-led study group.</li> <li>• <a href="#">Workshops</a> – And workshop recordings to review.</li> <li>• <a href="#">Learning Strategies Consultations</a> – Have someone sit down with you and craft the study habits for you.</li> </ul>
<a href="#">Digital Learning Lab</a>	Lewis Science Library	<ul style="list-style-type: none"> <li>• <b>Another McGraw Thing</b> – It’s not in the McGraw Center in Frist though.</li> <li>• <b>Digital Learning Consultants</b> – To help you find or learn tools.</li> <li>• <b>Powerful Computers</b> – Enough for a whole class to come in and use the graphics/audio programs.</li> <li>• <b>Recording Studio</b> – Soundproof with audio programs, a mic, and headphones.</li> <li>• <b>Large Whiteboards</b> – For brainstorming sessions.</li> </ul>
<a href="#">StudioLab</a>	Fine Hall B08	<ul style="list-style-type: none"> <li>• <b>A Maker Space</b> – Tools to make mock-ups and such.</li> <li>• <b>3D Printing</b> – Turn digital models into physical objects.</li> <li>• <b>Cutting Machines</b> – Sewing machines, CNC machines, and a laser cutter.</li> <li>• <b>Virtual Reality Headsets</b> – With motion capture and SteamVR.</li> </ul>
Butler Innovation Space	Basement of Wu Hall	<ul style="list-style-type: none"> <li>• <b>A Good Group Brainstorming Space</b> – Whiteboards, computers, and printers.</li> <li>• <b>Fairly Quiet and Spacious</b> – A hidden gem of Princeton.</li> </ul>
Language Tables	Dining Halls	<ul style="list-style-type: none"> <li>• <b>Weekly</b> – Check the pamphlets on the dining hall tables to see when and what languages.</li> </ul>

		<p>Different dining halls have different languages.</p> <ul style="list-style-type: none"> <li>• <b>Practice Language Skills with Others</b> – Casual since you’re not being graded. Meet new friends.</li> </ul>
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## 6.2) Academic Services

There is no “Links” icon for this section because everything in this subchapter is already a link to a resource.



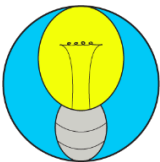
RESOURCES

### *Books and Databases*

Name:	Description:
<a href="#">The Library Catalog</a>	<ul style="list-style-type: none"> <li>• <b>Check out Materials</b> – Books, CD’s, e-Books, and even coins.</li> <li>• <b>Return Books at Any Location</b> – You don’t need to go back to Firestone to return a Firestone book.</li> </ul>
<a href="#">Borrow Direct/Interlibrary Loan</a>	<ul style="list-style-type: none"> <li>• <b>Borrow a Book from Another Library</b> – This means that you almost certainly get any book you need.</li> <li>• <b>Borrow Direct</b> – Loan system between multiple top-tier universities.</li> <li>• <b>Interlibrary Loan</b> – General request to get materials not usually in Princeton.</li> </ul>

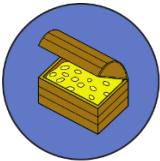
<p><a href="#">Dixon eBooks</a></p>	<ul style="list-style-type: none"> <li>• <b>The Libby App</b> – Helps you download e-books across your phone and computer. Also compatible with Princeton Public Library and others.</li> <li>• <b>Use on Study Abroad</b> – When you have no access to libraries, e-books keep you entertained.</li> <li>• <b>Also Audiobooks</b> – Listen to these during meals or laundry!</li> <li>• <b>Popular Books</b> – YA fiction, new bestsellers, tend to be found here instead of the academic libraries like Firestone.</li> </ul>
<p><a href="#">Databases</a></p>	<ul style="list-style-type: none"> <li>• <b>Narrow Down Your Search</b> – Search for scholarly work for your academic field.</li> <li>• <b>Alternatives to Google Scholar and JSTOR</b> – If you want more specific results.</li> </ul>
<p><a href="#">Free Films and Documentaries: <a href="#">Kanopy</a> and <a href="#">Alexander Street</a></a></p>	<ul style="list-style-type: none"> <li>• <b>Kanopy</b> – The Princeton specific movie database.</li> <li>• <b>Alexander Street</b> – A general free movie database.</li> </ul>
<p><a href="#">Dataspace</a></p>	<ul style="list-style-type: none"> <li>• <b>Senior Thesis Archive</b> – Check this out if you want to learn about a department.</li> <li>• <b>Other Documents</b> – Such as dissertations.</li> </ul>
<p><a href="#">Naxos Music Library</a></p>	<ul style="list-style-type: none"> <li>• <b>120,000 Tracks</b> – Across all genres.</li> <li>• <b>Not a Physical Library</b> – The whole collection is available online.</li> </ul>
<p><a href="#">JSTOR</a></p>	<ul style="list-style-type: none"> <li>• <b>The Go-To Scholarly Search Engine</b> – Always check here first.</li> <li>• <b>Articles, Books, Book Chapters</b> – A selection so huge you may want to consider using it to find things to read for fun.</li> <li>• <b>Alumni Access</b> – You will have access to it forever because Alumni can also access this.</li> </ul>

<p><a href="#">Newspaper Subscriptions/NY Times/WSJ/Washington Post</a></p>	<ul style="list-style-type: none"> <li>• <b>Free Newspaper Subscriptions</b> – You may need to make an account first.</li> <li>• <b>Proxy Access</b> – You can access a special website which allows you to browse the newspaper without having to create an account (e.g., for Washington Post).</li> </ul>
<p><a href="#">Princeton Media Central</a></p>	<ul style="list-style-type: none"> <li>• <b>Recordings of Campus Events</b> – Especially graduations and recitals.</li> <li>• <b>Video Archive</b> – Take a blast to the past.</li> </ul>
<p><a href="#">Labyrinth Books</a></p>	<ul style="list-style-type: none"> <li>• <b>The Local Princeton Book Store</b> – Where you can get fun books or course books.</li> <li>• <b>Buyback Program</b> – If you sell your coursebooks back at the end of the semester, you get about 20% of your money back.</li> </ul>



HINTS

Some of these services might have your coursebooks online for free. Save some money and check here first before buying.



RESOURCES

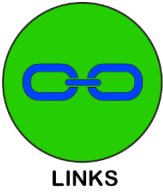
### *Other Research Services*

Name:	Description:
<p><a href="#">Personal Librarians</a></p>	<ul style="list-style-type: none"> <li>• <b>Assigned</b> – You will get an email about it early in your first year.</li> <li>• <b>For Research Help</b> – For classes or independent work. They usually respond quickly.</li> </ul>



<a href="#">Subject Librarians</a>	<ul style="list-style-type: none"> <li>• <b>Great for Independent Work</b> – When you want more specific help than your personal librarians.</li> <li>• <b>Reach Out</b> – These aren't assigned to you like the Personal Librarians, so contact them first.</li> </ul>
<a href="#">Research Guides</a>	<ul style="list-style-type: none"> <li>• <b>About Everything</b> – This is an extremely powerful tool.</li> <li>• <b>Example Topics</b> – <ul style="list-style-type: none"> <li>• <a href="#">Getting Started in Data Analysis: Stata, R, SPSS, Excel</a></li> <li>• <a href="#">Using Zotero at Princeton</a></li> <li>• <a href="#">Political Opinion &amp; Survey Data Sources</a></li> <li>• <a href="#">Finding and Using Financial Data</a></li> </ul> </li> </ul>
<a href="#">Principedia</a>	<ul style="list-style-type: none"> <li>• <b>Another McGraw Thing</b> – But student run.</li> <li>• <b>Course Analyses</b> – More in-depth than the evaluations on the course offerings website.</li> <li>• <b>Learning Strategies</b> – More guides to help you learn.</li> <li>• <b>Discipline Guides</b> – For navigating certain majors.</li> </ul>
<a href="#">Data and Statistical Services</a>	<ul style="list-style-type: none"> <li>• <b>Experts at Firestone</b> – Ask around.</li> <li>• <b>Not Homework Help</b> – They can't help you with problem sets, assignments, or take-home exams directly.</li> <li>• <b>Independent Work Help</b> – Go here when you have a quantitative JP or thesis.</li> <li>• <b>Online Coding Tutorials</b> – For R, Stata, etc.</li> </ul>
<a href="#">Zotero</a>	<ul style="list-style-type: none"> <li>• <b>Easy Citations</b> – Fill out the fields and automatically creates a bibliography into Microsoft Word.</li> <li>• <b>Free Software</b> – No need for Internet connection after download. Unlimited space when linked with Princeton email.</li> <li>• <b>Guide</b> – To using Zotero <a href="#">here</a>.</li> </ul>

## 6.3) Free Software and Printing



**All Printer Locations:**

<https://archcomp.princeton.edu/printing/pawprint/locations/>

**Install Pawprint Printers:**

[https://princeton.service-now.com/service?sys\\_id=9745&id=kb\\_article](https://princeton.service-now.com/service?sys_id=9745&id=kb_article)



LinkedIn Learning, one of many free software available to Princeton students.



***Skill-Learning Software***

Name:	Description:
<p><a href="#">Adobe Creative Cloud</a> (e.g., Photoshop, Illustrator, InDesign) Student Discount</p>	<ul style="list-style-type: none"> <li>• <b>Available on All On-Campus Computers</b> – These can be found in libraries or in res colleges.</li> <li>• <b>Student Discount</b> – If you want it on your own personal computer, about 60% off.</li> <li>• <b>Digital Learning Lab</b> – Has these programs available too.</li> </ul>
<p><a href="#">LinkedIn Learning</a></p>	<ul style="list-style-type: none"> <li>• <b>Professional Skills</b> – In business, technology, or creative programs.</li> <li>• <b>The Practical Over the Theoretical</b> – Princeton’s courses are very theoretical, so take these to ensure you are ready to work.</li> </ul>

<p><a href="#">Apporto</a> (Princeton Virtual Lab)</p>	<ul style="list-style-type: none"> <li>• <b>Stats and Math Programs</b> – Including Stata, MATLAB, Perl, Mathematic, RStudio, etc.</li> </ul>
<p>Music-Making Programs (e.g., Logic, Ableton Live, etc.)</p>	<ul style="list-style-type: none"> <li>• <b>On-Campus Computers</b> – Have these pre-installed, especially at libraries.</li> <li>• <b>Recording Studios</b> – There’s one in the Digital Learning Lab, and the Julian Street Library in Butler.</li> </ul>
<p><a href="#">Low-Cost Multimedia Programs List</a></p>	<ul style="list-style-type: none"> <li>• <b>By the McGraw Center</b> – Again.</li> <li>• <b>For a Budget</b> – Because Adobe and music-making programs are still expensive after student discounts.</li> </ul>



You get almost the whole Microsoft Office suite ([image source](#)).

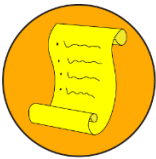


***Productivity Software***

Name:	Description:
<p><a href="#">Microsoft Office</a></p>	<ul style="list-style-type: none"> <li>• <b>Free Microsoft Products</b> – Word, Excel, PowerPoint, OneNote, Teams, Sway, but not Outlook.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Multiple Downloads</b> – Give the rest of your family Microsoft Word too.</li> </ul>
<p><a href="#">Google Drive</a></p>	<ul style="list-style-type: none"> <li>• <b>Unlimited Storage</b> – Including your alumni account too; you will never run out of storage in your life.</li> <li>• <b>Documents Disappear After Graduation</b> – Make sure to back up files quickly after your senior year or create permanent documents under a different account.</li> <li>•</li> </ul>
<p><a href="#">Gmail</a></p>	<ul style="list-style-type: none"> <li>• <b>Clout</b> – Having @princeton.edu in your email address will get you noticed by more people, especially for jobs.</li> <li>• <b>Official Emails</b> – Make sure to check often for messages from the University administration.</li> <li>• <b>Changing Your Email</b> – The email is <a href="mailto:netid@princeton.edu">netid@princeton.edu</a> by default, but you can change it to something you like more, like <a href="mailto:yourname@princeton.edu">yourname@princeton.edu</a>, with instructions <a href="#">here</a>.</li> </ul>
<p><a href="#">Canvas</a></p>	<ul style="list-style-type: none"> <li>• <b>Blackboard But Better</b> – System where course materials are posted.</li> <li>• <b>See Who’s in Your Class</b> – Under the “People” tab.</li> <li>• <b>File Submission</b> – Sometimes required to submit assignments here.</li> <li>• <b>Readings Posted</b> – Double check that the course readings aren’t on here before buying any books.</li> </ul>
<p><a href="#">(Color) Printers</a></p>	<ul style="list-style-type: none"> <li>• <b>2700 Free Sheets</b> – And color printing counts as 3 sheets.</li> <li>• <b>Color Printer Locations</b> – Firestone Library floors B and C, Marquand Library, and Lewis Science Library. Some also in res colleges.</li> <li>• <b>Print Directly from Your Computer</b> – No wires required. Install PawPrint first, following these <a href="#">directions</a>.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>PawPrint is Not PawPrintColor</b> – If you want to print color sheets, they will only show up on the queue for color printers.</li> <li>• <b>Mobile Printing</b> – Try emailing <a href="mailto:mobileprint@princeton.edu">mobileprint@princeton.edu</a>.</li> </ul>
<a href="#">LastPass</a>	<ul style="list-style-type: none"> <li>• <b>Free Password Management</b> – Never forget passwords again, while being safe.</li> <li>• <b>Secure Password Generator</b> – Which makes sure you never get hacked.</li> <li>• <b>Free for Life</b> – Princeton students get premium for the time they are a student.</li> </ul>



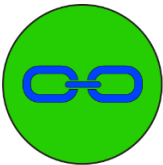
PROCEDURES

## *How to Use the Printers*

<b>Step:</b>	<b>Description:</b>
1. Download PawPrint	<ul style="list-style-type: none"> <li>• <b>Follow the Instructions <a href="#">Here</a></b> – There are different procedures for Windows and Mac.</li> <li>• <b>Login With Your NetID</b> – For Windows, put “181rinceton\” before your netid.</li> </ul>
2. Select “PawPrint” as Your Printer	<ul style="list-style-type: none"> <li>• <b>No Wires Necessary</b> – “PawPrint” will automatically show up as an option for printing.</li> <li>• <b>For Color Printing</b> – Make sure to choose PawPrintColor. Note that choosing this means your printing job might not show up on black and white-only printers (the majority).</li> </ul>

<p>3. Scan Your Prox at a Printer and Release</p>	<ul style="list-style-type: none"> <li>• <b>A Small Black Rectangular Thing</b> – It has a small red light, scan your prox and it'll make a little beep.</li> <li>• <b>Use the Connected Screen</b> – And tap the options to print. "Release all" to print everything.</li> </ul>
<p>4. Check the Printer for Issues</p>	<ul style="list-style-type: none"> <li>• <b>Double Check Paper</b> – There's usually extra printer paper lying around every printer, if it needs refills.</li> <li>• <b>Colors Coming Out Incorrectly?</b> – The printer might be out of color ink. Try another print or ask staff to refill ink.</li> <li>• <b>Not Printing?</b> – Try printing less at a time until you can figure what's wrong.</li> <li>• <b>Open the Doors</b> – Sometimes the printers won't print double-sided unless the back door is open. This is also how you can fix paper jams.</li> </ul>

## 6.4) General Study Tips (Environment and Efficiency)



LINKS

Principedia's Compilation of Learning Strategies:

<https://principedia.princeton.edu/learning-strategies/>



STRATEGIES

*Creating a Good Environment for Studying*

<p><b>Strategy:</b></p>	<p><b>Description:</b></p>
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<p>Set a Schedule</p>	<ul style="list-style-type: none"> <li>• <b>When Do You Have Time?</b> – Use a Google Calendar or planner to note when you are in class.</li> <li>• <b>When Do You Study Best?</b> – Usually hard to do readings at night, and some people can’t study in the morning.</li> <li>• <b>Pomodoro Technique?</b> – <a href="#">Study in 25-minute chunks</a>, or just set the best strategy for you.</li> <li>• <b>15 Minute Breaks Per Hour</b> – Trying to focus for more than an hour will lead to getting tired quickly.</li> <li>• <b>Checklist of Major Assignment Due Dates</b> – Don’t miss your exams! Check course syllabi regularly.</li> </ul>
<p>Don’t Get Distracted</p>	<ul style="list-style-type: none"> <li>• <b>Turn Off Notifications</b> – For all social media.</li> <li>• <b>Check Social Media Only 1-2 Times a Day</b> – You don’t want to be checking it every 5 minutes.</li> <li>• <b>Check Study Group Chats Every Couple Hours</b> – Don’t check too much but be aware of any major changes that the teacher posts.</li> <li>• <b>Manage Your Emails</b> – Check Chapter 3.4 for tips.</li> <li>• <b>Focus on One Task at a Time</b> – Stick to writing a paper for an hour to collect your thoughts, don’t intersperse with other activities or assignments.</li> <li>• <b>Don’t Underestimate Distractions</b> – Focusing for an hour might beat being distracted for 2-3 hours.</li> </ul>
<p>Find a Good Study Space</p>	<ul style="list-style-type: none"> <li>• <b>Comfort?</b> – A good chair, desk, and lighting.</li> <li>• <b>Other People?</b> – Some people like studying around others (e.g., Frist), but some prefer to study in solitude (e.g., library cubicle).</li> <li>• <b>Bathroom and Food?</b> – Sometimes you’ll be studying for a long time.</li> </ul>
<p>Live Healthy</p>	<ul style="list-style-type: none"> <li>• <b>Get Enough Sleep</b> – Writing a paper is very difficult when sleep deprived; working at 25% efficiency for 8 hours is worse than 3 hours at 100% efficiency.</li> <li>• <b>Don’t Pull All-Nighters</b> – They’re bad for your health while also unproductive. At the least take a nap.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>If You Need to All-Nighter</b> – Do it for tasks that require less thought, like repetitive psets or drawing mock-ups.</li> <li>• <b>Eat Healthy</b> – Make sure to eat fruits and vegetables in the dining hall.</li> <li>• <b>Exercise and Stretch</b> – Take a break every hour and do exercise. Be in shape to help focus.</li> <li>• <b>Additional Tips?</b> – See <a href="#">Chapter 12</a> on health.</li> </ul>
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## *Tools to Help You Stay Organized*

Name:	Description:
A Physical Planner	<ul style="list-style-type: none"> <li>• <b>Great for Class</b> – Sometimes classes don’t let you use laptops, so this allows you to write down reminders in the moment.</li> <li>• <b>A Cheap Notebook Works</b> – Buying a planner might cost \$20, but if you write in the days yourself in a generic notebook, it will only cost you \$2.</li> </ul>
Google Calendar	<ul style="list-style-type: none"> <li>• <b>Great for Keeping Track of Meetings</b> – An easy way to visualize everything in your schedule too.</li> <li>• <b>Labels</b> – You can color code to distinguish between study time, bedtime, eating times, meetings, class time, etc.</li> </ul>
<a href="#">Trello</a> , <a href="#">KanBan</a> , <a href="#">Miro</a> , or Other Project Management Software	<ul style="list-style-type: none"> <li>• <b>Great for Keeping Track of Big Projects</b> – You can check things off when you complete parts or have some on the “to-do” list.</li> <li>• <b>Project Based Classes?</b> – Especially useful for an arts class or a final project which is some kind of product.</li> </ul>



	<ul style="list-style-type: none"> <li>• <b>Share with the Team</b> – Invite team members and they can also check off tasks. Keep them on the same page.</li> </ul>
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STRATEGIES

## Studying Efficiently

Strategy:	Description:
Be Organized	<ul style="list-style-type: none"> <li>• <b>Separate Folders</b> – Don't mix your math and writing seminar material together.</li> <li>• <b>Structured Notes</b> – Make headings, summarize what you learned at the end of the section, and write a good title.</li> <li>• <b>Set Up a Note Template</b> – Besides the <a href="#">Cornell method</a>, try the LIPService's Microsoft Word template <a href="#">here</a>.</li> </ul>
Make Sure You Checked All the Resources	<ul style="list-style-type: none"> <li>• <b>Review This Chapter</b> – If there are tools you are not using, use them!</li> <li>• <b>For Intro Stats Courses</b> – Make sure you use the DSS tutorials!</li> <li>• <b>Googling</b> – Sometimes free materials on YouTube and KhanAcademy help.</li> </ul>
Take Breaks	<ul style="list-style-type: none"> <li>• <b>Take a Day Off</b> – If you are working hard every day, a single day off can help you focus better for the rest of the week.</li> <li>• <b>Consider How Long to Take Breaks For</b> – If you have work due after fall break, consider if you would rather take a half-day off every day for a week, or cram everything in the last three days.</li> <li>• <b>Don't Study for More Than 1-2 Hours at a Time</b> – Taking a 10–15-minute break also helps you come back to the work with a fresh perspective.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>During Class</b> – You can walk out at any point without asking for permission, but don't be gone too long.</li> <li>• <b>Have a Snack</b> – During 3-hour classes, there's usually a mid-way break. If close by, grab a snack (or late meal) at Frist Campus Center.</li> </ul>
<p>Ask for Help</p>	<ul style="list-style-type: none"> <li>• <b>Talk to the Professor or Preceptor</b> – Don't waste time just being stuck, ask.</li> <li>• <b>Go to Office Hours</b> – For large intro classes, they may be like large study halls.</li> <li>• <b>Form a Study Group</b> – Having other classmates to ask people is helpful, as well as seeing others' questions. You also make friends.</li> <li>• <b>Ask on Piazza/EdStem</b> – These are anonymous forums for students to ask questions for course staff to answer. Good if you're socially anxious.</li> <li>• <b>Talk to Your DoS</b> – Your Director of Studies might be able to vouch for your needs to the course staff, if you feel that they could be doing something better.</li> <li>• <b>Still Afraid of Asking for Help?</b> – Check Chapter 3 on Talking to People.</li> </ul>
<p>Don't Get Discouraged</p>	<ul style="list-style-type: none"> <li>• <b>FLI Students Come with an Academic Disadvantage</b> – Likely not as many AP credits/college level courses before, so the transition to college is much harder.</li> <li>• <b>Experiencing Failure for the First Time</b> – Good to experience it earlier rather than later in life. Collect yourself and think about how you can do better.</li> </ul>



IMPORTANT

**Focus on Strategies, Not Effort.** Success isn't always the result of working harder (and overworking leads to failure). A good strategy makes you more productive and successful. Even then, it might not be enough. Failure happens.

## 6.5) Class Time Tips (Lectures/Precepts)



STRATEGIES

### Lecture Study Tips

Strategy:	Description:
Choose the Right Note Format for You	<ul style="list-style-type: none"> <li>• <b>Electronic Notes?</b> – Type them in Microsoft Word, Microsoft OneNote, Google Docs, or LaTeX (for STEM).</li> <li>• <b>Pen and Paper?</b> – Always have a notebook in case laptops are banned for the lecture.</li> <li>• <b>Tablet?</b> – If you want to store notes electronically but prefer to write by hand.</li> </ul>
Do iClicker Questions	<ul style="list-style-type: none"> <li>• <b>iClicker?</b> – A small remote that allows you to put in answers to multiple choice questions.</li> <li>• <b>Acadly?</b> – Another program that allows you to answer questions. No need to buy an iClicker if your class uses this.</li> <li>• <b>Attendance</b> – They're more to make sure you are listening than to test your knowledge.</li> <li>• <b>It's Okay to Be Wrong</b> – They usually don't count much towards your grade.</li> <li>• <b>Ask the Person Next to You</b> – Sometimes you'll also make a friend.</li> </ul>



Surprisingly, an iClicker is not an Apple product (image source [here](#)).



STRATEGIES

### *Precept/Seminar Tips*

Strategy:	Description:
Learn to Talk to People	<ul style="list-style-type: none"><li>• Check <a href="#">Chapter 3.2</a> – For a full guide on this.</li><li>• <b>Speaking Tips</b> – Relax, come to class with questions or comments, and meet your goals of how much you want to speak.</li></ul>
Quality and Quantity	<ul style="list-style-type: none"><li>• <b>Don't Just Talk All the Time</b> – Add a new idea to the discussion instead of just saying "I agree."</li></ul>

	<ul style="list-style-type: none"> <li>• <b>(Dis)agree and Add</b> – Show you are listening by giving your opinion on what the last person said and adding a new perspective.</li> <li>• <b>Quieter Classes Are Okay</b> – Sometimes you’ll be too exhausted to participate, but just make sure to participate more next class.</li> <li>• <b>It’s Okay for Other People to Disagree</b> – Sometimes you’ll say something really “dumb” and feel bad. At least you gave it a shot and you learned, which is the point of a class.</li> </ul>
Step Out When Tired	<ul style="list-style-type: none"> <li>• <b>You Can Just Get Up</b> – No need to ask for permission.</li> <li>• <b>Where?</b> – Find the nearest bathroom or walk outside (just not outside the window of the classroom...)</li> <li>• <b>Refresh</b> – Get a snack or drink some water.</li> <li>• <b>Tell Your Professor or Preceptor</b> – If you are coming into class tired, tell them up front and they will usually understand.</li> </ul>

## 6.6) Homework Tips (Readings, Psets)

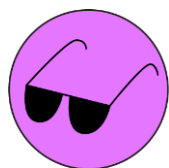


STRATEGIES

### Reading Tips

Strategy:	Description:
Estimate Time Necessary	<ul style="list-style-type: none"> <li>• <b>Calculate Reading Speed</b> – Set a timer for one hour and see how much you read.</li> <li>• <b>Text Density</b> – Some readings need you to focus closely and others you can skim.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Time of Day</b> – Reading can be harder at night, though depends on you.</li> <li>• <b>Read 48 Hours Before Class</b> – If you read further in advance, you should review notes before class.</li> <li>• <b>Don't Read Right Before Class</b> – You don't want to run out of time to read.</li> </ul>
Switch Tasks if Tired	<ul style="list-style-type: none"> <li>• <b>Switch the Reading</b> – Textbook reading is different from reading a short story.</li> <li>• <b>Switch the Task</b> – Go work on a problem set or write a paper.</li> </ul>
Take Notes	<ul style="list-style-type: none"> <li>• <b>Annotate</b> – Easier with physical books or printed PDFs, or a drawing tablet.</li> <li>• <b>Type/Write Notes</b> – If you are reading an e-Book or electronic PDF.</li> <li>• <b>Write Questions</b> – Be prepared to participate in class.</li> </ul>



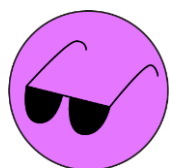
STRATEGIES

## *Problem Sets and Labs Tips*

Strategy:	Description:
Schedule Time to Get Help	<ul style="list-style-type: none"> <li>• <b>Estimate How Much Work</b> – If it's three days-worth of work, don't start the day it's due.</li> <li>• <b>Identify When Office Hours Are</b> – If it's right before the due date, they will be very busy. Talk to your professor earlier in the week to get more attention.</li> </ul>
Make a Study Group	<ul style="list-style-type: none"> <li>• <b>Email Classmates</b> – Canvas tells you who is in your class, and with <a href="#">TigerBook</a>, you can find each person's email.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Start Strangers, End Friends</b> – Don’t be afraid to reach out; most people in class don’t already know each other.</li> <li>• <b>Set Times for Group Study</b> – Work together and help each other on difficult problems.</li> <li>• <b>Create a Group Chat</b> – Send a GroupMe link so others can join, but whatever app works for you. Don’t wait for others to make one; take the initiative.</li> <li>• <b>Make One Even if You Don’t Need Help</b> – Help struggling students, and you might not know as much as you think.</li> </ul>
<p>EdStem and Piazza: Class Forums</p>	<ul style="list-style-type: none"> <li>• <b>Anonymously Ask Questions</b> – If you’re self-conscious.</li> <li>• <b>Course Staff Answers</b> – Usually takes a couple hours.</li> <li>• <b>Only Large Classes</b> – EdStem/Piazza are almost exclusively large intro science or stats courses.</li> <li>• <b>Not a Replacement for Study Groups</b> – Group chats respond faster and make you friends.</li> </ul>

## 6.7) Final Work Tips (Papers, Exams)



STRATEGIES

### ***Paper Writing Tips***

<b>Strategy:</b>	<b>Description:</b>
<p>Plan Your Paper and Research</p>	<ul style="list-style-type: none"> <li>• <b>Brainstorm</b> – Write out every possible idea you could write on, then start eliminating them based on what is feasible or fun to write about.</li> <li>• <b>Use Library Resources</b> – Particularly, the subject/personal librarians, databases, and JSTOR.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Go to Office Hours</b> – Professors or preceptors can tell you if your topic is fine or find resources.</li> <li>• <b>Start Citations Early</b> – Use Zotero and record your sources. Download electronic sources into one folder.</li> </ul>
<p>Make a Very Good Outline</p>	<ul style="list-style-type: none"> <li>• <b>MindMap It</b> – Make a graphic organizer or use a plug-in for Google Drive like <a href="#">MindMup</a>.</li> <li>• <b>Write a Thesis Statement</b> – State your argument and how it builds on the research you have done.</li> <li>• <b>Your Paper Will Write Itself</b> – If you write a good outline, so be very detailed.</li> <li>• <b>The Parts of a Paper</b> – Introduce the topic, motivate why it is important to think about, talk about your original idea, and conclude and review.</li> <li>• <b>Writing Center</b> – Best time to go is outlining, so that you can start your paper right.</li> </ul>
<p>Write Your Paper in Good Conditions</p>	<ul style="list-style-type: none"> <li>• <b>Don't Rush</b> – You need time to proofread at the end.</li> <li>• <b>Get Sleep</b> – Papers take creativity and focus and being sleep deprived means you will make little progress (as compared to a pset).</li> <li>• <b>Set a Schedule</b> – Some people like writing a little every day, while others prefer to set aside a day to just write.</li> </ul>
<p>Review Your Paper</p>	<ul style="list-style-type: none"> <li>• <b>Content Check</b> – Does it make sense?</li> <li>• <b>Organization Check</b> – Should you reorder any points you make?</li> <li>• <b>Grammar Check</b> – Make sure to check right before submitting.</li> <li>• <b>Write a Second Draft</b> – Try rewriting entirely if it's bad, or just fixing parts up.</li> </ul>
<p>Make It Look Nice</p>	<ul style="list-style-type: none"> <li>• <b>Title</b> – Have an entire title page for major papers, but just bigger font for most course papers is fine.</li> <li>• <b>Honor Statement</b> – “This paper represents my own work in accordance with University regulations.” At the end.</li> <li>• <b>Page Numbers</b> – Put them in the headers.</li> </ul>



	<ul style="list-style-type: none"> <li>• <b>Footnotes</b> – Any comments that aren’t directly related to your main argument, put them here.</li> <li>• <b>Your Name</b> – Don’t forget to write it.</li> </ul>
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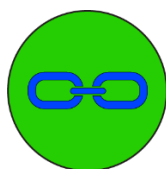
STRATEGIES

## Preparing for Exams Tips

Strategy:	Description:
Make a Cheat Sheet	<ul style="list-style-type: none"> <li>• <b>What is It?</b> – A sheet that summarizes everything you learned during the class.</li> <li>• <b>Is it Allowed?</b> – Some classes let you bring one to exams.</li> <li>• <b>If It’s Not Allowed?</b> – Make one anyway to help review.</li> <li>• <b>Make It with a Study Group</b> – They usually pick up on things you forgot to look at.</li> </ul>
Practice Old Exams	<ul style="list-style-type: none"> <li>• <b>Check Canvas</b> – Sometimes old exams posted there.</li> <li>• <b>Similar Tests on the Internet</b> – For intro courses, try finding a similar course on the Internet (e.g., <a href="#">Coursera</a>), and reviewing some of their material.</li> <li>• <b>Try Old Tests First</b> – Save the newest test for last to make sure that you are truly ready.</li> <li>• <b>More Exams the Better</b> – More practice is good but do the newer ones if strapped for time.</li> </ul>
Study Strategies	<ul style="list-style-type: none"> <li>• <b>Don’t Cram</b> – Again. You won’t retain information from cramming.</li> <li>• <b>Take a Break If Stuck</b> – The more frustrated you get, the worse you will be able to focus.</li> <li>• <b>Get Sleep the Night Before Exam</b> – No point in studying if you can’t focus during the exam.</li> </ul>

<p>Reschedule Exams</p>	<ul style="list-style-type: none"> <li>• <b>You Can Miss One</b> – Without penalty. Save it for if you oversleep. Let your res college dean or DoS know within 24 hours.</li> <li>• <b>Two Exams in a Day</b> – You can ask to have one moved to the next day.</li> <li>• <b>Three Exams in Two Days</b> – You can have them spread over three days.</li> <li>• <b>Study Abroad</b> – Take exams within 24 hours of the original exam time, even if you are across the world. Beyond 24 hours, the professor would have to create a new exam (which they likely will not do).</li> </ul>
<p>Review Exam Policies</p>	<ul style="list-style-type: none"> <li>• <b>Honor Statement</b> – Don’t forget it.</li> <li>• <b>Check the Time</b> – Don’t miss the exam or take too long.</li> <li>• <b>Materials?</b> – Open book? Open note? Calculators?</li> <li>• <b>Curved?</b> – Meaning that if the whole class does bad and you do bad, you get an average grade. Some exams are uncurved, meaning you get the “raw” score, and doing badly means doing badly.</li> </ul>
<p>Taking Exams</p>	<ul style="list-style-type: none"> <li>• <b>Skim the Whole Exam</b> – Estimate how long each section will take you.</li> <li>• <b>Don’t Panic</b> – If it looks hard, chances are the rest of the class is thinking that too, which means the curve is going to be generous.</li> <li>• <b>Do Easier Questions First</b> – Guarantees you get some points and makes you feel good.</li> <li>• <b>Bring Water</b> – Sometimes it just feels good to drink or hold something when stuck.</li> </ul>

## 6.8) Independent Work Tips



LINKS

**Writing a JP: The Handbook**

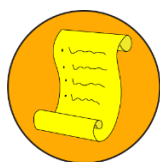
<https://writing.princeton.edu/sites/writing/files/jphandbook.pdf>

**Independent Work Guides for Every Academic Department:**

<https://undergraduateresearch.princeton.edu/independent-work/guides>

**eRia Princeton Research Integrity and Assurance Tool:**

<https://ria.princeton.edu/eRIA>



PROCEDURES

***How to Choose an Advisor***

Step:	Description:
<p>1. Make a List of All Eligible Advisors</p>	<ul style="list-style-type: none"> <li>• <b>All the Professors in Your Department</b> – Go through all of them and sort them into not preferable, possibly preferable, and preferable.</li> <li>• <b>Professors in Your Certificate</b> – They may serve as secondary advisors, especially for thesis. Get as much help as you can.</li> <li>• <b>Related Professors Outside Your Department</b> – They are technically obligated to serve students in their home department first, but if your topic is very related, it is still worth reaching out.</li> </ul>
<p>2. How to Determine a Good Advisor</p>	<ul style="list-style-type: none"> <li>• <b>Time</b> – Above all, you want an advisor who has time to advise you.</li> <li>• <b>Subject Matter</b> – If they are researching similar things, worth considering.</li> <li>• <b>Informal Reputation</b> – If other students have told you that they are a good advisor, put them on the top of your list.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Formal Reputation</b> – The most famous professors are often impressive to have as advisors, but they usually have less time to advise, so be careful.</li> <li>• <b>Do You Know Them?</b> – Take a class with them or check the reviews for their courses to see what they are like. They are also more likely to say yes to you if they know you personally (though not required).</li> </ul>
<p>3. Reaching Out</p>	<ul style="list-style-type: none"> <li>• <b>See <a href="#">Chapter 3.2</a></b> – For general tips on reaching out to people.</li> <li>• <b>Make It Brief</b> – Not only is it considerate of their time, but they will also get the point more easily.</li> <li>• <b>They Don't Have to Be on the List</b> – Your department will send a list of available professors that are advising, but you don't have to choose from that list.</li> <li>• <b>Choose Professors Not on the List</b> – Not only does the list possibly come out late, but those on the list probably must handle more advisees and will have less time for you.</li> <li>• <b>Reach Out Very Early</b> – The best advisors are taken early, so procrastinating can leave you with only the bad ones.</li> <li>• <b>Don't Give Up</b> – You may have to email 5-6 professors before one says yes.</li> </ul>
<p>4. Getting Assigned an Advisor by Department</p>	<ul style="list-style-type: none"> <li>• <b>Varies</b> – Some science majors require you to apply to a lab and have their own complicated processes (disclaimer: this part of the guide is written from the point of view of the Philosophy department).</li> <li>• <b>If You Don't Meet the Deadline</b> – Rank your top three advisors and let the department assign you a professor from the list.</li> </ul>



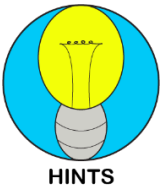
STRATEGIES

## Independent Work (JP/Thesis) Tips

Strategy:	Description:
Determine What Kind of Independent Work	<ul style="list-style-type: none"> <li>• <b>Community Engagement?</b> – Consider talking to the ProCES Office.</li> <li>• <b>Study Abroad Field Work?</b> – Get those logistics sorted very early.</li> <li>• <b>Laboratory?</b> – Make sure you know where to get materials.</li> <li>• <b>Get Required Approvals</b> – IRB (human subjects), animal research, biosafety, conflict of interests, etc.</li> <li>• <b>A Creative Thesis?</b> – Consider pairing with a theatre or creative writing certificate.</li> <li>• <b>Just a Paper?</b> – The easiest option, just research.</li> </ul>
Set a Steady Work Schedule	<ul style="list-style-type: none"> <li>• <b>Don't Cram Last Minute</b> – Especially approval forms and studies since they take time to process.</li> <li>• <b>Set Time Aside</b> – Try a little bit every day, or a designated day every week to work on it. Winter break is the best time for thesis work.</li> <li>• <b>Take Less Classes</b> – Treat independent work like an additional class in time commitment.</li> <li>• <b>Meet with Advisor Regularly</b> – Try (bi)weekly or monthly depending on the stage in writing.</li> <li>• <b>Finish a Few Weeks Early</b> – To give your advisor time to read a polished draft.</li> </ul>
Thesis Binding	<ul style="list-style-type: none"> <li>• <b>Ask If Your Department Pays</b> – Some require it, and some will pay for it.</li> <li>• <b>Where to Get It</b> – <a href="#">Peguod</a> or <a href="#">Princeton Printer</a> both do it for about \$50. Print out the paper beforehand to save</li> </ul>

	<p>money by buying only the binding hardcover. Binding takes a couple days.</p> <ul style="list-style-type: none"> <li>• <b>Why?</b> – Makes for a great graduation photo and souvenir.</li> </ul>
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## 6.9) *Skipping Class and Bad Academic Situations*



**College gives you a lot of flexibility to skip class if needed.** Especially for athletic games, medical emergencies, family reasons, etc. Attending class is almost always preferable but you can usually work around it.



### *How to Skip Class Responsibly*

Step:	Description:
1. Consider if You Really Need to Skip	<ul style="list-style-type: none"> <li>• <b>Does it Benefit You?</b> – Skipping can give you time to rest or work on other assignments. Don't just skip because you're bored (switch classes instead, if possible).</li> <li>• <b>Will You Fall Behind?</b> – Make sure you don't miss material that will be on tests.</li> </ul>
2. Consider What is Skippable	<ul style="list-style-type: none"> <li>• <b>Lectures</b> – Easily most skippable. Usually, no loss of participation points and materials available online.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Anything Else</b> – Make sure to let your professor or preceptor know in advance to save your participation grade, and not make it a regular occurrence.</li> </ul>
3. Use the Time Wisely	<ul style="list-style-type: none"> <li>• <b>Take a Nap or Eat a Snack</b>– If you need to participate a lot in another class that day.</li> <li>• <b>Work on Other Classes</b> – If you’re doing an assignment at the very last minute.</li> <li>• <b>Review Notes</b> – So you can better participate in the next class.</li> </ul>
4. Reviewing Missed Content	<ul style="list-style-type: none"> <li>• <b>Ask a Classmate</b> – They can summarize what happened or record a lecture.</li> <li>• <b>Ask the Teacher</b> – They’re usually understanding if you must miss class occasionally. Office hours or emails usually fine.</li> <li>• <b>Review Online Materials</b> – Some teachers put up lecture slides or summaries online.</li> </ul>



**College is hard. Princeton is a hard college.** Nearly every Princeton student did exceptionally well in high school, so it might take getting used to not getting a straight A on everything. Grading standards are tough.



## ***What to Do When You’re Struggling Academically***

<b>Strategy:</b>	<b>Description:</b>
------------------	---------------------

<p>1. Re-Examine Your Habits</p>	<ul style="list-style-type: none"> <li>• <b>Anything You Could Do Better?</b> – Sleeping enough? Skipping class too much? Studying but not retaining information?</li> <li>• <b>McGraw Learning Consultation</b> – Might be able to help you figure out how to live and study better.</li> </ul>
<p>2. Talk to Your Professor or Preceptor</p>	<ul style="list-style-type: none"> <li>• <b>The Most Direct Help</b> – They are grading you, after all.</li> <li>• <b>Ask for Opportunities to Boost Grade</b> – Extra credit usually doesn't happen, but sometimes rewrites allowed.</li> <li>• <b>Ask for Extensions</b> – If you need time to recalibrate, will usually be granted if noted in advance.</li> <li>• <b>Petition</b> – If this is a common concern among many students in the class, write one, have fellow students sign on, and then present to professor in an email.</li> </ul>
<p>3. Talk to Your Director of Studies</p>	<ul style="list-style-type: none"> <li>• <b>For Bad Situations Across Classes</b> – They can help you look at your options.</li> <li>• <b>If Professors Aren't Helping</b> – The DoS can vouch for you.</li> </ul>
<p>4. Change Your Schedule</p>	<ul style="list-style-type: none"> <li>• <b>PDF a Class</b> – Usually allowed one elected PDF per semester. Don't hesitate to do it, because otherwise college generally becomes easier the farther you get.</li> <li>• <b>Audit a Class</b> – If you want to know the material but don't want to stress over grades.</li> <li>• <b>Drop a Class</b> – Create a plan to take an extra class later, but later in your Princeton career, you will likely be better adjusted to academics anyway.</li> <li>• <b>Withdraw for the Semester</b> – Doing it before the 9<sup>th</sup> week of classes means no record of the semester will exist (otherwise, it will be a W on your transcript).</li> </ul>
<p>5. Consider Your Mental Health</p>	<ul style="list-style-type: none"> <li>• <b>Go to Counseling and Psychological Services</b> – It's free. Consider going before you have an emergency. See Chapter 11 for details.</li> <li>• <b>Take a Break</b> – Go on a nature walk, go to New York City for a day, hang out with some friends, or binge TV. Not a permanent solution, but good for short-term crises.</li> </ul>



	<ul style="list-style-type: none"><li>• <b>Evaluate Daily Habits</b> – Are you getting easily distracted and can't work? Do you start working late? Try any easy solutions first.</li><li>• <b>Meditation and Mindfulness</b> – Take moments to breathe and check-in with how you are feeling. Acknowledge your feeling and think about how it can be better.</li><li>• <b>Take a Gap Year</b> – See Chapter 13 on this.</li></ul>
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**The Three Strikes Rule of Thumb.** It might be acceptable (though not preferable) to have occasional hard days throughout your semester. But if you find yourself suffering excessively more than three times in a semester, you really need to step back and re-examine what you're doing.

# Section 3: Social Life and Student Organizations

Life outside the classroom might be more important than that inside the classroom.

## **Chapters Included:**

[Chapter 7](#): Social Life and Traditions

[Chapter 8](#): Joining Student Groups

[Chapter 9](#): How to Be a (Club) Leader

# Chapter 7: Social Life and Traditions



*If someone gets you to bicker Campus Club, it's a scam!*

## ***In this section you'll learn about:***

- What Princeton students do for fun, on and off-campus.
- What friendship is during college.
- Eating club parties and admissions.
- Greek life and religious life.

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## 7.1) Having Fun Around Princeton



OVERVIEWS

### What to do for Fun: Casual Hangouts

Name:	Description:
Grab a Meal with Friends	<ul style="list-style-type: none"> <li>• <b>The Most Common</b> – People need to eat, so they always have time to eat together.</li> <li>• <b>Underclass Students</b> – Everyone is on the meal plan, so sit down with anyone you know in the dining hall and people will join.</li> <li>• <b>Upperclass Students</b> – Coordinate between people who eat in eating clubs, the dining hall, or cook themselves.</li> <li>• <b>Nassau Street</b> – Eating out there is always an option.</li> <li>• <b>“Let’s Grab a Meal Sometime”</b> – What people say but don’t always do (follow-up with people please!).</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Grab a Snack/Bubble Tea?</b> – If it is not a mealtime, particularly mid-afternoon or late-night.</li> </ul>
Go on Walks	<ul style="list-style-type: none"> <li>• <b>Great Scenery</b> – Princeton has a lot of great nature.</li> <li>• <b>On the Way to Class</b> – Say hi to anyone you see, or wave.</li> <li>• <b>Longer Hikes</b> – Consider the tow path or the surrounding area.</li> <li>• <b>Safety?</b> – Princeton is pretty safe; feel free to explore. Daytime is always safest.</li> </ul>
Play and Organize Games	<ul style="list-style-type: none"> <li>• <b>Sports Games?</b> – Some volleyball courts around, or people play frisbee on Poe Field. More on sports in <a href="#">Chapter 8.5</a>.</li> <li>• <b>Video Games?</b> – Find your crew and communicate on Discord.</li> <li>• <b>Board Games?</b> – There are usually plenty in the res colleges.</li> <li>• <b>Tabletop RPG's?</b> – Dungeons and Dragons makes for a great weekly social activity.</li> </ul>
Watch TV or Film	<ul style="list-style-type: none"> <li>• <b>Watch Parties</b> – For that hot new show of the season or a major sports game.</li> <li>• <b>Binging Netflix</b> – If you just need a personal break from work.</li> <li>• <b>Garden Theatre Movie Nights</b> – Free movie and drinks sponsored by student government, usually every Thursday.</li> </ul>
Reading for Fun	<ul style="list-style-type: none"> <li>• <b>Princeton Public Library</b> – Eligible for a free library card, with access to many books, e-books, and even films and video games.</li> <li>• <b>Book Clubs</b> – Informally pop up through res colleges or friends.</li> </ul>
Exercise Workouts	<ul style="list-style-type: none"> <li>• <b>Dillon Gym</b> – Where you go to exercise on campus.</li> <li>• <b>(Club) Athletes</b> – Enjoy good exercise every morning.</li> </ul>

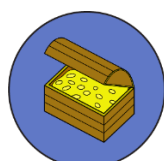
	<ul style="list-style-type: none"> <li>• <b>Get in Shape</b> – Don’t just sit and study all day.</li> </ul>
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## *What to do for Fun: Events and Activities*

Name:	Description:
Participate in Student Organizations	<ul style="list-style-type: none"> <li>• <b>The Fun Clubs</b> – Dedicated to playing games, making friends, and exploring hobbies.</li> <li>• <b>Fun but Other Things Clubs</b> – Even if it’s as serious as a pre-professional organization, you can still make friends to hang with outside of club time.</li> <li>• <b>See Chapter 8</b> – For a full breakdown of clubs.</li> </ul>
Party at Eating Clubs	<ul style="list-style-type: none"> <li>• <b>Thursday-Saturday Nights</b> – Is when the main partying happens.</li> <li>• <b>If Partying is Your Thing</b> – Many Princeton students avoid it altogether. No pressure.</li> </ul>
Travel (Local or Far)	<ul style="list-style-type: none"> <li>• <b>NYC and Philly</b> – Have plenty of things happening.</li> <li>• <b>Transportation</b> – Uber is best for short distance, trains for NYC/Philly.</li> <li>• <b>Fall/Spring Break Travel</b> – Some students will go to exotic locales, but feel free to say no if you need to save money. There’s plenty of other things to do.</li> <li>• <b>Local Shopping</b> – On Nassau Street or take an Uber to Quakerbridge Mall.</li> </ul>
Watch Sports Games	<ul style="list-style-type: none"> <li>• <b>Princeton Athletics</b> – Check the schedules <a href="#">here</a>.</li> <li>• <b>Free Home Games</b> – For some sports.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Buses to Major Away Games</b> – Sometimes there are even University sponsored organic chemistry study groups on the bus too.</li> </ul>
Princeton Students Events Committee (PSEC)	<ul style="list-style-type: none"> <li>• <b>Events Every Thursday</b> – That do not involve alcohol.</li> <li>• <b>Usually Free Food</b> – Pick some up and you might find a friend there too.</li> <li>• <b>Usually in Campus Club</b> – The first building on Prospect Avenue. Not an Eating Club.</li> </ul>
The OA Climbing Wall	<ul style="list-style-type: none"> <li>• <b>At Powers Field</b> – The football stadium, far southeast corner of campus.</li> <li>• <b>Get Trained to Rock Climb</b> – You might fail the first time, but after that it’s a good time.</li> </ul>



RESOURCES

## *Notable Places around Campus*



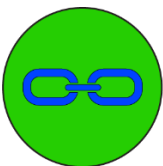
The “New” Lewis Center for the Arts, where many arts performances are held.

Name:	Description:
<a href="#">McCarter Theatre</a>	<ul style="list-style-type: none"> <li>• <b>Community Theatre</b> – Less student performances and more actual town of Princeton performers.</li> <li>• <b>Changing Shows</b> – Check every season to see what new performances are available.</li> <li>• <b>Shows for Class</b> – If you take drama classes, you may have to watch shows here to study.</li> </ul>
<a href="#">Lewis Center for the Arts</a>	<ul style="list-style-type: none"> <li>• <b>Outside Performers</b> – Like McCarter, but many student performances.</li> <li>• <b>Many, Many Pianos</b> – There are practice rooms all over, and the pianos were bought in 2017.</li> <li>• <b>The Reflecting Pool</b> – A nice spot to just relax... until you get hungry and go to the Wawa past the stairs.</li> <li>• <b>The “Old” Lewis Center for the Arts</b> – Is a different building, at 185 Nassau Street. This building used to host the arts program before the “new” building was completed in 2017.</li> </ul>
<a href="#">Princeton University Art Museum</a>	<ul style="list-style-type: none"> <li>• <b>Free Admission</b> – But feel free to put in donations.</li> <li>• <b>Rotating Selection</b> – Check back every couple of months.</li> <li>• <b>Nassau Street Sampler</b> – Happens every fall. Taste local Princeton restaurants.</li> </ul>
Frist Campus Center	<ul style="list-style-type: none"> <li>• <b>Always Something Happening</b> – It is the “Campus Center” after all.</li> <li>• <b>Send Some Mail</b> – Mail can be picked up here, so try sending mail to a pen pal from back home.</li> <li>• <b>Frist Theatre</b> – On the third floor, often has student group performances.</li> </ul>
<a href="#">DeNunzio Pool</a>	<ul style="list-style-type: none"> <li>• <b>Very South Part of Campus</b> – Past the athletic fields.</li> </ul>



	<ul style="list-style-type: none"> <li>• <b>Go Swimming</b> – You likely won’t find another excuse to go swimming.</li> <li>• <b>Pool Parties?</b> – Not common, but theoretically possible.</li> </ul>
<a href="#">Baker Rink</a>	<ul style="list-style-type: none"> <li>• <b>South Part of Campus</b> – Across the street from Public Safety.</li> <li>• <b>Ice Skating</b> – Temperature controlled.</li> <li>• <b>Occasional Skate Nights</b> – Free for students.</li> </ul>
Murray Dodge Café	<ul style="list-style-type: none"> <li>• <b>Free Cookies</b> – From 3 PM to late night. Always get one if you pass by.</li> <li>• <b>Study Lounge</b> – Lots of comfy couches. Café vibe.</li> </ul>
Blair Arch or 1879 Arch	<ul style="list-style-type: none"> <li>• <b>Arch Sings</b> – Acapella groups will sing under one of the arches a couple times a year. Great sound acoustics.</li> <li>• <b>Support Your Friends</b> – They put a lot of work into these performances.</li> </ul>

## 7.2) Notable Places Off-Campus



LINKS

**Princeton Running Club’s List of Trails:**

<https://run.princeton.edu/schedule/routes-and-trails/?fbclid=IwAR3xSDysJqCo0FivHLL0CrWkx1R8UrxjJOkcOcX8obBirYFyg4OutMXdn7t0>



The Delaware and Raritan Canal trail (or “Towpath”). Image source [here](#).

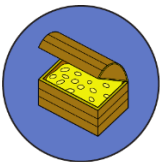


RESOURCES

## *Trails and Parks within Walking Distance*

Name:	Description:
<a href="#">Institute Woods</a>	<ul style="list-style-type: none"> <li>• <b>1 Mile Southwest</b> – Past the Forbes golf course.</li> <li>• <b>For The Institute for Advanced Study</b> – The post-graduate school where Einstein was famous for working at.</li> </ul>
<a href="#">Mountain Lakes Nature Preserve</a>	<ul style="list-style-type: none"> <li>• <b>1 Mile North</b> – Walk through the Princeton community on the way there.</li> <li>• <b>A Nice Lake</b> – And wide-open areas too.</li> </ul>
<a href="#">Delaware &amp; Raritan Canal State Park</a> (“The Towpath”)	<ul style="list-style-type: none"> <li>• <b>1 Mile South of Forbes</b> – Head down Alexander or Washington Road, when you start seeing the large bodies of water (i.e., Lake Carnegie).</li> <li>• <b>Why “Towpath?”</b> – Refers to when mules pulled goods through the canal.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Canoeing</b> – You can rent a boat for a nice day.</li> <li>• <b>Jogging</b> – The path is 70 miles long, and you may even eventually hit Trenton if you go long enough.</li> </ul>
<a href="#">Marquand Park</a>	<ul style="list-style-type: none"> <li>• <b>1 Mile West of Forbes</b> – Go past the Graduate College and keep walking.</li> <li>• <b>Arboretum</b> – Lots of nice trees; come here during the fall.</li> <li>• <b>A Playground and Free Books</b> – A great place for kids.</li> </ul>
<a href="#">Princeton Battlefield Park</a>	<ul style="list-style-type: none"> <li>• <b>1.5 Miles West of Forbes</b> – Go past Marquand Park.</li> <li>• <b>The Battle of Princeton</b> – Where George Washington fought in the American Revolutionary War.</li> <li>• <b>A Large Field</b> – Great view.</li> <li>• <b>Cross-Country Skiing</b> – In the wintertime.</li> </ul>



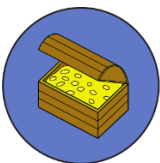
RESOURCES

## *Other Notable Places within Walking Distance*



Princeton Public Library, one of the best public libraries ever.

Name:	Description:
<a href="#">Princeton Public Library</a>	<ul style="list-style-type: none"> <li>• <b>Past Nassau Street</b> – Go up Witherspoon Street.</li> <li>• <b>Get a Library Card</b> – And check out books, movies, video games, audiobooks, e-books, everything.</li> <li>• <b>The Fish Tanks</b> – Sometimes just nice to see some fish.</li> </ul>
<a href="#">Princeton Cemetery</a>	<ul style="list-style-type: none"> <li>• <b>Just Past the Library</b> – Up Witherspoon Street. You can even see it from the library windows.</li> <li>• <b>Walkable, if Gate Open</b> – A very somber walk.</li> </ul>
<a href="#">Princeton Battle Monument</a>	<ul style="list-style-type: none"> <li>• <b>Head West Along Nassau Street</b> – Just past Rocky.</li> <li>• <b>How Princeton Was Once the Nation’s Capital</b> – During the American Revolutionary War, for a couple days. Also, George Washington’s first major victory.</li> <li>• <b>Small Museum</b> – Makes a nice detour when shopping on Nassau Street.</li> </ul>
<a href="#">Drumthwacket Foundation</a>	<ul style="list-style-type: none"> <li>• <b>1.2 Miles West of Forbes</b> – Walkable, past Marquand Park.</li> <li>• <b>The NJ Governor’s Mansion</b> – Though they don’t usually live in there these days.</li> <li>• <b>Take a Guided Tour</b> – Great for school field trips.</li> </ul>



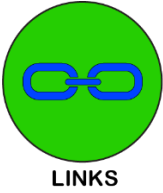
RESOURCES

### *Notable Places around Princeton: Longer Distance*

Name:	Description:
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<p><a href="#">Sourland Mountain Preserve</a></p>	<ul style="list-style-type: none"> <li>• <b>A 12 Mile Drive North</b> – If you really want to get out of the Princeton area.</li> <li>• <b>More Intense Mountain Terrain</b> – If you want to relive OA.</li> </ul>
<p><a href="#">Terhune’s Orchards</a></p>	<ul style="list-style-type: none"> <li>• <b>Apple Picking Season</b> – Come to have fun harvesting apples.</li> <li>• <b>Farmer’s Market</b> – Also great for stocking up on fresh produce.</li> </ul>
<p><a href="#">Quaker Bridge</a> and <a href="#">Marketfair</a> Malls</p>	<ul style="list-style-type: none"> <li>• <b>Take an Uber</b> – They’re close by but too far to walk.</li> <li>• <b>A Fun Shopping Trip</b> – If you’re tired of all the expensive shops on Nassau Street.</li> </ul>
<p>Philadelphia</p>	<ul style="list-style-type: none"> <li>• <b>Take the NJ Transit Train</b> – Details in Chapter 2.2, or just use Google Maps.</li> <li>• <b>The Liberty Bell</b> – The iconic monument of Philly.</li> <li>• <b>Get a Philly Cheesesteak</b> – Lots of great, cheap, cheesesteak places.</li> </ul>
<p>New York City</p>	<ul style="list-style-type: none"> <li>• <b>Take the NJ Transit Train</b> – Details in Chapter 2.2, or just use Google Maps.</li> <li>• <b>Literally Everything</b> – If you can’t find something to do in NYC, nothing will please you.</li> </ul>
<p>Trenton</p>	<ul style="list-style-type: none"> <li>• <b>Take the NJ Transit Train</b> – Details in Chapter 2.2, or just use Google Maps.</li> <li>• <b>Less to See</b> – It’s a smaller city, but it’s the capital of New Jersey. Still things to do, like the sports stadium.</li> <li>• <b>Class Trips</b> – Common destination for learning about government or doing local urban community service.</li> </ul>

## 7.3) Princeton Events and Traditions



**Official Princeton Events:**

<https://www.princeton.edu/events>

**Princetoniana List of Traditions:**

<https://princetoniana.princeton.edu/traditions>



FitzRandolph Gates, which you walk into for the Pre-Rade, and walk out at graduation. Walking out of it too early apparently curses you into not graduating. The side gates are fine though (Image [source](#)).



***Special Princeton Events: Fall Semester***

<b>Name:</b>	<b>Time:</b>	<b>Description:</b>
Clash of the Colleges	Before Fall Semester	<ul style="list-style-type: none"> <li>• <b>First-Year Competition</b> – Between the res colleges in some games.</li> <li>• <b>Bragging Rights</b> – No other prize.</li> </ul>

<p>The Pre-Rade</p>	<p>Before Fall Semester</p>	<ul style="list-style-type: none"> <li>• <b>Officially Becoming a Princeton Student</b> – Lots of alumni come to cheer you on.</li> <li>• <b>Walk through FitzRandolph Gates</b> – Don’t walk out of them again unless you don’t want to graduate.</li> </ul>
<p>Fall Lawnparties</p>	<p>Sunday, 1-2 Weeks into Fall Semester</p>	<ul style="list-style-type: none"> <li>• <b>Dress “Preppy”</b> – Classy, kind of formal? Don’t overthink it.</li> <li>• <b>The Fountain of Freedom Photos</b> – On the northeast side of campus, near the School of Public and International Affairs, is where many people take group pictures.</li> <li>• <b>Prospect Avenue Food</b> – Lots of free food trucks provided by the University.</li> <li>• <b>Eating Club Performers</b> – Hired live performers.</li> </ul>
<p>Upperclass Rush Week</p>	<p>First Weeks of Fall Semester</p>	<ul style="list-style-type: none"> <li>• <b>Sororities</b> – You can only join them if you are a sophomore or older (see Chapter    ).</li> <li>• <b>Fairly Chill</b> – Not as hectic as Street Week at the eating clubs, since sororities have a much smaller presence at Princeton.</li> </ul>
<p>Nassau Street Sampler</p>	<p>First Weeks of Fall Semester</p>	<ul style="list-style-type: none"> <li>• <b>At Princeton Art Museum</b> – Near center of campus.</li> <li>• <b>Taste Local Restaurants</b> – Just samples, but you can also get free t-shirts too.</li> <li>• <b>Arrive Early</b> – Lines get long quickly. Don’t bring a backpack either since they aren’t allowed inside.</li> </ul>
<p>Orange and Black Ball</p>	<p>Late October (around Halloween)</p>	<ul style="list-style-type: none"> <li>• <b>The Only Official Party of the Year</b> – It feels like a high school prom.</li> <li>• <b>Lots of Free Food</b> – Beware long lines.</li> <li>• <b>Photo Ops</b> – If you want nice pictures with your friends.</li> </ul>

		<ul style="list-style-type: none"> <li>• <b>Dance Floor</b> – It gets loud.</li> </ul>
The Bonfire	Near End of Football Season	<ul style="list-style-type: none"> <li>• <b>Only if Princeton Beats Harvard and Yale</b> – In the current football season.</li> <li>• <b>Literal Giant Flame</b> – A very cool sight.</li> <li>• <b>Giveaways</b> – Show up early so you can get some free gear.</li> </ul>
Holder Howl	Midnight Before Dean’s Date	<ul style="list-style-type: none"> <li>• <b>Simultaneous Screaming</b> – Near Holder Hall, at Rocky.</li> <li>• <b>A Great Stress Reliever</b> – Or a novelty to see.</li> <li>• <b>Variants?</b> – The Whitman Wail.</li> </ul>
Dean’s Date Celebration	Dean’s Date (Fall: Early December, Spring: Early May)	<ul style="list-style-type: none"> <li>• <b>After 5 PM</b> – Which is when Dean’s Date assignments are due.</li> <li>• <b>McCosh Courtyard</b> – Near McCosh Hall and Firestone Library.</li> <li>• <b>Food Trucks</b> – Similar to the ones at Lawnparties, though less.</li> </ul>



### *Special Princeton Events: Spring Semester*

<b>Name:</b>	<b>Time:</b>	<b>Description:</b>
Wintersession	Mid-January (2 Weeks)	<ul style="list-style-type: none"> <li>• <b>Between Winter Break and Spring Semester</b> – Two weeks of fun.</li> <li>• <b>Teach Anything You Want</b> – Sign up months in advance and prepare your own class (can be 1-5 sessions).</li> <li>• <b>Sample Classes</b> – Cooking, OA training, magic tricks, “Memes in the Modern World.”</li> </ul>

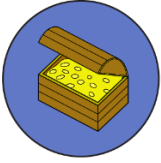


		<ul style="list-style-type: none"> <li>• <b>Evening Activities</b> – Like performances or giveaways.</li> <li>• <b>Optional</b> – Come back two weeks later to start the spring semester.</li> </ul>
Princeton Preview	Mid Spring Semester	<ul style="list-style-type: none"> <li>• <b>Newly Admitted Students</b> – Are invited to visit campus and learn about it.</li> <li>• <b>Host a Student</b> – They sleep in your room. Great to meet someone new.</li> <li>• <b>Tiger Night</b> – Performing arts groups come together to show the new students what the arts scene is like.</li> </ul>
Communiversity	Late Spring Semester	<ul style="list-style-type: none"> <li>• <b>Community and University</b> – The local Princeton community’s street festival.</li> <li>• <b>Street Vendors</b> – Selling clothes, food, and fun things.</li> <li>• <b>Student Group Collaboration</b> – Some get involved with the community.</li> </ul>
Spring Holder Howl/Dean’s Date Celebration	Dean’s Date	<ul style="list-style-type: none"> <li>• <b>Same as Fall Semester</b> – But warmer because it’s not winter.</li> </ul>
Spring Lawn Parties	After Spring Semester Classes	<ul style="list-style-type: none"> <li>• <b>Same as Fall Lawnparties</b> – But a feeling of finality, as opposed to beginning.</li> </ul>
Reunions	Late May	<ul style="list-style-type: none"> <li>• <b>Lots of Drinking</b>– The biggest drinking event in the country besides the Indianapolis 500 (racecar competition).</li> <li>• <b>Most Well-Attended College Reunion in the World</b> – Princeton alumni are very loyal.</li> <li>• <b>Festive Atmosphere</b> – Student group performances or stay on-campus through working a job and talking to alums.</li> </ul>

The P-Rade	During Reunions	<ul style="list-style-type: none"> <li>• <b>The Inverse of the Pre-Rade</b> – All the alumni come marching down.</li> <li>• <b>Senior Class Joins in</b> – To mark them becoming alums.</li> </ul>
Graduation	Around Reunions	<ul style="list-style-type: none"> <li>• <b>Baccalaureate</b> – An interfaith program with music, prayers, and a guest speaker.</li> <li>• <b>Class Day</b> – Awarding various prizes to classmates, student speeches, and honorary class inductions.</li> <li>• <b>Hooding</b> – For graduate students to receive their hoods.</li> <li>• <b>Commencement</b> – Official ceremony to confer degrees. Valedictorian/salutatorian speeches.</li> </ul>



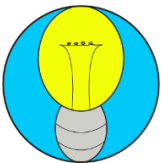
Blair Arch, where the arch sings happen. (Image [source](#)).



RESOURCES

## Famous Princeton Song Lyrics

Name:	Lyrics:
The Locomotive	Rah Tiger, tiger, tiger Sis, sis, sis, Boom, boom, boom, ah! Princeton! Princeton! Princeton!
Old Nassau	Tune every heart and every voice Bid ev'ry care withdraw Let all with one accord rejoice In praise of Old Nassau  In praise of Old Nassau, we sing, Hurrah! Hurrah! Hurrah! Her sons will give, while they shall live, Three cheers for Old Nassau



HINTS

**If you don't know the lyrics, just hum it along.** No one is going to notice, since these songs are usually sung at large Princeton events.

# OLD NASSAU

H. P. Peck, '62

Karl A. Langlotz  
Arranged by Ernest Carter, '88

**Animoso**

*mf*  
Melody 2nd Tenor

1. Tune ev - 'ry heart and ev - 'ry voice, Bid ev - 'ry care with-draw;  
2. Let mu - sic rule the fleet-ing hour, Her man-tle round us draw;  
3. And when these walls in dust are laid, With rev - er-ence and awe  
4. Till then with joy our songs we'll bring, And while a breath we draw,

*mf*

Melody 2nd Tenor *accel.*

Let all with one ac - cord re-joice, In praise of Old Nas - sau.  
And thrill each heart with all her pow'r, In praise of Old Nas - sau.  
An - oth - er throng shall breathe our song, In praise of Old Nas - sau.  
We'll all u - nite to shout and sing: Long life to Old Nas - sau.

**Refrain**  
**Più mosso**

Melody 1st Tenor

\*\*In - praise of Old Nas - sau, my boys, Hur-rah! Hur-rah! Hur - rah!—

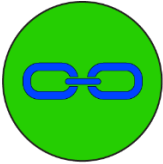
*molto rit. al fine* Melody 2nd Tenor

Her sons will give, while they shall live, Three cheers for Old Nas - sau.—

\* The melody is in 2nd Tenor, except where, as indicated, it passes temporarily to 1st Tenor.  
\*\* Last verse, "Long life to"—

Old Nassau Sheet Music (Image [source](#))

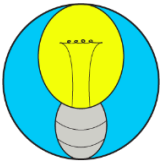
## 7.4) What is Friendship?



LINKS

Aristotle’s Nichomachean Ethics, Book VIII:

<http://classics.mit.edu/Aristotle/nicomachaen.8.viii.html>



HINTS

Keep in mind how you define friendship. It will determine what kinds of social groups you will join, as you will see throughout Chapters 7 and 8.



OVERVIEWS

### *Aristotle’s Three Types of Friends*

Name:	Description:
Friends of Utility	<ul style="list-style-type: none"> <li>• <b>Transactional Relationships</b> – A love for the goods or services that the other provides.</li> <li>• <b>More Temporary</b> – Tends to disappear when the need for such goods ends.</li> <li>• <b>Study Buddies</b> – If you value them for the academic support they give you.</li> <li>• <b>Mentors</b> – If you value them for their advice.</li> </ul>
Friends of Pleasure	<ul style="list-style-type: none"> <li>• <b>Simply Enjoy Company</b> – More like passing acquaintances.</li> <li>• <b>Also Temporary</b> – Tends to disappear when reasons for being pleasant ends.</li> <li>• <b>Dining Hall Buddies</b> – Good to eat food with, but not necessarily long lasting.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Clubs</b> – If you just like playing games together but wouldn't continue talking beyond the game.</li> </ul>
Friends of Virtue	<ul style="list-style-type: none"> <li>• <b>Enjoy People for Their Values</b> – Wishing goodwill on people because you genuinely like them.</li> <li>• <b>More Permanent</b> – Respecting the good in the other.</li> <li>• <b>The Closest Friends</b> – If you're willing to stick with them through anything. They can come from anywhere.</li> </ul>

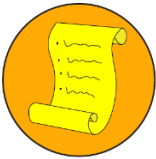


## *What Kind of Friends Might You Have While at Princeton?*

<b>Name:</b>	<b>Description:</b>
From Home	<ul style="list-style-type: none"> <li>• <b>From High School</b> – Make sure to keep in touch in case things go bad with your Princeton friends.</li> <li>• <b>Growing Apart</b> – Tends to happen, especially for students living very different lives from their home communities.</li> <li>• <b>If You Have None</b> – It's okay because you can start fresh in Princeton.</li> </ul>
During Your First Year	<ul style="list-style-type: none"> <li>• <b>Everyone Wants to Be Your Friend</b> – And be open, because you never know who your best friends will be.</li> <li>• <b>Not Every Friendship Will Last</b> – Some people will end up just as acquaintances, while others you may even clash because of values.</li> <li>• <b>Be Patient</b> – Forming good friendships take time, so you may feel lonely the first couple months. Refer to friends from home if you need someone to talk to, or family, if comfortable.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Learn to Say “No”</b> – Every time you get invited to hang out somewhere, it’s okay to refuse and take a break. Know your limit.</li> <li>• <b>It’s Okay to Not Party</b> – It may seem like every first-year parties all the time, but in reality, the party scene at Princeton is relatively weak.</li> </ul>
<p>Friend Groups</p>	<ul style="list-style-type: none"> <li>• <b>Do You Need One?</b> – No, if you don’t need every day spontaneous interaction. You can have individual friends.</li> <li>• <b>Are Friend Groups Good?</b> – Yes, in that you always have people to hang out with. No, in that there will likely be fights, might make you less inclined to make new ones, and the group may break up in junior year.</li> <li>• <b>What Kinds of Friend Groups Are There?</b> – From clubs, eating clubs, co-ops, classes, or friend groups just from coincidence.</li> </ul>
<p>Club Activities</p>	<ul style="list-style-type: none"> <li>• <b>Friends of Pleasure</b> – Often in games or other fun activities. Niche interests and hobbies.</li> <li>• <b>Friends of Virtue</b> – You may be more likely to find them by meeting more people, and clubs are the easiest way to meet new people.</li> </ul>
<p>Everyday Interaction Friends</p>	<ul style="list-style-type: none"> <li>• <b>Spontaneous Interactions</b> – Like the person you see walking around your res college, people you eat meals with, etc.</li> <li>• <b>Classmates</b> – If you choose to strike up conversation with them (which you should, just to know them).</li> <li>• <b>If You Need These Interactions</b> – Consider joining a Greek Life organization, eating club, co-op, or large student organization in your upperclass years.</li> </ul>
<p>Roommates</p>	<ul style="list-style-type: none"> <li>• <b>Lots of Time Together</b> – If they choose. Some roommates won’t stay around the room much.</li> <li>• <b>Late Night Hang Outs</b> – Conversations at midnight feel more intimate and fun, but don’t stay up too long.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Not Required to Be Friends</b> – Don’t force a friendship if it’s not natural; just make sure you can live comfortable together.</li> </ul>
Post-Junior Year Friend Group Breakup	<ul style="list-style-type: none"> <li>• <b>The Junior Year Friend Group Breakup</b> – Because not everyone will have the same eating options, there will be less regular interaction at meals.</li> <li>• <b>Keep the Friends of Virtue</b> – Make effort to maintain the friendship, even across eating choice boundaries.</li> <li>• <b>Be Proactive</b> – People may be distracted by their new friends, so you may have to remind them you exist.</li> </ul>



PROCEDURES

## How to Make Friends

Strategy:	Time:
1. Find a Common Activity	<ul style="list-style-type: none"> <li>• <b>Friends of Pleasure</b> – Just enjoying their companionship in a certain activity.</li> <li>• <b>Clubs, Sports, Classes</b> – Already establish that you like certain things through being there.</li> <li>• <b>Observing a Similarity</b> – If you’re meeting random people (e.g., dining hall), then ask them some questions (e.g., favorite type of music?) until you find this similarity.</li> <li>• <b>Have Stock Icebreaker Questions</b> – Plan for what you say when you talk to someone new for the first time, to learn more about them.</li> </ul>
2. The Follow-Up	<ul style="list-style-type: none"> <li>• <b>Take Initiative</b> – Get to know this person more beyond interest in a shared activity.</li> <li>• <b>Walk Back from the Activity</b> – Is often good downtime to get to know someone. Don’t be afraid</li> </ul>



	<p>to walk a little out of the way to extend the time talking to that person.</p> <ul style="list-style-type: none"> <li>• <b>Do a Different Activity</b> – Best friends often enjoy each other doing any activity (i.e., not just friends of pleasure). Try grabbing late meal or going to an event.</li> </ul>
<p>3. Keep in Contact</p>	<ul style="list-style-type: none"> <li>• <b>Each Person is Different</b> – Some like to see each other daily, while others are okay not seeing each other for months.</li> <li>• <b>Are You Happy?</b> – If not, if you don't keep in contact, friends usually slowly drift away. If so, make sure they don't drift away by accident.</li> </ul>



STRATEGIES

## *How to be a Good Friend*

Name:	Description:
<p>Determine Who Are Your Friends</p>	<ul style="list-style-type: none"> <li>• <b>What Qualities?</b> – Do you want to have fun? Trust them? Lean on them in tough times?</li> <li>• <b>Who Already?</b> – Make a list of who you consider a friend and use that to determine what you value and who you want to keep in touch with.</li> <li>• <b>Love Languages?</b> – Some people have different ways of giving and receiving love (e.g., quality time, gifts, physical affection). If you aren't getting the friendly love you want, it might just be because other people express it differently, not that they're not your friend.</li> </ul>

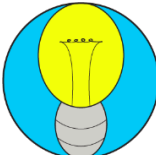
<p>Establish Ground Rules for Interaction</p>	<ul style="list-style-type: none"> <li>• <b>Time Commitment</b> – Some people want to text every day. Others don't like that. Make how often you communicate or hang out clear.</li> <li>• <b>Conversation Topics</b> – Some people would rather not hear about specific triggers or would rather avoid talking about grades.</li> </ul>
<p>Be a Good Communicator</p>	<ul style="list-style-type: none"> <li>• <b>Don't Just Ignore Text Messages</b> – People tend to get the wrong idea that you hate them. Usually people are just busy, so if you are, just let them know briefly.</li> <li>• <b>The Follow-Up Message</b> – If they don't respond in 2-3 days, they might have forgot to reply or were busy. Send a bump message. Don't do too soon; otherwise, you will seem like you're nagging.</li> <li>• <b>Be Punctual</b> – If you are meeting up, communicate when you'll get there or if you'll be late. People don't like being stood up not knowing where the other is.</li> </ul>
<p>It's Okay to Say No</p>	<ul style="list-style-type: none"> <li>• <b>FOMO?</b> – Fear of Missing Out. If someone says no to your invitation, don't make them feel bad for not coming.</li> <li>• <b>Don't Go If You Don't Want To</b> – The only thing you're missing out on is something you wouldn't enjoy. That's not a loss.</li> <li>• <b>Don't Go If You're Tired</b> – You can't enjoy something if you don't have the energy to spare.</li> <li>• <b>Turn Down Respectfully</b> – Make sure you let them know that you still want to hang out with them in the future, just not this time. Some people think you don't like them if you don't specify this.</li> <li>• <b>Schedule a Future Date</b> – This shows that you care about the friendship enough to keep it going.</li> </ul>
<p>Be Respectful</p>	<ul style="list-style-type: none"> <li>• <b>Pronouns</b> – Sometimes people prefer to go by they/them pronouns or other pronouns. See Chapter    for details on LGBT students.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Racial Jokes</b> – Make sure the person you are talking to is okay about these, especially if about their race.</li> <li>• <b>Don't Prove Your Superiority</b> – Ideally, friends should have equal respect for each other. Bragging about your grades while someone is struggling can make them feel bad.</li> </ul>
<p>Keep in Contact with the Best Friends</p>	<ul style="list-style-type: none"> <li>• <b>Did They Forget You?</b> – It happens, especially with new friends during junior year. They don't suddenly hate you, likely.</li> <li>• <b>Schedule Time with Them</b> – You will likely have to reach out first.</li> <li>• <b>Keep Expectations Clear</b> – Again. If you want more time with that person, tell them.</li> </ul>
<p>Confront Problems Respectfully</p>	<ul style="list-style-type: none"> <li>• <b>See Chapter 8.7</b> – On Settling Conflicts in a leadership setting.</li> <li>• <b>When You Have a Problem</b> – Be clear about what the problem is. Don't be vague or leave them guessing because they might think something else is the problem.</li> <li>• <b>Set Aside Time to Resolve It</b> – You may meet up in person to reconcile or work according to what communication medium works best.</li> <li>• <b>Don't Be Too Accusatory</b> – Express how <i>you</i> feel and how it could be better.</li> <li>• <b>Don't Be Impulsive</b> – You might be overreacting. Take some time to plan your response.</li> <li>• <b>If They Don't Improve</b> – You may have to cut them off. Let them know that you are doing this so that they are not confused by the silent treatment.</li> <li>• <b>If Safety is a Concern</b> – You may want to consult the SHARE office, or check Chapter    on sexual harassment and relationship issues.</li> <li>• <b>If You Need a Second Opinion</b> – Talk to a friend at home, a CPS counselor, or ask Real Talk Princeton/Tiger Confessions (Chapter 3.6).</li> </ul>



IMPORTANT

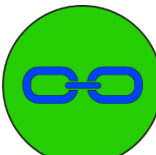
**Good communication is the foundation of all friendship!** And bad communication is the foundation of many break-ups. Learning to be a responsible communicator early will save you much trouble later. If you don't know how to talk to people, check [Chapter 3](#).



HINTS

**What about romantic and sexual relationships?** Ultimately, a good relationship is based on the foundation of good friendship skills. Most Princeton students are pretty busy, so if you're still single, it's fine. You have a lot of life left to go, hopefully.

## 7.5) What are Eating Clubs?



LINKS

**Official Eating Club Website:**

<https://princetoneatingclubs.org/>

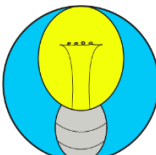
**What's an Eating Club:**

<https://princetoneatingclubs.org/whats-an-eating-club/>



IMPORTANT

**Do not feel pressured to go to eating club parties!** You are not socially inept, inferior, or uncool for not partying. Partying is fun for some people, and for others, it's miserable. Choose to go because you enjoy it, not because you want to fit in.



HINTS

Check [Chapter 10.4](#) for the dining and logistics details of eating clubs. This subchapter covers the social aspects (partying, benefits of joining, and how to join).



OVERVIEWS

## What are Eating Clubs?

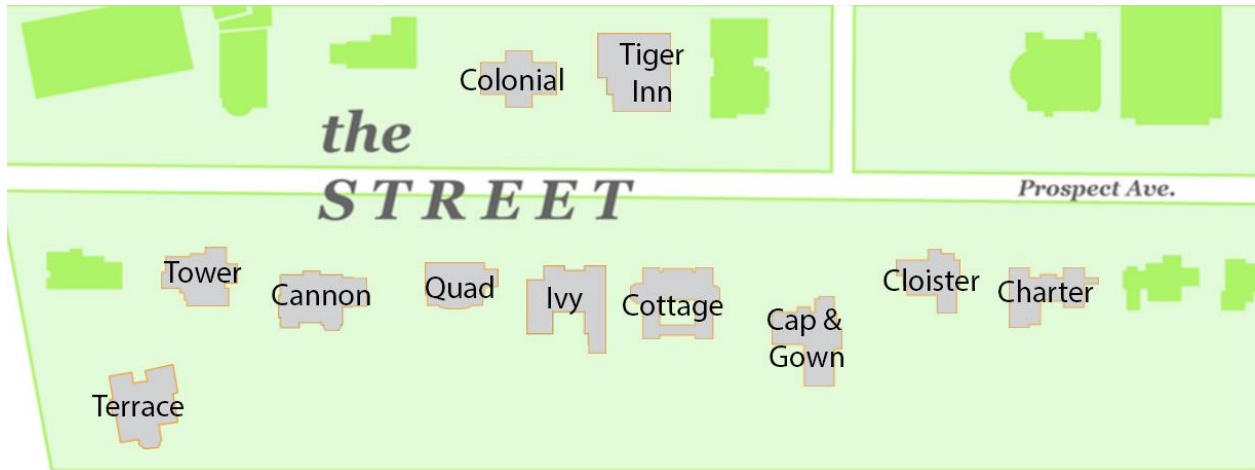
Name:	Description:
What Do They Do?	<ul style="list-style-type: none"> <li>• <b>Provide Meals for Students</b> – For juniors and seniors. See <a href="#">Chapter 10.4</a> for details.</li> <li>• <b>60% of Upperclass Students are Members</b> – Juniors and seniors try to join with their friends in the same clubs.</li> <li>• <b>Literal Giant Mansions</b> – Each club has a distinct architectural style (e.g., Colonial has neoclassical architecture).</li> </ul>
Where Are They?	<ul style="list-style-type: none"> <li>• <b>“The Street”</b> – Or, officially as Prospect Avenue.</li> <li>• <b>Except Terrace</b> – That’s located on Washington Road, slightly south of Prospect.</li> </ul>
Why Do They Exist?	<ul style="list-style-type: none"> <li>• <b>Rich Students Wanted Better Food</b> – So they bought private mansions and hired chefs in the late 1800’s.</li> <li>• <b>Selective and Stable Social Groups</b> – People like to be with the same people on a regular basis, leading to the eating clubs’ continued existence.</li> <li>• <b>Alums Love Them</b> – They feel attachment to their club and continue to fund them.</li> <li>• <b>Eating Clubs Also Die</b> – Not all eating clubs have lasted for over 100 years. They merge or sometimes get bought out (e.g., Campus Club, the Carl A. Fields Center, both on Prospect Avenue and not current eating clubs).</li> </ul>
Do They Exist Elsewhere?	<ul style="list-style-type: none"> <li>• <b>Stanford Until 2009</b> – Then they were abolished, meaning that Princeton is the last university with eating clubs.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Similar Selective Groups?</b> – Often compared to Harvard’s Finals Clubs and Yale’s Secret Societies, but a key difference is that eating clubs provide food for many students.</li> <li>• <b>“Co-Ed Fraternities and Sororities”</b> – Is what many people call the eating clubs. Fraternities and sororities do exist at Princeton, though small. See next chapter.</li> </ul>
<p>Who Runs Them?</p>	<ul style="list-style-type: none"> <li>• <b>Interclub Council (ICC)</b> – The 11 eating club presidents meet weekly in this group.</li> <li>• <b>Graduate Interclub Council (GICC)</b> – The graduate board chairs of all the clubs, all alumni.</li> <li>• <b>The GICC Advisor</b> – An alum living in the area that provides support to the GICC, and acts as a liaison between the ICC and the University.</li> <li>• <b>Graduate Board of Each Club</b> – Alumni that oversee the operations of the club.</li> <li>• <b>Undergrad Officers of Each Club</b> – Typical president, VP, treasurer, secretary, social chair positions, as well as house manager that oversees the house.</li> <li>• <a href="#">Princeton Prospect Foundation</a> – A 501(c)(3) organization that funds the eating clubs.</li> <li>• <b>Not Owned by Princeton</b> – They are separate, but they cooperate with the University sometimes.</li> </ul>
<p>What about the Stereotypes?</p>	<ul style="list-style-type: none"> <li>• <b>The Stereotypes Change?</b> – Sometimes a group of people will “take-over” a club and try to shape it to be like them... but that hasn’t happened much in a very long time (i.e., the stereotypes from 10 years ago seem like the ones now...).</li> <li>• <b>Selection Bias?</b> – Stereotypes may be perpetuated because people that fall under that stereotype are more likely to choose that club.</li> <li>• <b>Not Everyone is the Same</b> – Just because an eating club has a stereotype for being all athletes, doesn’t mean that 100% of the club is athletes.</li> </ul>



	<ul style="list-style-type: none"> <li>• <b>Is There Truth to Them?</b> – To some extent, yes. However, don't take them as the whole truth and consider that they are likely overblown.</li> <li>• <b>Will the Stereotypes Be Listed Here?</b> – After deep consideration, no. I don't have enough evidence to confirm how true each of the stereotypes are, not enough to put on a centralized resource like this.</li> <li>• <b>But If You're Still Curious...</b> - You can usually find many accounts of eating clubs stereotypes on <a href="#">blogs</a>, the <a href="#">Daily Princetonian</a>, or even <a href="#">Quora</a>. Just keep in mind the above stipulations.</li> </ul>
<p>Are They Inclusive?</p>	<ul style="list-style-type: none"> <li>• <b>Bicker is Exclusive by Definition</b> – Students choose who they want to hang out with.</li> <li>• <b>Beware Unconscious Stereotypes</b> – Even if students try to be better about this, ultimately you may end up being hosed unfairly.</li> <li>• <b>For Women</b> – The eating clubs became all co-ed (i.e., not just men) by the 1990's. Some clubs have higher percentages of women than others.</li> <li>• <b>For Low-Income Students</b> – Depending on eating club, they may give you more financial aid to be able to join.</li> <li>• <b>For LGBT Students/Racial Minorities</b> – Clubs are trying to be more inclusive and diverse as these issues become more prevalent, especially bicker clubs. The ICC had a <a href="#">conference on race</a> in 2021.</li> </ul>







## ***A Visual Guide to the Eating Clubs***



Altered diagram from the eating club website, [princetoneatingclubs.org](http://princetoneatingclubs.org)

Name:	Bicker or Sign-In?	Visual:
Cannon Dial Elm ("Cannon")	Bicker	
Cap & Gown ("Cap")	Bicker	

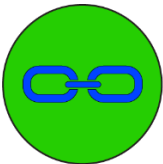


Charter	Bicker		
Cloister Inn ("Cloister")	Sign-In		
Colonial	Sign-In		
Cottage	Sign-In		

Ivy	Bicker	
Quadrangle ("Quad")	Sign-In	
Terrace	Sign-In	
Tiger Inn ("TI")	Bicker	

Tower	Bicker	
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## 7.6) Eating Club Parties and Social Events



LINKS

**Blue Light Towers (Emergency Safety):**

<https://emergency.princeton.edu/stay-connected/blue-light-phones-towers>



IMPORTANT

**The LIPService is not responsible for any injuries that come because of the upcoming guide on partying.** I explain party culture here because knowledge allows us to critique the system’s faults, prevents people from entering uncomfortable and unfamiliar situations, and prevents exploitation of underclass students by more knowledgeable upperclass students. The fact that this info is not widely shared suggests to me that there are undesirable aspects of the system that we ought to examine more closely.



PROCEDURES

***How to Party at the Eating Clubs***

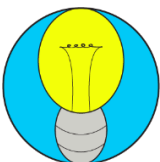


Passes to get into Tiger Inn (Image source [here](#)).

Name:	Description:
<p>1. Get Passes or Get on the List (Optional)</p>	<ul style="list-style-type: none"> <li>• <b>Passes?</b> – To get into parties where only eating club members or people they give passes to are allowed.</li> <li>• <b>What Are They?</b> – Small cards. Change color every night to ensure people don’t reuse them.</li> <li>• <b>How to Get Them?</b> – Ask upperclass students in the club. Can be classmates, people in extracurriculars, but probably don’t ask your RCA or advisors.</li> <li>• <b>2 Passes Per Member</b> – Sometimes people will want to save their passes for friends.</li> <li>• <b>The List</b> – Some clubs have people sign up on a Google Form instead of getting passes.</li> <li>• <b>Out of Town Guests</b> – Will need to sign up on the list and bring an ID. Need to be over 18.</li> <li>• <b>PUID Parties</b> – Where you don’t need a pass and just need to show your student ID (prox). Usually at least one party on The Street like this on any party night.</li> </ul>
<p>2. Safety First</p>	<ul style="list-style-type: none"> <li>• <b>Go with Trusted Friends</b> – Just in case it’s dangerous to go home by yourself. You’ll also have more fun.</li> <li>• <b>Consider Alcohol Consumption</b> – If you have never drank before, be very careful. People end up in the hospital every year because they overdrink.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Be Aware of Rules</b> – Technically anyone under 21 should not be served alcoholic beverages in NJ law. However, you will not be penalized for calling 911 for an alcohol emergency. See <a href="#">Chapter 12.4</a> for details on alcohol safety.</li> <li>• <b>Don't Drink to Prove Yourself</b> – Just because someone else has 3 drinks, doesn't mean you have to have the same to be cool. You might be affected differently.</li> <li>• <b>Watch Your Friends</b> – Not just in case they have drank too much, but for cases of sexual harassment and danger. Take this seriously.</li> </ul>
<p>3. Pregaming</p>	<ul style="list-style-type: none"> <li>• <b>What is it?</b> – Meeting up in someone's room or other location to meet others and sometimes consume alcoholic beverages better than eating club beer.</li> <li>• <b>Don't Drink Too Much</b> – Otherwise you won't be able to get to The Street.</li> <li>• <b>Do You Have to Drink?</b> – No. There should be at least one person who doesn't drink to watch out for the others' safety. Never feel forced to drink regardless.</li> <li>• <b>Meet New People</b> – It's hard to have conversations inside a loud eating club.</li> <li>• <b>Walk to The Street Together</b> – Also part of the social experience.</li> </ul>
<p>4. Partying at the Eating Club</p>	<ul style="list-style-type: none"> <li>• <b>PUID or Pass</b> – Note which clubs are which on any given night.</li> <li>• <b>What Hours?</b> – Usually until 2 AM on Thurs/Fri/Sat, though Terrace known to be open later.</li> <li>• <b>Which Clubs Are Open?</b> – There used to be many <a href="#">apps</a> that tracked this. Luckily, the new <a href="#">Campus</a> app from the Daily Princetonian tracks this.</li> <li>• <b>Bouncers</b> – Present your student ID. They just want to make sure no non-Princeton people sneak in.</li> <li>• <b>Free Beer</b> – Available at every club.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Beer Pong</b> – A game where people try to bounce a ping pong ball into cups, which the other person then has to drink that cup of beer.</li> <li>• <b>The Dance Floor</b> – Where people will dance to music. Different clubs have different music.</li> <li>• <b>Theme Nights</b> – Can be a certain type of music or a type of costume to show up to at the party.</li> </ul>
<p>5. Getting Back Safely</p>	<ul style="list-style-type: none"> <li>• <b>The U_Matter Bus</b> – 12:30-2:30 AM on Thurs/Fri/Sat nights on Prospect Avenue, will take you back to parts of campus.</li> <li>• <b>Call Public Safety</b> – At 609-258-1000 (open 24/7) or 911 for emergencies.</li> <li>• <b>The Blue Light System</b> – Scattered around campus, go to the blue light phone booth to call Public Safety.</li> <li>• <b>Walk Back with a Friend</b> – Especially women, to avoid cases of sexual harassment.</li> <li>• <b>Be Cautious of Going to People’s Rooms Alone</b> – This can lead to dangerous sexual encounters, especially when people are drunk.</li> <li>• <b>Getting a Snack on the Way Back</b> – “Drunk Meal” at Frist Gallery is open until 3 AM (see <a href="#">Chapter 10.2</a>), and Wawa is usually busy at the late hour.</li> </ul>



HINTS

There’s nothing inherently more valuable about partying at a more selective eating club. Go to where you will have fun, not to prove your social clout.

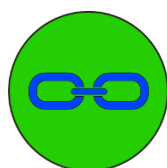


OVERVIEWS

## *Eating Club Social Events*

<b>Name:</b>	<b>Time:</b>	<b>Description:</b>
Princetoween	Halloween (Late October)	<ul style="list-style-type: none"> <li>• <b>Halloween Costumes</b> – And all the eating clubs are usually open.</li> </ul>
Dranksgiving	Thanksgiving (Late November)	<ul style="list-style-type: none"> <li>• <b>Just a Big Partying Night</b> – Before the Thanksgiving Break.</li> </ul>
Sophomore Semi-Formals	November-January	<ul style="list-style-type: none"> <li>• <b>Depends on Eating Club</b> – This is a chance for sophomores to get to know the clubs more.</li> </ul>
Street Week	Late January	<ul style="list-style-type: none"> <li>• <b>Apply for Eating Clubs</b> – More details on this process in the next subchapter.</li> </ul>
New Member Initiations	February/March	<ul style="list-style-type: none"> <li>• <b>Depends on Eating Club</b> – What the process is and when it happens.</li> <li>• <b>Closed to Partying that Day</b> – In order to give the new members a good welcome.</li> </ul>
Houseparties	Friday and Saturday Before Lawnparties	<ul style="list-style-type: none"> <li>• <b>(Semi)-Formals</b> – Depending on the club.</li> <li>• <b>Guests Allowed</b> – If you get them on the list.</li> </ul>

## 7.7) *Joining an Eating Club*



LINKS

**Official Eating Club Sign-Up Website (ICC):**

<https://icc.princeton.edu/>

**Joining an Eating Club:**

<https://princetoneatingclubs.org/join-a-club/>

**2021 Street Week Statistics:**

<https://princetoneatingclubs.org/spring-2021-club-admissions-87-of-sophomores-admitted-to-1<sup>st</sup>-or-2<sup>nd</sup>-choice-club/>

**2020 Eating Club Statistics from the ICC:**

<https://princetoneatingclubs.org/spring-2020/>

**2020 Street Week Reporting from the Daily Princetonian:**

<https://www.dailyprincetonian.com/article/2020/02/77-percent-of-sophomores-participate-in-street-week-for-second-year-running>

**Blue Light Towers (Emergency Safety):**

<https://emergency.princeton.edu/stay-connected/blue-light-phones-towers>



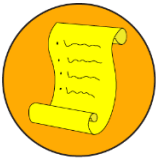
STRATEGIES

## ***Benefits of Joining an Eating Club***

<b>Name:</b>	<b>Description:</b>
Food/Meals	<ul style="list-style-type: none"> <li>• <b>Quality Varies</b> – Some foods are known for better food than others (apparently Colonial and Tower?).</li> <li>• <b>Shared Meal Plans</b> – You eat half of your meals in the d-hall and the other in the eating club.</li> <li>• <b>Eating Food with Others</b> – If you don’t like eating alone.</li> </ul>
Social Benefits	<ul style="list-style-type: none"> <li>• <b>Community</b> – About 100-200 new people to meet your junior/senior years.</li> <li>• <b>Parties</b> – Some eating club parties are members and “pass” only.</li> <li>• <b>Social Only Membership</b> – If you don’t care for eating with people, you can choose to pay only for social benefits. Ask eating club treasurer for details.</li> </ul>



<p>Access to a Large Space</p>	<ul style="list-style-type: none"> <li>• <b>Literal Mansions</b> – They often have nice facilities, and people study there during the day.</li> <li>• <b>The Feeling of Home</b> – As compared to a small dorm room.</li> </ul>
<p>Connections</p>	<ul style="list-style-type: none"> <li>• <b>The Alum Network</b> – You are a guaranteed member of the eating club you choose for life.</li> <li>• <b>Like Minded Students</b> – For better or worse, people who do similar extracurriculars or study similar things often go to the same clubs, if you want to get to know these people better.</li> </ul>



PROCEDURES

## *How to Join an Eating Club*

<b>Name:</b>	<b>Description:</b>
<p>1. Get to Know the Clubs</p>	<ul style="list-style-type: none"> <li>• <b>Go to Eating Club Events</b> – They often have events beyond just parties.</li> <li>• <b>Ask Current Members</b> – They might even let you eat there for a guest meal.</li> <li>• <b>Look for Sophomore Recruiting Events</b> – Eating clubs will have more events when it gets closer to Street Week.</li> </ul>
<p>2. Choose Bicker or Sign-In</p>	<ul style="list-style-type: none"> <li>• <b>Bicker</b> – Also known as “rushing” at other universities, a competitive process in which current members evaluate people to see if they would be a good fit.</li> <li>• <b>Sign-In</b> – Put your name in a lottery pool for your preferred clubs and hope you get pulled.</li> <li>• <b>Group Sign-In</b> – You can apply for sign-in clubs as part of a group of students if you wish.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Required Sign-In Preferences</b> – You must sign up for two sign-in clubs even if you bicker, to ensure that you get into at least one eating club.</li> </ul>
<p>3. When to Sign Up for Eating Clubs</p>	<ul style="list-style-type: none"> <li>• <b>Street Week (Late January)</b> – Usually the first week of the spring semester. When most sophomores bicker for eating clubs.</li> <li>• <b>Early Fall Semester</b> – To join an eating club in the fall of your junior or senior year. Consider if you don't get into your preferred club during Street Week.</li> <li>• <b>Register a Week Before</b> – Street Week refers to the actual week of bicker, but you must register before.</li> </ul>
<p>4. The Bicker Process</p>	<ul style="list-style-type: none"> <li>• <b>Double Bicker</b> – You can bicker to up to two clubs per season. They consider you independently.</li> <li>• <b>The Process?</b> – Differs from each bicker club.</li> <li>• <b>Safety?</b> – Most of the dangerous hazing has been eliminated, but still, be careful.</li> <li>• <b>Drinking?</b> – Always feel free to refuse if pressured.</li> <li>• <b>What to Expect?</b> – Games, interviews with members, etc.</li> </ul>
<p>5. Rank Your Preferences</p>	<ul style="list-style-type: none"> <li>• <b>Right After Street Week</b> – Ranking them when you know them a little better.</li> <li>• <b>Results a Few Days Later</b> – Pray for the best.</li> </ul>
<p>6. What to Do with Your Results</p>	<ul style="list-style-type: none"> <li>• <b>Got In?</b> – Great. Just make sure to keep in touch with your friends who won't be in the same eating club as you.</li> <li>• <b>Didn't Get In?</b> – Not getting into a bicker club refers to being "hosed."</li> <li>• <b>Other Options</b> – You can try fall bicker, or you can join one of the sign-in clubs you chose, a sorority/fraternity, a cooking co-op, or a large extracurricular that makes you feel at home with many others.</li> </ul>

	<ul style="list-style-type: none"><li>• <b>Feel Bad?</b> – An unfortunate consequence of Street Week that it breaks up friend groups and causes people to feel bad about their self-worth. But remember, you are more valuable than the fairly arbitrary selection decisions of bicker.</li></ul>
7. Rough Eating Club Acceptance Rates (2020)	<ul style="list-style-type: none"><li>• <b>Bicker Acceptance Rates</b> – About 30-50% of students accepted, varies by club.</li><li>• <b>100% Students Accepted to a Club</b> – This is because of the rule where bicker students also must choose back-up sign-in clubs.</li><li>• <b>Sign-In Acceptance Rates</b> – 100% technically, because everyone who applied as a sign-in got into at least one sign-in club.</li><li>• <b>93% in First or Second Choice Club</b> – Pick your first and second choice carefully.</li><li>• <b>72% of Bickerees Got into Selective Club</b> – Being part of the other 28% refers to being “double hosed.”</li></ul>

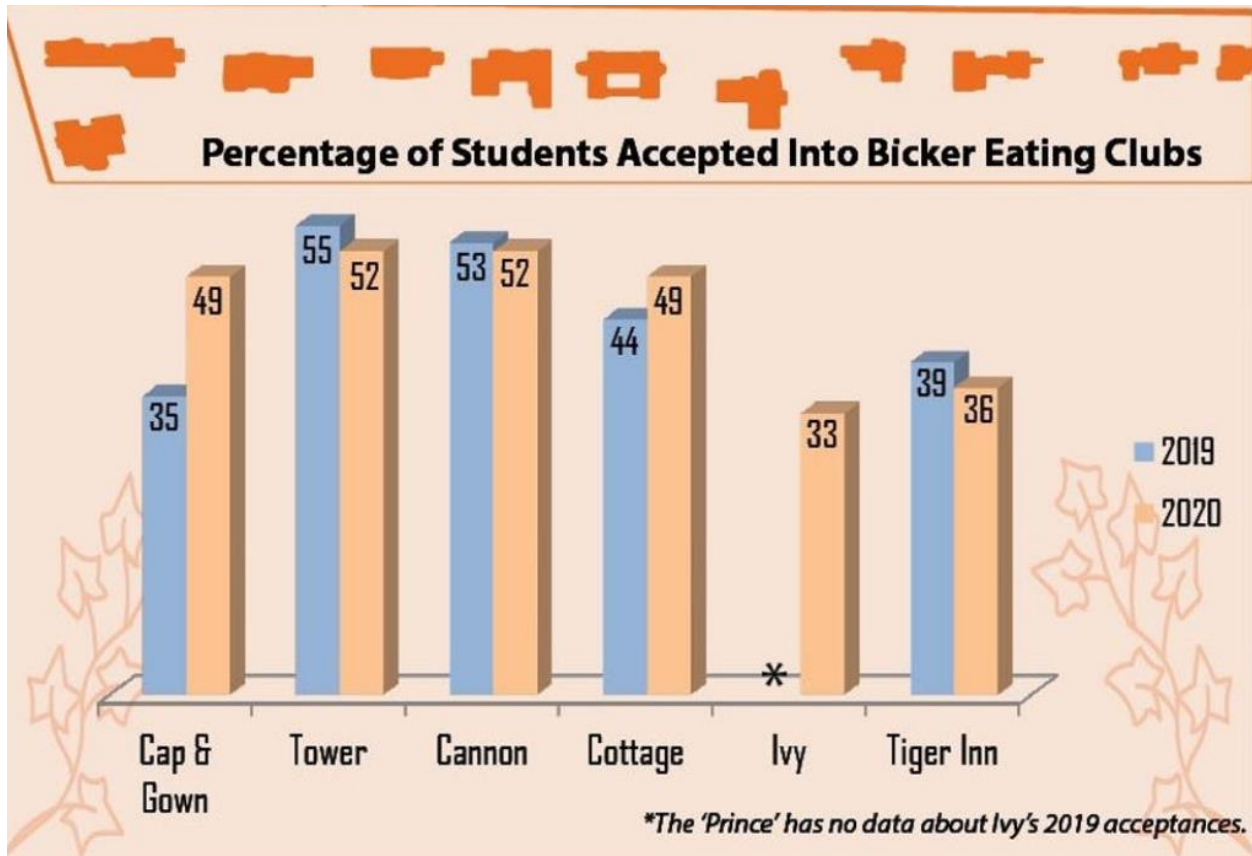
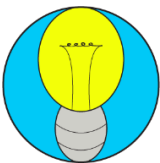


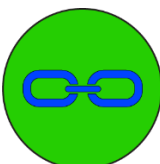
Image Credit: <https://www.dailyprincetonian.com/article/2020/02/77-percent-of-sophomores-participate-in-street-week-for-second-year-running>,



HINTS

**Is Bicker Ethical?** It's one of the biggest questions on campus every year. The student body voted to eliminate bicker in 2015 ("hose bicker"), but it lost. One reason often cited was that there wasn't a viable alternative to it.

## 7.8) Greek Life (Sororities/Fraternities)



LINKS

**Official Princeton Policy on Greek Life**

<https://odus.princeton.edu/community-standards/statement-fraternities-and-sororities>

**Daily Princetonian Article Describing Sorority Rush Process:**

<https://www.dailyprincetonian.com/article/2018/09/r53-percent-of-students-who-rushed-joined-a-sorority>

**Working Committee on Greek Life:**

<http://wayback.archive-it.org/5151/20171218084249/https://www.princeton.edu/reports/2011/campuslife/obs-rec/fraternities-sororities/>



## Overview of Greek Life

Name:	Description:
Why Greece?	<ul style="list-style-type: none"> <li>• <b>Greek Letter Organization Names</b> – Like Kappa Gamma (κκγ).</li> <li>• <b>It’s Not Studying Greek</b> – Refer to the <a href="#">Hellenic Studies</a> program or <a href="#">Princeton Athens Center</a> for that.</li> </ul>
What Do They Do?	<ul style="list-style-type: none"> <li>• <b>Single Sex Eating Clubs?</b> – Basically, giant social groups. Sororities for girls, fraternities for boys.</li> <li>• <b>No Meal Plan</b> – Unlike eating clubs.</li> <li>• <b>Group Bonding, Community Service</b> – And other things you do in a group.</li> </ul>
How Important Are They?	<ul style="list-style-type: none"> <li>• <b>Banned for First Years</b> – Not important in first year social life.</li> <li>• <b>Sororities Noticeably Bigger</b> – The 3 big ones are Pi Beta Phi (“Pi Phi”), Kappa Alpha Theta (“Theta”), and Kappa Gamma (“Kappa”).</li> <li>• <b>Fraternities?</b> – There are many small ones, but not very visible (likely due to the first-year ban).</li> <li>• <b>How Many People Do Them?</b> – 2018 sorority member count: 146 in Pi Phi, 138 in Theta, 88 in Kappa. About 7% of undergrad population.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Am I Missing Out?</b> – No, considering 60% of upperclass students do eating clubs in comparison.</li> </ul>
Cost?	<ul style="list-style-type: none"> <li>• <b>Dues</b> – Usually around a couple hundred dollars, depending on sorority. May change per year.</li> <li>• <b>Scholarships</b> – If you have trouble paying for them.</li> </ul>



OVERVIEWS

## *The Greek Life Ban Details*

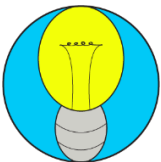
<b>Name:</b>	<b>Description:</b>
First Year Ban	<ul style="list-style-type: none"> <li>• <b>No Rushing</b> – First years not allowed to join a Greek Life organization.</li> <li>• <b>No Participating in Greek Life Events</b> – If a first year accidentally goes to one, it’s fine. But can face suspension if intentional.</li> <li>• <b>Sophomore Rush</b> – Sophomores and higher are allowed to join.</li> </ul>
Not Recognized by the University	<ul style="list-style-type: none"> <li>• <b>No On-Campus Events</b> – They operate off-campus.</li> <li>• <b>No University Funding</b> – They are not Princeton student organizations.</li> </ul>
Why?	<ul style="list-style-type: none"> <li>• <b>2011 Decision</b> – After deliberations of a working committee.</li> <li>• <b>Getting Involved in Other Things</b> – Only a ban on first years so that they don’t default to Greek Life for on-campus social life.</li> </ul>



STRATEGIES

## Reasons to Join Greek Life

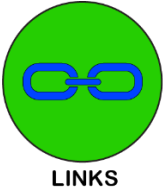
Name:	Description:
Community	<ul style="list-style-type: none"> <li>• <b>If Eating Clubs Are Not for You</b> – Another big community to join.</li> <li>• <b>Same Sex Groups</b> – If you really like hanging around those people.</li> <li>• <b>Upperclass Community</b> – If you didn’t quite find friends during your first year.</li> </ul>
Philanthropy	<ul style="list-style-type: none"> <li>• <b>Fundraisers</b> – Often donate money to charitable causes.</li> <li>• <b>Community Service</b> – Sometimes organized.</li> </ul>
Alumni Network	<ul style="list-style-type: none"> <li>• <b>Broad Network</b> – Can help you connect with members at different colleges or alums.</li> <li>• <b>Chapter Network</b> – Can connect to Princeton chapter alum network too; some sororities have existed for over 100 years.</li> </ul>



HINTS

**Secret Societies exist.** Not much is known about them, but sometimes you may be invited to join. St. Anthony’s Hall is one of them.

## 7.9) Religious Life



**Office of Religious Life Website:**

<https://religiouslife.princeton.edu/>

**List of Religious Chaplaincies:**

<https://religiouslife.princeton.edu/chaplaincies-groups>



**Religious groups can also fulfill your need for large community.** Regular religious service is a regular interaction, much like how eating club members eat together or how Greek life members hang out together.



## *Types of Religious Services*

Name:	Description:
Chaplaincies	<ul style="list-style-type: none"> <li>• <b>Formal Religious Service</b> – Usually includes a religious leader (e.g., reverend, imam, etc.)</li> <li>• <b>Current Chaplaincies</b> – Baha’I, Buddhist, Christian, Hindu, Interfaith, Jewish, Muslim, Secular, Sikh, Unitarian</li> </ul>
Student Groups	<ul style="list-style-type: none"> <li>• <b>General Social Groups</b> – For people of similar faith to come together.</li> <li>• <b>Weekly Service/Religious Study</b> – Depending on the group.</li> </ul>
Music Groups	<ul style="list-style-type: none"> <li>• <b>Singing Groups</b> – Like Koleinu (Jewish acapella) or Chapel Choir (Christian).</li> <li>• <b>Dance Groups</b> – Like Six14 (Christian).</li> </ul>



<p>Deans of Religious Life</p>	<ul style="list-style-type: none"> <li>• <b>For those Searching</b> – They can help you find the right religion for you, or just help you explore.</li> <li>• <b>Run Other Programs</b> – Notably the Faith-Based Internship program and the Hidden Chaplains program to recognize staff on campus.</li> </ul>
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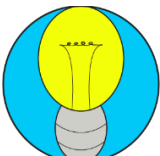
## *ORL's Places of Peace (AKA Nice, Quiet Places)*



Murray Dodge Hall, where most religious services are held.

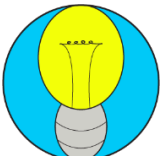
<b>Name:</b>	<b>Description:</b>
<p>University Chapel</p>	<ul style="list-style-type: none"> <li>• <b>Next to Firestone Library</b> – It's very big.</li> <li>• <b>Hours</b> – 7 AM to 11 PM (4 PM in the summer).</li> <li>• <b>Nice Sound Acoustics</b> – Lots of echo.</li> </ul>
<p>Murray Dodge Hall</p>	<ul style="list-style-type: none"> <li>• <b>Murray Dodge Café</b> – Not a prayer place, but the free cookies they provide will make you feel at peace.</li> <li>• <b>Religious Offices</b> – For the Deans and chaplains.</li> </ul>
<p>Prospect Gardens</p>	<ul style="list-style-type: none"> <li>• <b>Outside Prospect House</b> – The fancy house.</li> <li>• <b>Aerial View</b> – It's shaped like the Princeton logo.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Nice Flowers</b> – And well-maintained shrubbery.</li> </ul>
9/11 Memorial Garden	<ul style="list-style-type: none"> <li>• <b>East Side of Nassau Hall</b> – Small circular courtyard.</li> <li>• <b>Memorial</b> – For the 13 Princetonians who died on September 11, 2001.</li> </ul>
Murray-Dodge Courtyard	<ul style="list-style-type: none"> <li>• <b>Outside Murray Dodge Hall</b> – Small circular courtyard.</li> <li>• <b>Benches</b> – For mid-day contemplation.</li> </ul>
Hidden Garden	<ul style="list-style-type: none"> <li>• <b>North Side of the Chapel</b> – For contemplation outside.</li> </ul>
Muslim Prayer Room	<ul style="list-style-type: none"> <li>• <b>Inside Murray Dodge Hall</b> – Third floor.</li> <li>• <b>Other Prayer Rooms</b> – Search around Murray Dodge for other quiet spaces.</li> </ul>



HINTS

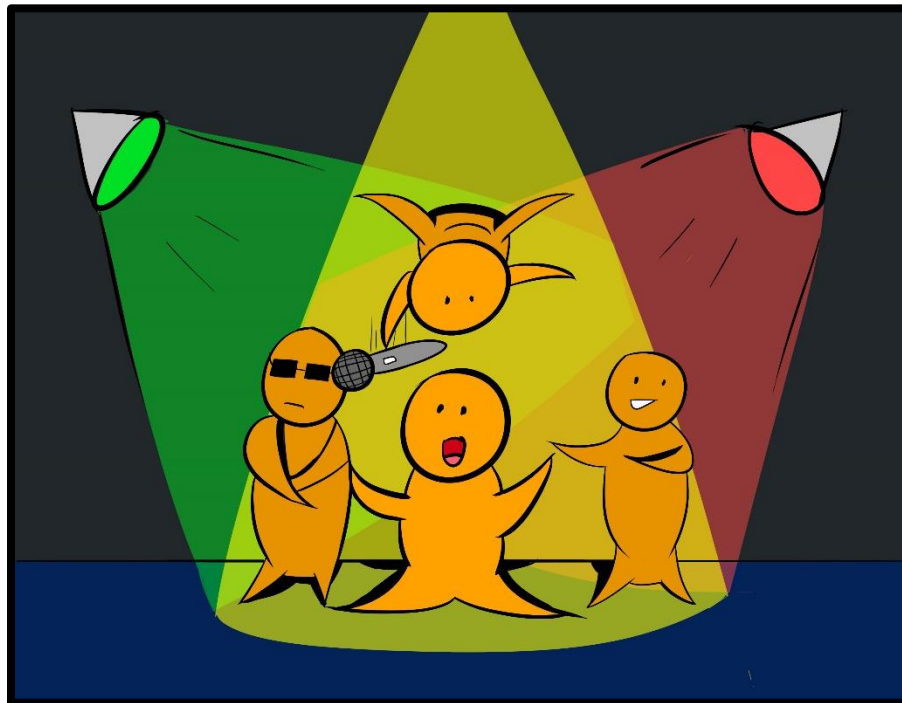
**There are religious services off-campus.** Some churches are on Nassau Street, and you can search the area for other religious buildings.



HINTS

**You can petition for a new religious chaplaincy.** The process is different from starting a club though. You'll need to find a professional chaplain and talk to the ORL though. Details [here](#).

# Chapter 8: Joining Student Groups



*Squad up!*

## ***In this section you'll learn about:***

- How to be a good club member.
- How to choose the right clubs for you.
- The different types of student organizations (ODUS, Pace).
- Other leadership opportunities (USG, PSA, Orientation, etc.).

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## 8.1) Intro to Student Organizations



STRATEGIES

### How to Join a Student Group

Name:	Description:
Activities Fair	<ul style="list-style-type: none"> <li>• <b>Beginning of the Year Recruitment</b> – Nearly every club is there. Usually in Dillon Gym.</li> <li>• <b>Civic Engagement Fair</b> – Usually held right outside Dillon, where all the Pace (service0 organizations are.</li> <li>• <b>Sign Up for Lots</b> – You can always unsubscribe at <a href="http://lists.princeton.edu">lists.princeton.edu</a>.</li> </ul>

Res College Listservs	<ul style="list-style-type: none"> <li>• <b>Keep an Eye Out</b> – You’ll get a lot of emails, but just one email can convince you to join a club.</li> <li>• See <a href="#">Chapter 3.4</a> – For details about listservs.</li> </ul>
Other Communication Methods	<ul style="list-style-type: none"> <li>• See <a href="#">Chapter 3.5</a> – For a full list of other ways to hear about student orgs.</li> <li>• <b>Class Facebook Pages</b> – The main way outside of res college listservs.</li> </ul>
Knowing Friends	<ul style="list-style-type: none"> <li>• <b>Ask What They’re Up To</b> – They have the inside scoop on the clubs they’re in.</li> <li>• <b>A Hangout Buddy</b> – If you don’t want to try new things alone.</li> </ul>
Search <a href="#">MyPrincetonU</a>	<ul style="list-style-type: none"> <li>• <b>What’s MyPrincetonU?</b> – The new platform for managing all club related business. Check the club directory.</li> <li>• <b>Cold Email the Officers</b> – Their email should be on their club’s page, hopefully.</li> <li>• See <a href="#">Chapter 9.8</a> - For a full guide on MyPrincetonU.</li> </ul>



**You don’t need to be part of an official student organization to do cool things.** Take some time to do independent research, make informal gatherings with friends, or make independent projects (like this guide).

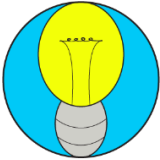


## *How to Choose a Club to Join*

<b>Principle:</b>	<b>Time:</b>
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<p>Subject Matter</p>	<ul style="list-style-type: none"> <li>• <b>Don't Do It Just for the Resume</b> – You won't be happy.</li> <li>• <b>Learn Something New</b> – Most clubs don't require experience (except for those with applications or tryouts).</li> <li>• <b>Do Something You Already Like</b> – If you see yourself continuing.</li> </ul>
<p>Time</p>	<ul style="list-style-type: none"> <li>• <b>How Often Does It Meet?</b> – Weekly, biweekly, monthly, etc.</li> <li>• <b>How Involved Are Members?</b> – You may have to do work in between meetings to be active or helpful.</li> <li>• <b>Do You Have Time?</b> – If you have a busy class schedule or other clubs, take it easy.</li> <li>• <b>Invest Deeply into a Few Groups</b> – So you can take on big projects, as opposed to spreading yourself thin over too many clubs.</li> </ul>
<p>The People</p>	<ul style="list-style-type: none"> <li>• <b>Are They Nice?</b> – If you don't like these people, don't stay with them.</li> <li>• <b>Would You Hang Out with Them Later?</b> – You don't have to feel this way about all clubs, but it's good to have a few where you do form good friendships.</li> <li>• <b>A New Community?</b> – Break out of your initial social circles and find new people.</li> </ul>
<p>Professional Development</p>	<ul style="list-style-type: none"> <li>• <b>Learn a New Skill?</b> – Might learn graphic design, outreach, or debate skills.</li> <li>• <b>Leadership Development?</b> – Being an officer of any club takes responsibility. Easier to get officer roles in smaller clubs.</li> <li>• <b>A Professional Group</b> – Being part of certain groups look good on a resume... though have experiences to back it up.</li> </ul>
<p>Fun</p>	<ul style="list-style-type: none"> <li>• <b>Okay to Have Fun Clubs</b> – It's okay just to play games sometimes.</li> </ul>

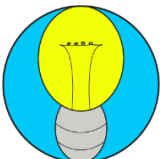
	<ul style="list-style-type: none"> <li>• <b>If You Have Hard Classes</b> – A fun club can really save your semester.</li> </ul>
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HINTS

Are “no-experience necessary” auditions really “no-experience?” If you have experience, you’ll certainly have a much easier time getting in, but they want to keep the door open in case there’s someone that’s just naturally gifted at it. Some clubs are more open to newbies than others.

## 8.2) Being a Good Club Member



HINTS

It’s okay to drop clubs if you’re busy. Prioritize being a good club member over being a half-committed member in many clubs, to have time to take on cool projects.



STRATEGIES

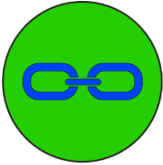
### How to Be a Good Club Member

Strategy:	Time:
Keep Track of Club Events	<ul style="list-style-type: none"> <li>• <b>Regular Meetings</b> – Write those down in your calendar in advance.</li> <li>• <b>Special Events</b> – Also write these down.</li> <li>• <b>Tasks to Do Before Events</b> – Make sure you budget enough time to do prepare.</li> </ul>
Attend Meetings	<ul style="list-style-type: none"> <li>• <b>Just Being There</b> – Is reassuring to club officers, especially if it is a smaller club.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>If You Can't Make It</b> – No need to tell people if it's a huge club, but if it is a small club or you are an officer, make sure to tell someone.</li> </ul>
<p>Participate in Meetings</p>	<ul style="list-style-type: none"> <li>• <b>Say Something</b> – Try at least once. Refer to Chapter 3 if you need help preparing.</li> <li>• <b>Contribute to Projects</b> – If club leaders ask if someone wants to take a task, try to take one.</li> <li>• <b>The End of Meeting Round-Up</b> – If you don't have a task, you can ask if there's anything you can pitch in for.</li> </ul>
<p>Join Communication Channels</p>	<ul style="list-style-type: none"> <li>• <b>The Listserv</b> – Ask to join the emailing list if there is any.</li> <li>• <b>The Group Chat</b> – Usually more active planning occurs here.</li> <li>• <b>The Slack/Discord</b> – Especially for bigger organizations, can help you reach out and direct message people.</li> <li>• <b>Pick Up Tasks</b> – If you didn't pick up any during the meetings.</li> <li>• <b>Pitch New Ideas</b> – If you're going to forget before the next meeting, pitch it in the group chat.</li> </ul>
<p>Run for Officer Positions</p>	<ul style="list-style-type: none"> <li>• <b>No Experience Necessary, Usually</b> – Especially for smaller clubs, they're probably happy that someone is interested at all.</li> <li>• <b>Just Go for It</b> – There are many qualified people that stop themselves because they think they are underqualified. Don't be one of those people.</li> </ul>

## 8.3) Types of ODUS Clubs





LINKS

**MyPrincetonU Club Listings:**

[https://my.princeton.edu/club\\_signup](https://my.princeton.edu/club_signup)

**Performing Arts Council:**

<https://pacprinceton.org/>

**Campus Rec (Club Sports):**

<https://campusrec.princeton.edu/sport-clubs>

**Whig Clio:**

<https://whigclio.princeton.edu/>

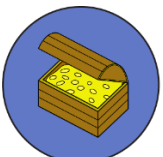


The Office of the Dean of Undergraduate Students oversees most student organizations.



IMPORTANT

**Your self-worth is not determined over whether you get into competitive clubs!** It may be hard adjusting to rejection if you were successful enough to get into Princeton, but there's much more to Princeton life than competition.



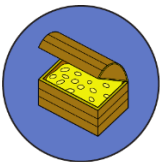
RESOURCES

### ***ODUS Arts Groups***

<b>Name:</b>	<b>Description:</b>
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<p>Acapella Groups</p>	<ul style="list-style-type: none"> <li>• <b>Pretty Competitive</b> – Except for a couple no audition ones like Acapellago.</li> <li>• <b>Go on Tours</b> – And perform around the country.</li> <li>• <b>Acaprez</b> – 8 competitive acapella groups: Roaring 20’s, Nassoons, Tigerlilies, Katzenjammers, Tigertones, Wildcats, Footnotes, and Tigressions.</li> </ul>
<p>Dance Groups</p>	<ul style="list-style-type: none"> <li>• <b>G4 Groups</b> – Or the four dance groups that have two shows a year: BodyHype (general), Disiac (general), eXpressions (contemporary), Black Arts Company (hip hop).</li> <li>• <b>Only 1 G4 at a Time</b> – You can’t be part of two.</li> <li>• <b>Very Competitive</b> – The G4 groups, at least. Others allow walk-ons (e.g., Sympoh – breakdance).</li> <li>• <b>Ethnic Dance Groups</b> – Triple 8 (East Asian), Bhangra (South Asian).</li> <li>• <b>All Types of Dances</b> – PUB (ballet), Raqs (bellydancing).</li> </ul>
<p>Hobbyist Groups</p>	<ul style="list-style-type: none"> <li>• <b>Media</b> – Anime-Manga Princeton, Film Society, Cheese and Bad Movies.</li> <li>• <b>Games</b> – Princeton eSports, Liar’s Club (lying games).</li> </ul>
<p>Music Ensembles</p>	<ul style="list-style-type: none"> <li>• <b>Orchestras</b> – From Princeton Pops to Sinfonia.</li> <li>• <b>Bands</b> – From the traditional Princeton University Band to the Princeton University Rock Ensemble.</li> </ul>
<p>Theatre Groups</p>	<ul style="list-style-type: none"> <li>• <b>Musical Theatre</b> – The biggest group is the Triangle Club, infamous for frosh week, fall, and spring shows. Also go on tour.</li> <li>• <b>Improv Groups</b> – Theatre made up on the spot. Some are competitive (e.g., Fuzzy Dice, Quipfire), others allow walk-ins (e.g., Lobster Club).</li> <li>• <b>Other Theatre Groups</b> – Theatre InTime (has their own theatre space), East-West Theatre, Playwright’s Guild.</li> </ul>

<p>Writing Publications</p>	<ul style="list-style-type: none"> <li>• <b>Send in Submissions</b> – If you want to be published somewhere. Join the team to be an editor or run events.</li> <li>• <b>Literary Magazines</b> – Nassau Literary Review, Arch &amp; Arrow, TigerMag (humor).</li> <li>• <b>News Groups</b> – The Daily Princetonian (daily newspaper), University Press Club</li> <li>• <b>Political Magazines</b> – The Prog (liberal), The Tory (conservative)</li> <li>• <b>Academic Journals</b> – The Tortoise (writing pedagogy), Jubilee (Jewish thought)</li> </ul>
<p>Other Arts Groups</p>	<ul style="list-style-type: none"> <li>• <b>Slam Poetry</b> – Ellipses, Songline, require auditions.</li> <li>• <b>Try Something New</b> – Princeton Aerial Arts, Juggling Club, Food Fermentation.</li> </ul>



RESOURCES

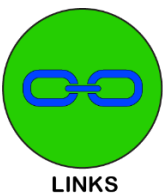
## ***ODUS Not-Arts Groups***

<b>Name:</b>	<b>Description:</b>
<p>Club Sports</p>	<ul style="list-style-type: none"> <li>• <b>Run by Campus Rec</b> – Not quite ODUS or Pace.</li> <li>• <b>Not Varsity Student Athletes</b> – You play games in the intramural league.</li> <li>• <b>37 Different Sports</b> – From fencing to football.</li> <li>• <b>Casual Fun and Exercise</b> – A great study break.</li> <li>• <b>More About Sports?</b> – Check <a href="#">Chapter 8.5</a>.</li> </ul>
<p>Entrepreneurship</p>	<ul style="list-style-type: none"> <li>• <b>The E-Club</b> – The largest club on campus, hosts many smaller entrepreneurial endeavors.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Learn Skills</b> – Design, business, marketing, and get connected to many opportunities by joining at least one team.</li> </ul>
<p>Ethnic Groups</p>	<ul style="list-style-type: none"> <li>• <b>Larger Racial Groups</b> – AASA (Asian American Students Association), LASA (Latin American Students Association), BSU (Black Student Union)</li> <li>• <b>Specific Ethnic Groups</b> – Bulgarian Undergraduate Society, Chinese Students Association</li> <li>• <b>Advocacy</b> – Push for political change when it affects them.</li> <li>• <b>Celebrate Traditions</b> – Holidays, food, the works.</li> <li>• <b>Outside of the Ethnicity</b> – You can still join, just know that these groups are meant for people that are of the ethnicity. Choose to broaden your horizons.</li> <li>• <b>Intersect with Other Types of Clubs</b> – Asian Student Athletes, Black Premedical Society</li> </ul>
<p>Political and Debate Groups</p>	<ul style="list-style-type: none"> <li>• <b>Whig-Clio</b> – Contains smaller groups like Princeton Debate Panel, International Relations Council, Model Congress, and Mock Trial.</li> <li>• <b>Tryouts</b> – For these debating clubs.</li> <li>• <b>Political Groups</b> – College Democrats and College Republicans.</li> <li>• <b>Issue or Relation Driven</b> – UNA-USA, US-China Coalition</li> <li>• <b>Activist Groups</b> – See the upcoming part on Pace groups.</li> </ul>
<p>Pre-Professional Groups</p>	<ul style="list-style-type: none"> <li>• <b>Preparing for Grad School</b> – Pre-Law Society, Pre-Health Society, Pre-Veterinary Society.</li> <li>• <b>Specific Occupations</b> – American Society of Civil Engineers, American Physician Scientists Association.</li> <li>• <b>Ethnic Pre-Professional Organizations</b> – Latino Medical Students Association, National Society of Black Engineers.</li> </ul>

<p>Religious Groups</p>	<ul style="list-style-type: none"> <li>• See <a href="#">Chapter 7.9</a> – On religious life.</li> <li>• <b>Arts Groups</b> – Dance, acapella, and theatre groups that intersect with religion.</li> <li>• <b>Social Groups</b> – Just for people of similar faith to hang out.</li> </ul>
<p>Service Groups</p>	<ul style="list-style-type: none"> <li>• <b>Mostly Hosted by Pace</b> – But some hosted through ODUS as well.</li> <li>• <b>Next Subchapter</b> – For more details on these.</li> </ul>
<p>Undergraduate Student Government</p>	<ul style="list-style-type: none"> <li>• <b>USG</b> – For short.</li> <li>• <b>Class Government</b> – To run the social activities for the class and coordinate gear.</li> <li>• <b>Senate</b> – To impact school policy.</li> <li>• <b>Committees</b> – To impact specific issues (e.g., menstruation, academics, etc.).</li> <li>• <b>Elections</b> – Happen in both fall and spring semesters.</li> <li>• <b>More Details?</b> – Check <a href="#">Chapter 8.7</a>.</li> </ul>

## 8.4) The Pace Center and Service Groups



**Pace Center Program Listing:**

<https://pace.princeton.edu/get-involved/pace-programs>

**Student Volunteers Council (SVC):**

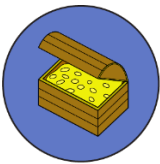
<https://pace.princeton.edu/get-involved/pace-programs/student-volunteers-council>

**Pace Center Newsletter:**

<https://pace.princeton.edu/newsletter>

# JOHN H. PACE JR '39 CENTER FOR civic engagement

The Pace Center oversees service activities (including service clubs and volunteering) on campus. They're in Frist 201.



RESOURCES

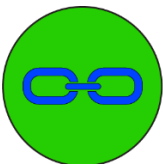
## *Types of Pace Center Programs*

Name:	Description:
Advocacy and Activism Student Groups	<ul style="list-style-type: none"> <li>• <b>Speak Up on Issues</b> – From drug policy to mental health.</li> <li>• <b>Sometimes Also ODUS Groups</b> – In order to get ODUS funding.</li> <li>• <b>Start Your Own</b> – If there's an issue you care about, read <a href="#">Chapter 9</a>, and get a club started.</li> </ul>
Breakout Princeton	<ul style="list-style-type: none"> <li>• <b>Alternative Break Trips</b> – Take place during fall or spring break. Travel for free around the country.</li> <li>• <b>Learn About an Issue</b> – From healthcare to immigration.</li> <li>• <b>Apply Early in the Semester</b> – It's usually not too competitive.</li> <li>• <b>Create Your Own</b> – Draft a proposal and lead your own trip.</li> </ul>

<p>Civic Leadership Council (formerly Pace Council for Civic Values – PCCV)</p>	<ul style="list-style-type: none"> <li>• <b>Discussing Service Values</b> – And what service teaches us.</li> <li>• <b>Workshops and Dialogue</b> – Come to their events to reflect and ponder. Also, free food usually.</li> </ul>
<p>Community Action</p>	<ul style="list-style-type: none"> <li>• <b>The Orientation Program</b> – You might have gone through it, but you can lead without that experience.</li> <li>• <b>CA Leaders</b> – Lead a trip, after a couple days of training.</li> <li>• <b>CA Fellows</b> – Spend the summer planning all the CA trips and managing the CA Leaders during trips.</li> <li>• <b>CA Command Center</b> – Sit in the Pace Center and wait for any help calls from CA Leaders on trips during orientation.</li> </ul>
<p>Community House</p>	<ul style="list-style-type: none"> <li>• <b>Princeton Area Service</b> – Hosted at the Carl A. Fields Center, third floor (58 Prospect Avenue).</li> <li>• <b>Youth Development</b> – Education and family help.</li> <li>• <b>Many Programs</b> – From Black Organization for Leadership Development, to After School Programs, to Community Walks.</li> </ul>
<p>Internships and Fellowships</p>	<ul style="list-style-type: none"> <li>• <b>For Summers</b> – Link with service organizations or even create your own service project and get funding.</li> <li>• <b>See <a href="#">Chapter 14.8</a></b>– For summer job listings.</li> </ul>
<p>Service Focus</p>	<ul style="list-style-type: none"> <li>• <b>Sign Up First Year</b> – Plan to do a service-related internship over the summer.</li> <li>• <b>Project Sophomore Year</b> – Be in a cohort of ~10 students on a topic of your choosing.</li> <li>• <b>Meet Service Oriented People</b> – Meet Pace staff and other students who do service.</li> <li>• <b>Take a Service Course</b> – A Service Focus designated or ProCES course.</li> </ul>
<p>Student Volunteers Council</p>	<ul style="list-style-type: none"> <li>• <b>Traditional Volunteering</b> – Regular trips to volunteer in the local area.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Topics</b> – Health, teaching in prisons, addressing hunger, and more.</li> <li>• <b>SVConvos</b> – Meet with people on the SVC Board and talk about what volunteer opportunity is right for you.</li> </ul>
<a href="#">Trenton Arts Princeton</a>	<ul style="list-style-type: none"> <li>• <b>Arts Education</b> – For underserved youth in Trenton.</li> <li>• <b>Collaboration</b> – with Department of Music, Lewis Center for the Arts, and Pace.</li> <li>• <b>Programs</b> – Saturday Morning Arts, Collaborative Projects, and Arts Fellowships.</li> </ul>

## 8.5) Getting Involved in Sports



LINKS

**Campus Recreation Website:**

<https://campusrec.princeton.edu/>

**Varsity Athletics Website:**

<https://goprincetontigers.com/index.aspx>

**Athletic Facilities:**

<https://goprincetontigers.com/facilities>



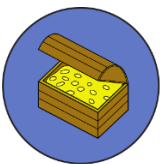
OVERVIEWS

### *Sports at Princeton*

<b>Name:</b>	<b>Description:</b>
The Three Levels of Sports	<ul style="list-style-type: none"> <li>• <b>Intramural</b> – Within campus.</li> <li>• <b>Club Sports</b> – More involved than intramural, may compete at other schools.</li> </ul>




	<ul style="list-style-type: none"> <li>• <b>Varsity</b> – Student athletes.</li> <li>• <b>Team Divisions?</b> – Sometimes there will be an “A” team for the best players and a “B” team for the less experienced players.</li> </ul>
How to Get Involved with Sports	<ul style="list-style-type: none"> <li>• <b>Campus Rec Social Media</b> – Besides their website, the <a href="#">Twitter</a> and <a href="#">Instagram</a> pages are quite active.</li> <li>• <b>Campus Rec Expo</b> – Usually happens towards the beginning of the year, like the activities fair for ODUS groups.</li> </ul>
Sports Services	<ul style="list-style-type: none"> <li>• <b>Group Fitness</b> – From Pilates to body combat.</li> <li>• <b>Classes</b> – From swimming to yoga.</li> <li>• <b>Personal Training</b> - \$36/hr for Princeton students.</li> <li>• <b>Cardio Annex and Weights</b> – Both at Stephens Fitness Center.</li> <li>• <b>Free Lockers with Gender Neutral Options</b> – For you to put your things away.</li> </ul>




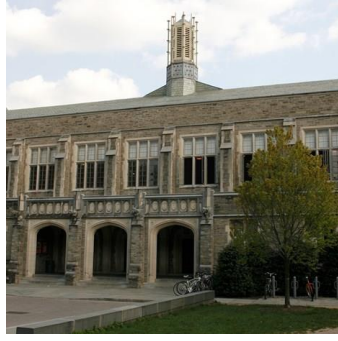





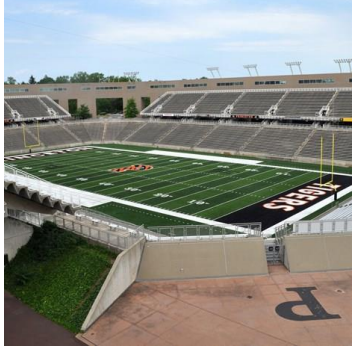
## Princeton Sports Facilities





RESOURCES

\*List lifted directly from the Athletic Facilities listing listed in the Links icon.

Name:	Sport:	Location:	Photo:
Hobey Baker Rink	Ice-skating, hockey	East of the Lewis Center for the Arts	

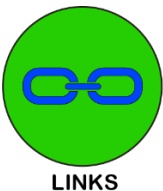
<p>Bedford Field</p>	<p>Field hockey</p>	<p>South of Poe Field</p>	
<p>Clarke Field</p>	<p>Baseball</p>	<p>East of Frick Chemistry Laboratory</p>	
<p>DeNunzio Pool</p>	<p>Swimming</p>	<p>East side of Jadwin Gym</p>	
<p>Dillon Gym</p>	<p>All Types.</p>	<p>Center of campus, north of Whitman</p>	
<p>Finney/Campbell Fields</p>	<p>Lacrosse (football sized field)</p>	<p>East of Frick Chemistry Laboratory</p>	

<p>H.G. Levine Broadcast Center</p>	<p>Sports reporting.</p>	<p>Inside Jadwin Gym</p>	
<p>Jadwin Gym</p>	<p>Fencing, squash, tennis, baseball, softball, track, wrestling, basketball</p>	<p>Southeast of Frick Chemistry Laboratory  (Caldwell Fieldhouse inside)</p>	
<p>Cordish Family Pavilion/Lenz Tennis Center</p>	<p>Tennis (20 courts)</p>	<p>South of Poe Field</p>	
<p>Powers Field (Princeton Stadium)</p>	<p>Football, rock climbing (OA Climbing Wall)</p>	<p>South of Poe Field</p>	

<p>Strubing Field</p>	<p>Softball</p>	<p>East of Frick Chemistry Laboratory</p>		
<p>Shea Rowing Center</p>	<p>Rowing (crew),</p>	<p>South of Poe Field, adjacent to Lake Carnegie</p>		
<p>Sherrerd Field at Class of 1952 Stadium</p>	<p>Lacrosse, soccer</p>	<p>South of Poe Field and Roberts Stadium, east of Bedford Field</p>		
<p>Stan Seja Fencing Room</p>	<p>Fencing</p>	<p>C Level, Jadwin Gym</p>		

Springdale Golf Club	Golf	South of Forbes	
Weaver Stadium	Track and Field	East of Frick Chemistry Laboratory	
West Windsor Fields	Cross Country (long distance running)	South of Lake Carnegie, between Washington Road and Lower Harrison Street	

## 8.6) Intramural, Club, Varsity Sports



LINKS

**Campus Rec: Intramural Sports**

<https://campusrec.princeton.edu/intramurals-events>

**Campus Rec: Club Sports**

<https://campusrec.princeton.edu/sport-clubs>

**Varsity Student Athlete Handbook**

<https://goprincetontigers.com/sports/2018/8/16/student-athlete-handbook-compliance-and-eligibility.aspx>



OVERVIEWS

## *The Rules of Intramural Sports*

Name:	Description:
Brackets?	<ul style="list-style-type: none"> <li>• <b>Points for Winning Games</b> – If your team wins the most points in the bracket, your team is the IM champion.</li> <li>• <b>Do They Still Exist?</b> – Possibly. Things have changed since COVID-19 hit campus in 2020.</li> <li>• <b>Is There a Prize?</b> – Bragging rights and personalized t-shirts.</li> </ul>
Who Plays Them?	<ul style="list-style-type: none"> <li>• <b>Eating Clubs</b> – In their own bracket. Watch out for eating clubs particularly dominated by athletes.</li> <li>• <b>Res Colleges</b> – Also in their own bracket.</li> <li>• <b>Clubs</b> – Can form teams, but don't have a bracket.</li> <li>• <b>Random Friends</b> – Not in a bracket, but nothing is stopping you from playing games for fun.</li> </ul>
When and What?	<ul style="list-style-type: none"> <li>• <b>4-5 Different Sports Leagues Per Semester</b> – Usually includes basketball, volleyball, etc.</li> <li>• <b>5 Week Leagues</b> – So about half a semester.</li> <li>• <b>1-2 Times a Week</b> – For the league games but play as much as you like.</li> </ul>



OVERVIEWS

## *How Club Sports Work*

Name:	Description:
More Involved than Intramurals	<ul style="list-style-type: none"> <li>• <b>Weekly Practices</b> – Or at least, regular practices.</li> <li>• <b>Off-Campus Games</b> – You may get to travel.</li> <li>• <b>Stronger Leadership Structure</b> – There’s more logistics to sort out.</li> </ul>
Variance Between Club Sports	<ul style="list-style-type: none"> <li>• <b>Commitment Level</b> – Club rugby can be intense, whereas other sports may be laxer.</li> <li>• <b>Experience Required</b> – Most club sports allow walk-ons, but as always, helps to have more experience.</li> <li>• <b>Gender Breakdown</b> – Some sports have men’s/women’s divisions.</li> <li>• <b>Funding</b> – Some club sports have more money for travel, food, etc.</li> </ul>



OVERVIEWS

## *The Varsity Student Athlete Regulations*

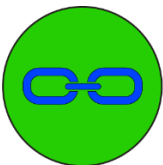
Name:	Description:
Who?	<ul style="list-style-type: none"> <li>• <b>Students Recruited as Student Athletes</b> – Early in the college application process.</li> <li>• <b>Walking On to a Team</b> – Talk to the coach, though some teams are harder to walk on to than others.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Sponsored by the NCAA and Ivy League</b> – NCAA = National College Athletic Association.</li> </ul>
<p>Ethical Standards</p>	<ul style="list-style-type: none"> <li>• <b>Can't Compete in Professional Sports</b> – In any sport, otherwise you can't compete in Princeton Athletics. Don't practice with professional teams either.</li> <li>• <b>Can't Accept Pay for Athletic Ability</b> – You're also not getting any athletic scholarships, since Princeton only gives need-based financial aid.</li> <li>• <b>No Promotions</b> – Don't show up on TV advertising Nikes.</li> </ul>
<p>Academic Standards</p>	<ul style="list-style-type: none"> <li>• <b>Remain in Good Academic Standing</b> – See <a href="#">Chapter 4</a> for academic requirements.</li> <li>• <b>At Least Minimum Full Time Enrollment</b> – This means at least 3 courses, unless you are in the last term of your degree and will meet requirements (i.e., senior spring).</li> <li>• <b>Five Years?</b> – You need a special waiver to have five years of college enrollment while being an athlete.</li> </ul>
<p>Season Eligibility</p>	<ul style="list-style-type: none"> <li>• <b>No More than Four Seasons Per Sport</b> – Completed within five calendar years after the start of full-time college enrollment.</li> <li>• <b>Beyond the Four Seasons?</b> – You might be able to play as a graduate student at another school.</li> </ul>
<p>Time Limits for Athletics</p>	<ul style="list-style-type: none"> <li>• <b>No More than Four Hours a Day</b> – For practice, competition, training, reviews, meetings, etc. total.</li> <li>• <b>No More than 20 Hours Per Week</b> – Don't forget you're still a student.</li> <li>• <b>At Least One Day Off Per Week</b> – You also get a 10-hour break from athletics after an away competition.</li> <li>• <b>No Missing Class for Practice</b> – Exception is for team travel to an away game.</li> <li>• <b>Off-Season Training is Voluntary</b> – With max six hours per week and two days off for any athletic activity.</li> </ul>



	<ul style="list-style-type: none"> <li>• <b>49 Rest Days</b> – During the academic year (i.e., classes, reading period, and exams). No required or voluntary activity during these days.</li> </ul>
Other Policies	<ul style="list-style-type: none"> <li>• <b>4 Free Tickets</b> – To give to family and friends for your games but must notify 48 hours in advance.</li> <li>• <b>No Participating in Organized Outside Competition</b> – Except for vacation periods and out-of-season. The exception is basketball.</li> <li>• <b>No Special Discounts</b> – You can’t get business discounts besides regular student discounts, no gifts not available to regular students.</li> <li>• <b>No Special Job Compensation</b> – You can teach sports-related skills for money, but double check with the Compliance Office.</li> <li>• <b>No Sports Gambling</b> – You can’t provide insider info.</li> <li>• <b>No Agents</b> – Wait until you’re an actual professional.</li> </ul>

## 8.7) Undergraduate Student Government (USG)



LINKS

**USG Website:**

<https://usg.princeton.edu/>

**USG Senate Constitution:**

<https://usg.princeton.edu/usg-documents-and-charters>

**Get Involved with USG:**

<https://usg.princeton.edu/get-involved>

**Elections Handbook:**

<https://usg.princeton.edu/s/Elections-Handbook-rev-October-25-2020.pdf>

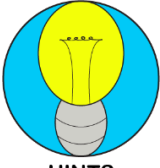


The structure of Undergraduate Student Government (image [source](#)).



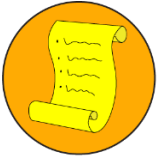
## *The Parts of USG*

<b>Name:</b>	<b>Description:</b>
Senate	<ul style="list-style-type: none"> <li>• <b>Work on Campus-Wide Issues</b> – From housing to mental health.</li> <li>• <b>Vote on Issues and Rules</b> – Like the actual US Congress.</li> </ul>
Class Government	<ul style="list-style-type: none"> <li>• <b>Class Spirit</b> – Study breaks, class-wide events, building community, and gear.</li> <li>• <b>Not for Addressing Wider University Issues</b> – Take that to the Senate, though they can pass on the message.</li> <li>• <b>“Class of [20XX]”</b> – There’s 4-5 officers per class year.</li> <li>• <b>Freshman Class Council</b> – 4-5 officers, but everyone is equal; there is no president or other specialized positions until sophomore year.</li> </ul>
Other Groups	<ul style="list-style-type: none"> <li>• <b>Projects Board</b> – Provides funding to student group events.</li> <li>• <b>Student Group Recognition Committee</b> – Approves new ODUS student groups and makes them eligible for USG funding.</li> <li>• <b>Princeton Perspective Project</b> – Humanizing Princeton students and campus life.</li> <li>• <b>Mental Health Initiative</b> – Promoting mental health and resources.</li> </ul>



HINTS

**Show your appreciation for USG Members.** Though meaningful, the job often comes with a lot of hate mail and complaints which can be emotionally taxing. At the least, say thanks at class study breaks.

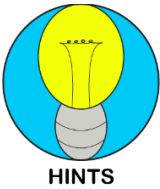


PROCEDURES

## ***How to Run for USG Office***

<b>Name:</b>	<b>Description:</b>
1. Choose Your Election Cycle	<ul style="list-style-type: none"> <li>• <b>Early Fall Semester</b> – When First Year Class Council gets elected.</li> <li>• <b>Late Fall Semester</b> – USG President and most Senate positions open.</li> <li>• <b>Late Spring Semester</b> – All class government and 10 U-Councilors elected.</li> </ul>
2. Petition to Be on the Ballot	<ul style="list-style-type: none"> <li>• <b>Follow the Rules</b> – Make sure to review the <a href="#">elections handbook</a> carefully.</li> <li>• <b>Get Signatures</b> – 50 needed for senior executive officers, 25 for class senators/officers.</li> <li>• <b>Don't Play Unfair</b> – Don't get an excessive number of signatures or start before allowed.</li> </ul>
3. Prepare to Campaign	<ul style="list-style-type: none"> <li>• <b>Plan Your Outreach</b> – How will you reach people? Listservs, group chats, etc.?</li> <li>• <b>Prepare Materials</b> – Create a website, flyer, etc. as allowed.</li> </ul>
4. Campaign	<ul style="list-style-type: none"> <li>• <b>Don't Spend Overbudget</b> – Or you'll get penalized.</li> <li>• <b>Don't Spend Before Campaign Time</b> – Also penalty.</li> <li>• <b>Don't Intimidate or Defame People</b> – That's not nice.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Don't Get 50+ Penalty Points</b> – Otherwise you'll be disqualified.</li> </ul>
5. Results	<ul style="list-style-type: none"> <li>• <b>Did You Win?</b> – Great, get ready for the work.</li> <li>• <b>Did You Lose?</b> – It's okay, you're still a great person for trying, and you can get involved in one of the appointed USG positions.</li> </ul>



**Want to ask the student body a question in a referendum?** It's a similar process to running as a candidate. [Chapter 15.7](#) has other tips for getting your problems addressed.

## 8.8) Environmental Groups and Sustainability



**Office of Sustainability Website:**

<https://sustain.princeton.edu/>

**OOS Student Groups:**

<https://sustain.princeton.edu/resources/sustainability-student-groups>

**OOS Zero Waste (Sustainability) Guide:**

<https://sustain.princeton.edu/resources/zero-waste>



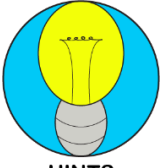
Office of  
**Sustainability**  
Princeton University

The logo for the Office of Sustainability.



## *Office of Sustainability Programs*

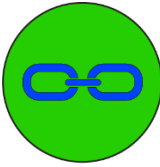
Name:	Description:
Sustainability Student Groups	<ul style="list-style-type: none"> <li>• <b>Advocacy Groups</b> – Like Princeton Environmental Activism Coalition or Princeton Student Climate Initiative.</li> <li>• <b>Environmental Appreciation</b> – From the Princeton Birding Society to the Conservation Society.</li> <li>• <b>Specific Activities</b> – The Bee Team takes care of bees, and Greening Dining makes dining more sustainable.</li> <li>• <b>Some are Also ODUS Groups</b> – This helps with getting funding.</li> </ul>
Sustainability Employee Groups	<ul style="list-style-type: none"> <li>• <b>Mend</b> – Reduce waste around clothing and fashion.</li> <li>• <b>Princeton Garden Project</b> – Run the 1.5-acre organic vegetable garden at 79 Alexander Street, next to Forbes.</li> <li>• <b>EcoReps</b> – “Ecology Representatives,” or just doing many things on campus to promote sustainability.</li> </ul>
Other OOS Programs	<ul style="list-style-type: none"> <li>• <b>Drink Local</b> – With <a href="#">a directory of the 250+ water bottle filling stations</a> around campus, to reduce water bottle waste.</li> <li>• <b>Campus as Lab</b> – Conduct <a href="#">independent work</a> projects or even experiment with the off-campus <a href="#">S.C.R.A.P.</a> composter.</li> </ul>



HINTS

**Where’s [Divest Princeton](#)?** Though they’ve had a notable presence on campus in recent years, they’re “a coalition of students, faculty, and alumni.” They are technically not an ODUS or OOS group. It does show that there can be an active campus presence without official group approval though.

## 8.9) Princeton Student Agencies



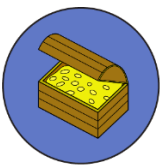
LINKS

**Princeton Student Agencies Website:**

<https://www.studentagencies.net/>

### *What Are Student Agencies?*

- Various services provided to students.
- Completely staffed by students.
- An opportunity to earn money as a worker.
- Tend to be pricy, but convenient, as a customer.



RESOURCES

### *Types of Student Agencies*

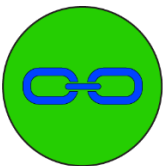
Name:	Description:
Coffee Club	<ul style="list-style-type: none"> <li>• <b>Campus Club Basement</b> – 5 Prospect Avenue.</li> <li>• <b>Hours</b> – Morning through early evening (e.g., 8 AM – 6 PM on M-F).</li> <li>• <b>Student Run Coffee Shop</b> – You can be a barista.</li> <li>• <b>Menu</b> – Coffee, iced drinks, specialty drinks, pastries.</li> </ul>



<p>Dorm Furnishings</p>	<ul style="list-style-type: none"> <li>• <b>Dorm Accessories</b> – Pricy but convenient.</li> <li>• <b>Delivered to Your Room</b> – Before arrival on campus.</li> <li>• <b>Mattresses and Approved Fridges</b> – Every room has a mattress by default, but fridges you otherwise must bring.</li> </ul>
<p>Formal Services</p>	<ul style="list-style-type: none"> <li>• <b>Professional Bartending</b> – For events where people are over 21.</li> <li>• <b>DJ Services</b> – Student DJ’s.</li> <li>• <b>Bartending 101 Class</b> – TIPS equivalent license, and you can also bartend for Princeton Reunions.</li> </ul>
<p>Laundry</p>	<ul style="list-style-type: none"> <li>• <b>Laundry 1-2 Days Per Week</b> – If you’re too busy, does not include breaks.</li> <li>• <b>How</b> – Leave laundry bag outside door, they clean it, fold it, and bring it back to you.</li> <li>• <b>Cost</b> - \$270 for one day a week, for a whole semester.</li> </ul>
<p>Moving &amp; Storage</p>	<ul style="list-style-type: none"> <li>• <b>Full-Service Storage</b> – Pick up things from your room, store it for the summer, and deliver to your fall dorm.</li> <li>• <b>Economy Box Storage</b> – Pack into boxes and store at one of four campus locations for the summer, then pick up in the fall.</li> <li>• <b>Bicycle Storage</b> – Drop off bike at one of four locations and pick up in the fall.</li> </ul>
<p>OneStudio</p>	<ul style="list-style-type: none"> <li>• <b>Design</b> – Illustrations, web design, branding.</li> <li>• <b>Video/Photo</b> – Video and photo editing.</li> <li>• <b>Publicity</b> – Email campaigns, social media content, project management.</li> <li>• <b>Cost</b> – Starting at \$26/hour.</li> </ul>
<p>Ring &amp; Frame</p>	<ul style="list-style-type: none"> <li>• <b>Class Rings</b> – For graduation.</li> <li>• <b>Frames</b> – For a diploma frame.</li> </ul>

Safeguards	<ul style="list-style-type: none"> <li>• <b>Security and Class Control</b> – for University sponsored events.</li> <li>• <b>What Events?</b> – Class functions, study breaks, concerts, sporting events, club events, etc.</li> <li>• <b>Cost</b> - \$35/hour</li> </ul>
Special Occasions	<ul style="list-style-type: none"> <li>• <b>Events</b> – Baked goods, flowers, balloons, care packages, delivered to dorms.</li> <li>• <b>Food?</b> – Cookies, cake, brownies, muffins, etc.</li> </ul>
Tiger Gear	<ul style="list-style-type: none"> <li>• <b>Custom Apparel and Memorabilia</b> – If you need a cool design.</li> </ul>
Water & Beverage	<ul style="list-style-type: none"> <li>• <b>Monthly Delivery Service</b> – Only specific dates.</li> <li>• <b>Goods</b> – Snacks, water coolers, and cases of drinks.</li> </ul>
Yearbook	<ul style="list-style-type: none"> <li>• <b>The Nassau Herald</b> – The official yearbook, but mostly for seniors.</li> <li>• <b>Cost?</b> – About \$100</li> </ul>

## 8.10) Other Student Leadership Roles



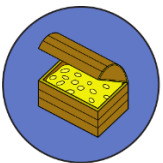
LINKS

**ODUS Listing of Leadership Programs**

<https://odus.princeton.edu/leadership>

**(A)RCA Application and Details:**

<https://odusapps.princeton.edu/rca/advinfophp>



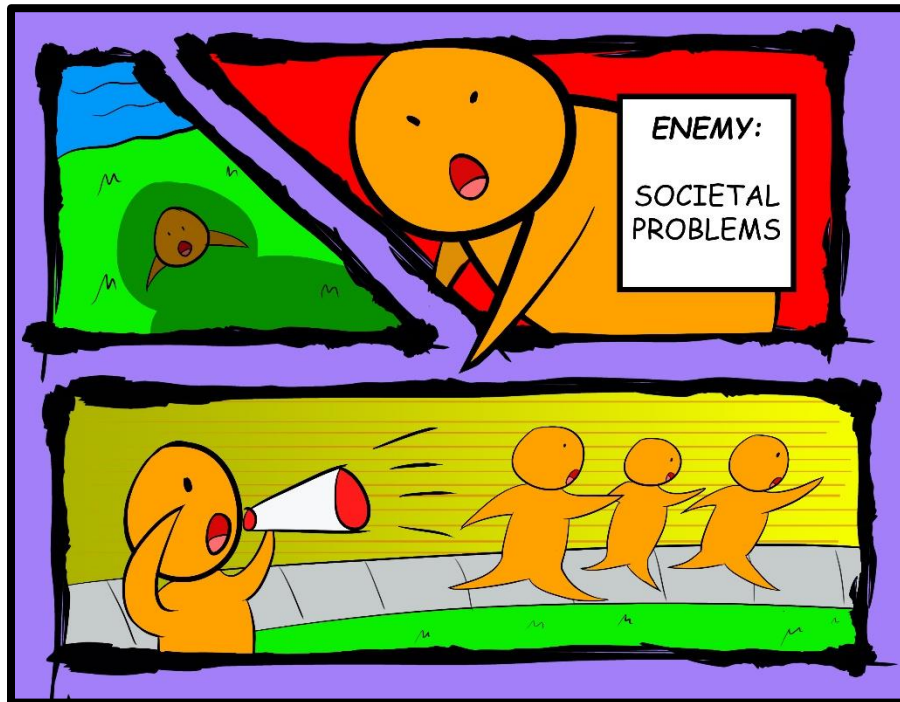
RESOURCES

***Student Life Leadership Opportunities***

Name:	Description:
Dorm Leaders (RCA’s, ARCA’s, DA’s)	<ul style="list-style-type: none"> <li>• <b>Check <a href="#">Chapter 2.9</a></b> – For details on these positions in the res colleges.</li> <li>• <b>Benefits</b> – Pay, meals, housing, and more. Competitive, especially for RCA’s.</li> <li>• <b>Upperclass Students</b> – Juniors and higher only (except PAA’s can be sophomores).</li> </ul>
Orientation Leaders	<ul style="list-style-type: none"> <li>• <b>Lead the Trips</b> – If you really want to go on OA, CA, or DDA all over again.</li> <li>• <b>No Experience Necessary</b> – You don’t need to have gone on OA to lead an OA trip, for example.</li> <li>• <b>OA Training</b> – More commitment than the others. 40 hours of first aid/technical skills training, followed by a week-long training trip to the woods.</li> <li>• <b>Meet New Friends</b> – Meet new people in the training process.</li> <li>• <b>Move-In Early</b> – For CA/DDA leaders, move in a few days before first-years for quick training, meals provided.</li> </ul>
Athletics Leaders	<ul style="list-style-type: none"> <li>• <b>Sports Club Leaders</b> – Supervisors and intramural student coordinators/supervisors.</li> <li>• <b>Student Athletics Wellness Leaders</b> – <a href="#">SAWL</a>’s are peer leaders that support healthy lifestyles among student-athletes.</li> <li>• <b>Health Professions Advising Jock Docs</b> – Advising for student athlete medical school applicants.</li> </ul>
Academic Advisors	<ul style="list-style-type: none"> <li>• <b>For Specific Academic Skills</b> – Get trained and improve the skills yourself.</li> <li>• <b>Examples</b> – Writing Center Fellows, McGraw Center Tutors, Health Professions Advising, Study Abroad Global Ambassadors, Princeton Correspondents on Undergraduate Research.</li> </ul>

<p>ROTC (Reserve Officers' Training Corps)</p>	<ul style="list-style-type: none"><li>• <b>Military Training</b> – <a href="#">Army</a> program at Princeton.</li><li>• <b>Rutgers Program</b> – Can go there for the <a href="#">Air Force</a> or <a href="#">Navy</a> programs.</li><li>• <b>Enroll in the Military</b> – After graduation and satisfying requirements.</li><li>• <b>Scholarships</b> – Apply to Princeton for ROTC, or if already a student, they will pay full tuition and fees, with a \$300-500 subsistence stipend and a \$600 book stipend per month.</li></ul>
<p>Issue-Based Advisors</p>	<ul style="list-style-type: none"><li>• <b>For Almost All Campus Programs</b> – There will be student leaders or workers.</li><li>• <b>Notable Examples</b> – <a href="#">Fields Center Fellows</a>, <a href="#">LGBTQIA Peer Educators</a>, <a href="#">International Center Leaders</a>, <a href="#">Religious Life Council</a>.</li></ul>

# Chapter 9: How to Be a (Club) Leader



*With a good leader, you can take on anything.*

## ***In this section you'll learn about:***

- How to be a leader.
- How to start a club.
- How to run a COOL meeting and manage student group events.
- Using the MyPrincetonU platform.

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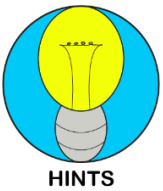
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### 9.1) Leadership Theory



**ODUS List of Leadership Programs:**

<https://odus.princeton.edu/leadership>



**You can learn a lot about leadership by training to be an orientation leader.**  
 In fact, most of the content in this chapter comes from the OA Leader’s Manual and the OA Leader training’s Leadership 101/102 classes.



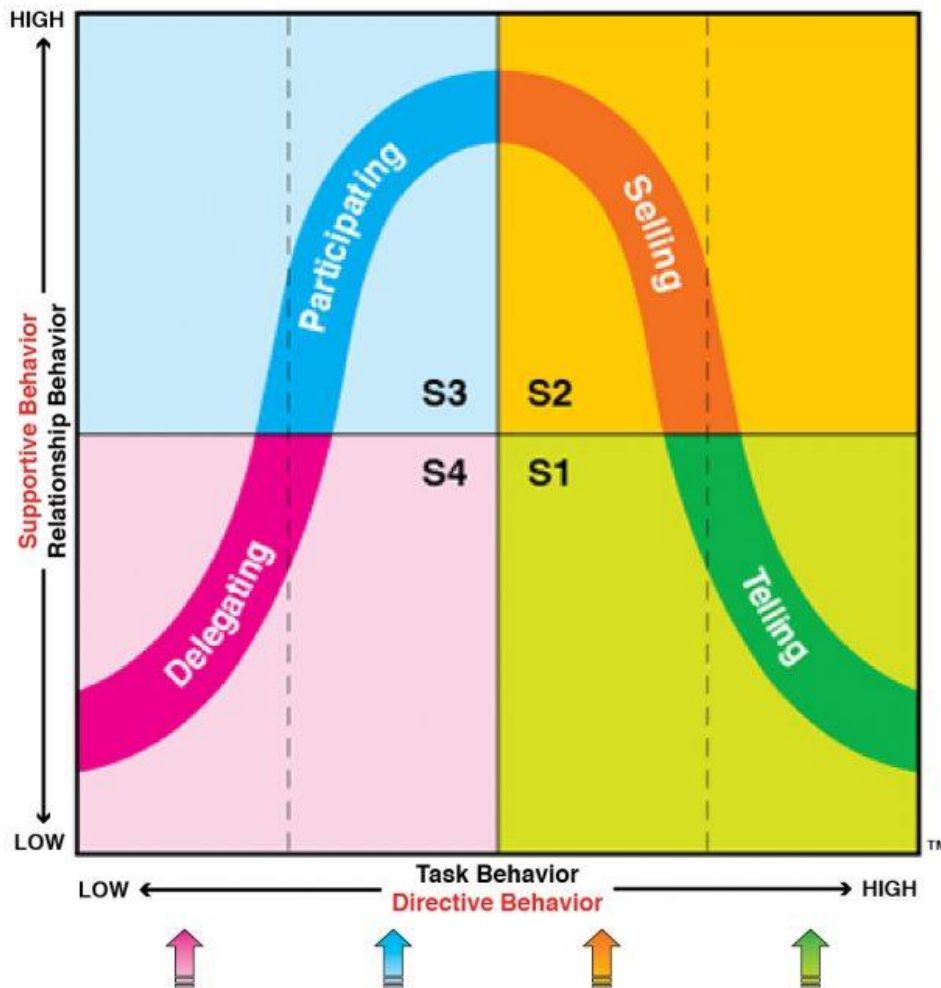
***What Does it Mean to Be a Leader?***

<b>Quality:</b>	<b>Description:</b>
-----------------	---------------------

Organizing Projects	<ul style="list-style-type: none"><li>• <b>Logistics</b> – It might not always be exciting preparing for projects, but preparation is always necessary.</li><li>• <b>Consistency</b> – People come to depend on you and keep the spirit and ideas of a group alive.</li><li>• <b>Flexible Leadership Styles</b> – Each group is unique, and depending on how they’re developed, you may need to approach leadership in a different way.</li></ul>
Leading People	<ul style="list-style-type: none"><li>• <b>Interpersonal Skills</b> – You learn how to manage people.</li><li>• <b>Managing Time</b> – Ensuring everyone has the time to do tasks, and that you have time as well.</li><li>• <b>Having Emotions</b> – You don’t need to be cold and stoic to lead well. In fact, be aware of your members’ emotions and your own so that everyone can be happy.</li></ul>

## Situational Leadership®

### Influence Behaviors



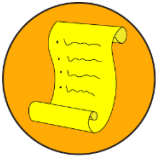
### Performance Readiness®

HIGH	MODERATE		LOW
R4	R3	R2	R1
Able and Confident and Willing	Able but Insecure or Unwilling	Unable but Confident or Willing	Unable and Insecure or Unwilling
Self Directed		Leader Directed	

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The Hershey-Blanchard Situational Leadership Model (Image [source](#)).

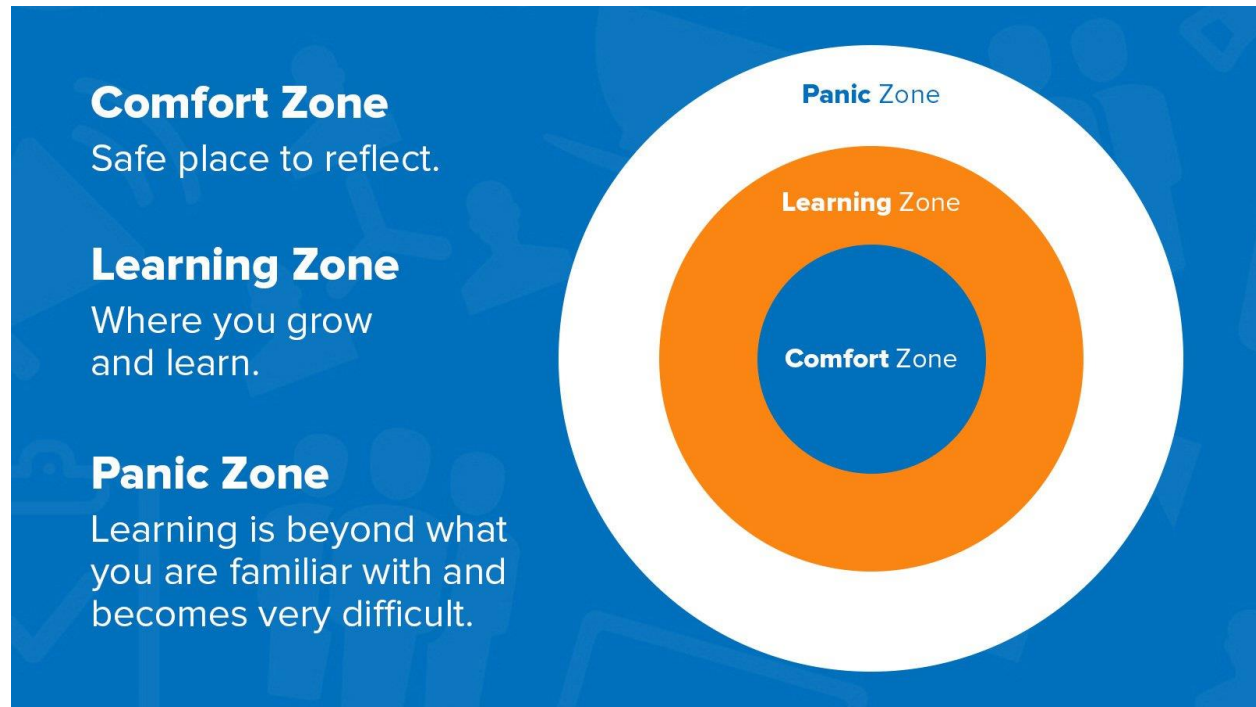




PROCEDURES

## ***Hersey-Blanchard Situational Leadership Model (Task-Relationship Model)***

<b>Stage:</b>	<b>Description:</b>
<b>Telling</b> (High Task, Low Relationship)	<ul style="list-style-type: none"> <li>• <b>High Task and Low Relationship</b> – Lots of directions on what to do, relationships not established yet.</li> <li>• <b>Early Stage</b> – Meeting for the first time.</li> <li>• <b>Confused Participants</b> – Tell them what they need to do.</li> </ul>
<b>Selling</b> (High Task, High Relationship)	<ul style="list-style-type: none"> <li>• <b>High Task and High Relationship</b> – Lots of direction and better relationships established.</li> <li>• <b>Eager Participants</b> – They’re “sold” on liking the task.</li> </ul>
<b>Participating</b> (Low Task, High Relationship)	<ul style="list-style-type: none"> <li>• <b>Low Task and High Relationship</b> – Less directions but good relationships.</li> <li>• <b>Establish Autonomy</b> – So good that they can start doing tasks on their own more.</li> </ul>
<b>Delegating</b> (Low Task, Low Relationship)	<ul style="list-style-type: none"> <li>• <b>Low Task and Low Relationship</b> – Less direction and no need for relationships with the (former) leaders.</li> <li>• <b>Transition of Power</b> – Participants are ready to be the new leaders of the group, if need be.</li> </ul>



Comfort, learning, panic zone (Image [Source](#))



PROCEDURES

## ***Building a Learning Environment***

<b>Zone:</b>	<b>Description:</b>
Comfort Zone	<ul style="list-style-type: none"> <li>• <b>Familiar Tasks</b> – No learning.</li> <li>• <b>Time to Reflect</b> – If returning to the comfort zone from the other zones.</li> </ul>
Learning Zone	<ul style="list-style-type: none"> <li>• <b>A Little Challenging</b> – Not completely comfortable, but a little discomfort is necessary for learning.</li> <li>• <b>Ideal Zone</b> – Area of personal growth.</li> </ul>
Panic Zone	<ul style="list-style-type: none"> <li>• <b>Too Challenging</b> – Stressful or painful for the person.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Zone It Back</b> – Go back to the learning zone or go to the comfort zone to debrief.</li> </ul>
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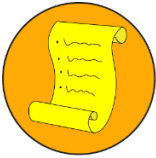
## 9.2) Settling Conflicts



STRATEGIES

### *How to Be an Active Listener*

Strategy:	Description:
Don't Talk All the Time	<ul style="list-style-type: none"> <li>• <b>Don't Interrupt</b> – Give people a few seconds after they finish speaking in case they want to finish their thought.</li> <li>• <b>Respond Honestly</b> – Speak about your own experiences to make it feel more conversational, but don't overdo it (i.e., more than 50% of speaking time).</li> </ul>
Ask Open-Ended Questions	<ul style="list-style-type: none"> <li>• <b>Don't Ask Yes/No Questions</b> – People won't elaborate if they just respond with "Yes" or "No."</li> <li>• <b>Ask People to Describe</b> – Try starting sentences with "tell me..." or "describe how..."</li> </ul>
Acknowledge What the Other Person is Saying	<ul style="list-style-type: none"> <li>• <b>Repeat Back</b> – If they complain about classes, something like, "Yeah, classes are hard, and..."</li> <li>• <b>Be Careful with "But"</b> – It might sound like you're ignoring how the other person feels. A "perhaps" or other conjunction might work better.</li> </ul>

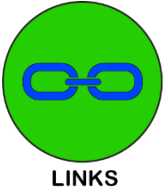


PROCEDURES

## How to Settle Conflicts: VOMP

Step:	Description:
Voice	<ul style="list-style-type: none"> <li>• <b>Speak Up</b> – When something bothers you, or no one will ever know.</li> <li>• <b>Be Honest</b> – Lying will just lead to the wrong solution.</li> </ul>
Ownership	<ul style="list-style-type: none"> <li>• <b>Your Feelings Are Valid</b> – It’s okay to say, “I’m mad.”</li> <li>• <b>Responsibility for Actions</b> – Own up to things you chose to do (e.g., if you shoved someone because you were mad, you are responsible, while acknowledging other factors).</li> <li>• <b>This Includes Alcohol Use</b> – Using alcohol does not preclude you from responsibility for your actions.</li> </ul>
eMpathy	<ul style="list-style-type: none"> <li>• <b>Consider the Others’ Feelings</b> – Maybe it was midterms week, and everybody was stressed.</li> <li>• <b>What Would You Have Done?</b> – If you would have done the same, then maybe have some mercy on them.</li> </ul>
Plan	<ul style="list-style-type: none"> <li>• <b>Apologize</b> – If necessary and do better in the future.</li> <li>• <b>Take Actionable Steps</b> – What will you do if this happens again? Handle it responsibly.</li> </ul>

## 9.3) Getting a New Club Approved



**ODUS/USG Club Approval:**

<https://usg.princeton.edu/club-approval>

**Pace Center: Propose a New Service Group**

<https://pace.princeton.edu/how/propose-new-service-group>

**Student Group Budget Template:**

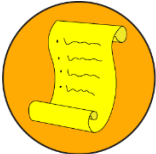
[Link here.](#)



***Benefits of Getting a Club Approved***

Name:	Description:
Funding	<ul style="list-style-type: none"> <li>• <b>A Group Account</b> – Helpful for managing finances among members.</li> <li>• <b>USG Funding</b> – Projects Board and Alcohol Initiative funding open to you.</li> <li>• <b>Pace Seed Funding</b> – Starting a Pace group puts \$200 in the group account.</li> </ul>
Activities Fair Eligible	<ul style="list-style-type: none"> <li>• <b>Visibility</b> – The Activities Fair is when many people sign up for clubs.</li> <li>• <b>Can Be Worked Around</b> – Advertising on listservs/social media still gets you out there.</li> </ul>
The Email Account	<ul style="list-style-type: none"> <li>• <b>An @princeton.edu Email Address</b> – With your group’s name and custom netid.</li> <li>• <b>Legitimacy</b> – If working with groups outside the University, an @princeton.edu shows you are a real group.</li> <li>• <b>Outreach</b> – You can sign up for Princeton listservs (unlike a custom Gmail you might make).</li> </ul>

Semester Training	<ul style="list-style-type: none"> <li>• <b>President/Treasurer Training</b> – Must be completed every semester to stay active.</li> <li>• <b>Stay Updated to Policy</b> – Sometimes ODUS puts new rules in place or has new opportunities for outreach.</li> </ul>
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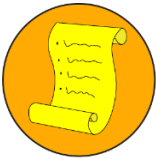


PROCEDURES

## *How to Get a Club ODUS/USG Approved*

<b>Step:</b>	<b>Description:</b>
1. Consider What Makes a Good Application	<ul style="list-style-type: none"> <li>• <b>Viability</b> – If the group might conflict with University rules, if similar groups already exist, general interest in the student body.</li> <li>• <b>Quality Responses</b> – Put thought and be clear about the goals of the group.</li> </ul>
2. Fill Out the Forms	<ul style="list-style-type: none"> <li>• <b>Petition</b> – Get about 50 students to sign this. Use the res college listservs or ask friends.</li> <li>• <b>Student Group Constitution</b> – Lay out the rules of the club. You’re not obligated to follow it word for word but helps with initial planning.</li> <li>• <b>SGC Questionnaire</b> – Any additional questions the committee might have for you, depending on semester.</li> </ul>
3. Schedule a Meeting with the SGRC	<ul style="list-style-type: none"> <li>• <b>SGRC?</b> – Student Group Recognition Committee, a branch of USG.</li> <li>• <b>WASE</b> – Search for SGRC.</li> <li>• <b>Monthly Meetings</b> – First Friday of every month, 4-6 PM.</li> </ul>

<p>4. Have Your Meeting</p>	<ul style="list-style-type: none"> <li>• <b>Don't Get Intimidated</b> – There may be about 5-10 students present, but they're not here to tear down your dreams.</li> <li>• <b>Answer Honestly</b> – They're here to catch problems early.</li> <li>• <b>Wait for Approval</b> – Usually a week or two after the meeting.</li> </ul>
<p>5. Go to the Orientation Meeting</p>	<ul style="list-style-type: none"> <li>• <b>Set Up Email/Budget</b> – All student groups get a @princeton.edu email address.</li> <li>• <b>Not Necessary for Pace/Religious Life Groups</b> – They have their own processes and budgets.</li> </ul>

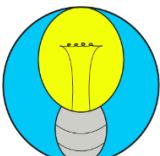


PROCEDURES

## *How to Get a Pace Group Approved*

Step:	Description:
<p>1. Talk to a Staff Member at Pace</p>	<ul style="list-style-type: none"> <li>• <b>Guidance</b> – They can help you work out your ideas before submitting a form.</li> </ul>
<p>2. Submit the New Service Group Proposal Form</p>	<ul style="list-style-type: none"> <li>• <b>What Kind of Group?</b> – Choose between sustained service group (Student Volunteers Council), or advocacy student group.</li> <li>• <b>Goals</b> – What are the goals of your group?</li> <li>• <b>Community Partners</b> – Have you made any connections yet?</li> <li>• <b>Resources?</b> – Do you need things to do the service (e.g., transportation?)</li> <li>• <b>No Petition</b> – Just a form.</li> </ul>

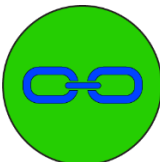
<p>3. Be Patient</p>	<ul style="list-style-type: none"> <li>• <b>Submit Form Early</b> – The process can take a few weeks to a few months.</li> <li>• <b>Pace Center Meeting</b> – They need to approve it in a meeting and may be a while before the next meeting.</li> <li>• <b>Follow-Up Meetings</b> – Pace Center staff may want to talk to you more about it.</li> <li>• <b>Use the Downtime</b> – Prepare materials for your group while waiting (e.g., schedules, community partner relations, etc.).</li> </ul>
<p>4. After Approval</p>	<ul style="list-style-type: none"> <li>• <b>On-Boarding Meeting</b> – They will set up finances and the group email account with you.</li> <li>• <b>Seed Funding</b> – You start with \$200 in the student group account.</li> <li>• <b>Consider ODUS Approval</b> – If you want to be eligible for USG funds, you will need to go through their process too.</li> </ul>



HINTS

**You can start clubs as a first year!** Check to see if anyone is doing the same thing as you are though. People will appreciate your initiative, and you’ll become a better club member through knowing how to lead.

## 9.4) Establishing a Healthy Club and Officer Board

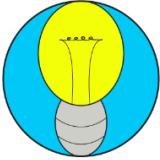


LINKS

**WhenIsGood (Scheduling App):**

<https://whenisgood.net/>





HINTS

**If you don't have officers for the next year, your club is dead.** That is why being active each semester is crucial.



STRATEGIES

## ***Strategies to Keep Your Club Alive***

<b>Strategy:</b>	<b>Description:</b>
Gain New Members Each Semester	<ul style="list-style-type: none"> <li>• <b>Recruit Heavily at the Beginning of Each Semester</b> – Especially fall semester, to get new first years at the activities fair.</li> <li>• <b>Add People to the Club Listserv</b> – People on the listserv may eventually join years later or spread the word about your events.</li> <li>• <b>Establish Initial Officer Core</b> – If the club is completely new, get some friends to temporarily fill officer slots until elections.</li> <li>• <b>Don't Do Everything Yourself</b> – May be tempting to have a greater degree of control, but you also have homework to do. Delegate when possible.</li> </ul>
Make a Strong First Impression	<ul style="list-style-type: none"> <li>• <b>Strong Initial Advertising</b> – Convinces people to come.</li> <li>• <b>Strong First Meeting</b> – Convinces people to stay in the club.</li> </ul>
Have Regular Meetings	<ul style="list-style-type: none"> <li>• <b>Consistent Day/Time</b> – This ensures that people can block out times in their schedule for meetings.</li> <li>• <b>Send Out a WhenisGood</b> – Send early in the semester for new prospective members, or just for officers.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Establish Familiarity</b> – People like consistent connection in their lives.</li> </ul>
<p>Establish Communication Channels</p>	<ul style="list-style-type: none"> <li>• <b>GroupMe</b> – The usual group chat app.</li> <li>• <b>Slack/Discord</b> – Keep activity busy and organized, otherwise it will quickly become dead. More recommended for larger organizations.</li> <li>• <b>MyPrincetonU?</b> – Has a chat feature that can be used with any Princeton student, but currently not very used.</li> <li>• <b>Not iMessage</b> – Because that excludes anyone that doesn't have an iPhone.</li> <li>• <b>Not Email Threads</b> – Sending out general emails to inform people is okay, but don't have full discussions over email; people will get annoyed and unsubscribe from the listserv.</li> </ul>
<p>Set up a Shared Google Drive</p>	<ul style="list-style-type: none"> <li>• <b>Save Meeting Notes</b> – Make sure someone takes notes at every meeting to record what the club does over time.</li> <li>• <b>Sign-Up Google Forms</b> – If you have not switched to MyPrincetonU for forms.</li> <li>• <b>Media</b> – Pictures at events or logos for design.</li> </ul>
<p>Have 1-2 Events Per Semester at Minimum</p>	<ul style="list-style-type: none"> <li>• <b>Gives Members Something to Do</b> – If nothing happens, people are going to go to other clubs.</li> <li>• <b>Give Members Chances to Lead Activities</b> – This prepares them if they want to become an officer later.</li> <li>• <b>Test Out New Ideas</b> – Especially new clubs, test out different projects and establish regular traditions that are easy for future members to replicate.</li> </ul>
<p>Elect or Appoint New Officers</p>	<ul style="list-style-type: none"> <li>• <b>Officer Positions Create Commitment</b> – People feel like they are important and know their job.</li> <li>• <b>Create New Officer Positions</b> – If someone is really dedicated, let them choose their own job title.</li> <li>• <b>Elections</b> – Allow dedicated members to pick positions, but also open elections to the whole listserv; sometimes lurkers are waiting for the chance to get involved.</li> </ul>

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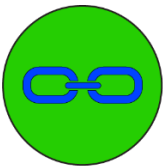


## *Officer Positions to Consider*

Name:	Description:
(Co-) Presidents	<ul style="list-style-type: none"> <li>• <b>In Charge</b> – The most important position.</li> <li>• <b>Most Work Early on</b> – When members are more comfortable, they can take on more work (see: Situational Leadership Model in Section 9.1).</li> <li>• <b>Be Decisive</b> – Everyone looks to you to make the decision, so sometimes you just need to do it.</li> <li>• <b>Required for ODUS Clubs</b> – President training every semester, to be updated on ODUS regulations.</li> </ul>
Vice President	<ul style="list-style-type: none"> <li>• <b>Another Person to Talk to</b> – Helpful for the president, without as much of the commitment.</li> </ul>
Treasurer	<ul style="list-style-type: none"> <li>• <b>Money Matters</b> – Which can easily get complicated.</li> <li>• <b>See Chapter 12</b> – For tips on navigating the money system at Princeton.</li> </ul>
Executive Board	<ul style="list-style-type: none"> <li>• <b>Equal Leading Members</b> – A more equal leadership structure.</li> <li>• <b>Equality Isn't Always Better</b> – This structure tends to lead to indecision since no one wants to make decisions without everyone else agreeing.</li> </ul>
Social Chair	<ul style="list-style-type: none"> <li>• <b>Social Media</b> – Outreach and branding.</li> <li>• <b>Club Spirit</b> – Organize social events. Bonding experiences lead to better member retention.</li> </ul>

Design Chair	<ul style="list-style-type: none"> <li>• <b>Design Gear</b> – If you want your members to have t-shirts and such.</li> <li>• <b>Graphic Design</b> – For posters, especially important to get a good first impression.</li> </ul>
Communications Chair	<ul style="list-style-type: none"> <li>• <b>Advertising</b> – On the listservs and elsewhere.</li> <li>• <b>Outreach to Other Groups</b> – For collaborations.</li> </ul>
[Any Project] Manager	<ul style="list-style-type: none"> <li>• <b>Easy to Make Position</b> – Helps get new members involved.</li> <li>• <b>Depends on the Club</b> – Whatever sounds cool.</li> </ul>

## 9.5) Advertising a Club or Events



LINKS

**Subscribe/Add Members to the Listservs (Email List):**

<https://lists.princeton.edu>

**TigerBook:**

<https://tigerbook.herokuapp.com/>

**LIPService Guide to Writing Listserv Emails:**

[https://docs.google.com/document/d/1F6-pEWQZx3MevAJI\\_KbadAArt7LPDxmg59QsZgyzEU/edit#heading=h.c3f8b8leik4r](https://docs.google.com/document/d/1F6-pEWQZx3MevAJI_KbadAArt7LPDxmg59QsZgyzEU/edit#heading=h.c3f8b8leik4r)



STRATEGIES

***Ways to Advertise Your Clubs or Events***

Method:	Description:
The Activities Fair	<ul style="list-style-type: none"> <li>• <b>Early Fall Semester</b> – Prepare for this over the summer.</li> <li>• <b>Extremely Crucial</b> – This is your best chance to recruit people, before they are committed to other clubs.</li> <li>• <b>Have a Sign-Up Form</b> – Asking people to include their name, netid, and class year. Include a fun question to get to know them better. The netid is most important for adding them to the listserv.</li> <li>• <b>Have a Good Booth</b> – Make sure someone is always standing by and bring a well-decorated trifold or interesting exhibit.</li> <li>• <b>Showcase Upcoming Events</b> – So people are inclined to come, even if they don’t become members.</li> </ul>
Res College Listservs	<ul style="list-style-type: none"> <li>• <b>See <a href="#">Chapter 3.4</a></b> – For in-depth details.</li> <li>• <b>Send to All 6 Listservs</b> – Missing even one means missing literal hundreds of Princeton students.</li> <li>• <b>Subscribing/Adding Members</b> – Go to lists.princeton.edu, and login with club @princeton.edu email.</li> <li>• <b>If You Don’t Have Someone’s Netid</b> – Find it on TigerBook, and then you can subscribe them to the listserv.</li> <li>• <b>Send Reminder Emails</b> – Send your email out a week before the event, then send a reminder “bump” email by replying to your email 1-2 days before.</li> <li>• <b>Don’t Spam</b> – No more than 2-3 emails about a single event.</li> <li>• <b>Write a Good Email</b> – See the Table Below.</li> </ul>
Class Facebook Pages	<ul style="list-style-type: none"> <li>• <b>Post to the First Year Page</b> – It is by far the most active.</li> <li>• <b>Post to All Four</b> – To ensure maximum outreach.</li> </ul>

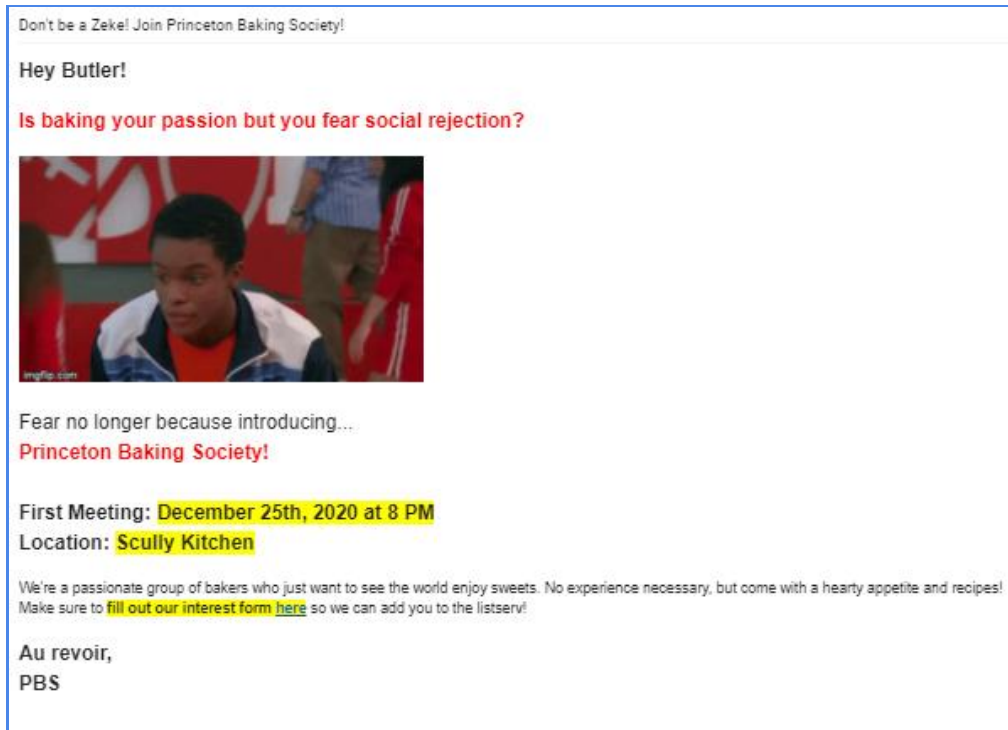
<p>Other Ways of Spreading the Word</p>	<ul style="list-style-type: none"> <li>• <b>Physical Posters</b> – If placed in strategic locations. USG will give you a certain amount of free color printed posters if you ask them.</li> <li>• <b>Eating Club/Academic Listservs</b> – If subscribed.</li> <li>• <b>Facebook Events</b> – For major events for the club, invite all Princeton people you know and ask members to invite people too.</li> <li>• <b>Word of Mouth</b> – Convince your friends that your clubs are fun.</li> <li>• <b>The Frist Electronic Billboard</b> – <a href="#">Free to sign up here</a>, but not particularly effective.</li> </ul>
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This list is nearly identical to the list of ways of being informed in [Chapter 3.5...](#) and [Chapter 8.1](#). The ways you stay informed are conversely also the places that you want to reach people. Mentioning these information channels indeed bears stressing three times over.



## *How to Write a Good Email*



(Note: There is no Princeton Baking Society; I made it up).

<b>Strategy:</b>	<b>Description:</b>
Emphasize Readability	<ul style="list-style-type: none"> <li>○ <b>Use Good Spacing</b> – Small paragraphs.</li> <li>○ <b>Colors</b> – Make important info pop, but make sure it is readable on a white background.</li> <li>○ <b>Bold, Highlighting, Font Size</b> – For key info.</li> </ul>
Use Good Visuals	<ul style="list-style-type: none"> <li>● <b>Images</b> – Reduce the number of words to convey the point.</li> <li>● <b>GIF's</b> – Fun and add personality.</li> </ul>
Personality	<ul style="list-style-type: none"> <li>● <b>Appeal to the College Student</b> – They all love High School Musical, apparently.</li> <li>● <b>Professionalism</b> – You can be casual in most emails.</li> </ul>
Concision	<ul style="list-style-type: none"> <li>● <b>Short Subject Line</b> – Hooks people in.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Descriptive</b> – State the name of the club or event in the subject line.</li> </ul>
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STRATEGIES

## How to Write a Bad Email

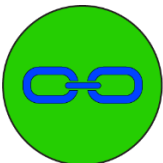


Strategy:	Description:
Distracting Visuals	<ul style="list-style-type: none"> <li>• <b>Multicolored Text</b> – Can be hard to read.</li> <li>• <b>Colored Highlighting</b> – Besides yellow, hurts to look at.</li> <li>• <b>Different Sized Text Mid-Paragraph</b> – Looks messy.</li> </ul>
Being Wordy	<ul style="list-style-type: none"> <li>• <b>Walls of Text</b> – Are hard to read.</li> </ul>



	<ul style="list-style-type: none"> <li>• <b>Long Subject Lines</b> – Don’t fit in the email preview.</li> <li>• <b>Irrelevant Body</b> – We don’t need to know the whole origin story of your club in the email.</li> </ul>
Messing Up Key Details	<ul style="list-style-type: none"> <li>• <b>Bad Grammar</b> – Just looks bad.</li> <li>• <b>No Meeting Location</b> – Someone is going to ask, and then you will have to send a correction email later.</li> <li>• <b>The Wrong People</b> – This email is addressed to the Whitman listserv, but says, “Hey Butler!”</li> </ul>

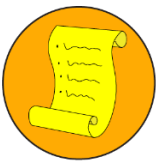
## 9.6) How to Run a Meeting



LINKS

ODUS Listing of Leadership Programs

<https://odus.princeton.edu/leadership>



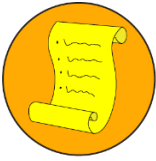
PROCEDURES

### *How to Run a COOL Meeting*

(For the record, COOL meetings is an original LIPService idea.)

Strategy:	Description:
Concise	<ul style="list-style-type: none"> <li>• <b>Send Basic Info in an Email</b> – This cuts down the amount of lecturing you need to do.</li> <li>• <b>Focus on Active Participation</b> – Don’t just make them listen, make them come up with ideas, do tasks, etc.</li> <li>• <b>Keep It Under an Hour</b> – Unless a long event, in which you should take hourly breaks.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Don't Get Too Sidetracked</b> – Okay to have fun, side discussions, but don't forget your meeting goals.</li> </ul>
<p><b>Organized</b></p>	<ul style="list-style-type: none"> <li>• <b>Plan Meetings Beforehand</b> – Meet up with officers 30 minutes before meetings or in an initial planning meeting.</li> <li>• <b>Keep Organized Meeting Notes</b> – Try using a template like the LIPService Meeting Notes Template here. Make sure someone is writing notes.</li> <li>• <b>Don't Expect to "Improv" It</b> – That leads to confusion and makes the meeting harder to run concisely.</li> <li>• <b>Have a Backup Plan</b> – If initial ideas don't pan out, have an alternative activity members can work on.</li> </ul>
<p><b>Open</b></p>	<ul style="list-style-type: none"> <li>• <b>Announce Meetings in Advance</b> – No one will show up if you announce it only the day of.</li> <li>• <b>Send Meeting Reminders</b> – Even if you have regular biweekly meetings, send a reminder a couple days before.</li> <li>• <b>Keep Disabilities in Mind</b> – Hard of seeing, wheelchair accessibility, etc.</li> <li>• <b>No Discrimination</b> – Treat everyone with respect, even if they are inexperienced. Help members learn if they accidentally disrespect people.</li> <li>• <b>Allow Opportunities to Speak</b> – Give time for people to say what they like or bring quieter members into the discussion by asking for their opinions.</li> </ul>
<p><b>Looking Forward</b></p>	<ul style="list-style-type: none"> <li>• <b>Make Progress</b> – If you conclude the meeting with "we'll think about it more," you didn't get far, because meetings are for thinking.</li> <li>• <b>Set a Timeline and Actionable Goals</b> – What can members look forward to soon? The far future?</li> <li>• <b>Assign Tasks</b> – Giving people specific responsibilities keeps them engaged. Give easier tasks to newer members, advanced tasks to dedicated members.</li> </ul>



PROCEDURES

## Sample Meeting Structure

Strategy:	Time:	Tasks:
Introductions	5-10 Minutes	<ul style="list-style-type: none"> <li>• <b>Wait for Stragglers</b> – Sometimes people come to meetings 1-2 minutes late.</li> <li>• <b>Introduce Self</b> – Name, pronouns, class year, potential major, and an answer to the icebreaker question.</li> <li>• <b>The Icebreaker Question</b> – Get creative, can be or not be related to the club. Example: what ice cream flavor would you want a brownie to taste like?</li> </ul>
Go Over the Agenda	1-2 Minutes	<ul style="list-style-type: none"> <li>• <b>Let People Know What’s Happening</b> – If they need to leave early, they know what they missed.</li> </ul>
Meeting Activities	40 Minutes	<ul style="list-style-type: none"> <li>• <b>Introduce the Topic</b> – A new event to plan for, brainstorming, etc.</li> <li>• <b>Everyone Participates</b> – And call on quieter people to talk too.</li> </ul>
Closing and Assigning Tasks	5-10 Minutes	<ul style="list-style-type: none"> <li>• <b>Recap</b> – What happened during this meeting? What’s next?</li> <li>• <b>Assign Tasks</b> – Make sure everyone knows what they should do next.</li> <li>• <b>Keep in Contact</b> – Make sure new members are signed up to be in communication.</li> </ul>

		<ul style="list-style-type: none"> <li>• <b>Officer Debrief</b> – Go over what went well for the meeting and consider what to put in any recap emails to the listserv.</li> </ul>
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## 9.7) How to Run Events and Get Funding



**ODUS Event Policies:**

<https://odus.princeton.edu/activities/organizations/policies/events>

**CLEVER**

<https://clever.princeton.edu/>

**ODUS How to Plan an Event:**

<https://odus.princeton.edu/activities/organizations/planning>

**Concur (Financial Reimbursements):**

<http://princeton.edu/concur>

**Prime (Financial Balance):**

<https://prime.princeton.edu/>

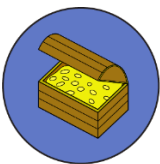


### *How to Run a Club Event*

<b>Step:</b>	<b>Description:</b>
1. Who, What, When, Where, and Why?	<ul style="list-style-type: none"> <li>• <b>Who?</b> – How many people are estimated to attend?</li> <li>• <b>What?</b> – Sum up the event in a title, for advertising purposes.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>When?</b> – Decide on a date as soon as possible to start planning.</li> <li>• <b>Where?</b> – A venue for the event?</li> <li>• <b>Why?</b> – What purpose will this event serve? Will it grow the club? Advocate for a special issue?</li> </ul>
<p>2. Who is Helping You?</p>	<ul style="list-style-type: none"> <li>• <b>Number of Helpers?</b> – The more the better. Extra people can be participants that report back with feedback after the event.</li> <li>• <b>Skilled People?</b> – Do you have someone with graphic design skills? Money managing skills? Ask members to find people with these skills if they don't.</li> <li>• <b>Dedicated People?</b> – More dedicated members can take on more roles.</li> <li>• <b>Scaling Down the Event?</b> – If you don't have enough people to run the event.</li> <li>• <b>Collaborations?</b> – Reach out to similar student groups to see if they want to help or co-sponsor.</li> </ul>
<p>3. Get Materials</p>	<ul style="list-style-type: none"> <li>• <b>Make a List</b> – Food? Renting out space? Audio equipment?</li> <li>• <b>Shopping Trip</b> – Shopping as a member bonding experience. U-Store, Nassau Street, and the Saturday Shopper route are all nearby (see Chapter 2.3).</li> <li>• <b>Order Online</b> – Make sure to account for shipping time.</li> <li>• <b>Check Budget</b> – Check on Prime (not Amazon Prime).</li> <li>• <b>No Spending Your Own Money</b> – Banned, as to not disadvantage low-income students.</li> <li>• <b>Reimbursements</b> – See Chapter 12 on how to use Concur.</li> </ul>
<p>4. Get Funding</p>	<ul style="list-style-type: none"> <li>• <b>Prepare a Budget</b> – Before you ask anyone to fund you.</li> <li>• <b>Ask Early</b> – At least a month before the event because people need time to consider finances.</li> <li>• <b>See Table Below</b> – For funding sources.</li> </ul>

<p>5. Register the Event</p>	<ul style="list-style-type: none"> <li>• <b>CLEVER</b> – The Campus Life Event Registration System. Try to register events here, but there’s no major penalty for forgetting.</li> <li>• <b>Register to Use Club Funds</b> – Or to get certain kinds of funding.</li> <li>• <b>MyPrincetonU</b> – Registering events here allow students to sign up easily but doesn’t replace CLEVER.</li> </ul>
<p>6. Advertise</p>	<ul style="list-style-type: none"> <li>• See <a href="#">Chapter 3.5</a> – For most advertising avenues.</li> <li>• See <a href="#">Chapter 9.5</a> - For club-specific advertising.</li> <li>• <b>The Res College Listservs Again</b> – It cannot be stressed enough that failing to reach the res college listservs will hurt outreach drastically.</li> </ul>
<p>7. Prepare and Run the Event</p>	<ul style="list-style-type: none"> <li>• <b>Show Up Early</b> – To ensure that everything is working correctly, and every helper is present.</li> <li>• <b>Review the Plan</b> – And make sure everybody knows it.</li> <li>• <b>Adapt</b> – If something goes wrong (and it will), don’t panic. Move past it, come up with an alternative, ask for advice from club members.</li> </ul>
<p>8. Debrief</p>	<ul style="list-style-type: none"> <li>• <b>Review</b> – What happened during the event?</li> <li>• <b>Lessons</b> – What can we learn from what happened?</li> <li>• <b>The Future</b> – What can be done better in the future?</li> </ul>

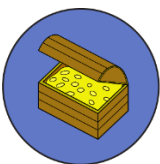


RESOURCES

## Venues for Events

Name:	Description:
Theatres and Stages on Campus	<ul style="list-style-type: none"> <li>• <b>Theatre InTime</b> – Next to Murray Dodge Hall.</li> <li>• <b>The Butler Theatre</b> – Nice performing stage.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>The Forbes Blackbox Theatre</b> – Small but homey.</li> <li>• <b>Frist Campus Center Theatre</b> – Capacity for many seats, for larger shows.</li> <li>• <b>Richardson Auditorium</b> – For massive University events.</li> <li>• <b>McCarter Theatre</b> – For performances to the greater Princeton community.</li> <li>• <b>Lewis Center for the Arts</b> – Near Forbes, for smaller, intimate performances. Good for workshops.</li> <li>• <b>Woolworth Hall Stage</b> – The music building.</li> </ul>
Random Classrooms	<ul style="list-style-type: none"> <li>• <b>Reserve in Advance</b> – Use the <a href="#">EMS web application</a> to reserve spaces in general.</li> <li>• <b>Frist Campus Center Rooms</b> – Almost all the 200 level buildings are open for students.</li> <li>• <b>Woolworth Music Building Rooms</b> – The music practice rooms are a quick dose of privacy.</li> </ul>
Outside	<ul style="list-style-type: none"> <li>• <b>The Zodiac Heads</b> – Outside of New South.</li> <li>• <b>Blair Arch</b> – The biggest arch on campus</li> <li>• <b>1879 Arch</b> – Near 1879 Hall, north of Frist Campus Center, look to your right.</li> </ul>



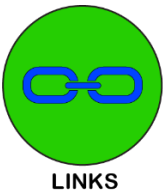
RESOURCES

## *Funding Sources for Events*

<b>Name:</b>	<b>Description:</b>
Alcohol Initiative	<ul style="list-style-type: none"> <li>• <b>ODUS Approval Needed</b> – Provided by USG.</li> <li>• <b>Thursday-Saturday Night Events</b> – When there is the biggest chance of high-risk drinking.</li> <li>• <b>Don't Provide Alcohol</b> – To be eligible.</li> </ul>

Projects Board	<ul style="list-style-type: none"> <li>• <b>ODUS Approval Needed</b> – Provided by USG.</li> <li>• <b>Most Flexible</b> – Pretty much anything if it is open to the whole student body.</li> </ul>
Academic Departments and Certificates	<ul style="list-style-type: none"> <li>• <b>If Relevant</b> – E.g., ask the English department to fund readings.</li> <li>• <b>Campus Offices</b> – May also fund if appropriate.</li> </ul>
ODUS Conference Fund	<ul style="list-style-type: none"> <li>• <b>For Off-Campus</b> – Events and conferences.</li> </ul>
Fundraising	<ul style="list-style-type: none"> <li>• <b>Bake Sales?</b> – Or “candy-grams,” or “care packages,” anything that students will want to buy.</li> <li>• <b>For Raising Money</b> – To donate to pertinent causes (e.g., disaster relief).</li> <li>• <b>Not Really for Covering Costs</b> – Usually someone at Princeton is willing to cover your event expenses.</li> </ul>
Alumni Donations	<ul style="list-style-type: none"> <li>• <b>Only Allowed from July 1<sup>st</sup> – Dec. 31<sup>st</sup></b> – Not allowed during alumni giving season, to prevent competition.</li> <li>• <b>Don’t Reach Out to Alums Directly</b> – Ask ODUS first.</li> </ul>

## 9.8) MyPrincetonU’s Features



**MyPrincetonU (CampusGroups Platform):**

<https://my.princeton.edu/groups>

**MyPrincetonU Training Video Recordings:**

<https://odus.princeton.edu/mputrainings>

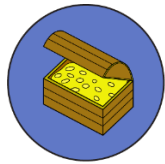
**Creating an Event in MyPrincetonU (Social Distancing Version):**

[Link here.](#)





MyPrincetonU, the platform to learn more about student organizations... and a lot more. Each student group gets its own page and features.



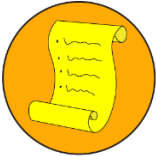
RESOURCES

## *Major Features of MyPrincetonU*

Name:	Description:
Send Emails	<ul style="list-style-type: none"> <li>• <b>Send Emails to All Members</b> – Or you can specify which members to send emails to.</li> <li>• <b>Replacing Listservs</b> – For clubs. You should still know how to use listservs for the res college listservs.</li> <li>• <b>Read Receipts</b> – You can see who has opened your emails, and how many times. Resend emails to people who don't open them.</li> </ul>
Add Members	<ul style="list-style-type: none"> <li>• <b>Add Members Manually</b> – Write in their email address and name.</li> <li>• <b>Add Members Through Spreadsheet</b> – Add many people quickly after recruiting season.</li> <li>• <b>Members Can Join Themselves</b> – If you see a club that's interesting, add yourself to it.</li> </ul>
Assign Roles	<ul style="list-style-type: none"> <li>• <b>Assign Officer Positions</b> – Designate who is who.</li> <li>• <b>Assign Tags</b> – E.g., label anybody involved in a sub-committee as a sub-committee member. Emails can be sent to just people with certain tags.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Quick Tagging</b> – Select a checkbox for every person you want to tag, then click on the three dots in the top right.</li> </ul>
Create Forms	<ul style="list-style-type: none"> <li>• <b>Skip the Google Form</b> – Review it within MyPrincetonU.</li> <li>• <b>Anonymous Responses</b> – If you turn on the feature.</li> <li>• <b>Types of Questions</b> – Multiple choice, upload a document, rankings, dates, signatures, etc.</li> <li>• <b>Surveys, Elections, Polls, Etc.</b> – Clicking these option sets you with different default questions, but the same platform as just clicking “Forms.”</li> <li>• <b>Attach to Emails</b> – Easily since all in one place.</li> <li>• <b>Answers Generated in Spreadsheet</b> – For easy reviewing (though this is possible with Google Forms too).</li> </ul>
Tracks and Modules	<ul style="list-style-type: none"> <li>• <b>Assign a Set of Tasks</b> – For assigned members to complete.</li> <li>• <b>Badges</b> – Once those tasks are complete.</li> <li>• <b>What Tasks?</b> – Open an email, fill out forms, anything within the MyPrincetonU platform.</li> <li>• <b>Reflection?</b> – You can require people to write up a reflection upon reading the track.</li> </ul>
Chats	<ul style="list-style-type: none"> <li>• <b>Instant Message Any Princeton Student</b> – But they might not be checking MyPrincetonU. They will get an email notification though.</li> <li>• <b>Group Chats</b> – As long as you tell people that you are using MyPrincetonU over another platform.</li> </ul>
Create Events	<ul style="list-style-type: none"> <li>• <b>Invite People</b> – Similar to Facebook Events.</li> <li>• <b>RSVP Online</b> – Easier than using a Google Form.</li> <li>• <b>QR Code Check-In</b> – If you want to get an actual attendance count at events, for people with the mobile app.</li> </ul>

<p>Mobile App</p>	<ul style="list-style-type: none"> <li>• <b>MyPrincetonU on the App Store</b> – A well-functioning app.</li> <li>• <b>Check-Ins</b> – If you have an event, print out a QR code and have people scan it using the app to check in.</li> </ul>
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PROCEDURES

## *How to Send an Email in MyPrincetonU*

<b>Step:</b>	<b>Description:</b>
<p>1. Choose Email Composer or Builder</p>	<ul style="list-style-type: none"> <li>• <b>Email Composer</b> – Simpler options.</li> <li>• <b>Email Builder</b> – Drag and drop elements. Like Mailchimp.</li> </ul>
<p>2. Select Recipients</p>	<ul style="list-style-type: none"> <li>• <b>Officers Only?</b> – For official business.</li> <li>• <b>Choose Everyone Else</b> – Except maybe logistical staff that are automatically assigned to every student group.</li> </ul>
<p>3. Build Your Email</p>	<ul style="list-style-type: none"> <li>• <b>Use a Template</b> – To make easy, nice emails.</li> <li>• <b>Save Custom Templates</b> – For consistent formatting across the semester.</li> <li>• <b>Add Media</b> – Images, surveys, etc.</li> <li>• <b>Coding?</b> – If you know how to code HTML, you might be able to do some special tricks.</li> </ul>
<p>4. Send a Test Message to Yourself</p>	<ul style="list-style-type: none"> <li>• <b>Required</b> – Makes sure you are happy with how your email is going to look.</li> <li>• <b>Go Back and Edit</b> – If you don't like it.</li> </ul>
<p>5. Schedule to Send Out the Message</p>	<ul style="list-style-type: none"> <li>• <b>Set a Date/Time</b> – In five minutes to five days.</li> <li>• <b>Have Officers Look It Over</b> – If you save the email as a draft, any officer can look at the email and make sure it looks fine.</li> </ul>

<p>6. Check Who Reads the Email</p>	<ul style="list-style-type: none"><li>• <b>Read Receipts</b> – Can see who clicks on the emails and who opens the links.</li><li>• <b>Resend to the Unread</b> – You can select all recipients who have not opened the email to get another email.</li></ul>
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**Earn points by adding media and using MyPrincetonU a lot!** Your club will be ranked on a leaderboard, so more points will get you higher up. For any virtual activity fair listings, you want to add more media to your booth to be ranked higher, to greater visibility. In the long-run, points don't mean much. Feels nice to be a winner though...

## Section 4: Living Well

Eat, sleep, and stay healthy.

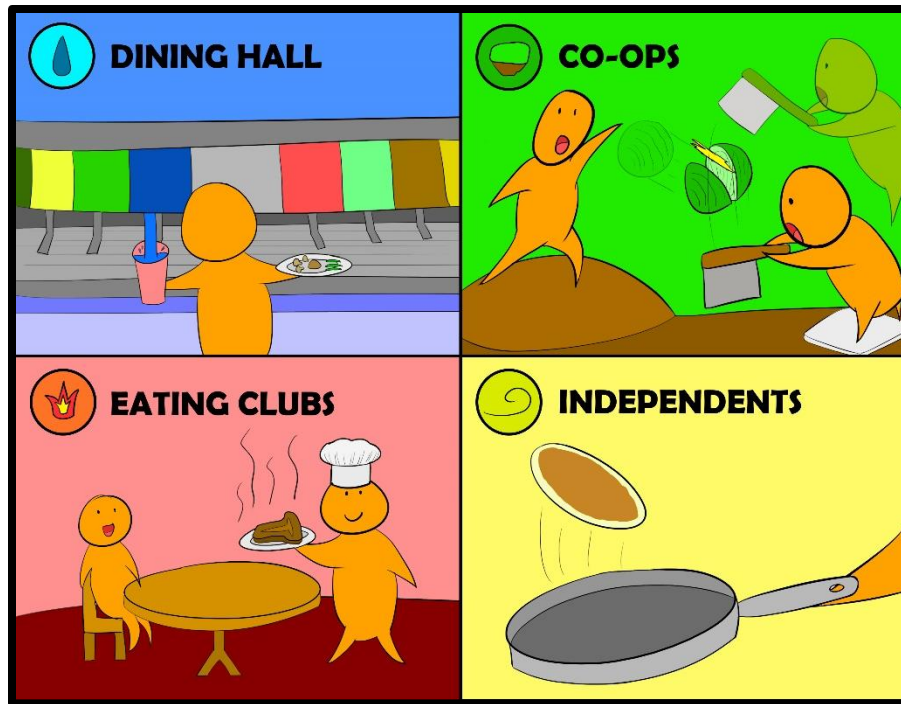
### **Chapters Included:**

[Chapter 10](#): Dining

[Chapter 11](#): Housing and Room Draw

[Chapter 12](#): Physical and Mental Health

# Chapter 10: Dining



*The four nations lived in harmony, until the eating clubs attacked...*

## ***In this section you'll learn about:***

- The perks of the meal plan and how to eat smart in the dining hall.
- The four dining options: meal plan, eating club, independents, and co-ops.
- Finding other food in the Princeton area.
- Getting food during school breaks.

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### 10.1) Eating in the Dining Hall



**Official Campus Dining Website:**

<https://dining.princeton.edu/>

**TigerMenus (Check Menus):**

<https://tigermenus.herokuapp.com/>

**Having an Allergy at Princeton**

<https://dining.princeton.edu/file/5636/download?token=JrqzYaUh>

**Where to Eat:**



<https://dining.princeton.edu/where-eat>

**Special Diets:**




<https://dining.princeton.edu/where-eat/special-diets>



### ***The Six Dining Halls***

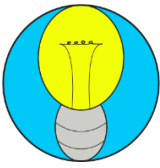
Name:	Description:
<p><b>Rocky/Mathey (“RoMa”)</b></p> 	<ul style="list-style-type: none"> <li>• <b>Hogwarts-Ish</b> – A large dining hall, Gothic architecture. Looks like it came out of a movie.</li> <li>• <b>Identical on Each Side</b> – Both the Mathey and Rocky side are laid out the same.</li> <li>• <b>Grill Items</b> – (Vegan) burgers, hot dogs, and other grill items already prepared, without having to ask for it at the grill.</li> <li>• <b>Location</b> – Far northwest corner of campus. A bit inconvenient to go to for lunch if you have science classes (the southeast corner of campus).</li> </ul>
<p><b>Butler/First (“WuCox”)</b></p> 	<ul style="list-style-type: none"> <li>• <b>Wu Hall</b> – The Butler side. Muted brown color.</li> <li>• <b>Wilcox Hall</b> – The First side. Bright red color. The food is served between the two halls.</li> <li>• <b>Vegan Bar</b> – Provided daily, mixed with the salad bar.</li> <li>• <b>Desserts</b> – Are located in the seating area, not where all the other food is.</li> <li>• <b>Location</b> – Central on campus, so very busy during lunch time. Be prepared to wait in line for 10 minutes.</li> </ul>
<p><b>Forbes</b></p>	<ul style="list-style-type: none"> <li>• <b>The Homies</b> – More like eating in a home or hotel, compared to other dining halls which feel like college.</li> </ul>



	<ul style="list-style-type: none"> <li>• <b>Quiet Lunch</b> – Few people walk all the way back here in the middle of the day, so good for a pleasant afternoon.</li> <li>• <b>Sunday Brunch</b> – A chocolate fountain, sliced lox, and sometimes even live music. Very crowded. Mostly the same menu every week.</li> <li>• <b>Location (“The Walk”)</b> – On the far southwest corner of campus.</li> </ul>
<p><b>Whitman</b></p> 	<ul style="list-style-type: none"> <li>• <b>Dark Brown</b> – Like the rest of Whitman.</li> <li>• <b>Wednesday Pot Pie Lunch</b> – Every other week, very busy during this time.</li> <li>• <b>Location</b> – Across the street from WuCox. Also busy during lunch time.</li> </ul>
<p><b>Center for Jewish Life (“CJL”)</b></p> 	<ul style="list-style-type: none"> <li>• <b>Smaller</b> – Noticeably less seating.</li> <li>• <b>Kosher</b> – Meat only every other day, dairy on the others. Check TigerMenus to see what day it is.</li> <li>• <b>Shabbat Dinner</b> – Every Friday night, a special Jewish dinner (though, open to non-Jewish people).</li> <li>• <b>Location</b> – On the southeast side of campus. The most crowded dining hall during lunch.</li> </ul>
<p><b>Grad College (Procter Hall)</b></p>	<ul style="list-style-type: none"> <li>• <b>Looks Like RoMa</b> – Same Gothic architecture, but just one hall.</li> </ul>

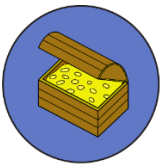


- **Less Options, More Quality** – Still just buffet dining.
- **Thursday Night Specials** – Nicer food than usual.
- **Not Compatible with Some Programs** – Like the [Two Extra Meals](#) program in the next subchapter.
- **Open to Undergrads?** – All the time, despite the rumor that it is only open to them on Thursday nights.



HINTS

**You don't need to eat in your res college dining hall all the time.** However, you may be more likely to run into people you know or live next to there. Make sure to try all the dining halls to find your favorite.

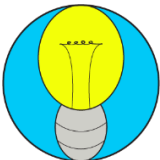


RESOURCES

### *Meals Offered in the Dining Hall*

Name:	Description:
Breakfast	<ul style="list-style-type: none"> <li>• <b>Hours</b> – 7:30 AM – 10 AM, M-F only. WuCox often is open at 7 AM, for people who wake up early (e.g., athletes).</li> <li>• <b>Offerings</b> – Consistent every day, depending on the dining hall. Breakfast meat, scrambled egg, pastries, oatmeal, etc.</li> <li>• <b>Skip It?</b> – Eat breakfast before class so you can focus, but if sleeping in, you might just wait for lunch.</li> <li>• <b>Cost</b> – \$8.</li> </ul>

Brunch	<ul style="list-style-type: none"> <li>• <b>Hours</b> – 10 AM – 2 PM, Saturdays/Sundays only.</li> <li>• <b>Offerings</b> – Breakfast and lunch food. One of the best meals of the week.</li> <li>• <b>Cost</b> - \$11</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>• <b>Hours</b> – 11 AM – 2 PM</li> <li>• <b>Offerings</b> – Similar to dinner, but a little bit less available.</li> <li>• <b>Cost</b> - \$11</li> </ul>
Dinner	<ul style="list-style-type: none"> <li>• <b>Hours</b> – 5-8 PM</li> <li>• <b>Offerings</b> – More than lunch. Sometimes special themes near holidays.</li> <li>• <b>Cost</b> - \$15</li> </ul>



HINTS

**Don't worry about the cost of each meal.** In your first two years, you are on the unlimited meal plan (i.e., eat as much as you want). This is more of a concern in upperclass years.

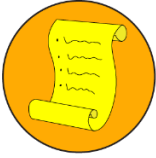


OVERVIEWS

### ***Food Offered in the Dining Hall***

<b>Name:</b>	<b>Description:</b>
Allergens and Dietary Considerations	<ul style="list-style-type: none"> <li>• <b>No Nuts</b> – In any of the dining hall food.</li> <li>• <b>Other Allergies or Diets</b> – Labeled on each individual item (e.g., “contains gluten,” “vegan,” “halal,” etc.).</li> <li>• <b>Kosher?</b> – Go to the CJL.</li> <li>• <b>Talk to Dining Services</b> – Their guide on food allergies <a href="#">here</a>, but coordinate with them for safety.</li> </ul>

Entrees	<ul style="list-style-type: none"> <li>• <b>Swaps Every Meal</b> – The exciting things to look forward to.</li> <li>• <b>3-4 Per Dining Hall</b> – Always check TigerMenus to see what’s coming.</li> </ul>
Soups	<ul style="list-style-type: none"> <li>• <b>1-2 Soups</b> – Swaps out every day, in a hot pot.</li> <li>• <b>Crackers and Soup Spoons</b> – To complete the experience.</li> </ul>
The Salad Bar	<ul style="list-style-type: none"> <li>• <b>Get Fresh Veggies</b> – Go here first to eat healthier.</li> <li>• <b>Vegan Bar in WuCox</b> – The best selection.</li> <li>• <b>Second Place: Whitman</b> – Extensive bar for salads particularly.</li> </ul>
The Grill	<ul style="list-style-type: none"> <li>• <b>Halal</b> – If you want a halal burger.</li> <li>• <b>Breakfast</b> – Omelets with a variety of toppings.</li> <li>• <b>Lunch/Dinner</b> – (Turkey/vegan) burgers, hot dogs, cheesesteaks, and whatever else that dining hall has.</li> <li>• <b>A Good Source of Extra Protein</b> – Common for athletes to order form here every day.</li> <li>• <b>A Fail Safe</b> – If you don’t like what’s being served in the dining hall that day, this is always consistent.</li> </ul>
Desserts	<ul style="list-style-type: none"> <li>• <b>Ice Cream</b> – Available in every dining hall, with a dozen flavors.</li> <li>• <b>Baked Goods</b> – Swap every day.</li> </ul>
Drinks	<ul style="list-style-type: none"> <li>• <b>Water</b> – The healthiest.</li> <li>• <b>Fruit Juices</b> – For something sweet and healthy.</li> <li>• <b>Soda</b> – Different sodas at different dining halls.</li> <li>• <b>Milk</b> – Fat free to whole milk, chocolate, soy, almond, oat, and rice milk.</li> </ul>

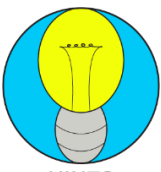


PROCEDURES

## *How to Eat in the Dining Hall*

Step:	Description:
1. Check the Menu	<ul style="list-style-type: none"> <li>• Use <a href="#">TigerMenus</a> – To look at the menus for the next week.</li> <li>• The <a href="#">Campus Daily Princetonian App</a> – A new application that has both menus and eating club opening status.</li> <li>• <b>Special Meals</b> – Forbes Sunday Brunch and Whitman Wednesday lunch pot pies lead to busier dining halls.</li> </ul>
2. Choose a Dining Hall	<ul style="list-style-type: none"> <li>• <b>Eat Anywhere</b> – You’re not restricted to your res college’s dining hall.</li> <li>• <b>Busier Dining Halls?</b> – The CJL and WuCox are busier during lunch time because they are centrally located and closer to classes.</li> <li>• <b>Quieter Dining Halls?</b> – Forbes is quieter during lunch.</li> </ul>
3. Swipe In	<ul style="list-style-type: none"> <li>• <b>Have Your Prox Ready</b> – And the card checker will swipe.</li> <li>• <b>Guest Meals</b> – If you are bringing a non-Princeton guest, let them know, and they’ll swipe the card again.</li> </ul>
4. Find a Seat	<ul style="list-style-type: none"> <li>• <b>Search for Acquaintances</b> – Meals are a good time to get to know people better.</li> <li>• <b>Approaching People</b> – Ask if you can sit down next to the person, or if you know them, give a friendly “Hey!”</li> <li>• <b>The Packed Dining Hall</b> – Just choose a seat anywhere and eat, no need to ask people.</li> <li>• <b>Calling Dibs</b> – Put your backpack or a jacket on the chair to show it’s taken.</li> </ul>
5. Get Your Food	<ul style="list-style-type: none"> <li>• <b>Grab a Plate and Utensils</b> – A fork, spoon, and knife should be able to handle any food.</li> </ul>

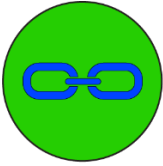
	<ul style="list-style-type: none"> <li>• <b>Scoop Your Food</b> – Buffet style dining or go to the grill.</li> <li>• <b>Eat a Balanced Diet</b> – Don't get too much unhealthy food; you need healthy food to function.</li> <li>• <b>Grab a Drink</b> – From the drink machine.</li> </ul>
6. Holding Conversations While Eating	<ul style="list-style-type: none"> <li>• <b>Keep Time</b> – If you need to get to class after lunch, don't get too distracted by the conversation.</li> <li>• <b>Ask About Their Day</b> – Or whatever casual conversation starter. Have a few questions you can ask anyone.</li> <li>• <b>Feel Free to Get Up</b> – If you want a second serving. It's not rude; you just have to eat.</li> <li>• <b>Talk to Strangers</b> – Don't just talk to your friends, otherwise you won't make any new ones.</li> </ul>
7. Eating Alone	<ul style="list-style-type: none"> <li>• <b>Find a Corner Spot</b> – Preferably next to a window for nice scenery.</li> <li>• <b>Put On Headphones</b> – If you don't want to be disturbed.</li> <li>• <b>If You Want Company</b> – Pick a more central table where people are more likely to see and recognize you.</li> </ul>
8. The Cleanup	<ul style="list-style-type: none"> <li>• <b>Two Types of Trash</b> – Dump non-food waste into the trash bin, and food into the food waste bin.</li> <li>• <b>Silverware Magnets</b> – The food waste bin has magnets to catch forks and spoons from falling into it.</li> <li>• <b>Clean Your Plate Well</b> – Otherwise the student dining hall workers will have to do more scrubbing.</li> <li>• <b>Stack Your Plate</b> – And your drink cups, for the workers to clean up.</li> <li>• <b>Go Another Round</b> – If you're still hungry, go to the dining hall again, with a clean plate.</li> </ul>



HINTS

**You are not allowed to take food out of the dining hall.** However, you can stash food from late meal (see next subchapter) or find other sources of cheap or free food on campus (see [Chapter 10.7](#)).

## 10.2) Special Meal Programs



LINKS

**Meal Plan Terms and Conditions:**

<https://dining.princeton.edu/meal-plans/terms-and-policies>

**Meal Options on HRES:**

<https://hres.princeton.edu/undergraduate-housing/incoming-students/dining-and-meal-plans>



OVERVIEWS

### *Late Meal*



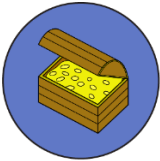
Frist Gallery, the home of late meal.

<b>Name:</b>	<b>Description:</b>
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Location	<ul style="list-style-type: none"> <li>• <b>Frist Campus Center</b> – Lower level, or “Frist Gallery.”</li> <li>• <b>Chairs and Tables Around</b> – A great place for studying while grabbing a bite to eat after class.</li> </ul>
Hours	<ul style="list-style-type: none"> <li>• <b>Late Lunch</b> – 2-3:30 PM M-F</li> <li>• <b>Late Dinner</b> – 8:30-10 PM M-Thurs</li> <li>• <b>“Drunk Meal”</b> – 11 PM-3 AM Thurs-Sat</li> </ul>
Cost	<ul style="list-style-type: none"> <li>• <b>Free with the Meal Plan</b> – Up to \$6 for late lunch, and \$7 for late dinner.</li> <li>• <b>Renews Every Meal Period</b> – You could get late lunch and dinner every day.</li> <li>• <b>If You Go Over</b> – You have to pay through Paw Points, credit card, or student charge.</li> <li>• <b>“Drunk Meal” is Not Free</b> – Regardless of meal plan, you must pay for food in full.</li> </ul>
Food Served	<ul style="list-style-type: none"> <li>• <b>Hot Food</b> – Multiple different stations, changes every couple of semesters.</li> <li>• <b>The Grill</b> – Stays consistent. Like the ones in the dining halls, except these also serve chicken tenders, fries, quesadillas, and specialty burgers.</li> <li>• <b>Cold Food</b> – Sandwiches, wraps, smoothies, desserts, sushi, and more that can be taken on the go.</li> </ul>
Late Meal Strategies	<ul style="list-style-type: none"> <li>• <b>Stockpile To-Go Food for Later</b> – Pick up a drink or snack and eat it late in the night or store it in a communal/personal refrigerator for later days.</li> <li>• <b>Get Close to the Limit</b> – If you’re getting \$3 worth of food for late dinner, grab a small snack for free.</li> <li>• <b>Savor it Your First/Second Year</b> – Upperclass meal plans and other dining options don’t come with full late meal privileges.</li> <li>• <b>Don’t Forget About Drunk Meal</b> – Though costs money, is useful if coming back from parties on Prospect Avenue (hence the name, “Drunk Meal.”)</li> </ul>



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RESOURCES

## *Special Meal Plan Programs*

Name:	Description:
Two Extra Meals	<ul style="list-style-type: none"> <li>• <b>For Upperclass Students</b> – Juniors/seniors get two free meals in the dining hall a week, regardless of dining option.</li> <li>• <b>Why?</b> – Provided by the University so upperclass students still associate with their res colleges, though you are not limited to your res college.</li> </ul>
Meal Exchange	<ul style="list-style-type: none"> <li>• <b>Between Eating Club and Meal Plan</b> – The eating club member gets one dining hall meal, and the dining hall student gets one eating club meal.</li> <li>• <b>Exchange on the Website</b> – Linked <a href="#">here</a>, swap your meals in advance.</li> <li>• <b>Helps Upperclass Students Stay Connected</b> – To the res colleges, despite eating in different places.</li> </ul>
Job Benefits (RCA, ARCA, PAA)	<ul style="list-style-type: none"> <li>• <b>RCA's</b> – Usually get all meals paid for.</li> <li>• <b>ARCA's</b> – Get many but not all meals paid for.</li> <li>• <b>PAA's</b> – Get only a couple meals a week (about 4) paid for.</li> <li>• <b>DA's</b> – Similarly only get some meals paid for.</li> </ul>
Guest Meals	<ul style="list-style-type: none"> <li>• <b>10 Per Semester</b> – For all academic year meal plans.</li> <li>• <b>Tell the Card Checker</b> – They'll swipe your prox twice.</li> <li>• <b>If You Run Out of Swipes</b> – Pay the cost of the meal. Pretty expensive, so you just take your guest out to eat or cook instead.</li> </ul>

Lunch-To-Go	<ul style="list-style-type: none"><li>• <b>If You Can't Make Mealtimes</b> – Consider late meal or to-go meals if you miss meals consistently.</li><li>• <b>Pick Up in the Morning</b> – Order in advance and pick up at a dining hall or certain campus cafes.</li><li>• <b>Food Options</b> – Mostly sandwiches.</li></ul>
Recess Meal Plans	<ul style="list-style-type: none"><li>• <b>For Fall and Spring Breaks</b> – One week long. Does not count winter break.</li><li>• <b>Included in Unlimited Plan</b> – Not for block meal plans.</li><li>• <b>Block 5 or Traditional Plan</b> – 5 meals total (\$72) or 2 meals a day (16 meals for brunch and dinner daily, \$195).</li></ul>



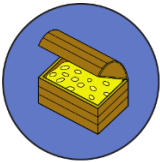
## *What are Campus Cafes?*



Chancellor Green Café... in Chancellor Green Hall.

<b>Name:</b>	<b>Description:</b>
Nine Café Locations	<ul style="list-style-type: none"> <li>• <b>Atrium Café</b> – Louis Simpson Building (east side of campus).</li> <li>• <b>Café 701</b> – Office of Finance &amp; Treasury and Office of Information Technology, located south off-campus.</li> <li>• <b>Chancellor Green Café</b> – Chancellor Green Building (north side of campus).</li> <li>• <b>Chemistry CaFe</b> – Frick Chemistry Building (southeast side of campus).</li> <li>• <b>EQuad Café</b> – Engineering Quad, C Wing (northeast side of campus).</li> <li>• <b>Genomics Café</b> – Icahn Laboratory (near Poe Field, south side of campus).</li> <li>• <b>Prospect House</b> – The Prospect House (center of campus, near Prospect Gardens).</li> <li>• <b>Studio '34</b> – Basement of 1967 Hall in Butler (south side of campus).</li> <li>• <b>Tiger Tea Room</b> – Firestone Library, (northeast side of campus).</li> </ul>
Studio '34	<ul style="list-style-type: none"> <li>• <b>Only Open Late Night</b> – Great for late night study snacks, if not going to Wawa on the southwest side.</li> <li>• <b>Only Open Certain Nights</b> – Usually closed on Mondays and Tuesdays.</li> </ul>
Prospect House	<ul style="list-style-type: none"> <li>• <b>The Fanciest Food On-Campus</b> – Serves food like filet mignon.</li> <li>• <b>Invitation Only</b> – If you get one, go.</li> </ul>
What Food Served?	<ul style="list-style-type: none"> <li>• <b>Packaged Food</b> – Easy to pick up and go somewhere else.</li> <li>• <b>Like Late Meal Options</b> – Minus the hot, prepared food.</li> <li>• <b>Sandwiches, Wraps, Salads, etc.</b> – It's also like Starbucks.</li> </ul>

<p>How to Pay at Campus Cafes</p>	<ul style="list-style-type: none"> <li>• <b>Not Meal Plan</b> – This doesn’t count as a meal.</li> <li>• <b>Paw Points</b> – These come with some meal plans.</li> </ul>
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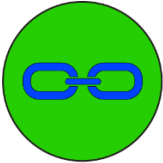
RESOURCES

## *Methods to Pay for Campus Food*

This mostly applies to campus cafes and late meal, not regular dining hall food.

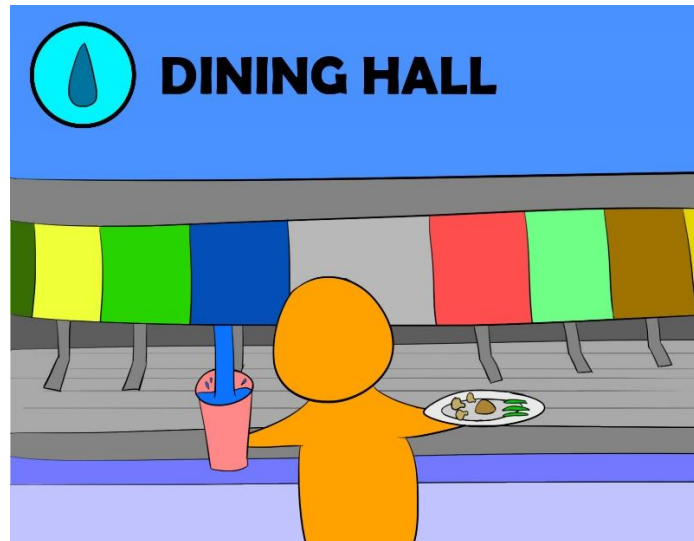
<b>Name:</b>	<b>Description:</b>
Meal Plan	<ul style="list-style-type: none"> <li>• <b>Pay by Meal</b> – You get as many meals as your plan allows.</li> <li>• <b>Unlimited by Default</b> – First years and sophomores automatically enrolled.</li> <li>• <b>Block Plans</b> – A set number of meals (e.g., 95 meals a semester). Only available to upperclass students.</li> </ul>
Paw Points	<ul style="list-style-type: none"> <li>• <b>Comes with Some Meal Plans</b> – To spend at campus cafes or other non-dining hall Princeton food.</li> <li>• <b>Earn as Prizes</b> – For certain campus events.</li> </ul>
Student Charge	<ul style="list-style-type: none"> <li>• <b>Pay with Money</b> – Charged to your student account along with tuition.</li> <li>• <b>Pay at End of Month</b> – Don’t forget this – it might just be a couple dollars, but don’t let interest build up.</li> </ul>
Credit Card	<ul style="list-style-type: none"> <li>• <b>Swipe It</b> – Self-explanatory.</li> </ul>

## 10.3) Upperclass Dining Options Comparison



LINKS

USG Guide to Upperclass Dining:

<https://drive.google.com/file/d/14tbklrsv8-2X5fm4wAbF8Fof9vRNpVU1/view>

Those on the dining plan in their upperclass years represent the Water Nation because they go with the flow (these are all [Avatar: The Last Airbender](#) references).

**For your first two years**, you must eat on the unlimited dining hall meal plan.

**Starting in junior year**, you get four choices of how you want to eat (though you can switch at mostly any time).

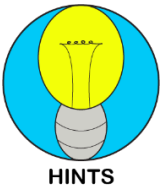


OVERVIEWS

## Four Upperclass Eating Options

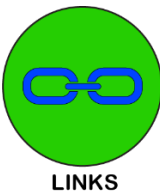
Name:	Cost:	Overview:
Staying on the Meal Plan	~\$7000 for Unlimited, less for block plans	<ul style="list-style-type: none"> <li>• <b>Pricey</b> – But can reduce cost with the block plans.</li> <li>• <b>Convenient</b> – Many locations and familiar with the system.</li> <li>• <b>Can Be Lonely</b> – Since not many upperclass students do this.</li> <li>• <b>Block Plans</b> – Block 235, 135, and 95, but need to find food if it does not provide enough (e.g., Block 235 is only ~17 meals a week).</li> <li>• <b>RCA's</b> – If you get hired as an RCA, you get all your meals free.</li> </ul>
Joining an Eating Club	\$9000	<ul style="list-style-type: none"> <li>• <b>Possibly the Most Expensive</b> – Barring financial aid that eating clubs give you.</li> <li>• <b>A New Social Group</b> – Part of the cost is for social dues.</li> <li>• <b>Shared Meal Plans</b> – If you want to split between dining hall and eating club, these are Block 95's.</li> </ul>
Going Independent	Varies, but board refund can be up to \$8000.	<ul style="list-style-type: none"> <li>• <b>The Cheapest</b> – Assuming you eat cheap (i.e., not \$10 every meal).</li> <li>• <b>Takes Work</b> – If you don't cook yourself, eating out isn't good for your health or financially practical.</li> </ul>

Co-Ops	Dues are \$500-\$1000, but also get board refund.	<ul style="list-style-type: none"> <li>• <b>Cheaper</b> – Not as cheap as independent, but reasonably priced.</li> <li>• <b>Cook with Others</b> – So you still need to cook, but less pressure to cook yourself.</li> <li>• <b>Technically Independents</b> – For room draw purposes.</li> </ul>
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**Sophomores that join an eating club or co-op get a \$200 rebate.** This is since they won't be eating as many meals in the dining hall.

## 10.4) Dining Options: The Eating Clubs



**Official Eating Club Website:**

<https://princetoneatingclubs.org/>

**USG Guide to Eating Options (Again, for Much Info on Eating Clubs):**

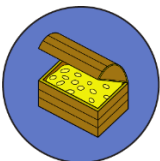
<https://drive.google.com/file/d/14tbklrsv8-2X5fm4wAbF8Fof9vRNpVU1/view>



Check [Chapter 7.5](#), [7.6](#), and [7.7](#) for details on the eating club social scene and **how to join a club**. This chapter covers the logistics, dining, and finances of joining an eating club.



The Eating Clubs represent the Fire Nation because they are the dominant eating option (~60% of upperclass students).



RESOURCES

### *Eating Club Cost Comparison Chart*

<b>Eating Club:</b>	<b>Bicker or Sign-In?</b>	<b># of Members:</b>	<b>Cost for Juniors or Seniors:</b>	<b>Costs for Sophs:</b>	<b>Shared Meal Plans Available:</b>
Cannon Dial Elm	Bicker	210	\$9700	\$950	NA
Cap & Gown	Bicker	308	\$9850	NA	10
Charter	Bicker	102	\$9000	\$820	30
Cloister Inn	Sign-In	107	\$9725	\$0	36
Colonial	Sign-In	136	\$8982	\$800	75
Cottage	Sign-In	170	\$8900	\$800	6
Ivy	Bicker	144	\$10450	\$500	4
Quad	Sign-In	122	\$9600	\$0	40
Terrace	Sign-In	165	\$9000	\$900	40



Tiger Inn	Bicker	189	\$9100	\$950	7
Tower	Bicker	330	\$10017	\$950	10

Sophomore dues (which usually come with about 2-3 lunches/dinners per week and full social benefits) tend to range from \$800-\$950. This may vary with financial aid.



**Campus Club is not an eating club.** It used to be, before it was bought out by the University for event usage. The Carl A. Fields Center for Equality and Cultural Understanding, at the far end of Prospect Avenue, is also not one.



### *Special Programs on Eating Club Plans*

Name:	Description:
Club Financial Assistance	<ul style="list-style-type: none"> <li>• <b>Differs by Club</b> – Some clubs will cover the full cost if you are on full financial aid from the University.</li> <li>• <b>Independence is Still Cheaper</b> – While eating clubs cover costs, being independent could give you money back from University reimbursement.</li> <li>• <b>Ask the Treasurer</b> – Of each club, for assistance.</li> </ul>
Social Membership	<ul style="list-style-type: none"> <li>• <b>If You Don't Care About Meals</b> – You can pay only for the ability to hang out at the eating club and go to the parties.</li> <li>• <b>The Cost?</b> – Not publicly posted anywhere, but likely much cheaper. Ask the treasurer.</li> </ul>

<p>Shared Meal Plans</p>	<ul style="list-style-type: none"> <li>• <b>Consider How Many the Club Has</b> – Notably, bicker clubs have about 12 and sign-ins have 39 on average.</li> <li>• <b>Block 95 Plans</b> – Split your meals between the dining hall and the eating club.</li> <li>• <b>Weekly Limits on Both</b> – You only have a certain number of meals in the dining hall and eating club per week; you can't just eat completely in your eating club and then completely in the dining hall the next week.</li> <li>• <b>Same Cost</b> – No additional fees from eating only at the eating club.</li> </ul>
<p>Eating with Non-Member Friends</p>	<ul style="list-style-type: none"> <li>• <b>Meal Exchange</b> – Allows you to eat one meal in the dining hall and have one friend eat a meal in the eating club with you.</li> <li>• <b>Guest Swipes</b> – A certain amount per week, depending on eating club.</li> <li>• <b>Officers Get More Swipes</b> – If you really need them.</li> <li>• <b>Eat Out Somewhere Else</b> – If you run out of guest swipes or can't meal exchange. Usually Nassau Street.</li> </ul>

## 10.5) Dining Options: Independents

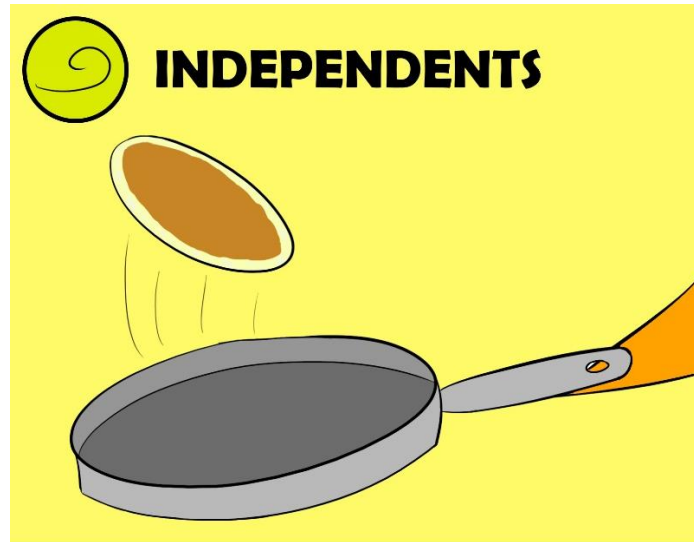


**Independent Student Guide:**

<https://isg.princetonusg.com/>

**Campus Dining Recipes:**

<https://dining.princeton.edu/community/recipes>



The independents represent the Air Nation because they are free-spirited and flexible.



OVERVIEWS

### *Benefits of Going Independent*

Name:	Description:
Cost	<ul style="list-style-type: none"> <li>• <b>Board Refund</b> – Depending on your financial aid, you may get money direct deposited into your bank account. For full aid students, this is about \$7000.</li> <li>• <b>Control Your Spending</b> – You can choose to eat as cheaply or as expensively as you like.</li> </ul>
Flexibility	<ul style="list-style-type: none"> <li>• <b>Cook Whenever You Like</b> – Only limitation is if someone else is cooking in the communal kitchen.</li> <li>• <b>Cook for Friends</b> – When your friends want a homecooked meal, you can make it to their liking.</li> <li>• <b>Special Diets</b> – Co-ops and eating clubs might have a harder time accommodating for your diet preference.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>No Defined Social Group</b> – While you will see people on a less regular basis, you will be less “boxed in” to a certain social group.</li> </ul>
Self-Responsibility	<ul style="list-style-type: none"> <li>• <b>Budgeting</b> – Managing your money is an important skill for life.</li> <li>• <b>Cooking Skills</b> – Unless you want to eat out for the rest of your life, you need to learn this eventually.</li> <li>• <b>Time Management</b> – You need to be able to set aside time for cooking or preparing food in advance.</li> </ul>
Independent and Spelman Room Draw	<ul style="list-style-type: none"> <li>• <b>Independent Room Draw</b> – Rooms that are closer to kitchens. Draw earlier than upperclass draw.</li> <li>• <b>Spelman Room Draw</b> – Rooms in Spelman Hall that have four bedrooms, a common room, kitchen, and refrigerator. Some of the best rooms on campus but limited to draw groups that are mostly independent.</li> <li>• <b>See <a href="#">Chapter 11.2</a></b> - For more details on room draws.</li> </ul>
The Downsides	<ul style="list-style-type: none"> <li>• <b>Time</b> – It takes time to cook meals, but plan efficiently and you’ll find it’s not much more time than other dining options.</li> <li>• <b>Hard for a New Cook</b> – It’s a great opportunity to learn how to cook though.</li> </ul>

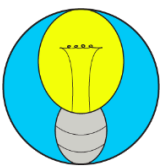


**You won’t get as much constant social interaction as an independent.** However, you can always entice people to visit you by cooking their favorite foods, or you can cook with roommates. Social interaction will take more effort on your part. Consider a co-op if you need the social interaction.



### ***Where to Get Groceries as an Independent***

Name:	Description:
Weekend Shopper Route Grocery Stores	<ul style="list-style-type: none"> <li>• <b>Wegmans</b> – The most typical grocery store on the Weekend Shopper route.</li> <li>• <b>Whole Foods</b> – Good for organic produce, but very expensive.</li> <li>• <b>Trader Joe’s</b> – Specialty food items, smaller selection but more interesting variety.</li> </ul>
Other Grocery Stores	<ul style="list-style-type: none"> <li>• <b>McCaffrey’s Food Market</b> – Walkable 30 minutes north of campus, but somewhat expensive.</li> <li>• <b>Shop Rite</b> – Hard to access without a car, but easily the cheapest grocery store in the area.</li> <li>• <b>D’Angelo Italian Market</b> – On Nassau Street, has good meat selection and some produce.</li> </ul>
Convenience Stores	<ul style="list-style-type: none"> <li>• <b>The U-Store</b> – The one on 36 University Place. Produce, bread, frozen food, but pricier than at a grocery store.</li> <li>• <b>Princeton Convenience Store</b> – On Nassau Street, usually has bread and frozen food.</li> </ul>
Local Farms	<ul style="list-style-type: none"> <li>• <b>Princeton Farmer’s Market</b> – Happens in the spring and summer, great way to support local business.</li> <li>• <b>Terhune’s Orchards</b> – Fun to go for apple picking, but also has a variety of produce too.</li> <li>• <b>Princeton Garden Project</b> – A <a href="#">1.5-acre garden</a> just north of Forbes. Ask the garden managers at <a href="mailto:pugardenproject@gmail.com">pugardenproject@gmail.com</a> if there’s any locally grown produce for sale.</li> </ul>



HINTS

**You can get grocery delivery through Instacart, Amazon, etc.** This might help you get groceries from the cheap ShopRite or get groceries on a weekend when there is no Weekend Shopper. Beware delivery fees though.



## *How to Live Comfortably as an Independent*

Strategy:	Description:
Make a Budget	<ul style="list-style-type: none"> <li>• <b>Set a Goal</b> – Like \$50 on food per week.</li> <li>• <b>Lots of Leeway</b> – Eating clubs and the meal plan are about \$10-15 per meal, so it is very easy to save money compared to those.</li> <li>• <b>Track Your Purchases</b> – On an app or use a budget spreadsheet.</li> <li>• <b>Limit Eating Out</b> – Nassau Street restaurants are quite expensive.</li> </ul>
Shop Smart	<ul style="list-style-type: none"> <li>• <b>Grocery Shop with a Plan</b> – Figure out what you need before shopping, so you get everything in one go.</li> <li>• <b>Look into Transportation</b> – Use the <a href="#">Tripshot</a> app to track when the Weekend Shopper shuttle will arrive.</li> <li>• <b>Limit Impulse Purchases</b> – It’s okay to buy something special when you see it, but don’t overdo it.</li> <li>• <b>Buy in Bulk</b> – Saves money and storing the extra meat or veggies in the freezer means less grocery shopping trips.</li> <li>• <b>Shop Before Your Supply is Low</b> – If you have no food left and can’t go to the grocery store, you have to eat out, which is expensive.</li> </ul>
Eat Healthy	<ul style="list-style-type: none"> <li>• <b>Don’t Just Eat Ramen</b> – You’ll feel miserable.</li> <li>• <b>Frozen Veggies</b> – Are a great way to get nutrients while not having to worry about fresh veggies going bad.</li> <li>• <b>Eat a Balanced Diet</b> – Get proteins and carbs.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Legumes!</b> – Beans, lentils, and other legumes are not just cheap, but nutritious. They may require soaking and longer preparation, but well worth it.</li> </ul>
Meal Prep	<ul style="list-style-type: none"> <li>• <b>Plan What to Cook</b> – Make a spreadsheet of how many meals your meal prep will take you.</li> <li>• <b>Set a Day Aside to Cook</b> – Cooking small meals every day takes more time, because you must get cooking supplies together before and after cooking.</li> <li>• <b>Have Big Tupperware (Containers)</b> – Store enough food to be eaten for a week.</li> <li>• <b>Get Sauces/Sides</b> – You might get tired of eating the same thing for a week, but sauces (e.g., ketchup, ranch) can help mix it up.</li> <li>• <b>Cook Multiple Big Meals at Once</b> – So you can spend the week eating 2-3 different meals than just one.</li> <li>• <b>Use the Stove and the Oven</b> – While you are waiting for baking, you can stir fry another meal.</li> </ul>
Learning to Cook	<ul style="list-style-type: none"> <li>• <b>Find Recipes Online</b> – <a href="http://Allrecipes.com">Allrecipes.com</a> and <a href="http://supercook.com">supercook.com</a> can help you find recipes for your ingredients.</li> <li>• <b>Video Recipes</b> – YouTube helps you see how food cooks.</li> <li>• <b>Experiment</b> – Use every time you cook as an opportunity to test a new cooking strategy (e.g., sauteing, blanching, adding more spice, etc.).</li> <li>• <b>Go Slow</b> – Turn the heat lower so you can quickly adjust to mistakes.</li> <li>• <b>Measure</b> – Use measuring cups and tablespoons for better accuracy when following recipes. Meat thermometers also make sure you are eating safe.</li> <li>• <b>Use Your Phone</b> – Pull up the recipe so you can easily follow along.</li> </ul>
Eat on the Go	<ul style="list-style-type: none"> <li>• <b>Bring Microwave Safe Tupperware</b> – So you can warm up food in microwaves across campus.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Locate Microwaves and Fridges Near Study Spaces</b> – If you need to spend the day studying, put your food in the fridge and warm it up when hungry.</li> </ul>
Take Advantage of Free Food	<ul style="list-style-type: none"> <li>• <b>The Freefood Listserv</b> – Sign up for this on <a href="https://lists.princeton.edu">lists.princeton.edu</a>, and always have Tupperware in your backpack in case there is free food to store nearby.</li> <li>• <b>Two Extra (Free) Meals</b> – Go to the dining hall for these every week when you are too tired to cook or are out of ingredients.</li> <li>• <b>Guest Swipes</b> – You can have guest meals at eating clubs, dining halls, and co-ops.</li> <li>• <b>Asking for Late Meal</b> – If you know first years or sophomores, ask them to pick up some free late meal for you if they’re not using it for the day.</li> </ul>



STRATEGIES

## *The Independent’s Packing List*

<b>Name:</b>	<b>Description:</b>
Knives	A small knife for everyday use and a bigger knife for meat or tough veggies.
Utensils	Forks, (soup) spoons, and chopsticks.
Serving Scoops/Tongs	If you want to serve your friends a hearty meal.
(Plastic) Plates	Ceramic plates might be too fragile but are nice. Plastic is easier to manage. Multiple plates to serve friends.
Measuring Cups/Tablespoons	Good for beginners and bakers.
Meat Thermometer	Helps a lot to make sure you are eating safely.



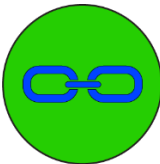
Dish Sponge and Soap	Helps to have your own case communal supplies run out.
Peeler	For hard to peel vegetables like squash.
Can Opener	Canned food can be an easy source of fruits and veggies.
Plastic Cutting Board	A cheap one works fine.
Big Pots and Pans	For meal prep. You can cook small amounts in a big pan but not big amounts in a small pan.
Spatula and Cooking Spoons	Spatula is good for flipping fried food, spoons are good for stirring soups.
Your Favorite Hard-to-Find Spices	International spices might be hard to find with the nearby grocery stores.
Personal Mini-Fridge	Very helpful if you don't live in Spelman Hall. Communal refrigerators get packed, or food gets stolen. Student agencies sells fridges <a href="#">here</a> , but cheaper to buy and bring your own.



HINTS

**Don't violate fire safety policy!** Don't bring microwaves or rice cookers (see [Chapter 2.3](#) on packing lists). Also, when cooking, make sure to watch your food to make sure nothing burns. If the fire alarm goes off, turn off any heat and be safe.

## 10.6) Dining Options: Co-Ops



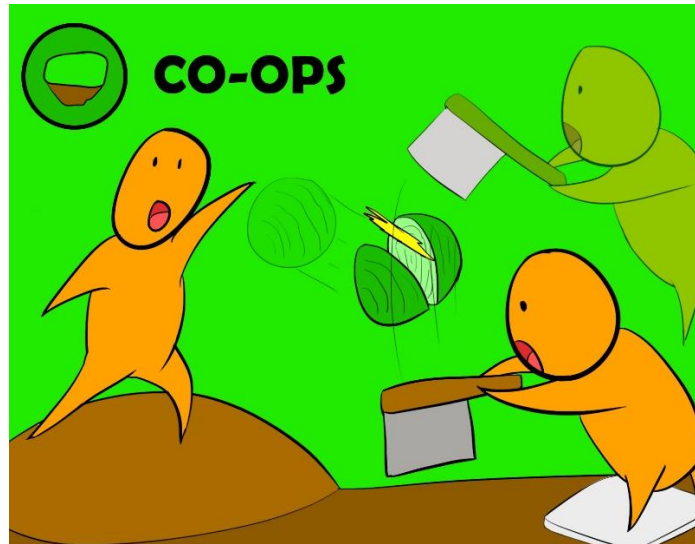
LINKS

**Co-Op Guide:**

<https://docs.google.com/document/d/1oqDv0e1lMlemmlT vzXtb0sSIndSAIz-r5Goby98 oiU/edit>

**Co-Op Comparison Chart:**

[https://docs.google.com/document/d/12iNFiwkSnI\\_E94S8UtPWilb9ZD9EHZY-eFU0RoPST9s/edit?usp=sharing](https://docs.google.com/document/d/12iNFiwkSnI_E94S8UtPWilb9ZD9EHZY-eFU0RoPST9s/edit?usp=sharing)



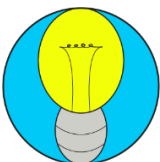
The co-ops represent the Earth Nation because they often have themes of vegetarianism and sustainability (Note: cooking can be fun, but please do not play cabbage-cleaver-baseball at home).



### *Benefits of Going Co-Op*

Name:	Description:
Community	<ul style="list-style-type: none"> <li>• <b>A Tighter-Knit Alternative</b> – 20-30 members as opposed to 100-200 in eating clubs.</li> <li>• <b>Cooking Fun</b> – Cooking is a great bonding activity.</li> <li>• <b>Regular Interaction</b> – Some people like to be able to see the same group of people daily.</li> </ul>
Cost	<ul style="list-style-type: none"> <li>• <b>A Cheaper Option</b> – 5-10 times cheaper than eating clubs or the dining hall plan (i.e, only \$500 a semester compared to \$3000-\$5000).</li> <li>• <b>Breakfast/Lunch Costs</b> – Co-ops mostly cover dinner, so your semester food costs will be greater than \$500.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Not the Cheapest</b> – Going independent is still cheaper, but the difference in cost is still relatively small.</li> <li>• <b>Board Refund</b> – Like independent students, they receive financial aid for board back (for full-aid students, about \$7000 into your bank account).</li> </ul>
Less Meal Planning	<ul style="list-style-type: none"> <li>• <b>Dinner Every Day</b> – Never need to plan that.</li> <li>• <b>Breakfast Pantry</b> – Not cooked, but breakfast supplies always available.</li> <li>• <b>Lunch Yourself</b> – Besides weekend brunch, you usually must make your own lunch.</li> <li>• <b>Less Grocery Shopping</b> – Someone in the co-op will do the shopping each week.</li> </ul>
New Cook-Friendly	<ul style="list-style-type: none"> <li>• <b>Weekly Chore/Cooking</b> – Instead of having to cook everything yourself every day.</li> <li>• <b>Help from Others</b> – Other people on your cook shift can give you tips or help you handle different parts of the cooking process.</li> </ul>
Cooking Supplies	<ul style="list-style-type: none"> <li>• <b>Kitchen Supplies</b> – Fully stocked kitchen has more tools than you would be able to bring on your own.</li> <li>• <b>Larger Kitchen</b> – Perfect for cooking big meals, as opposed to smaller dorm kitchens.</li> </ul>
Independent and Spelman Room Draw Eligible	<ul style="list-style-type: none"> <li>• <b>Another Room Draw</b> – Same as independents.</li> <li>• See <a href="#">Chapter 11</a> - For more details on housing.</li> </ul>

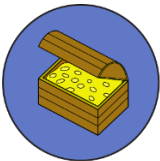


HINTS

**Co-ops sacrifice cooking flexibility for many benefits.** If you like to eat at any time of the day, cooking whatever you want, you may want to be independent.



2D Coop, the only co-op with its own building. All the others are in shared kitchens in residential dorms.

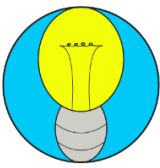


RESOURCES

### *Current Co-Ops*

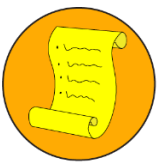
<b>Name:</b>	<b>Description:</b>
Brown	<ul style="list-style-type: none"> <li>• <b>Location</b> – Brown Hall Room 217, center of campus near Art Museum.</li> <li>• <b>Food</b> – Vegan dishes not guaranteed at every meal.</li> </ul>
Scully	<ul style="list-style-type: none"> <li>• <b>Location</b> – Scully Hall Room 319, south side of campus near Poe Field.</li> <li>• <b>Food</b> – Meat/vegetarian/vegan friendly.</li> </ul>
Real Food	<ul style="list-style-type: none"> <li>• <b>Location</b> – Edwards Hall basement, center of campus north of Dillon Gym.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Food</b> – Meat not at every meal, vegetarian/vegan friendly.</li> </ul>
IFC (International Food Co-op)	<ul style="list-style-type: none"> <li>• <b>Location</b> – Laughlin Hall basement, entryway 4 or 6, west of Dillon Gym.</li> <li>• <b>Food</b> – Meat/vegetarian/vegan friendly.</li> </ul>
2D (2 Dickinson)	<ul style="list-style-type: none"> <li>• <b>Location</b> – 2 Dickinson Street, slightly off-campus to the northeast, near Rocky.</li> <li>• <b>Food</b> – No meat, but vegetarian and vegan friendly.</li> </ul>



HINTS

**The Pink House is no longer a co-op.** Located at 99 Alexander Street next to Forbes, it used to be a sustainable living community. Now it is just home to Forbes upperclass students.



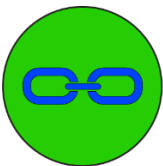
PROCEDURES

### *How to Get into a Co-op*

Step:	Description:
1. Have a Guest Meal at the Co-op	<ul style="list-style-type: none"> <li>• <b>“Co-Hop” Week</b> – This usually occurs over wintersession or the spring semester. Sign up to have meals at many different co-ops.</li> <li>• <b>Ask a Friend in the Co-op</b> – They can get you a guest meal there anytime.</li> <li>• <b>Email the Co-op</b> – Even if they don’t know you, they are usually always happy to have guests.</li> </ul>
2. Apply Very, Very Early	<ul style="list-style-type: none"> <li>• <b>Lottery System</b> – Entering in early means that you will get more chances for your name to be picked.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>No Application</b> – Simply picking people at random.</li> <li>• <b>Few Slots</b> – The demand is much larger than the number of spots.</li> <li>• <b>Pre-requisite: A Meal?</b> – Some co-ops only allow you to enter the lottery once you have had a meal there.</li> <li>• <b>Lottery Time?</b> – Usually about April, sometimes a drawing in late January too.</li> </ul>
<p>3. If You Get Picked</p>	<ul style="list-style-type: none"> <li>• <b>If You Decline</b> – They will just pick the next person in the lottery.</li> <li>• <b>If You Accept</b> – Practice your cooking skills and get ready to cook with others the next academic year.</li> </ul>

## 10.7) Eating Out and Princeton-Area Food



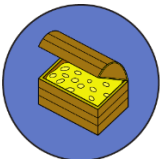
LINKS

**COS Professor Wayne’s Best Princeton Restaurants (May Be Outdated):**

<https://www.cs.princeton.edu/~wayne/princeton.restaurants/>



The many restaurants of Princeton's Nassau Street. (Image [source](#)).



RESOURCES

## *Princeton Restaurants by Category*

Name:	Description:
Bubble Tea Places	<ul style="list-style-type: none"> <li>• <a href="#">Ficus</a></li> <li>• <a href="#">Fruity Yogurt</a></li> <li>• <a href="#">Korean BBQ Grill</a> (KBG)</li> <li>• <a href="#">Kung Fu Tea</a>/Noodle House (closest to campus)</li> </ul>
Coffee Places	<ul style="list-style-type: none"> <li>• <a href="#">Dunkin Donuts</a></li> <li>• <a href="#">Sakrid Coffee Roasters</a></li> <li>• <a href="#">Small World Coffee</a></li> <li>• <a href="#">Starbucks</a></li> </ul>
Healthy Bowls	<ul style="list-style-type: none"> <li>• <a href="#">Fresca Bowls</a></li> <li>• <a href="#">Playa Bowls</a></li> </ul>

	<ul style="list-style-type: none"> <li>• <a href="#">Tico’s Juice</a></li> </ul>
Local American Places	<ul style="list-style-type: none"> <li>• <a href="#">Diesel and Duke’s</a> (Burgers)</li> <li>• <a href="#">PJ’s Pancake House</a></li> <li>• <a href="#">Say Cheez Café</a>/Empanada Station</li> <li>• <a href="#">Jammin Crepes</a></li> <li>• <a href="#">Agricola</a></li> <li>• <a href="#">Hoagie Haven</a></li> <li>• <a href="#">Chuck’s Spring Street I</a></li> </ul>
Mexican/Hispanic Places	<ul style="list-style-type: none"> <li>• <a href="#">Tacoria</a></li> <li>• <a href="#">Tortuga’s</a> (a bit farther of a walk)</li> </ul>
Pizza Places	<ul style="list-style-type: none"> <li>• <a href="#">Nomad Pizza</a> (Princeton Shopping Center, but often delivers to Princeton events like Lawnparties)</li> <li>• <a href="#">Proof</a></li> <li>• <a href="#">Jules Thin Crust Pizza</a></li> <li>• <a href="#">Pizza Den</a></li> </ul>
Ramen (Noodle) Places	<ul style="list-style-type: none"> <li>• <a href="#">Lan Ramen</a></li> <li>• <a href="#">Ajiten</a></li> <li>• <a href="#">Ramen Stop</a></li> <li>• <a href="#">Purinsu Ramen</a></li> </ul>
Ice Cream Places	<ul style="list-style-type: none"> <li>• <a href="#">Bent Spoon</a></li> <li>• <a href="#">Halo Pub</a></li> <li>• <a href="#">Thomas Sweet</a></li> </ul>
Various Asian Places	<ul style="list-style-type: none"> <li>• <a href="#">Tiger Noodles</a></li> <li>• <a href="#">Lil Thai Pin</a></li> <li>• <a href="#">Thai Village</a></li> <li>• <a href="#">Sakura Express</a></li> <li>• <a href="#">Chennai Chimney</a> (South Asian)</li> <li>• <a href="#">Mamoun’s Falafel</a> (Middle Eastern)</li> </ul>



**Disclaimer:** This is not an exhaustive list of Princeton restaurants, but I tried my best to include as many as I could.



**There aren't many large national chain restaurants in Princeton,** besides Dunkin Donuts, Starbucks, and Wawa. If you want fast food (like Wendy's), try taking the Weekend Shopper to get to the larger Princeton community or get delivery on Uber Eats.



### *Helpful Food Mobile Apps*

Name:	Description:
<a href="#">GrubHub</a> , <a href="#">DoorDash</a> , and <a href="#">UberEats</a>	<ul style="list-style-type: none"> <li>• <b>Food Delivery</b> – For any restaurant that is outside of walking distance.</li> <li>• <b>Uber/Ridesharing</b> – A quick Uber/Lyft can get you to more restaurants in the area if you want to eat in.</li> </ul>
<a href="#">Snackpass</a>	<ul style="list-style-type: none"> <li>• <b>Takeout and Delivery</b> – Of various local restaurants.</li> <li>• <b>Earn Points</b> – By ordering, and you may get a free item.</li> <li>• <b>Order with Friends</b> – To get more points and get additional discounts.</li> </ul>
<a href="#">Wawa Mobile App</a>	<ul style="list-style-type: none"> <li>• <b>Pick Up and Go</b> – Usually at Wawa, you would order and wait.</li> <li>• <b>Shortens Wait Time</b> – Not usually very long in the first place, but even quicker and more convenient.</li> </ul>
<a href="#">Yelp</a>	<ul style="list-style-type: none"> <li>• <b>Food Reviews</b> – Check what people say tastes good.</li> <li>• <b>Food Pictures</b> – To get a sense for portion sizes.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Menus and Pricing</b> – Look through the official restaurant website or see if someone took a picture of the menu to see prices.</li> <li>• <b>Location</b> – Usually has a mini-map with the location.</li> </ul>
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## *Other Sources of Food on Campus*



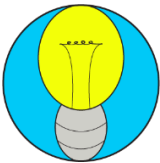
The Wawa at Princeton Station is an extremely popular late-night destination for snacks. (Image [source](#)).

Name:	Description:
Free Food Listserv	<ul style="list-style-type: none"> <li>• <b>How to Sign Up</b> – Go to <a href="http://lists.princeton.edu">lists.princeton.edu</a>, then “Email Lists,” and find “freefood.”</li> <li>• <b>Leftovers All Over Campus</b> – From events, student groups, or students that cook too much.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Bring Tupperware and Utensils</b> – Scoop food and save it for later.</li> <li>• <b>Reduces Food Waste</b> – Don't feel bad about taking it.</li> <li>• <b>Goes Quickly</b> – If you arrive 15 minutes after the email, the food will probably already be gone.</li> <li>• <b>Unreliable Source of Food</b> – Don't depend on it since the food goes so quickly.</li> </ul>
Murray Dodge Café	<ul style="list-style-type: none"> <li>• <b>Location</b> – Murray Dodge Hall.</li> <li>• <b>Hours</b> – Open from 3 PM to 12:30 AM usually.</li> <li>• <b>Free Cookies and Tea</b> – Two varieties of cookies available at any time.</li> <li>• <b>Mid-Class Snack</b> – If you have class nearby and they take a ten-minute break, you might be able to pick up a cookie quickly here, in lieu of late meal.</li> </ul>
<a href="#">Coffee Club</a>	<ul style="list-style-type: none"> <li>• <b>Student Run Coffee Shop</b> – Hosted by Student Agencies.</li> <li>• <b>Offerings</b> – Coffee, other drinks, pastries, etc.</li> </ul>
Late Night Options	<ul style="list-style-type: none"> <li>• <b>Wawa</b> – Located near Forbes, it has a large selection of sandwiches, convenience food, and snack foods.</li> <li>• <b>Studio 34</b> – Similar to Wawa, but an official campus café in the basement of 1976 Hall. Not open on Mondays and Tuesdays though.</li> </ul>
Vending Machines	<ul style="list-style-type: none"> <li>• <b>Basements</b> – Scattered around many res college buildings.</li> <li>• <b>Standard Chips and Cookies</b> – Really help for a quick snack during studying.</li> <li>• <b>Special Vending Machines</b> – There's an ice cream vending machine and a coffee vending machine in Lewis Science Library.</li> </ul>
The U-Store	<ul style="list-style-type: none"> <li>• <b>Ready Made Food</b> – Sandwiches and packaged food from local restaurants.</li> <li>• <b>Microwave Available</b> – So you can warm up that food.</li> </ul>

<p>Late Nights at the Dining Halls</p>	<ul style="list-style-type: none"> <li>• <b>Left Out for Studying Students</b> – These are available past 8 PM, after dinner hours.</li> <li>• <b>Bread and Jelly/Peanut Butter</b> – For sandwiches.</li> <li>• <b>Cereal and Milk</b> – Sometimes milk is in a small mini fridge nearby.</li> <li>• <b>Free</b> – Don’t be afraid to get a bowl and take it out; no one’s stopping you.</li> </ul>
<p>Events and Guest Speakers</p>	<ul style="list-style-type: none"> <li>• <b>Food Provided</b> – Look for lectures and such during mealtimes.</li> <li>• <b>Reunions</b> – During reunions (i.e., after spring final exams), there will be so many events that you can live off all the free food given out.</li> <li>• <b>Pre-Rade BBQ</b> – Free food given to all students for one meal, at the beginning of the school year.</li> </ul>

## 10.8) Food During Breaks



HINTS

**Staying on-campus during breaks is up to you.** Some people avoid going home, and some get homesick. You won’t miss anything by not being on campus but being on-campus might not be bad either since you may get time to spend with friends also on-campus, without the business of the semester.



STRATEGIES

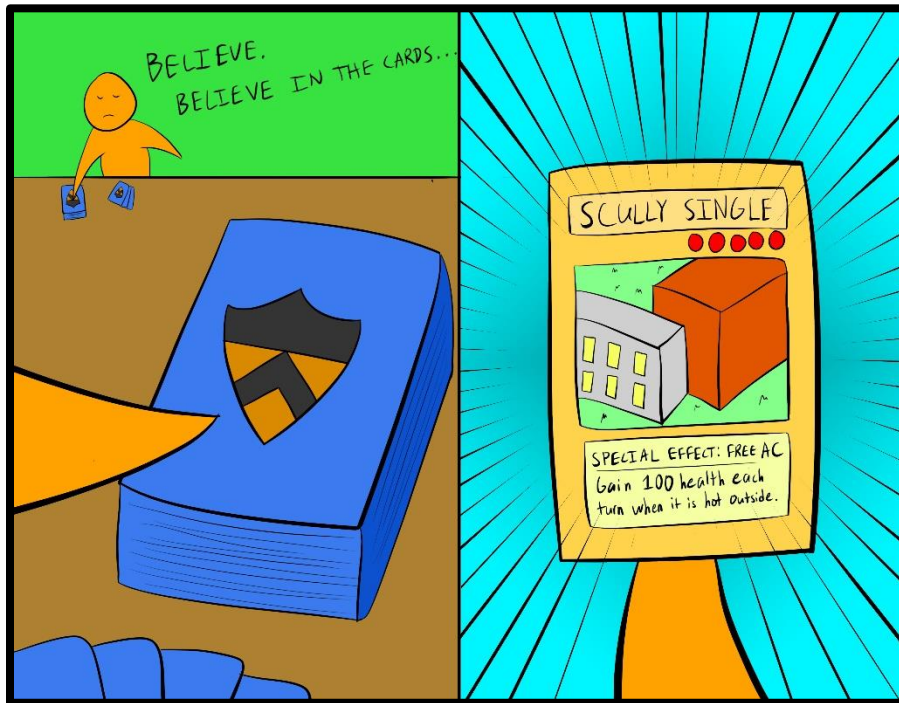
### *Finding Food During Breaks*

<p><b>Break:</b></p>	<p><b>Description:</b></p>
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Fall/Spring Breaks	<ul style="list-style-type: none"> <li>• <b>Break Meal Plans</b> – Usually choose between Block 5 (five meals) or the traditional plan (~16 meals of brunch/dinner).</li> <li>• <b>Unlimited Meal Plan</b> – Comes with the break meal plan automatically; don't worry about anything first year/sophomore year.</li> <li>• <b>Only One Dining Hall Open</b> – This applies to Thanksgiving Break and Summer Break as well.</li> </ul>
Thanksgiving Break	<ul style="list-style-type: none"> <li>• <b>Dining Hall Still Open</b> – It's only two extra days of break, no extra cost compared to normal meal plans.</li> <li>• <b>Internationals Mostly On-Campus</b> – Most Americans go home.</li> <li>• <b>Thanksgiving Feast</b> – On Thursday night of this break, the dining halls usually prepare some great food.</li> </ul>
Winter Break	<ul style="list-style-type: none"> <li>• <b>On-Campus Not Recommended</b> – Most students go back home for winter break, since it is 3-4 weeks long.</li> <li>• <b>Dining Halls Not Open</b> – You will need to go temporarily independent (see <a href="#">Chapter 10.5</a> for help).</li> <li>• <b>Limited Shuttles</b> – Weekend shopper schedules might be altered; make sure to double check what is still running at the University.</li> <li>• <b>Register with the University</b> – You are required to let them know that you are on campus (will receive an email about it close to the break).</li> </ul>
Wintersession	<ul style="list-style-type: none"> <li>• <b>All Meals Provided</b> – It is optional to attend, but all your meals will be paid for, even if you do not have a meal plan.</li> <li>• <b>Two Weeks</b> – In early-mid January.</li> <li>• <b>Formerly Known as Intersession</b> – Which was one week long and had people pay for a weeklong meal plan.</li> </ul>

<p>Summer Break</p>	<ul style="list-style-type: none"><li>• <b>Summer Meal Plan</b> – May be provided to you by your work, but otherwise may have to pay (and it is somewhat expensive).</li><li>• <b>Go Independent</b> – Kitchens will be less busy with the reduced campus population, so this is easier than during the school year (see <a href="#">Chapter 10.5</a> for independent tips).</li></ul>
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# Chapter 11: Housing and Room Draw



*Room draw is not the name of a card game.*

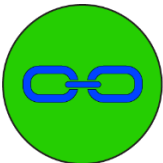
## ***In this section you'll learn about:***

- A step-by-step guide to the room draw process.
- How to find a roommate and draw group.
- Your (upperclass) housing options.
- How to secure summer and off-campus housing.

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## 11.1) Introduction to Housing and Room Draw Timeline



LINKS

### Office of Housing and Residential Service's Room Draw Guide

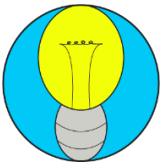
<https://hres.princeton.edu/undergraduate-housing/current-students/room-draw-guide>

### MyHousing for Undergraduates (Portal for Room Draw Time:

<https://rescenter-prod.princeton.edu/undergraduate>

### Roommate Hunt Template Spreadsheet:

<https://docs.google.com/spreadsheets/d/18c-O9gBPgCqALW0a9LKVd2Aw4Sj8Zmy3rh0IfQatHM0/edit?usp=sharing>



HINTS

If you're looking for info on packing lists, transportation, or residential colleges, check [Chapter 2](#). This chapter is mostly concerned with the room draw process starting late in the first year into upperclass years.





OVERVIEWS

## Room Draw Timeline

Event:	Time:	Description:
Move-In	Late August	Get along with your new roommate(s).
(Optional) Apply for (A)RCA or DA Positions	Fall semester (decisions by January)	If you get accepted as an (A)RCA or DA, you will get a single assigned to you by your res college; no need for room draw.
(Optional) Apply for Special Accommodations	Spring Semester (before draw group forming)	You will also draw earlier than everyone else if you need accommodations.
Start Forming a Draw Group	Early spring semester (February-March)	Start early because finding people is hard.
Submit Draw Group	Late spring semester (March-April)	Submit on time, or you won't have one.
Receive Draw Time	Late April	Pray you got a good time.
Draw Time	Late April-May	This might happen during Reading Period/finals, beware.
If You Miss Room Draw...	Summer	Don't panic. Get on the waitlist and hope for the best.



OVERVIEWS

## Room Draw Overview

Name:	Description:
Form a Draw Group	<ul style="list-style-type: none"> <li>• <b>1-8 People Size Groups</b> – All of these people are potential roommates.</li> <li>• <b>Not Necessarily Roommates</b> – 1 person might be your roommate in a double, while 6 other people end up in a quad and two singles nearby.</li> <li>• <b>Why a Group?</b> – When it comes time to pick a room, singles are not always available. Drawing with other people allows you to possibly get a double, triple, etc.</li> <li>• <b>Multiple Room Draw Groups</b> – If you are an upperclass student participating in different room draws. Can have different people in different draws.</li> </ul>
The Lottery System	<ul style="list-style-type: none"> <li>• <b>Lottery System</b> – When you get to choose your room is based on luck and application weight.</li> <li>• <b>Why a Lottery?</b> – At other universities, rich students often pay to get the best housing. With a lottery, all housing is available at the same price, and the people who pick the best housing is (mostly) random.</li> </ul>
Points and Application Weights	<ul style="list-style-type: none"> <li>• <b>Average Based Calculation</b> – Add points up and divide by members of group. Larger draw groups don't get higher weight (though historically they have, through <a href="#">system glitches</a>).</li> <li>• <b>Rising Sophomores</b> – 1 Point</li> <li>• <b>Rising Juniors</b> – 2 Points</li> <li>• <b>Rising Seniors</b> – 3 Points</li> <li>• <b>Rising Junior Independents</b> – 4 points, in the Independent/Spelman draws</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Rising Senior Independents</b> – 5 Points, in the Independent/Spelman draws</li> <li>• <b>Residential College Residents</b> – If you apply to your current res college/sister college as an upperclass student, you get +0.1 Points for each year of residence in that college.</li> </ul>
<p>Being Assigned a Room Draw Time</p>	<ul style="list-style-type: none"> <li>• <b>Good Draw Times</b> – You get to choose earlier.</li> <li>• <b>Bad Draw Times</b> – You get to choose later, meaning there will be less options.</li> <li>• <b>Available Rooms List Becomes Available</b> – Start researching different rooms and consider which ones you want to live in.</li> </ul>
<p>Room Draw Day</p>	<ul style="list-style-type: none"> <li>• <b>A 10 Minute Time Slot</b> – To choose the rooms that you want, out of all the ones still available.</li> <li>• <b>Confirm Housing and Dining Contracts</b> – And then you’re set.</li> <li>• <b>If You Don’t Get a Room</b> – You end up on the waitlist and will be assigned a room by housing.</li> </ul>



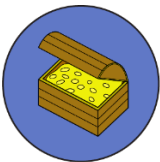
IMPORTANT

**Get a Draw Group.** People think that drawing alone means they are guaranteed a single, but it is more likely to get you placed on the waitlist and rooming with a random person.

## 11.2) Academic Year Room Draws



Spelman Hall, one of the best dorms on campus.



RESOURCES

## *Types of Room Draw*

Name:	Description:
Rising Sophomore Draw	<ul style="list-style-type: none"> <li>• <b>Your Res College, Again</b> – You must stay in the res college you were in for your first year.</li> <li>• <b>Advanced Academic Standing</b> – If you have this (i.e., finishing college in 3 years), you can choose to do rising sophomore, upperclass, independent, or Spelman draw.</li> </ul>
Regular Upperclass Draw	<ul style="list-style-type: none"> <li>• <b>Upperclass = Juniors and Seniors</b> – Any upperclass student can choose this.</li> <li>• <b>Mixed Class Year Draw Groups</b> – You can mix juniors and seniors, though not recommended.</li> </ul>

<p>Four-Year Residential College Draw</p>	<ul style="list-style-type: none"> <li>• <b>Butler, Mathey, and Whitman</b> – Are the four-year colleges you can apply to.</li> <li>• <b>Expanding Options</b> – Soon, every res college will be four-year colleges (e.g., Forbes converted the Pink House into an upperclass option).</li> <li>• <b>Apply for Each Res College Separately</b> – You are not limited to your sister res college.</li> <li>• <b>Become Part of a New Res College</b> – You lose your affiliation with your old res college and will even have to attend the graduation ceremony with the new one.</li> <li>• <b>Must Have Meal Plan</b> – It can be a cheap meal plan (e.g., Block 95) or a shared eating club plan if need be.</li> <li>• <b>Slightly Better Weight in Your Res College</b> – Or its sister college (i.e., Forbes-Whitman, Rocky-Mathey, Butler-First).</li> </ul>
<p>Independent Room Draw</p>	<ul style="list-style-type: none"> <li>• <b>50% or Greater Independent Group Minimum</b> – But you should aim to have a 100% independent draw group to increase the weight given to your app.</li> <li>• <b>Only Rooms Close to Kitchens</b> – These rooms are reserved for independent draw but can enter upperclass draw if not claimed.</li> <li>• <b>Tends to Draw a Little Earlier</b> – If independent draw doesn't yield any good rooms, you can fall back on upperclass draw.</li> <li>• <b>Sign the Independent Pledge</b> – Noting that you will not join an eating club or get a dining hall plan. If you break it, you might get probation. Do this when officially submitting your draw group.</li> </ul>
<p>Spelman Room Draw</p>	<ul style="list-style-type: none"> <li>• <b>Spelman Hall</b> – One of the best dorms on campus.</li> <li>• <b>Kitchen Inside Room</b> – The only rooms on campus that do, very good for independents.</li> <li>• <b>Spacious</b> – Includes a private bath, a refrigerator, microwave, four bedrooms, and a large common area.</li> <li>• <b>Draw Group Size</b> – Only 4 or 8 people per group.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Limited Spots</b> – You likely will only get a room as a group of only senior independents.</li> <li>• <b>Earliest Draw</b> – If you don't get the Spelman Room, you might have luck in one of the other draws.</li> </ul>
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**All housing costs the same** (except for the married Spelman suites). This ensures that the best rooms don't just go to the rich students. However, this means you must know the room draw process well to get the best rooms.

## 11.3) Accommodations and Non-Room Draw Housing



**Housing Accommodations Form:**

<https://odusapps.princeton.edu/specialneedshousing/index.php>

**Housing Accommodations Process:**

<https://odus.princeton.edu/services/disability/housing>

**Service Animal Policy:**

<https://inclusive.princeton.edu/addressing-concerns/policies/service-and-assistance-animals-policy>



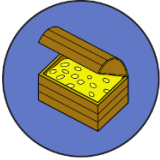
### *Special Room Accommodations*

<b>Name:</b>	<b>Description:</b>
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<p>Medical Accommodations</p>	<ul style="list-style-type: none"> <li>• <b>Before Room Draw</b> – Fill out this <a href="#">form</a>.</li> <li>• <b>Incoming First Years</b> – Apply through the Office of Disability Services instead.</li> <li>• <b>One Roommate or Drawmate Allowed</b> – A drawmate defined as someone without an accommodation in a nearby room.</li> <li>• <b>Room Input</b> – Tell them what room would work best for you, though you are not guaranteed to get it.</li> <li>• <b>Medical Documentation</b> – Only people with current treatment for their condition are considered.</li> <li>• <b>Not Necessarily Better Rooms</b> – Rooms that people statistically want more are not deliberately placed into the medical accommodations draw.</li> <li>• <b>Physical Disabilities Prioritized</b> – But make sure to talk to the Office of Disability Services too.</li> <li>• <b>Asthma and Allergies</b> – Typically uncarpeted, lower occupancy rooms, in newer buildings.</li> <li>• <b>Seniors with Asthma/Allergies</b> – Don’t fill out an app because needs can be met in regular room draw.</li> <li>• <b>What’s Not Guaranteed</b> – Requests for private kitchens (contact Campus Dining instead), air conditioning (HEPA air filters catch allergens just as well), private bathrooms (for non-urgent/safety reasons), or single rooms (even for those with learning disabilities).</li> <li>• <b>Mid-Year Changes</b> – Submit early in the semester if your room is giving you problems.</li> </ul>
<p>Gender-Inclusive Housing</p>	<ul style="list-style-type: none"> <li>• <b>All Rooms Already Gender Neutral</b> – You can room with classmates of any gender.</li> <li>• <b>Gender Inclusive</b> – Two or more students share a multiple occupancy room with no regard to sex or gender.</li> <li>• <b>Gender Inclusive Bathrooms Map</b> – Found <a href="#">here</a>.</li> <li>• <b>Why Inclusive Bathrooms?</b> – Transgender and gender non-conforming students might want to have private or single occupancy bathrooms for safety reasons.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Pre-Draw Bathroom Process</b> – Same timeline as the housing accommodation process.</li> </ul>
<p>Married Student Housing Draw</p>	<ul style="list-style-type: none"> <li>• <b>Five Special Spelman Rooms</b> – Open to only married upperclass students.</li> <li>• <b>Room Format</b> – One bedroom, kitchen, bathroom, and living room.</li> <li>• <b>No Child Accommodations</b> – For undergraduates. Graduate apartment units could be an option though.</li> <li>• <b>Non-Princeton Spouse Okay</b> – But prioritized if both spouses are full time Princeton undergrads.</li> <li>• <b>Cost</b> – 1.5 times the cost of a single student.</li> <li>• <b>How to Apply</b> – Send an email to housing with a copy of your marriage certificate.</li> </ul>
<p>Service Animals</p>	<ul style="list-style-type: none"> <li>• <b>Service Animal</b> – For when you have a disability, and the animal has been trained to perform tasks related to the disability (e.g., assisting the blind, deaf, or protecting those with seizures).</li> <li>• <b>Assistance Animal</b> – Does not assist with activities of daily living but provides emotional support to alleviate symptoms of a disability or other assistance.</li> <li>• <b>No Pets</b> – Defined as use unrelated to a disability.</li> <li>• <b>Allowed Where?</b> – Service animals allowed everywhere except where they would be in danger or affect research. Assistance animals only in dorms.</li> <li>• <b>Applying</b> – Make sure to submit disability documentation and proof the animal is necessary.</li> <li>• <b>Pet Regulations</b> – Needs to have proper vaccines, be healthy, licensing to provide service, and be on a leash if appropriate.</li> </ul>





RESOURCES

## *Other Housing Options that Don't Involve Room Draw*

Name:	Description:
(A)RCA's and DA's	<ul style="list-style-type: none"> <li>• <b>Application Process Fall Semester</b> – Interviews and results usually come by late January.</li> <li>• <b>(A)RCA's Live in Res Colleges</b> – With meals paid for.</li> <li>• <b>DA's Live in Upperclass Housing</b> – “Dormitory Assistants” that work as someone residents can go to with problems. Doesn't involve advising underclass students like (A)RCA's.</li> </ul>
Living Off-Campus	<ul style="list-style-type: none"> <li>• <b>Around Nassau Street</b> – Is where many people who live off-campus reside; few people commute long distance.</li> <li>• <b>96% of Students Live On-Campus</b> – And housing is guaranteed all four years, so finding off-campus housing is never required.</li> <li>• <b>Split Housing Costs</b> – While Nassau Street housing is very expensive, it may be manageable with roommates.</li> </ul>
Living in an Eating Club	<ul style="list-style-type: none"> <li>• <b>For Officers</b> – About 4-5 of them get to live in the club.</li> <li>• <b>Living in a Mansion</b> – Must be nice but beware that people also party in eating clubs too.</li> </ul>
Living-Learning Communities	<ul style="list-style-type: none"> <li>• <b>The <a href="#">Edwards Collective</a></b> – A community of people with interests in arts and the humanities. Possibly the only living learning community now.</li> <li>• <b>The <a href="#">Pink House</a></b> – A former living-learning community focused on living sustainably. Now converted to regular upperclass housing for Forbes students.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Apply Before Room Draw</b> – They do their own internal room draw once people are accepted.</li> </ul>
<p>Fall Study Abroad and Leave of Absence</p>	<ul style="list-style-type: none"> <li>• <b>Returning in the Spring</b> – You will have to find a room where there is a vacancy available.</li> <li>• <b>What Rooms Available?</b> – Spots open from students studying abroad in the spring semester or who choose to take a leave of absence.</li> <li>• <b>If Studying Abroad in the Spring</b> – Then you will participate in room draw, since you will be returning by the fall semester.</li> </ul>



**Make sure to let the Housing Office know if you are not participating in room draw.** They might get confused if you are enrolled but have no recorded housing.

## 11.4) Finding a Roommate and Draw Group



### *Choosing an Optimal Roommate*

Strategy:	Description:
<p>Drawmates vs. Roommates</p>	<ul style="list-style-type: none"> <li>• <b>Roommate</b> – Someone you intend to live with.</li> <li>• <b>Drawmate</b> – Someone in your draw group but might get a room adjacent to yours.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Consider Roommates More Carefully</b> – You may end rooming with a drawmate too, but less likely.</li> </ul>
Know What You Want	<ul style="list-style-type: none"> <li>• <b>How Many Roommates</b> – Do you only want singles, or are you okay with doubles and quads?</li> <li>• <b>What Kind of Roommates</b> – Loud, quiet, messy, clean, etc.</li> <li>• <b>Where</b> – If you like a certain hall in your res college or really need AC.</li> <li>• <b>What Room Draw?</b> – You can be in someone’s res college draw group but have a separate independent draw group.</li> <li>• <b>Be Specific</b> – You will find better roommates that way, as opposed to saying, “I’m fine with anything,” which you can then end up in unpleasurable rooming experiences.</li> </ul>
Eating Options/Draw Options	<ul style="list-style-type: none"> <li>• <b>If You Want Independent/Spelman Draw</b> – You should draw only with other independents to maximize your chances of getting a good draw time.</li> <li>• <b>If You’re a First Year/Sophomore</b> – Don’t worry about this, but you can only draw with people from your res college.</li> <li>• <b>If You Go Eating Club</b> – Your only good choice is the upperclass room draw.</li> <li>• <b>If You Go Upperclass Dining Hall Plan</b> – You can go for residential college draw or the upperclass draw.</li> </ul>
Living Preferences	<ul style="list-style-type: none"> <li>• <b>If You Share a Bedroom</b> – These preferences are more important.</li> <li>• <b>Messiness</b> – Dirty vs. clean</li> <li>• <b>Diet</b> – For independents, similar diet preferences mean you can cook together.</li> <li>• <b>Religion</b> – Some people like weekly Bible study or other religious activities.</li> <li>• <b>Guests</b> – Parties, visitors, etc. If they have a romantic partner, you may need to make plans in case of “sexile”</li> </ul>

	(i.e., sex-exile, leaving the room while your roommate has sex).
Your Relationship	<ul style="list-style-type: none"> <li>• <b>Romantic Relationship?</b> – Not recommended. If you break up, you are stuck living together.</li> <li>• <b>Close Friends</b> – Usually good, great for late night chats.</li> <li>• <b>Acquaintances</b> – Usually fine, though if you don't know them well, get to know them before accepting them into your group.</li> </ul>



IMPORTANT

**Take roommate considerations seriously.** You're going to be living with this person for a year, which will affect your daily life.



STRATEGIES

### *How to Find People for Your Draw Group*

Strategy:	Description:
Talk to People in Your Res College (Rising Sophomores)	<ul style="list-style-type: none"> <li>• <b>The Dining Hall</b> – You will run into lots of random people just through meals, so ask them about their plans.</li> <li>• <b>Ask Your RCA</b> – Perhaps they know someone else from your zee group or around your res college that needs people for their draw group.</li> <li>• <b>Limited Options</b> – Remember that you can only room with other people in your res college your sophomore year (i.e., 1/6<sup>th</sup> of class population). You get many more options starting junior year.</li> </ul>
Ask Everyone	<ul style="list-style-type: none"> <li>• <b>Extracurriculars?</b> – You might know someone.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Sports Teams?</b> – Athletes like rooming together because of similar schedules.</li> <li>• <b>Religious Groups?</b> – Similar values already.</li> </ul>
Email the Res College Listservs	<ul style="list-style-type: none"> <li>• <b>Your Res College Listserv</b> – For sophomores that need someone within their own res college to room with, or for the upperclass res college draw. See Chapter 3.4 for how to subscribe (i.e., go to lists.princeton.edu).</li> <li>• <b>Send to All Res College Listservs</b> – If you are an upperclass student, you want to reach as many people as possible.</li> <li>• <b>Write a Clear, Short Pitch</b> – State your class year, room draw option, roommates desired, and other qualities.</li> <li>• <b>Organize the Search for Everyone</b> – Try sending out this template to all the res college listservs, and the more people look out, the greater chance someone will reach out to you as a potential roommate.</li> </ul>
Message People on Social Media	<ul style="list-style-type: none"> <li>• <b>Facebook</b> – Nearly every student has one, and if you are already Facebook friends, even better.</li> <li>• <b>Instagram/Snapchats</b> – Also work.</li> <li>• <b>Email</b> – You can find every student’s email on TigerBook.</li> <li>• <b>GroupMe</b> – Sometimes you are part of a group chat with someone already; privately message them.</li> <li>• <b>Reach Out on Multiple Platforms</b> – Some people are more or less responsive in different places.</li> <li>• <b>Send a Follow-Up Message</b> – If they don’t respond after 2-3 days, send another message. If they don’t reply in a couple more days, move on to another person.</li> </ul>
Create a Group Chat for Your Draw Group	<ul style="list-style-type: none"> <li>• <b>Helpful for the Hunt</b> – You can ask your drawmates to also hunt for people to add to the group.</li> <li>• <b>Coordinate Who Wants to Room with Who</b> – With 8 people, many different arrangements can happen (e.g., 8 singles, 4 doubles, 1 quad/2 doubles, etc.).</li> <li>• <b>Helpful for Room Draw Time</b> – If you’re not meeting in-person.</li> </ul>

## 11.5) Choosing a Room



LINKS

**TigerApp Student Room Guide: Floor Plans**

<http://rooms.tigerapps.org/map>

**TigerApp Student Room Guide: Reviews**

<http://rooms.tigerapps.org/table>

Rooms Floor Plans Rooms List

**Heads up!** This data will not be updated during room draw. For the most up-to-date information, visit the official **housing site**  
Last Updated: April 2019

**Help your fellow students!** Review your current room by clicking on it in the table below

All Rooms Butler Forbes Independent Mathey Rockefeller Upperclass Whitman Wilson									
College	Building	Floor	Room	Sqft	# of People	Sub-Free	Features		
Upperclass	1901	0	101	444	3	N			
Upperclass	1901	0	102	335	2	N	ADA Accessible		
Upperclass	1901	0	103	155	1	N	Bi-level room		
Upperclass	1901	0	104	404	3	N	Connecting single/ Shar		
Upperclass	1901	0	105	142	1	N	Private bathroom		
Upperclass	1901	1	111	122	1	N	Shared bathroom		
Upperclass	1901	1	112	402	3	N	Strobe light		
Upperclass	1901	1	113	194	1	N			
Upperclass	1901	1	114	191	1	N			

The Student Room Guide TigerApp is very useful for filtering rooms by features that suit your needs.



STRATEGIES

## How to Find People for Your Draw Group

Strategy:	Description:
Read Reviews and Ask Around	<ul style="list-style-type: none"> <li>• <b>Use TigerApps</b> – Read the reviews of rooms under the <a href="#">Rooms List</a>, and check floor plans on the <a href="#">Map</a>.</li> <li>• <b>Ask Around</b> – If you’re interested in a room, try figuring out who lives there or even try knocking on their door.</li> </ul>
Consider Location	<ul style="list-style-type: none"> <li>• <b>Is It Close to Class?</b> – Especially in upperclass years where you will spend more time in one academic department.</li> <li>• <b>Does it Have a Nice View?</b> – See which direction the windows are pointing and use Google Maps satellite view to see what is in the area.</li> <li>• <b>Building Quality</b> – The buildings around Poe Field (i.e., Butler, Scully, Bloomberg, etc.) tend to be newer.</li> </ul>
Number of Occupants	<ul style="list-style-type: none"> <li>• <b>Singles</b> – Only one person living in the room, though tend to run out of stock quickly. More common in Whitman.</li> <li>• <b>Doubles</b> – Perhaps the most common, two people in a room. Common in Forbes.</li> <li>• <b>Jack-and-Jill</b> – Two singles connected by a private bath.</li> <li>• <b>Triples</b> – Less common, but three people.</li> <li>• <b>Quads</b> – More common in Butler/Rocky/Mathey.</li> <li>• <b>“Quingles”</b> – Quads with a common room and four individual bedrooms.</li> <li>• <b>10-Person Rooms</b> – Only available in First College, you have to special apply as a draw group of 10.</li> </ul>
Bathrooms	<ul style="list-style-type: none"> <li>• <b>Hall Bathrooms</b> – Don’t require cleaning yourself, but you must walk out of your room to get there.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Private Bathroom</b> – Convenient but set a cleaning schedule with your roommates.</li> <li>• <b>Bathroom Concerns</b> – For transgender students or others that have safety concerns, do the Pre-Draw Bathroom Process.</li> </ul>
<p>Other Room Amenities</p>	<ul style="list-style-type: none"> <li>• <b>Common Rooms</b> – Can be nice if you plan to have small parties.</li> <li>• <b>Kitchens</b> – See the distance to communal kitchens if you plan to cook, or the Spelman kitchens are inside the room.</li> </ul>
<p>Floor Height</p>	<ul style="list-style-type: none"> <li>• <b>Ease of Move-In</b> – Rooms on higher floors mean having to lift things up the stairs or take elevators.</li> <li>• <b>Privacy</b> – Higher floors feel more isolated and give nice aerial views of campus.</li> </ul>
<p>Substance Free?</p>	<ul style="list-style-type: none"> <li>• <b>No Drugs</b> – You agree not to have drugs (e.g., alcohol, marijuana, etc.) visible in your room.</li> <li>• <b>Some Rooms in Certain Halls</b> – These areas also tend to be quieter and have less parties.</li> <li>• <b>Pledge When You Pick Rooms</b> – But decide whether you would be open to substance free rooms before draw time.</li> </ul>



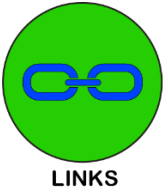
The “Junior Slums” are 1901, Henry, Laughlin, Foulke, Lockhart, and Pyne Halls. Besides being an insensitive colloquial name, it refers to them being a little lower quality and having many juniors noisily partying on weekends. Even then, very few of the housing options on campus are truly awful.



**Trash collection is different in every dorm.** In Forbes, leave your trash can out for staff to pick it up. In Butler, dump your trash down a chute. In Spelman, throw it in a dumpster. In some co-ops, you might compost your food scraps. It’s not anything you should consider for where to live though.



## 11.6) Strategies in the Moment of Room Draw



**MyHousing for Undergraduates:**

<https://rescenter-prod.princeton.edu/undergraduate>

(Login with netid and password)



**Have the contact info for the Housing office quickly on hand!**

Phone: 609-258-3460

Email: [askhousing@princeton.edu](mailto:askhousing@princeton.edu)

They are very responsive during room draw.



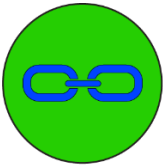
### *Surviving Room Draw*

Step:	Description:
<p>1. Gather Up Everyone in Your Draw Group at Once</p>	<ul style="list-style-type: none"> <li>• <b>Meet In-Person</b> – In someone’s room, for example.</li> <li>• <b>Meet in Video Call</b> – If you can’t all be in-person.</li> <li>• <b>Check in Group Chat</b> – Meeting face-to-face is recommended because of how quick the process is, but this is a decent alternative.</li> </ul>

<p>2. If You Can't Make It to Room Draw...</p>	<ul style="list-style-type: none"> <li>• <b>Consider Skipping Class</b> – You'll just have to step outside for 10 minutes, but not always possible because room draw sometimes happens during final exams.</li> <li>• <b>Designate a Proxy</b> – A proxy is someone who can decide your room for you. Choose someone who you trust in your draw group and designate them online in the housing portal before room draw.</li> </ul>
<p>3. Have Many, Many Back-Up Plans</p>	<ul style="list-style-type: none"> <li>• <b>Different Combinations of Roommates</b> – If you're getting doubles, consider possibly getting a quad with two other people wanting doubles.</li> <li>• <b>Different Halls and Rooms</b> – Some halls run out quickly, so have a back-up in another hall, especially if you have a bad draw time.</li> </ul>
<p>4. Select Your Room</p>	<ul style="list-style-type: none"> <li>• <b>Search for the Type of Room</b> – You can usually filter by hall, or by number of occupants.</li> <li>• <b>Click on the Room You Want</b>- You will then have a 5–10-minute timer to finish selecting that room before it gets released back into the pool of available rooms.</li> <li>• <b>Select Your Meal Plan</b> – Or lack of meal plan.</li> <li>• <b>Sign the Substance Free Pledge if Applicable</b> – Only if you have a room in a substance-free hall.</li> <li>• <b>Confirm with Everyone in Your Group</b> – Once everyone has confirmed, you are set.</li> <li>• <b>Talk to Housing</b> – If something goes wrong. They watch room draw all day and will likely have already noticed.</li> </ul>
<p>5. Dropping Down</p>	<ul style="list-style-type: none"> <li>• <b>Drop Down</b> – If some people in your draw group get a room but you don't, become part of a draw group with a later time and see if you can room with them.</li> <li>• <b>Have the Draw Times List on Hand</b> – So you can see which groups after you would be good to drop down to.</li> </ul>
<p>6. Being Put on the Waitlist</p>	<ul style="list-style-type: none"> <li>• <b>If You Didn't Get a Room</b> – Housing will assign you to a random roommate(s) and housing assignment. They will try to take your preferences into account, though.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>The Remaining Stock Isn't Terrible</b> – People sometimes get singles from the waitlist, but it is leaving things up to chance, when you could swing the odds of getting a good room in your favor.</li> <li>• <b>Consider Off-Campus Housing</b> – If you don't want to play with the luck of the waitlist.</li> <li>• <b>You Have to Apply for Waitlist</b> – This is so Housing knows your preferences.</li> </ul>
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## 11.7) Dealing with the Room You Got



LINKS

**Post Room-Draw Page on Housing Website:**

<https://hres.princeton.edu/post-room-draw>

**Princeton Facilities (for Work Orders):**

<https://facilities.princeton.edu/>

**Air Conditioning Alternatives:**

<https://odus.princeton.edu/services/residential-dining-and-other-accommodations/housing-accommodations/air-conditioning>



STRATEGIES

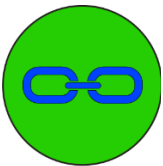
### *Options for Improving your Living Situation*

Name:	Description:
Room Improvement	<ul style="list-style-type: none"> <li>• <b>The Bottom 25% of Upperclass Draw</b> – I.e., the bottom quarter draw times eligible.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>If Better Rooms Exist</b> – You may swap the room you got with one that is still available (presumably before waitlisted rooms get assigned).</li> <li>• <b>Apply For It</b> – On the housing website. Doesn't happen automatically.</li> </ul>
Room Switch	<ul style="list-style-type: none"> <li>• <b>Contact Housing</b> – Or if you are still in a res college, talk to the college office.</li> <li>• <b>Same Application Weight Only</b> – See the points outlined in Chapter 10.1.</li> <li>• <b>Switch Roommates</b> – Only between people who have the same weight (e.g., can't trade a junior for a senior).</li> <li>• <b>No Cancelled Students</b> – If you cancel your room contract, you can't enter another room.</li> <li>• <b>Talk to People</b> – Preferably people in both rooms should come to an agreement about this.</li> </ul>
Vacating Your Room for Other Housing	<ul style="list-style-type: none"> <li>• <b>Reasons to Leave</b> – Off-campus housing, moving into eating club, study abroad, taking a leave of absence, or being suspended.</li> <li>• <b>Fill Out Intent to Vacate Form</b> – On Housing portal.</li> <li>• <b>What to Do with Vacancies</b> – In one week, find someone to fill the empty spot in your room, with roughly the same application weight. Can be someone without a room or someone in a single.</li> <li>• <b>If You Don't Fill It</b> – You may be moved to another suite and the room goes to a waitlisted group with the right amount of people.</li> <li>• <b>If No Waitlisted People Left</b> – The space may be filled by a returning or readmitted student.</li> </ul>
Calling Facilities for Repairs	<ul style="list-style-type: none"> <li>• <b>If Something Can Be Fixed</b> – Like a drafty window or broken ventilation, make sure to put in a work order.</li> <li>• <b>If Something Can't Be Fixed</b> – Like the noise of people walking up the stairs, then you might be able to work</li> </ul>

	around it (e.g., get ear plugs, don't study in your room, etc.).
Coordinating with Your New Roommate	<ul style="list-style-type: none"> <li>• <b>Roommate Horror Stories are Rare</b> – Most people get along fine.</li> <li>• <b>Establish Guidelines Early</b> – If you've never met them before, talk about what not to do. Make reasonable compromises (e.g., don't play loud music all day and tell them to deal with it).</li> </ul>

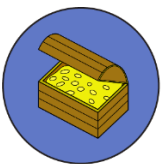
## 11.8) Summer Housing (On and Off Campus)



LINKS

**Intended On-Campus Summer Housing for Summer 2020:**

<https://web.archive.org/web/20200508020355/https://hres.princeton.edu/undergraduate-housing/current-students/seasonal-and-temporary-housing/summer-housing>



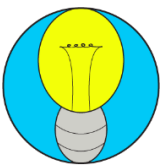
RESOURCES

***Princeton Area Summer Housing Options***

Name:	Description:
Interim Housing	<ul style="list-style-type: none"> <li>• <b>Between Spring Semester and Summer</b> – After finals period and before the end of Reunions.</li> <li>• <b>Only Temporary</b> – It is only about a week; you can't stay here the whole summer.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>During Reunions</b> – The annual event where the alumni come back to celebrate.</li> <li>• <b>May Have to Switch Rooms</b> – They must make room for alumni.</li> <li>• <b>Qualified if Have Summer Housing</b> – Make sure to apply for it still.</li> <li>• <b>Qualified for Performers</b> – At the many student group and arts shows during reunions.</li> <li>• <b>Qualified for Workers</b> – A week-long job, such as serving food or driving golf carts.</li> <li>• <b>Lots of Food</b> – There’s so much free food around reunions that you likely won’t have to spend money on food.</li> </ul>
<p>Summer Room Draw</p>	<ul style="list-style-type: none"> <li>• <b>Only 2-3 Dorms Available</b> – Sometimes they don’t have AC, so beware. 1903 Hall and Patton are common.</li> <li>• <b>Cost and Length of Stay</b> – 1-8 weeks, but longer is cheaper: 1 week is \$273/wk, 8 weeks is \$218/wk.</li> <li>• <b>Eligibility</b> – Senior thesis/JP researchers, approved coursework/internships, full-time (35+ hrs/wk) workers, participating in a University sponsored program, and undergrads who qualify for family housing, medical reasons, or housing insecurity.</li> <li>• <b>Not Eligible</b> – Preparing for the MCAT, returning from leave of absence (without approval from Dean and DSL), high school students.</li> <li>• <b>Points System</b> – Married students first, then researchers or taking coursework (3 Points), full time workers (2 Points), participants in a University sponsored program (1 Point).</li> <li>• <b>The Wait List</b> – If you apply late, not guaranteed housing.</li> </ul>
<p>Assigned Housing (No Summer Room Draw)</p>	<ul style="list-style-type: none"> <li>• <b>FSI Students</b> – “Freshman Scholars Institute,” or a summer program that first gen/low income first years often participate in.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Keller Center Programs</b> – Like Tiger Challenge or the eLab, tend to assign housing for participants.</li> </ul>
Off-Campus Housing	<ul style="list-style-type: none"> <li>• <b>Mostly on Nassau Street</b> – Though you can commute farther if you like.</li> <li>• <b>Check Listservs for Sublets</b> – The people living on Nassau Street during the school year will rent out their space for the summer.</li> </ul>



HINTS

**Off-Campus Parking?** If you are planning to live nearby but not on-campus, consider bringing a car. You can get parking for about \$180/month (~\$6/day) at [Spring Street Garage](#), a short walk north of campus. See [Chapter 2.2](#) for details on getting around Princeton otherwise.



STRATEGIES

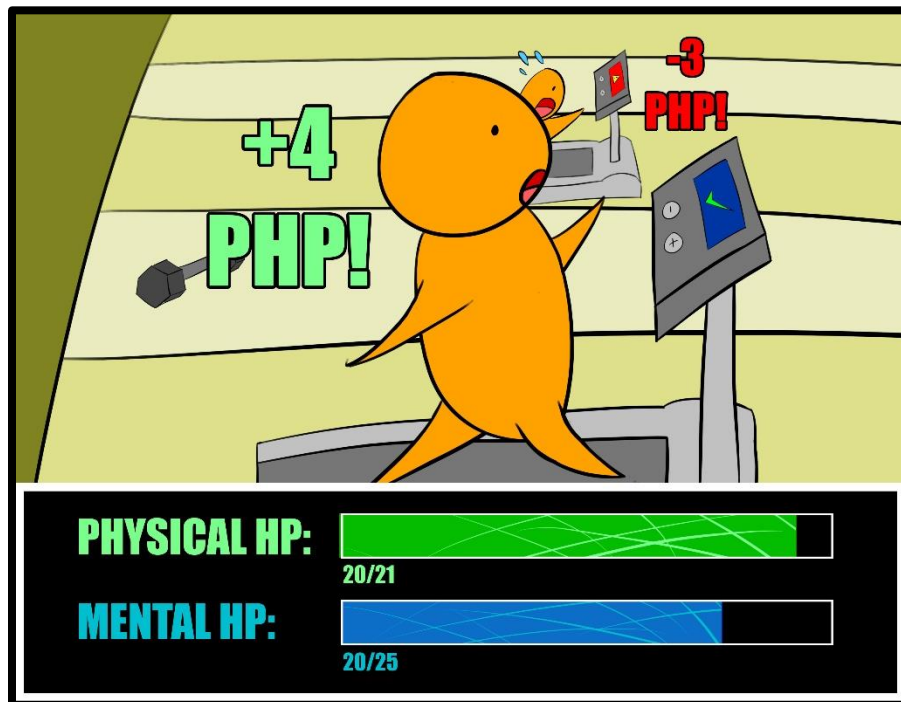
## ***Finding Summer Housing Away from Princeton***

Strategy:	Description:
Connect with Other Students	<ul style="list-style-type: none"> <li>• <b>Big Internship Programs</b> – Like PICS or by a large company, fellow interns can be good roommates.</li> <li>• <b>Hunt Together</b> – Share places that you find, and everyone gets somewhere to live.</li> <li>• <b>Make a Group Chat</b> – Not just to find housing, but to possibly hang out over the summer too.</li> </ul>
Connect with People in the Area	<ul style="list-style-type: none"> <li>• <b>Your Employer</b> – They know the area, so you can ask them questions about common places to live.</li> <li>• <b>Friends and Relatives</b> – They might be willing to let you stay with them, where they live.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Facebook Groups</b> – For many big cities, there are groups for people seeking and offering housing.</li> </ul>
Investigate Parts of the City	<ul style="list-style-type: none"> <li>• <b>Safety</b> – If you don’t know the city well, try searching for areas that have lower crime rates first.</li> <li>• <b>Distance from Work</b> – Consider something close by, but if the city has good public transport or if you have a car, you can live farther out.</li> </ul>
Consider Your Options	<ul style="list-style-type: none"> <li>• <b>AirBnB</b> – Usually cheap and available in most cities.</li> <li>• <b>University Housing</b> – Usually vacancies since students have left for the summer.</li> <li>• <b>Apartments</b> – Simply searching for a “sublet” (sublease, or temporary rental), should be enough for a short summer internship.</li> </ul>
Consider Your Budget	<ul style="list-style-type: none"> <li>• <b>Your Stipend</b> – Hopefully you have one from your employer. Otherwise, University funding usually helps pay for unpaid internships.</li> <li>• <b>Housing will Be the Biggest Expense</b> – Especially if you will be in a big city, it can be most of your budget.</li> <li>• <b>Other Expenses</b> – Public transport, food, utilities, and fun.</li> <li>• <b>Roommates Can Reduce Cost</b> – If you split the rent.</li> </ul>



# Chapter 12: Physical and Mental Health



Make sure your health doesn't run low!

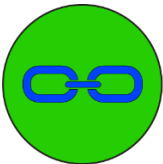
## *In this section you'll learn about:*

- Why your health matters first.
- How to live a balanced and healthy lifestyle.
- What to do when you are sick or have a mental health issue.
- How to take a gap year.

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## 12.1) Why Balancing Your Health Matters



LINKS

### UMatter:

<https://umatter.princeton.edu/>

### University Health Services:

<https://uhs.princeton.edu/>

### UHS Health Resources:

<https://uhs.princeton.edu/health-resources>



IMPORTANT

**I am not a health professional.** Everything stated in this chapter is a guide for how you might want to live healthy or connect to proper resources. Always refer to a professional when making major changes to your lifestyle.

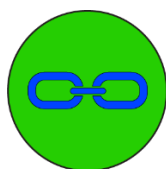


OVERVIEWS

## Why Your Health Matters First

Name:	Description:
Quality of Life	<ul style="list-style-type: none"> <li>• <b>Your Own Happiness</b> – If you’re not healthy, you won’t be happy. You should enjoy college.</li> <li>• <b>A Sustainable Lifestyle</b> – Soon, you’ll be entering the real world. If you can’t live healthy now, how are you going to live healthy the rest of your life?</li> <li>• <b>Health Affects Everything Else</b> – Physical and mental health affect each other and can affect your relationships too.</li> </ul>
Better Quality Work	<ul style="list-style-type: none"> <li>• <b>Unhealthy Habits Make It Harder to Focus</b> – If you can’t focus on work, you won’t make good work.</li> <li>• <b>Originality</b> – While in high school you can get away with rote memorization, in college, you need to add your own original thought to your work. It is much harder to do that when unhealthy.</li> </ul>
Many Health Resources	<ul style="list-style-type: none"> <li>• <b>American Healthcare is a Mess</b> – But Princeton’s health resources are comparatively streamlined.</li> <li>• <b>It’s Free</b> – You won’t get another chance to get completely free health checkups and counseling.</li> </ul>

## 12.2) Physical Health – Eat, Sleep, Exercise



LINKS

**UHS Page on Sleep:**

<https://uhs.princeton.edu/health-resources/sleep>

**UHS Page on Eating Disorders:**

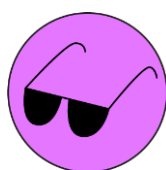
<https://uhs.princeton.edu/health-resources/eating-disorders>

**Personal Trainers at Dillon:**

<https://campusrec.princeton.edu/fitness-wellness/personal-training?fbclid=IwAR37PcvQBHK5FeTOcmgM5PX5tInt6DwWTTnmprBFUdP4psXIWr-o9ju0Gc>

**Anytime Fitness Guide by Campus Rec:**

<https://campusrec.princeton.edu/anytime-fitness-wellness-resources>



STRATEGIES

***Eating Healthy in Buffet-Style Dining***

<b>Strategy:</b>	<b>Description:</b>
Evaluate Your Eating Habits	<ul style="list-style-type: none"> <li>• <b>Income Bracket</b> – If you come from a low-income family, you may have had less options for food, or less healthy options available to you.</li> <li>• <b>Your Parents’ Eating Habits</b> – Likely rubbed off on you. If they eat a lot of meat, you probably eat a lot too.</li> </ul>
Go to the Salad Bar First	<ul style="list-style-type: none"> <li>• <b>Eat Fruits and Veggies</b> – Can’t go wrong here, really.</li> <li>• <b>Less Room for Unhealthy Things</b> – If you get other food first, then you won’t have room for healthy food.</li> </ul>
Keep in Mind Food Groups	<ul style="list-style-type: none"> <li>• <b>Do You Need That Much Protein?</b> – American culture errs on the side of eating more meat than needed.</li> <li>• <b>Carbohydrates</b> – Are sugar heavy and filling. Try to eat whole grains when possible.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Desserts</b> – You don’t always need to pick up sweets.</li> </ul>
Keep Portion Sizes Small	<ul style="list-style-type: none"> <li>• <b>Don’t Stuff Your Plate</b> – Leave some space around the outside edge of your plate.</li> <li>• <b>Go For Seconds</b> – You can scoop more food however much you want.</li> <li>• <b>Smaller Scoops</b> – Get less of individual items.</li> <li>• <b>Don’t Waste Food</b> – If you scoop a lot, then the only way to not throw away food is to eat all of it, which can make you sick.</li> </ul>
Consider How Much Exercise	<ul style="list-style-type: none"> <li>• <b>How Much Walking?</b> – If you must walk across campus multiple times, it’s okay to eat more?</li> <li>• <b>Sitting and Studying All Day</b> – Maybe eat a little bit less.</li> <li>• <b>Athletes</b> – Check with your team and see what nutrients are important for you to have.</li> </ul>
Eating Disorders	<ul style="list-style-type: none"> <li>• <b>Go to UHS/CPS</b> – Get help through counseling or a dietician. They’re not just because people want to be “thin,” but usually deeper emotional or psychological problems.</li> <li>• <b>More Details in <a href="#">Chapter 12.7</a></b> – On Mental Health.</li> </ul>



## *How to Get Sleep*

Strategy:	Description:
Check You’re Getting Enough Sleep	<ul style="list-style-type: none"> <li>• <b>7-8 Hours</b> – Is usually good, but everyone’s different.</li> <li>• <b>Falling Asleep During the Day?</b> – Get more.</li> <li>• <b>Sleeping 2 Hours More on Weekends</b> – Get more sleep on weekdays.</li> </ul>

<p>Don't Look at Your Phone Before Bed</p>	<ul style="list-style-type: none"> <li>• <b>The Mindless Scroll</b> – Don't spend time on social media instead of getting sleep.</li> <li>• <b>Set App Time Limits</b> – Your phone can automatically shut down apps if you use them for more than 15 minutes.</li> <li>• <b>Set Alarm Earlier</b> – Reducing the time you look at your phone at night.</li> </ul>
<p>Blue Light Filters</p>	<ul style="list-style-type: none"> <li>• <b>Blue Light?</b> – Light from electronic devices that tends to disrupt your ability to sleep.</li> <li>• <b>"Night Light" Setting</b> - On computers and phones. Turns the screen a redder color.</li> <li>• <b>Not "Night Mode"</b> – Which just makes white backgrounds black for easier viewing at night.</li> <li>• <b>Blue Light Glasses</b> – If you don't want to set blue light filters on your devices, order a pair. Usually on Amazon.</li> </ul>
<p>Set a Consistent Bedtime</p>	<ul style="list-style-type: none"> <li>• <b>Your Body Will Get Adjusted</b> – It will be easier to fall asleep at night.</li> <li>• <b>A Tighter Schedule</b> – You'll be able to better plan your day if you wake up at the same time.</li> </ul>
<p>Don't Pull All-Nighters</p>	<ul style="list-style-type: none"> <li>• <b>You'll Have to Make it Up</b> – Eventually, you're going to sleep more hours to make up for the ones you lost. It sets you back the whole week.</li> <li>• <b>All-Nighters aren't Productive</b> – You're too tired to think usually. The exception might be a mindless, but time-consuming activity. Still, don't pull these regularly.</li> <li>• <b>All-Nighters aren't Something to be Proud of</b> – It might feel good bragging to your friends that you're working so hard, but that's not a good mindset to have unless you want to suffer.</li> </ul>
<p>Take Naps</p>	<ul style="list-style-type: none"> <li>• <b>Check Your Schedule</b> – See if you have 30 minutes-1 hour free anytime consistently in your day.</li> <li>• <b>Experiment with Nap Time</b> – Some people get by well on 30-minute naps, while some need an hour and a half.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Sleep When You're Tired</b> – Don't try to work when you can't focus.</li> <li>• <b>Don't Nap a Few Hours Before Bed</b> – You might as well get a full night's rest.</li> </ul>
Create a Good Sleeping Environment	<ul style="list-style-type: none"> <li>• <b>Earplugs</b> – If the area you're in is too loud. A hood, hat, or earmuffs also help.</li> <li>• <b>Block Out Light</b> – Close your window blinds. Cover your eyes with a sleeping mask or a hood.</li> <li>• <b>Temperature</b> – If your windows are leaking cold air, ask facilities to fix them, or cover cracks up with clothing.</li> <li>• <b>Staying Warmer</b> – Consider wearing a coat, socks, or hat if it's still too cold.</li> </ul>
Making a Makeshift Sleeping Environment	<ul style="list-style-type: none"> <li>• <b>Secure Your Valuables</b> – Have them on you so that no one steals them while sleeping (though thefts are uncommon at Princeton).</li> <li>• <b>The Makeshift Pillow</b> – A scarf, backpack, or coat.</li> <li>• <b>The Makeshift Blanket</b> – Bring one with you or use a coat.</li> <li>• <b>Where?</b> – Couches, benches, study cubicles.</li> </ul>
Don't Substitute Coffee or Alcohol for Sleep	<ul style="list-style-type: none"> <li>• <b>Excessive Caffeine Intake?</b> – Consider if you could get more sleep instead.</li> <li>• <b>Don't Just Drink Coffee Because It's Cool</b> – If you can sleep instead, you'll save a lot of money too.</li> <li>• <b>Alcohol Impacts Sleep Quality</b> – Even if it feels like it makes you sleep better.</li> </ul>
Relaxation Techniques	<ul style="list-style-type: none"> <li>• <b>Deep Breathing</b> – Slow down your breathing. Breathe in, hold, and release for 4-6 seconds at each step.</li> <li>• <b>Visualization</b> – Try to think and picture something calm.</li> <li>• <b>Read a Book</b> – Or any calm activity you like.</li> </ul>



IMPORTANT

**If you see someone bragging that they get no sleep, help them to get some.**

One all-nighter will lead to working inefficiently the rest of the week, which will likely lead to another one, into a vicious cycle. Don't let your friends destroy their health. Help them develop healthy habits.



STRATEGIES

## *How to Get Exercise*

Strategy:	Description:
Exercise Isn't Just for Athletes	<ul style="list-style-type: none"> <li>• <b>Healthy Mind, Healthy Body</b> – Exercise helps you think.</li> <li>• <b>Establish Healthy Exercise Habits Early</b> – Unless you want health problems later.</li> <li>• <b>A Good Study Break</b> – If you sit all day while studying, an exercise break can refresh your mind.</li> </ul>
Set a Routine	<ul style="list-style-type: none"> <li>• <b>How Many Days a Week?</b> – If you don't do exercise regularly, you'll forget or lose your gains.</li> <li>• <b>What Time of Day?</b> – Workouts during the day? Evening?</li> </ul>
How Much Exercise?	<ul style="list-style-type: none"> <li>• <b>Aerobics</b> – 3-5 times a week, 20-60 minutes at a time.</li> <li>• <b>Weight Training</b> – 2-3 times a week, less often to allow muscles to recover.</li> <li>• <b>Custom Plans</b> – Talk to a health professional.</li> </ul>
Don't Overexert Yourself	<ul style="list-style-type: none"> <li>• <b>Start Slow</b> – Don't do intense workouts until you're in shape.</li> <li>• <b>Overtraining</b> – If you train too much, your muscles won't have time to recover and grow.</li> </ul>
Have Workout Buddies	<ul style="list-style-type: none"> <li>• <b>Accountability</b> – They can tell when you're slacking.</li> </ul>

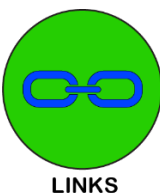


	<ul style="list-style-type: none"> <li>• <b>Good Social Activity</b> – Since you might spend the day studying.</li> </ul>
Go to the Gym	<ul style="list-style-type: none"> <li>• <b>Dillon Gym Hours</b> – They’re open 22 hours a day on weekdays. Reduced hours on weekends.</li> <li>• <b>Exercise Equipment</b> – For more specialized types of exercise or weightlifting.</li> </ul>
Consider All Kinds of Exercise	<ul style="list-style-type: none"> <li>• <b>Club Sports</b> – There are 37 of them. If you find exercise fun, it should be easy (e.g., running club, fencing club, etc.). Try picking up a new sport.</li> <li>• <b>Getting Around Campus</b> – Walking, running, or biking throughout your day can add to your exercise.</li> <li>• <b>Online YouTube Workouts</b> – There are countless on the Internet.</li> </ul>
Consider in Tandem with Diet	<ul style="list-style-type: none"> <li>• <b>Protein Intake?</b> – If you need to build muscle. Add protein powder to your diet if you really need it.</li> <li>• <b>Carbs</b> – If you want to have energy.</li> <li>• <b>Fruits and Veggies</b> – To have the nutrients to live.</li> </ul>



Want to do organized sports? Try checking out [Chapter 8.5](#) and [Chapter 8.6](#).

## 12.3) *Sickness and UHS*

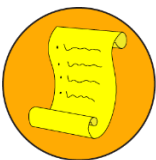


UHS Medical Services (609-258-3141):

<https://uhs.princeton.edu/medical-services>



McCosh Health Center, located just south of Frist (Image [Source](#)).

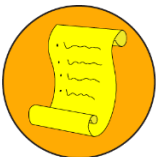


PROCEDURES

## ***How to Excuse Yourself from Class When Sick***

<b>Step:</b>	<b>Description:</b>
1. Evaluate Your Health	<ul style="list-style-type: none"> <li>• <b>Pre-Existing Health Condition?</b> – Come up with a plan early in case something arises (e.g., leave class before you suffer from a severe migraine).</li> <li>• <b>Moderate Problem?</b> – Consider stepping out to the bathroom just in case it’s a bad lunch.</li> <li>• <b>Getting Worse</b> – Don’t push yourself and make it worse. Leave class.</li> </ul>

<p>2. Stepping Out of Class</p>	<ul style="list-style-type: none"> <li>• <b>Just Leave Lecture</b> – No one is likely keeping attendance anyway. It’s worth losing iClicker participation points if your health is not good.</li> <li>• <b>Tell the Person Next to You</b> – They can tell the professor what happened if they think it’s suspicious that you’re leaving.</li> <li>• <b>Tell the Professor Directly</b> – If they ask why you’re leaving with your stuff, just say you feel sick. More specific details will help justify your case (e.g., “stomachache”), but you’re not obligated to say.</li> </ul>
<p>3. Don’t Hang Around</p>	<ul style="list-style-type: none"> <li>• <b>Get Rest</b> – Sometimes you just need a little bit of sleep. Your dorm is always the ideal place to do this, especially if you may be contagious.</li> <li>• <b>Walk into UHS</b> – There will usually be a doctor ready to see you.</li> </ul>



## How to Go to UHS

PROCEDURES

Step:	Description:
<p>1. Setting Up an Appointment with UHS</p>	<ul style="list-style-type: none"> <li>• <b>Go to the UHS Website</b> – If you want to schedule in advance.</li> <li>• <b>Call Up UHS</b> – If you’re thinking of walking in, call them up first to see if they might have a doctor available immediately.</li> </ul>
<p>2. Signing In</p>	<ul style="list-style-type: none"> <li>• <b>Talk to the Front Desk</b> – They’ll help sign you in.</li> <li>• <b>Those Electronic Tablet Things</b> – You’ll have to enter your information on it to sign in. They’re like iPads.</li> </ul>

<p>3. Wait for the Doctor</p>	<ul style="list-style-type: none"> <li>• <b>The Side Area</b> – After you sign in, you may be told to wait down the hall and not in the front lobby.</li> <li>• <b>The Doctor Will Call</b> – They will say your name, and then you walk with them to a room.</li> </ul>
<p>4. Be Honest and Descriptive</p>	<ul style="list-style-type: none"> <li>• <b>No, It's Not Embarrassing</b> – Doctors likely hear a lot of strange stuff.</li> <li>• <b>More Info = Better Help</b> – The doctor can't treat a problem that you don't tell them about or lie about.</li> <li>• <b>Masking Pain</b> - Sometimes when you feel pain, you might forget about other parts of your body that feel pain. Make sure to address all problems.</li> <li>• <b>Write Down Symptoms</b> – If you're very forgetful and have lots of symptoms, write them all down and bring to your appointment.</li> <li>• <b>Ask Other Questions Too</b> – If you have an unrelated health concern, you might as well ask while you're there (e.g., if you have a cold but want advice on your diet).</li> </ul>
<p>5. Follow the Doctor's Instructions</p>	<ul style="list-style-type: none"> <li>• <b>What If It's Bad Advice?</b> – You should bring this up before the appointment is over. There might be something you forgot to tell them.</li> <li>• <b>Give it a Shot</b> – They're medical professionals, so you might want to trust their word before yours.</li> <li>• <b>Follow-Up Appointments</b> – If it's not working, get them to check you out again. There's no cost, so why not?</li> </ul>



The inside of McCosh Health Center, with a person signing into the electronic tablet thing (Image [source](#)).

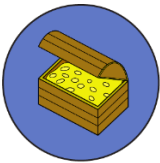


STRATEGIES

## *Things to Do on a Sick Day*

Strategy:	Description:
Go to UHS	<ul style="list-style-type: none"> <li>• <b>There's No Downside</b> – Really, just get checked out.</li> </ul>
Rest Up	<ul style="list-style-type: none"> <li>• <b>No, Seriously, Please</b> – Princeton students are often tempted to work while sick, but that will just make you sicker longer and reduce your productivity more in the long run.</li> <li>• <b>Take Naps</b> – No sense doing things if you don't have the energy.</li> <li>• <b>Get a Good Night's Rest</b> – As well as generally living healthy.</li> </ul>

<p>Do Less Intensive Work</p>	<ul style="list-style-type: none"> <li>• <b>Plan Your Week</b> – Consider how long it will take for you to get better, so you can start catching up.</li> <li>• <b>Mindless Work</b> – If you have a class that gives a lot of busywork, it probably won't take much energy.</li> </ul>
<p>Do Something Fun</p>	<ul style="list-style-type: none"> <li>• <b>Watch a New TV Show</b> – Just don't get addicted to the point of losing sleep.</li> <li>• <b>Get Some Fresh Air</b> – Just don't get anyone else sick. You can open the window if you don't want to go outside.</li> <li>• <b>Start a Hobby</b> – Knitting or drawing are light activities.</li> </ul>

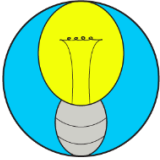


RESOURCES

## *List of UHS Medical Services*

\*Taken nearly verbatim from the UHS website.

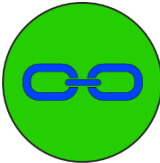
<b>Name:</b>	<b>Description:</b>
Athletic Medicine	For sports-related injuries, whether or not you are a varsity athlete.
Immunization and Allergy Shots	Free flu shots offered every fall, as well as allergy shots.
Infirmary	Overnight or urgent after-hours care.
Laboratory & Radiology	Testing and x-rays. On the lower floor with “Quest Diagnostics.”
Nutrition	Diet and nutrition counseling, sports nutrition, eating disorders, chronic condition management.
Physical Therapy	Rehabilitating injuries.
Sexual Health	Exams, counseling, treatment, gender affirming care.
Travel Health	Preparing for international travel.



HINTS

**Counseling and Psychological Services?** This is on the upper level of McCosh Hall. More on this in Chapter 12.6.

## 12.4) Alcohol and Drugs



LINKS

**Princeton Official Alcohol Policy:**

<https://odus.princeton.edu/sites/odus/files/media/pu-alcohol-2020.pdf>

**UHS Page on Drugs:**

<https://uhs.princeton.edu/health-resources/drugs>

**UMatter How to Help Someone Who Drank Too Much:**

<https://umatter.princeton.edu/limits/help-someone>

**UMatter Now (For Quick Alcohol Help):**

<https://umatternow.princeton.edu/>

**Blood Alcohol Content Calculator:**

<https://www.responsibility.org/drink-responsibly/bac-calculator/>



IMPORTANT

**Don't do drugs without knowing what they do!** College is a time for experimentation, but never do drugs unless you know the potential costs and are willing to accept them. Always safety first.



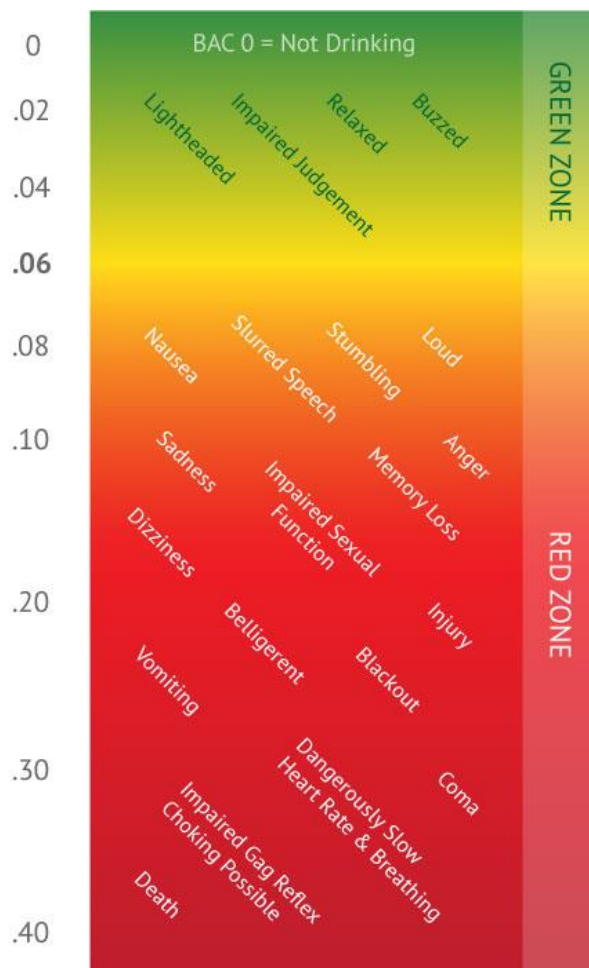
OVERVIEWS

***Princeton's Alcohol and Drug Policy***

<b>Name:</b>	<b>Description:</b>
Alcohol Policy	<ul style="list-style-type: none"> <li>• <b>Prohibit Alcohol for Under 21 Years Old</b> – As consistent with New Jersey laws.</li> <li>• <b>Don't Serve Alcohol to Under 21 Years Old</b> – “Serving” = making it available to others, regardless of if it's actually consumed.</li> <li>• <b>Responsible for Behavior Under the Influence</b> – As well as when not under the influence of alcohol.</li> <li>• <b>Right for University to Intervene</b> – When there is reasonable suspicion that regulations have been violated. You have a right to privacy, but you forfeit that if your behavior infringes on others.</li> </ul>
Responsibilities of Princeton Students	<ul style="list-style-type: none"> <li>• <b>Obtain Approval for Supplying Alcohol</b> – If you are hosting a formal gathering (i.e., a Princeton event) with people over 21, get approval from ODUS.</li> <li>• <b>Help Severely Intoxicated People</b> – Notify the correct authorities and call UHS immediately.</li> </ul>
Penalties for Alcohol-Related Violations	<ul style="list-style-type: none"> <li>• <b>Dean's Warning</b> – For first-instance lower-risk violations (e.g., &lt;30 proof alcohol only is present, no high-risk drinking, not contributing to any dangerous behavior).</li> <li>• <b>Disciplinary Probation</b> – For a subsequent violation or higher-risk violation (e.g., drinking games, large quantities of alcohol present). A warning that further violations will result in suspension. Goes on University permanent record but not on transcript.</li> <li>• <b>Campus Service or Revocation of On-Campus Privileges</b> – May also occur with high-risk violations.</li> <li>• <b>Suspension</b> – For a third offense or a very serious first or second offense.</li> </ul>
What Drugs are Okay?	<ul style="list-style-type: none"> <li>• <b>No Illegal Substances</b> – Of any kind, or in any amount.</li> <li>• <b>No Prescription Drugs</b> – Without a prescription, that is.</li> </ul>



	<ul style="list-style-type: none"> <li>• <b>Marijuana</b> – While legal in the state of New Jersey, it’s still illegal to use it in universities under the law passed in February 2021.</li> </ul>
<p>Penalties for Drug Use</p>	<ul style="list-style-type: none"> <li>• <b>Disciplinary Probation</b> – For first offense.</li> <li>• <b>Campus Service/Revocation of Campus Privileges</b> – For the second offense.</li> <li>• <b>Suspension</b> – For the third offense.</li> <li>• <b>Expulsion</b> – For especially big offenses.</li> <li>• <b>Legal Penalties</b> – Such as arrest or prosecution if you violate the law. May be mandatory by the state of New Jersey.</li> </ul>



UMatter’s blood alcohol content effects chart (Image [source](#)).



STRATEGIES

## Strategies for Safe Alcohol Consumption

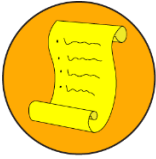
Strategy:	Description:
Keep Track of Blood Alcohol Content (BAC)	<ul style="list-style-type: none"> <li>• <b>Under 0.06</b> – Won't significantly impair your functioning or sleep. Can improve mood, decrease anxiety, or increase sociability in the moment.</li> <li>• <b>The Red Zone</b> – Over 0.06 BAC, this is when you start exhibiting symptoms like nausea or slurred speech.</li> <li>• <b>Calculate Your Limit</b> – Use a <a href="#">BAC calculator</a> to see how much you can drink safely.</li> </ul>
Measure a Standard Drink	<ul style="list-style-type: none"> <li>• <b>0.6 Fluid Ounces of 100% Alcohol</b> – But no one drinks straight alcohol. This is about 18 mL.</li> <li>• <b>12 Ounces of Beer</b> – With 5% alcohol.</li> <li>• <b>5 Ounces of Wine</b> – With 12% alcohol.</li> <li>• <b>1.5 Ounces of Liquor</b> – With 80 proof alcohol (i.e., 40% alcohol).</li> <li>• <b>Calculate BAC Yourself</b> – If you know the alcohol percent by volume, you can calculate how much of the drink would have 0.6 fl oz of alcohol.</li> </ul>
Measuring Your Drinks in the Moment	<ul style="list-style-type: none"> <li>• <b>Avoid Pre-Mixed Drinks</b> – You don't know how much alcohol is in it.</li> <li>• <b>Use Clean Shot Glasses</b> – For measuring shots.</li> <li>• <b>Know the Size of the Cup</b> – The red Solo cup usually has notches for 1, 5, 12, and 16 fl oz.</li> <li>• </li> </ul>
Know Your Limits	<ul style="list-style-type: none"> <li>• <b>Body and Size</b> – Smaller bodies get more intoxicated with each drink.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Genetics</b> – Some people can naturally handle more. Don't try to match up to these people.</li> </ul>
Keep In Mind Tolerance	<ul style="list-style-type: none"> <li>• <b>Tolerance?</b> – When you need to drink more alcohol to achieve the same effects.</li> <li>• <b>Negative Effects on Body Remain the Same</b> – Even though it takes more alcohol to achieve the same positive effects.</li> <li>• <b>Not Limited to Alcohol</b> – Could happen with painkillers, cocaine, heroin, and over-the-counter medication like Advil and Tylenol.</li> </ul>
Feel Free to Say No	<ul style="list-style-type: none"> <li>• <b>Turn Down a Drink</b> – If you've had too much. Be responsible.</li> <li>• <b>No Need to Drink at All</b> – You're not uncool for not doing it. Don't let people pressure you.</li> </ul>
Eat Before You Drink	<ul style="list-style-type: none"> <li>• <b>A Full Meal Before</b> – Food in your stomach and carbs will help alcohol absorb into bloodstream and prevent sudden increase in BAC.</li> <li>• <b>Salty Snacks While Drinking</b> – To continue slowing absorption.</li> </ul>
Hydrate	<ul style="list-style-type: none"> <li>• <b>Alternate Alcoholic and Non-Alcoholic Drinks</b> – Preferably drink water.</li> <li>• <b>Avoid Caffeine</b> – This dehydrates you more.</li> <li>• <b>Prevents Hangover</b> – So drink up.</li> </ul>
Pace Yourself	<ul style="list-style-type: none"> <li>• <b>One Drink Per Hour</b> – Your body can't handle faster.</li> <li>• <b>Keep Track</b> – You can use an app to count or have a buddy help you.</li> <li>• <b>Avoid Drinking Games</b> – They usually encourage drinking fast.</li> </ul>
Consider How Alcohol Will Affect You	<ul style="list-style-type: none"> <li>• <b>Athletic Performance</b> – Can affect you for up to 3 hours. Affects reaction time, precision, balance, stamina, power, and coordination.</li> </ul>

- **Slowed Recovery** – May delay muscle repair, cause nutrient deficiencies to break down alcohol, suppress immune function.
- **Impaired Sleep** – Reduced REM sleep, increased snoring, increased waking up during the night, possible concentration, and memory problems the next day.
- **Long Term Health** – Affects immune system, damages organs (brain, pancreas, liver).
- **Increased Risk of Conditions** – High blood pressure, heart disease, stroke, cancer (mouth, throat, liver).
- **Complications with Other Drugs** – Alcohol and marijuana can lead to overuse of both, depressants are like alcohol and can intensify effects, taking with Tylenol can lead to liver damage, taking with stimulants (e.g., caffeine) can lead to underestimating how drunk you are.



A graphic to measure how much a “standard drink” is, by UMMatter (Image [source](#)).



PROCEDURES

## *How to Care for Someone Who is Severely Intoxicated by Alcohol*

Step:	Description:
1. Consider If the Situation is Getting Worse	<ul style="list-style-type: none"> <li>• <b>Their BAC Might Be Increasing</b> – If they had just drank</li> <li>• <b>Stop Them from Drinking More</b> – It’s hard to tell if it’s already too late or not.</li> </ul>
2. Look for Serious Symptoms (CUPS)	<ul style="list-style-type: none"> <li>• <b>Cold Skin</b> – Clammy, pale, or change in skin color. Check the nailbed or inner lip.</li> <li>• <b>Unresponsive</b> – You can’t wake them up by shaking them or calling their name.</li> <li>• <b>Puking</b> – Without waking up.</li> <li>• <b>Slow Breathing</b> – Or irregular breathing. Less than 8 times per minutes or 10 seconds between breaths is slow.</li> <li>• <b>Other Symptoms</b> – While not alcohol poisoning, may still want to consider calling for a person passing out, throwing up, inability to maintain balance, slurred speech, shortness of breath, abnormal body temperature.</li> </ul>
3. Call for Help	<ul style="list-style-type: none"> <li>• <b>You Won’t Get Punished for Calling</b> – Safety first!</li> <li>• <b>Call 911</b> – On campus, this connects to Public Safety. In other areas, it connects to local emergency dispatchers.</li> </ul>
4. While Waiting	<ul style="list-style-type: none"> <li>• <b>Continue Trying to Wake the Person</b> – If passed out.</li> <li>• <b>Recovery Position</b> – Essentially <a href="#">laying on side</a>. Prevents them from choking on vomit.</li> <li>• <b>Perform CPR</b> – If they stop breathing, do it yourself or find someone who can.</li> </ul>

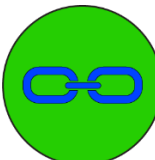
	<ul style="list-style-type: none"> <li>• <b>Stay By Them</b> – Don’t let them wander off, otherwise they might get in danger.</li> </ul>
<p>5. What Happens to Them</p>	<ul style="list-style-type: none"> <li>• <b>“McCosh’d”</b> – This is when a person is brought to University Health Services (in McCosh Hall).</li> <li>• <b>“PMC’d”</b> – This is when they are taken to Princeton Medical Center off-campus, for more severe incidents.</li> <li>• <b>It Happens</b> – But try very, very hard to not let these incidents happen.</li> </ul>



IMPORTANT

**Know these strategies now so you don’t have to look it up in the middle of a bad situation.** Even if you don’t drink, you could still come across someone who is severely intoxicated. Every second counts to preserve their health.

## 12.5) Sexual Health and Relationships



LINKS

**UHS Page on Sexual Health:**

<https://uhs.princeton.edu/health-resources/sexual-health>

**Princeton Students for Reproductive Justice (PSRJ) Guide to McCosh:**

<http://princetonreprojustice.org/PSRJGuidetoMcCosh.pdf>

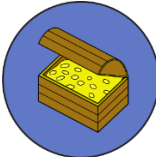
**Princetonians in Relationships:**

[https://paw.princeton.edu/article/tigers-love?fbclid=IwAR1Xj6mtzDHo0tvEi6xAepuelmqMB1NdvDVNSJ511\\_KZjQAJjkHr\\_R2ThcM](https://paw.princeton.edu/article/tigers-love?fbclid=IwAR1Xj6mtzDHo0tvEi6xAepuelmqMB1NdvDVNSJ511_KZjQAJjkHr_R2ThcM)



IMPORTANT

**Don't have sex if you don't want to.** For real. Better to not have sex than to have a bad experience. Wait until you and your partner are ready.

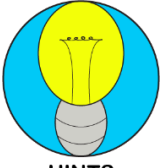


RESOURCES

## *Resources for Sexual Health*

\*Mostly taken from UHS's page on sexual health.

Name:	Description:
Protection from Sexually Transmitted Diseases (STI's)	<ul style="list-style-type: none"> <li>• <b>Available at UHS and the LGBT Center</b> – External (male) condoms, internal (female) condoms, dental dams, and glove and finger cots.</li> <li>• <b>Abstinence</b> – If you don't do sex, you can't get STI's.</li> <li>• <b>STI Testing</b> – Available through UHS.</li> <li>• <b>Res College Condoms</b> – Every RCA usually has some outside their door.</li> </ul>
Contraception	<ul style="list-style-type: none"> <li>• <b>Prevent Pregnancy</b> – Have children only when you're ready. UHS has resources to help.</li> <li>• <b>Long-Acting Reversible Contraception (LARCs)</b> – Such as IUDs, last from 3 to 12 years.</li> <li>• <b>Hormonal Methods</b> – Such as birth control pills, vaginal rings, contraceptive patches, Depo-Provera shots.</li> <li>• <b>Barrier Methods</b> – Like condoms and diaphragms don't require any hormone changes.</li> <li>• <b>The "Morning After Pill"</b> – Take within 3-5 days of sex for emergency contraception.</li> </ul>



**Menstrual Health?** There are menstrual products located all around campus. Look for the red and white “[Aunt Flow](#)” dispensers near bathrooms.

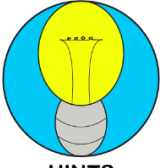


## Strategies for Good Relationships

Strategy:	Description:
Check for Compatible Beliefs	<ul style="list-style-type: none"> <li>• <b>Family Values</b> – Or what a future family might be like.</li> <li>• <b>Controversial Issues</b> – Politics, religion.</li> <li>• <b>Sexual Issues</b> – How much sex you are comfortable with doing.</li> <li>• <b>Career Paths</b> – Plan for what might happen if you go separate careers.</li> </ul>
Check In Regularly with Partner	<ul style="list-style-type: none"> <li>• <b>Seriously Communicate Needs and Expectations</b> – Don’t be immediately aggressive, just lay down boundaries.</li> <li>• <b>Check In Even when Things Seem Well</b> – Catch problems before they become big ones.</li> <li>• <b>Consent!</b> – If your partner doesn’t consciously agree enthusiastically to sex, it’s not consent.</li> <li>• <b>It’s Okay to Say No!</b> – Not just for sex, but also if you just need some time to yourself in general.</li> </ul>
Make Sure You’re Generally Happy with It	<ul style="list-style-type: none"> <li>• <b>Respect Each Other</b> – Don’t stick with a partner out of fear that no one will ever love you again (that’s not true).</li> <li>• <b>If You’re Feeling Insecure</b> – You might not have much experience, your partner is not treating you right, or you don’t know how your partner expresses affection.</li> <li>• <b>Your Partner Just Might Not Be a Good Match</b> – Better to have a breakup than live in a bad relationship forever.</li> </ul>



There's No Rush	<ul style="list-style-type: none"> <li>• <b>Some People Enter Princeton in Relationships</b> – Don't feel pressured to catch up if you're single.</li> <li>• <b>Don't Spend Too Much Time at the Beginning of Your Princeton Career</b> – You need to also budget time to meet people, get into clubs, and experience college, especially since your relationship might not last.</li> <li>• <b>Explore Your Options</b> – The first person that expresses interest in you might not be the one for you.</li> <li>• <b>You Might Just Not Have Time</b> – Princeton students are busy, so don't commit until you know there's time for commitment.</li> <li>• <b>You Don't Need to Be in a Relationship</b> – People likely won't (and shouldn't) judge you for being single.</li> </ul>
Seeking Relationships	<ul style="list-style-type: none"> <li>• <b>Dating Apps</b> – Tinder, Grindr, and Bumble are all classics, but there are many options out there.</li> <li>• <b>Just Meeting People</b> – You'll find a lot of cool people, and if you are interested, all you must do is ask (politely, of course).</li> <li>• <b>Reunions</b> – You might form a relationship with a Princetonian as an alum.</li> </ul>
Understanding Hook-Ups	<ul style="list-style-type: none"> <li>• <b>What's a Hook-Up?</b> – A sexual encounter between two people who are not in a relationship.</li> <li>• <b>Where?</b> – Usually at the party scene (i.e., the "Street" or Prospect Avenue).</li> <li>• <b>They Sometimes Do Result in Relationships</b> – But there are pros and cons to hookup culture (see: the book <a href="#">American Hookup</a>).</li> <li>• <b>Always Safety First</b> – The hook-up scene has its fair share of sexual harassment and violence.</li> </ul>



HINTS

**Why is finding a romantic partner so hard?** Our standards have increased significantly in the modern era, wanting our partners to be perfect fits sexually, lifestyle-wise, beliefs-wise, etc. Check Aziz Ansari’s book, [Modern Romance](#).



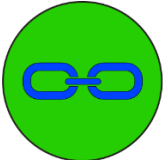
STRATEGIES

### ***UHS 3 Tenets for Good Communication***

\*Mostly lifted from the UHS page on sexual health again.

<b>Strategy:</b>	<b>Description:</b>
1. Be an Active Listener	<ul style="list-style-type: none"> <li>• <b>Pay attention</b> – Don’t just play on your phone.</li> <li>• <b>Acknowledge you are listening</b> – Show you are hearing what the other says.</li> <li>• <b>Avoid Interjecting</b> – Wait to respond.</li> </ul>
2. Using “I” Statements	<ul style="list-style-type: none"> <li>• <b>Don’t Immediately Jump to What’s Wrong</b> – It can feel like an attack.</li> <li>• <b>Express Observations</b> – No one can deny how you feel.</li> <li>• <b>Validate what you like</b> – Then you can mention what you don’t like.</li> <li>• <b>“Sandwich Method”</b> - Say something negative between two positives.</li> </ul>
3. Find the Right Time	<ul style="list-style-type: none"> <li>• <b>Not the Heat of the Moment</b> – Don’t talk about things when you are stressed, upset, or angry.</li> <li>• <b>Appropriate Time</b> – Not when you’re in sexual activity, but during a relaxing time.</li> <li>• <b>Plan What You Want to Say</b> – As always, <a href="#">Chapter 3.2</a> is available for planning how to talk to people.</li> </ul>

## 12.6) Sexual Harassment



LINKS

**Sexual Harassment/Assault Advising, Resources & Education (SHARE) Office:**

<https://share.princeton.edu/>

**SHARE Office's Get Help Guide:**

<https://share.princeton.edu/get-help>

**SHARE's List of Definitions:**

<https://share.princeton.edu/get-educated/definitions>

**Institutional Equity and Diversity (IED) – Title IX Coordinator**

<https://share.princeton.edu/get-help/resources/institutional-equity-and-diversity-ied-title-ix-coordinator>

**Consensual Relations with Students Policy:**

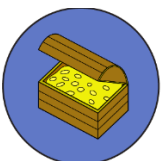
<https://dof.princeton.edu/policies-procedure/policies/consensual-relations-students>

This subchapter is mostly summarized from official resources on the Princeton SHARE Office's website.



IMPORTANT

**Don't get into romantic or sexual relationships with faculty!** There's a huge power dynamic involved, and it's simply not allowed by the University. Report any faculty harassment to the [Dean of Faculty](#). While Chapter 3 encourages you to form relationships with faculty, this is not meant in romantic or sexual manners.



RESOURCES

***Off-Campus Resources for Sexual Harassment Issues***

Name:	Description:
<a href="#">Mercer County Sexual Assault Response Team (SART)</a>	Make sure to contact them within 5 days of an assault so they can collect forensic evidence. Don't bathe, eat, drink, smoke, urinate, brush teeth, or do anything that can wash away evidence.
<a href="#">Municipal Police</a>	Call them at 609-921-2100. Note they are not confidential.
<a href="#">Womanspace</a>	Call at 609-394-9000 (24-hour hotline) / 609-394-0136 (office) / 609-619-1888 (text for deaf or hard of hearing). Services for domestic and sexual violence survivors.
<a href="#">NJ Domestic Violence Legal Helpline</a>	800-572-7233. Provides legal resources for domestic violence issues.



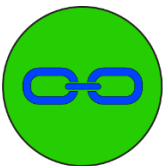
STRATEGIES

### ***SHARE's Three Steps to Be Safe***

Strategy:	Description:
Physically	<ul style="list-style-type: none"> <li>• <b>Create Distance</b> – Get away from the person attempting to harm you.</li> <li>• <b>Stay Away from Potential Weapons</b> – Like in a kitchen, garage, or lab.</li> <li>• <b>Public, Secure, or “Secret” Location</b> – Can be a library, dining hall, friend’s room, professional/confidential resources.</li> </ul>
Emotionally	<ul style="list-style-type: none"> <li>• <b>Tell Them to Stop</b> – Or tell them to respond in less hurtful means, verbally or electronically.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Document Evidence</b> – Put it in a secure location like an external hard drive.</li> <li>• <b>Take a Break</b> – Then pull out the evidence and seek help when you’re ready.</li> </ul>
Medically	<ul style="list-style-type: none"> <li>• <b>Seek Immediate Help</b> – Whether it is a physical injury or exposure to a STI.</li> </ul>

## 12.7) Mental Health and CPS



LINKS

**USG X L2S Mental Health Guidebook:**

<https://usg.princeton.edu/mental-health-resources>

**Princeton Counseling and Psychological Services Website:**

<https://uhs.princeton.edu/counseling-psychological-services>

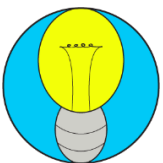
**National Alliance for Mental Health:**

<https://www.nami.org/home>



IMPORTANT

**It’s okay not to feel mentally okay.** Princeton is a brutal place sometimes, or sometimes life happens. You are not weak. If anything, seeking mental health support now is going to set you up to live stronger and healthier in the future.



HINTS

**The USG X L2S Mental Health Guidebook is extremely helpful.** This chapter and the next draw very heavily from it.

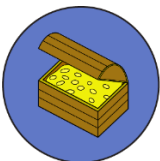


OVERVIEWS

## ***What is Counseling and Psychological Services (CPS)?***

<b>Name:</b>	<b>Description:</b>
A Confidential Resource	<ul style="list-style-type: none"> <li>• <b>No One Has to Know Outside CPS</b> – This includes parents, administrators, or employers. You can give written permission for them to disclose that you have received care at CPS though.</li> <li>• <b>The Exceptions</b> – They may share if it is required by law (e.g., child abuse), life threatening circumstances, emergency hospitalizations, and coordinated care with non-CPS staff within UHS (e.g., for physical concerns).</li> <li>• <b>Giving Consent</b> – You can give written consent for the residential college dean to perform an administrative evaluation with CPS information.</li> </ul>
Where?	<ul style="list-style-type: none"> <li>• <b>3<sup>rd</sup> Floor McCosh Health Center</b> – Not to be confused with McCosh Hall, the lecture hall. Go up the stairs</li> <li>• <b>The Check-In Area</b> – There’s a front desk and a waiting area with chairs. When your appointment starts (when the counselor calls you), you go to one of the rooms down the hall.</li> </ul>
Satellite Offices	<ul style="list-style-type: none"> <li>• <b>For Specific Issues</b> – At different locations around campus.</li> <li>• <b>Marginalized Identities</b> – Hosted by Jess Joseph at the Carl A. Fields Center or the Wilcox Music Room (205).</li> <li>• <b>Student-Athletes</b> – Hosted by Mike Gross at Jadwin Gym and Forbes College.</li> <li>• <b>Graduate Students and Engineers</b> – Hosted by Sue Kim at the Graduate College and the School of Engineering and Science (E-Quad).</li> </ul>

<p>Everyone Should at Least Try It</p>	<ul style="list-style-type: none"> <li>• <b>2000 Students Per Year</b> – Including undergrads and grad students make appointments with CPS.</li> <li>• <b>You Don't Need to Be in Crisis</b> – You might just want to make an appointment sometime just to make sure there isn't something mentally distressing that you haven't overlooked.</li> <li>• <b>Address Problems Early</b> – The point of good mental health is to prevent yourself from getting into a bad situation later.</li> <li>• <b>You Might Be Downplaying Your Own Struggles</b> – The more you tell yourself that "you're fine," the more you might want to double check you really are.</li> <li>• <b>It's Free</b> – Just like all other UHS services.</li> </ul>
<p>Don't Let Mental Health Stigma Stop You</p>	<ul style="list-style-type: none"> <li>• <b>You Shouldn't Handle Problems Alone</b> – Ideally, CPS would help you develop a sustainable lifestyle and then you would be capable of handling your own issues.</li> <li>• <b>It's Normal to Get Mental Health Help</b> – If 2000 other Princeton students do every year, why not you?</li> <li>• <b>Mental Health Issues Need to Be Treated Like Any Other Issue</b> – Like how you wouldn't immediately blame someone for catching a cold in regular times, you shouldn't blame someone for having depression. For all you know, they may just be genetically predisposed to have depression; it's not necessarily their fault.</li> </ul>



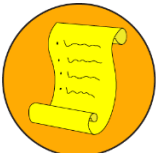
RESOURCES

## *List of Counseling and Psychological Services*

\*Taken nearly verbatim from the UHS website

Name:	Description:
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Urgent Consultations	For emergencies or helping others in a mental health emergency.
Psychiatric Consultations	Psychiatry prescribes medication for mental health issues.
Mind-Body Programs	Meditation, relaxation, mindfulness, etc.
Specialized Treatment	Interdisciplinary treatment that might be both physical and psychological.
Referrals to Local Mental Health providers	If CPS does not meet your needs or you don't vibe with your counselor, they can also help you find local providers.
Couples Counseling	For married and unmarried couples.
Group Counseling	These include Coming Out (LGBT), Back at Princeton (post-leave of absence), Managing Eating and Emotions, Graduate Student Therapy, International Students Therapy, and others.



PROCEDURES

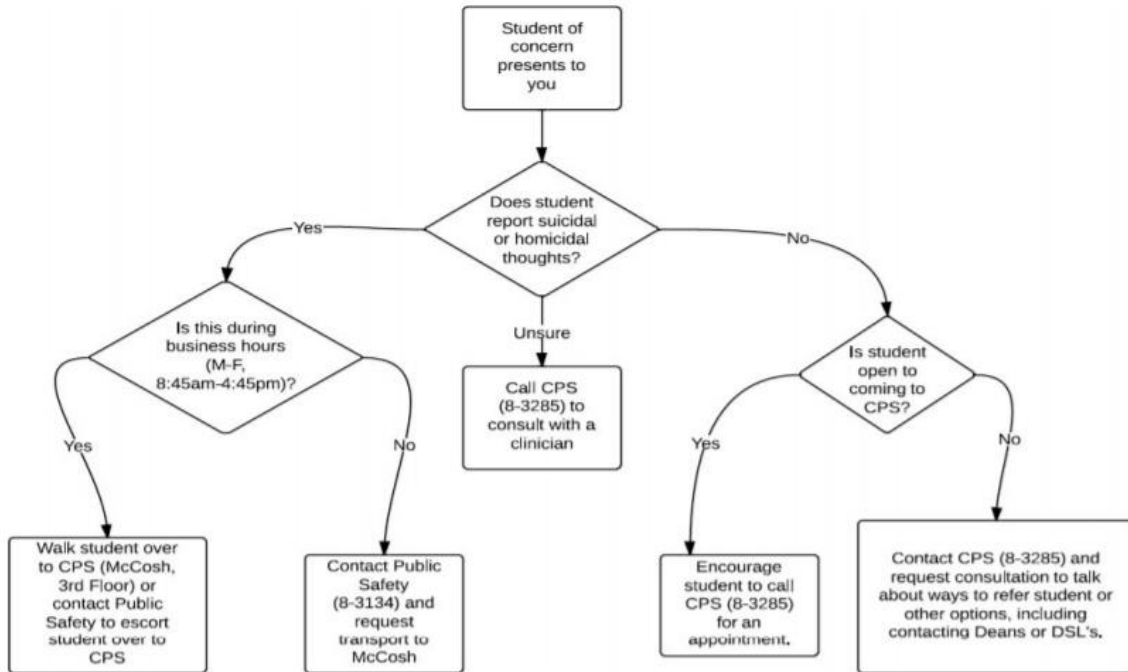
## ***How to Schedule a CPS Appointment***

<b>Step:</b>	<b>Description:</b>
1. Go to the Website	<ul style="list-style-type: none"> <li>• <b>Like a UHS Appointment</b> – Go to <a href="http://myuhs.princeton.edu">myuhs.princeton.edu</a>.</li> <li>• <b>Appointment Tab</b> – Then click on counseling, and for the reason, select “Initial Consultation.”</li> <li>• <b>Why Website?</b> – It probably feels more private. You could also call up UHS or CPS for instructions or visit McCosh Health Center in person for help.</li> </ul>



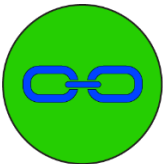
<p>2. Go to the Initial Consultation</p>	<ul style="list-style-type: none"> <li>• <b>What’s an Initial Consultation?</b> – A 20-minute meeting with a CPS counselor that will help you connect to resources or services.</li> <li>• <b>McCosh Health Center</b> – Upper level, but make sure to talk to the front desk up there and check in.</li> </ul>
<p>3. Prepare for the Next Sessions</p>	<ul style="list-style-type: none"> <li>• <b>Generally, 30-45 Minutes for Counseling</b> – More in-depth than the initial consultation.</li> <li>• <b>Usually 6-8 Sessions</b> – Though there is no formal limit. Usually, every 2-3 weeks depending on counselor and your availability.</li> </ul>
<p>4. Making the Most of Your Sessions</p>	<ul style="list-style-type: none"> <li>• <b>Come in With a Plan</b> – Write down what you want to talk, updates since the last meeting, and bring it to the meeting to make sure you don’t miss anything.</li> <li>• <b>Mentally Prepare Yourself</b> – Check <a href="#">Chapter 3.2’s</a> tips on how to talk to people. Keep in mind that you can talk as much as you like, unlike a normal conversation where you might split the speaking time 50-50.</li> <li>• <b>Be Honest</b> – It’s confidential, so feel free to speak about anything. If it’s embarrassing, no one else has to know, and the counselor likely won’t judge much.</li> </ul>
<p>5. Consider Off-Campus Care</p>	<ul style="list-style-type: none"> <li>• <b>If Your Counselor Isn’t the Right Match</b> – You might also want to consider switching to another counselor at CPS first.</li> <li>• <b>Other Needs</b> – Sometimes CPS can’t cover everything, or they are too booked to meet with you as frequently as you like.</li> </ul>

## Connecting Students to Help



Connecting others to mental health help, according to the [CPS Guide to Recognizing Student Distress](#).

## 12.8) Other Mental Health Resources



LINKS

### Princeton Exclusive Provider Network:

<https://uhs.princeton.edu/system/files/Exclusive-Provider-Network-Directory.pdf>

### CPS Community Providers Guide:

<https://uhs.princeton.edu/sites/uhs/files/CPS-Community-Providers-Guide.pdf>

### 7 Cups Q&A on Many Mental Health Issues:

<https://www.7cups.com/qa/>

## CPS Guide to Recognizing Student Distress:

<https://uhs.princeton.edu/sites/uhs/files/Recognizing-Responding-Student-Distress.pdf>



OVERVIEWS

## *The Details of Off-Campus Care*

Name:	Description:
Why Consider Off-Campus Care?	<ul style="list-style-type: none"> <li>• <b>Specialized Care</b> – Like for chronic conditions.</li> <li>• <b>Long Term Care</b> – CPS only offers short term psychiatric care.</li> <li>• <b>Privacy</b> – CPS is confidential, but it can still feel more private to be off-campus.</li> <li>• <b>Prescriptions</b> – Some (e.g., stimulants) aren't available on campus.</li> <li>• <b>Referral</b> – By a CPS counselor or psychiatrist.</li> </ul>
Who Can You Go To?	<ul style="list-style-type: none"> <li>• <b>Check Your Insurance Network</b> – If you are on the Student Health Plan, check through Aetna Navigator.</li> <li>• <b>Princeton Exclusive Provider Network</b> – A compilation of the different nearby providers.</li> <li>• <b>CPS Clinical Treatment Coordinator</b> – Specific job is to help students find off-campus care.</li> </ul>
Cost	<ul style="list-style-type: none"> <li>• <b>Depends on Your Insurance</b> – Not guaranteed to be free like with CPS.</li> <li>• <b>See <a href="#">Chapter 13.3</a></b> – For details on the student health plan co-pay costs.</li> <li>• <b>Transportation</b> – Make sure you can get there. Ubers and rideshares work in most cases.</li> </ul>



RESOURCES

## Other Mental Health Resources

Name:	Contact:	Description:
Princeton Peer Nightline	<a href="http://princetonpeernightline.com">princetonpeernightline.com</a> 609-258-0279	<ul style="list-style-type: none"> <li>• <b>Student Volunteers at CONTACT</b> – CONTACT is the suicide hotline for Mercer County of New Jersey.</li> <li>• <b>Anonymous Listeners</b> – Feel free to talk about anything, even just minor roommate struggles.</li> <li>• <b>Chat and Phone Service</b> – Phone service is paused as of spring 2021.</li> </ul>
National Suicide Prevention Hotline	<a href="http://Suicidepreventionlifeline.org">Suicidepreventionlifeline.org</a> 800-273-8255	<ul style="list-style-type: none"> <li>• <b>Suicidal Thoughts</b> – Call the hotline sooner rather than later.</li> <li>• <b>Talking Actually Helps</b> – Sometimes people are just in a panic and just need someone to talk them through the crisis.</li> </ul>
Self-Harm Hotline	800-273-TALK (800-273-8255)	<ul style="list-style-type: none"> <li>• <b>Intentionally Hurting Yourself</b> – This could be cutting with a sharp object, burns, etc.</li> <li>• <b>A Coping Strategy</b> – Often done in response to emotional distress.</li> <li>• <b>Call if You Think it</b> – Once you start self-harm, it may cause shame and lead to more self-harm. Find good coping strategies early.</li> </ul>

7 Cups of Tea	<a href="https://7cups.com/">7cups.com/</a>	<ul style="list-style-type: none"> <li>• <b>Many Services</b> – Ranging from eating disorders to PTSD.</li> <li>• <b>Group Chats and Resources</b> – The website is very comprehensive and can help you find online support.</li> </ul>
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STRATEGIES

## General Mental Health Tips

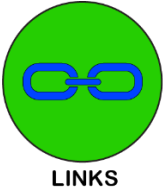
\*Much summarized from the “Advice from Students” and “Advice from Peers” sections of the USG x L2S Mental Health Guidebook.

<b>Strategy:</b>	<b>Description:</b>
Spoon Theory	<ul style="list-style-type: none"> <li>• <b>Spoons = What You Can Do in a Day</b> – Sometimes you’ll wake up with more spoons than others.</li> <li>• <b>Keep Track of Spoons</b> – Some people might need a spoon to get out of the bed in the morning, or to finish an assignment.</li> <li>• <b>Lend People an Extra Spoon</b> – If someone else is running out of spoons and you have energy to help, go for it.</li> <li>• <b>When You Don’t Have Extra Spoons</b> – Try to do something that doesn’t require too many spoons, or just take a break.</li> </ul>
Unravel Expectations	<ul style="list-style-type: none"> <li>• <b>It’s Not a Stress Competition</b> – People will brag about being more stressed. Don’t do it. Stress isn’t something you want and not necessarily an indicator that you’re working harder.</li> <li>• <b>Consider Current Expectations</b> – They are likely influenced by you, family, Princeton, community, and society. Find the ones that are appropriate for you.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Define Your Own Worth</b> – Sit down and find things you can love about yourself irrespective of others. Know there’s something to love in every human.</li> <li>• <b>Your Worth is Not Equal to Performance</b> – Perhaps doing well is praiseworthy, but it doesn’t define you (i.e., you have valuable interests, thoughts, preferences, relationships, etc.). Don’t sell yourself short.</li> <li>• <b>You Don’t Have a Defined Path</b> – If you mess up along the way, you can always pivot (and most people do). If anything, failure shows you are discovering more about yourself and what you should do.</li> </ul>
Take Your Time	<ul style="list-style-type: none"> <li>• <b>It’s Not Going to Get Better Overnight</b> – Even if you found the root cause of the problem, it still takes time to address it.</li> <li>• <b>Finding the Root Problem Takes Time</b> – It might be an interrelated net of problems which all need addressing.</li> <li>• <b>Establishing Habits</b> – Inherently take weeks to see effects but can lead to healthier lifestyles.</li> <li>• <b>Take Time Off</b> – If you need time to figure it out, take care of your health and mental state first.</li> </ul>
Find a Support Network	<ul style="list-style-type: none"> <li>• <b>Identify People You Can Talk To</b> – Check this every semester, because you’ll see some people more depending on schedules.</li> <li>• <b>Keep in Touch with People</b> – Even if you don’t see people often, keep in touch with your key support network and best friends.</li> <li>• <b>Ask for the Extension</b> – Professors can support you if you just need time to step back. See <a href="#">Chapter 6.9</a> for details.</li> </ul>
Engage in Good Self-Care	<ul style="list-style-type: none"> <li>• <b>Five Minute Journals</b> – To acknowledge what you’re grateful for every day.</li> <li>• <b>Longer Journaling</b> – Write out all your thoughts, especially if bothering you in the moment.</li> <li>• <b>Meditation</b> – Apps like Headspace can help you do this daily.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Social Media Break</b> – Just log off from all social media because it can make you anxious.</li> <li>• <b>Schedule Time to Worry</b> – Like every night before bed. This helps you focus throughout the day knowing that you will address problems eventually.</li> </ul>
Background-Specific Advice	<ul style="list-style-type: none"> <li>• <b>People of Color (POC)</b> – Tell CPS if you are seeking a specific type of POC therapist, because they may be able to empathize with your struggles more.</li> <li>• <b>First Generation Low Income (FLI)</b> – It’s a harder transition to college, so get all the help you can get.</li> <li>• <b>Avoiding Family</b> – Your family never has to know you went to CPS. Be wary that your family may not be as receptive to mental health support due to cultural background.</li> </ul>
Help Friends	<ul style="list-style-type: none"> <li>• <b>Be Patient</b> – Sometimes people aren’t comfortable opening up right away.</li> <li>• <b>You’re Not Obligated to Be Their Therapist</b> – If people vent too much to you, consider encouraging them to seek help elsewhere.</li> <li>• <b>Set Boundaries</b> – Be explicit; the easiest boundaries to cross are the ones others don’t know are there. Communicate times when you need to have time for yourself.</li> <li>• <b>Get Help to Help Others</b> – You can go to CPS about supporting a friend too, not just yourself.</li> </ul>

## 12.9) Helping Distressed Students



**CPS Guide to Recognizing Student Distress:**

<https://uhs.princeton.edu/sites/uhs/files/Recognizing-Responding-Student-Distress.pdf>

\*This subchapter is mostly lifted from the CPS guide linked above.

Kognito, the simulation and training that you will likely do near the beginning of the year for noticing distressed students. (Image [source](#)).

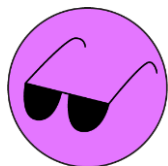


***Recognizing Signs of Distress***

Indicators:	Description:
Academic	<ul style="list-style-type: none"> <li>• Missed assignments</li> <li>• Repeated absences</li> <li>• Lower work quality</li> <li>• Writing about disturbing content (e.g., suicidal, or violent thoughts)</li> </ul>
Personal/Physical	<ul style="list-style-type: none"> <li>• Lack of personal hygiene</li> </ul>



	<ul style="list-style-type: none"> <li>• Bleary eyed or hung-over look in class</li> <li>• Sleeping in class</li> <li>• Excessive fatigue</li> <li>• Inappropriate or exaggerated behavior (e.g., aggressiveness, emotional outbursts, crying)</li> <li>• Withdrawal from interaction with faculty and peers</li> </ul>
Other	<ul style="list-style-type: none"> <li>• Peers expressing concern</li> <li>• Knowledge that the student has experienced trauma or loss</li> <li>• References to harming oneself or others</li> <li>• Online postings that seem threatening or concerning</li> </ul>



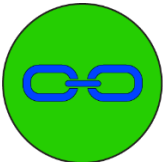
STRATEGIES

## *How to Reach Out to Distressed Students*

<b>Strategies</b>	<b>Description:</b>
Strategies to Try	<ul style="list-style-type: none"> <li>• Speak with student privately</li> <li>• Listen carefully</li> <li>• Ask open ended questions (i.e., not “yes or no”)</li> <li>• Focus concerns on behaviors you observed</li> <li>• Ask how they have tried to cope</li> <li>• Ask what else student thinks might help</li> <li>• Express willingness to help</li> <li>• Help them explore options for help</li> <li>• If able, offer to follow up with a check-in</li> <li>• Give them time to talk</li> </ul>
Strategies Not to Try	<ul style="list-style-type: none"> <li>• Don’t promise confidentiality (though CPS is confidential)</li> <li>• Don’t leave them alone if it’s a safety concern</li> <li>• Don’t offer reassurance before you hear them out</li> <li>• Don’t rush to problem solve</li> <li>• Don’t underestimate listening and validating</li> <li>• Don’t involve yourself beyond your limits</li> <li>• Don’t debate an angry student (let them vent first)</li> </ul>

	<ul style="list-style-type: none"> <li>• Don't meet in an isolated place if a safety concern</li> </ul>
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## 12.10) Gap Years



LINKS

**Time Away from Princeton:**

<https://timeaway.princeton.edu/>

**Academic Leave:**

<https://ua.princeton.edu/contents/academic-standing-leaves-of-absence-and-reinstatement>

**ODOC Page on Leave:**

<https://odoc.princeton.edu/advising/time-away-princeton-taking-leave-absence>



OVERVIEWS

### *What is a Gap Year?*

Name:	Description:
What's the "Gap?"	<ul style="list-style-type: none"> <li>• <b>Gap Between School Years</b> – Not completing your degree in four years, but in five years with one year being time not in school.</li> <li>• <b>When is The Gap?</b> – Can be anytime from before enrollment to before the end of senior year.</li> </ul>
How Long Can You Take Time Off?	<ul style="list-style-type: none"> <li>• <b>Typically One Year</b> – Since Princeton's academic structure is regimented by year.</li> <li>• <b>One Semester Rarely</b> – Exceptions to this are people with advanced standing (i.e., lots of AP credits).</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>How Many Times?</b> – You can take up to three years’ worth of gap years.</li> </ul>
The Statistics	<ul style="list-style-type: none"> <li>• <b>97% Six Year Graduation Rate</b> – So you likely will still graduate after taking a gap year.</li> <li>• <b>89% Four Year Graduation Rate</b> – We can estimate that about 8% of students take time off at some point during their Princeton careers.</li> <li>• <b>125 Students Per Year</b> – Take gap years on average at Princeton, which does correlate to 8-10% of a graduating class.</li> <li>• <b>30-40 Students Leave for Mental Health Reasons</b> – That’s about 25-30%.</li> <li>• <b>Only 3-5 Involuntary Leaves</b> – Which means over 100 people choose to take a leave of absence.</li> <li>• <b>No Stigma</b> – It’s normal. People at Princeton aren’t going to look down at you.</li> </ul>

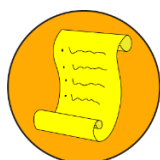


STRATEGIES

## *Reasons to Take a Gap Year*

Reason:	Description:
Uncertainty About Your Future	<ul style="list-style-type: none"> <li>• <b>Uncertain Career Path</b> – Taking time off gets you more work experience and see what you like.</li> <li>• <b>Re-Evaluating Your Life</b> – If you don’t like the things you are doing now, take time to think about what you do like.</li> </ul>
Getting Away from Princeton Life	<ul style="list-style-type: none"> <li>• <b>Get Away from the Rush</b> – Princeton life is very hectic.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Perspectives Outside the Orange Bubble</b> – Princeton is very different from the outside world but remember that you live in the real world after graduation.</li> </ul>
Health Reasons	<ul style="list-style-type: none"> <li>• <b>Reduced Stress</b> – Having a break from classes will likely improve your mental state greatly.</li> <li>• <b>Focusing on Mental Health</b> – Investing a year to improve your health will pay well in the long-run.</li> </ul>
Financial Reasons	<ul style="list-style-type: none"> <li>• <b>Work a Job</b> – If you need extra money (though Princeton is usually quite generous with financial aid).</li> </ul>
Required Time Off	<ul style="list-style-type: none"> <li>• <b>Suspension</b> – May occur from breaking the Honor Code (e.g., cheating), poor academic performance, or not fulfilling certain requirements.</li> <li>• <b>Same Procedures</b> – While required to take time off, you can still get the benefits of any other gap year student.</li> <li>• <b>No One Has to Know</b> – Unless they see your transcript. Professors won't know unless told.</li> </ul>
Advanced Standing	<ul style="list-style-type: none"> <li>• <b>Gap Semester</b> – While most students take gap years, an advanced standing student could choose to go for only one semester if they complete requirements.</li> </ul>



PROCEDURES

## *How to Take a Gap Year*

<b>Step:</b>	<b>Description:</b>
1. Consider Why You Want to Gap Year	<ul style="list-style-type: none"> <li>• <b>Study Abroad Instead?</b> – It also is a break from Princeton and could also help you relax.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Plan What You'd Like to Do</b> – You don't need to have a full plan but have a vague idea.</li> </ul>
2. Talk to Your Res College	<ul style="list-style-type: none"> <li>• <b>Residential College Dean</b> – Your main contact throughout the process.</li> <li>• <b>Res College Director of Student Life</b> – Can connect with you resources you'll have available while on-leave.</li> </ul>
3. Talk to Other Supportive Offices	<ul style="list-style-type: none"> <li>• <b>Office of Financial Aid</b> – To let them know you are withdrawing for the semester.</li> <li>• <b>Office of Disability Services</b> – If you need disability support.</li> <li>• <b>Athletics Officers</b> – If you are a student-athlete.</li> <li>• <b>Davis International Center</b> – If you are an international student.</li> </ul>



STRATEGIES

## *Things to Do During Gap Year*

Strategy:	Description:
Relax	<ul style="list-style-type: none"> <li>• <b>Breaks Are Okay</b> – If refreshing your mental state is what you get out of the gap year, that's still a win.</li> <li>• <b>Learn a Work-Life Balance</b> – Learn this early and you'll live a balanced rest of life.</li> </ul>
Taking Courses	<ul style="list-style-type: none"> <li>• <b>Transfer Courses</b> – At another university, so you can get back on track. Just fill out the transfer credit <a href="#">forms</a>.</li> <li>• <b>Summer Courses</b> – If you are going to return in the fall semester, you can be reinstated early to be eligible for summer Princeton courses.</li> </ul>

Find a Job or Internship	<ul style="list-style-type: none"> <li>• <b>Center for Career Development Help</b> – If you want help on your search.</li> <li>• <b>Look Outside Princeton</b> – During Princeton, students are usually inclined to Princeton-sponsored opportunities, but you may not have these available.</li> <li>• <b>Check Chapter 13</b> – For help on your job hunt.</li> </ul>
Improve Your Health	<ul style="list-style-type: none"> <li>• <b>Set a Routine</b> – That will help you be on track with your health goals.</li> <li>• <b>Set Goals</b> – For what you would like to be like at the end of your gap year.</li> <li>• <b>Create Strategies</b> – So that you can manage your health once you return to campus.</li> </ul>
Research	<ul style="list-style-type: none"> <li>• <b>Get Funding</b> – At least the opportunities available to you.</li> <li>• <b>Not Your Thesis</b> – That still must be completed your senior year.</li> </ul>



## *Things You Still Have Access to on Gap Year*

<b>Name:</b>	<b>Description:</b>
Princeton Netid and Email	<ul style="list-style-type: none"> <li>• <b>Access Most Princeton Services</b> – Many are fully functional online since 2020.</li> <li>• <b>The @princeton.edu Opens Doors</b> – People will pay more attention to your emails.</li> </ul>
Princeton Financial Aid	<ul style="list-style-type: none"> <li>• <b>The Same Financial Aid</b> – When you get back to Princeton.</li> </ul>

<p>University Health Services (UHS) &amp; Counseling and Psychological Services (CPS)</p>	<ul style="list-style-type: none"> <li>• <b>90 Day Extension of Student Health Plan</b> – If you take a leave because of health reasons.</li> <li>• <b>Help Finding Local Resources</b> – For continued treatment while away.</li> <li>• <b>Make Progress on Your Health</b> – If you don't, you might end up taking a second leave.</li> </ul>
<p>Center for Career Development</p>	<ul style="list-style-type: none"> <li>• <b>Help You Plan Your Leave</b> – If you haven't officially done it yet.</li> <li>• <b>Send Jobs Your Way</b> – Many job opportunities might only be available during the school year; this is your prime chance to get them.</li> <li>• <b>Recruiting</b> – You can still participate with industry-specific recruiting through <a href="#">Handshake</a>.</li> </ul>
<p>Princeton Library System</p>	<ul style="list-style-type: none"> <li>• <b>Petition for Research Access</b> – If you need specific resources.</li> <li>• <b>Online Access</b> – Through your netid, as usual.</li> </ul>
<p>Funding Opportunities</p>	<ul style="list-style-type: none"> <li>• <b>SAFE Portal Closed</b> – Student Activities Funding Engine, see Chapter 12 for more details on this.</li> <li>• <b>Petition to Get Access to Funds</b> – Can be organized through the Office of Undergraduate Research.</li> </ul>
<p>Online Forums</p>	<ul style="list-style-type: none"> <li>• <b>Real Talk Princeton</b> – If you want to ask more questions about Princeton life anonymously.</li> <li>• <b>Tiger Confessions</b> – If you want to feel more connected to current student thought.</li> <li>• See <a href="#">Chapter 3.6</a> – For details on these forums.</li> </ul>



STRATEGIES

## *Returning to Campus*

Strategy:	Description:
Enroll in Classes	<ul style="list-style-type: none"> <li>• <b>Look Out for Course Enrollment Period</b> – If you're returning the next semester, be vigilant the semester before.</li> <li>• <b>Summer Courses</b> – You can sign up for these before you officially come back in the fall semester.</li> </ul>
Find Housing	<ul style="list-style-type: none"> <li>• <b>Message People Online</b> – To find old friends who you might want in your draw group.</li> <li>• <b>Only Fall Semester Returns</b> – For spring semester return, you will get assigned.</li> <li>• <b>See <a href="#">Chapter 11</a></b> – On the room draw process.</li> </ul>
Fill Out Financial Aid Forms	<ul style="list-style-type: none"> <li>• <b>FAFSA</b> – You still need to do it and the other forms.</li> <li>• <b>PFAA</b> – The Princeton specific financial aid form.</li> </ul>
Fill Out Reinstatement Form	<ul style="list-style-type: none"> <li>• <b>Email From Your Dean</b> – When it gets closer to your return.</li> <li>• <b>Fill Out in March, Confirm in May</b> – For returning fall semester.</li> <li>• <b>Fill Out in Nov., Confirmed in Dec.</b> – For returning spring semester.</li> </ul>
Connect with Friends	<ul style="list-style-type: none"> <li>• <b>The True Ones</b> – Will be happy to re-connect with you.</li> <li>• <b>Establish New Social Groups</b> – Your old social groups might have shifted, so pursue new opportunities.</li> </ul>



## Section 5: Money Matters

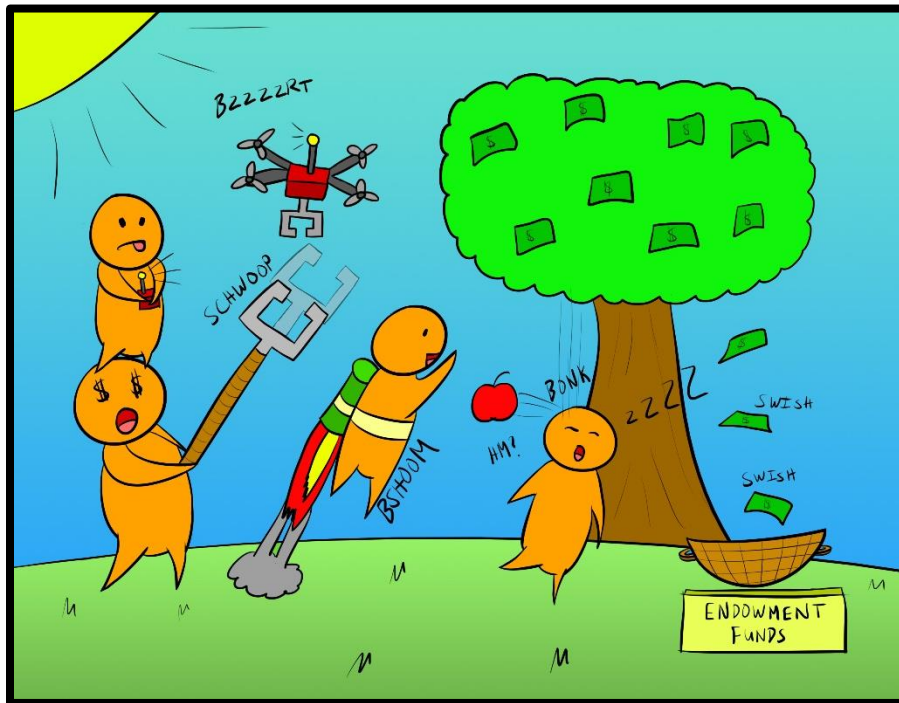
Princeton has a lot of money to go around, so use it.

### **Chapters Included:**

[Chapter 13](#): Financial Tips

[Chapter 14](#): Employment and Internships

# Chapter 13: Finances



*Maybe money really does grow on trees at Princeton...*

## ***In this section you'll learn about:***

- Interpreting the financial aid package.
- How to navigate the student health plan and insurance.
- Funding all kinds of projects.
- Tips for financial success at Princeton and beyond.

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## 13.1) The Student Financial Aid Package



LINKS

### Princeton Financial Aid Website:

<https://finaid.princeton.edu/>

### Princeton Financial Aid Login (Current Students):

<https://finaidapp.princeton.edu/FinAid/loginEnrolled.jsp>

### Princeton Financial Aid by the Numbers:

<https://admission.princeton.edu/cost-aid/financial-aid-numbers>

### Office of Finance and Treasury: Student Financials:

<https://finance.princeton.edu/special-information/student-financials>

### 2021-22 Explanation of Financial Aid Terms:

<https://pr.princeton.edu/aid/pdf/2122/PU-terms-of-your-award.pdf>

**Federal Financial Aid Website:**

<https://studentaid.gov>



IMPORTANT

**Princeton has more than \$3 million in endowment per student.** That is the most of any university in the United States. They can probably pay for whatever you need, but you need to advocate for yourself and find sources. Keep in mind though that the endowment is not necessarily immediately available money; much gets reinvested.



OVERVIEWS

***Details on the Financial Aid Process***

<b>Name:</b>	<b>Description:</b>
General Financial Aid Statistics	<ul style="list-style-type: none"> <li>• <b>61% of Students on Financial Aid</b> – Conversely, 39% of students are not on financial aid, meaning their families make over \$180,000 a year.</li> <li>• <b>Free Tuition Up to \$160,000 Family Income</b> – Note that tuition is about \$55,000 out of the ~\$70,000 cost of attending Princeton.</li> <li>• <b>24% of Students Receive Federal Pell Grants</b> – These are lower-income students.</li> <li>• <b>Good Coverage Up to \$65,000 Income a Year</b> – You will get full tuition, residential college fee, room, and board covered. This is practically the whole financial aid package.</li> <li>• <b>83% of Seniors Graduate Debt Free</b> – While the total average indebtedness after graduation was \$9,400.</li> <li>• <b>Does Princeton Accommodate Low Income Students Well?</b> – While Princeton covers most costs of attending, there still may be small expenses that aren't covered, and note that going to school also</li> </ul>

	means students not working and making money to support their families.
Your Aid is Recalculated Every Year	<ul style="list-style-type: none"> <li>• <b>Based on Income Two Years Before</b> – This was a recent change to the FAFSA.</li> <li>• <b>Junior Year Boost</b> – You get \$2000 more in financial aid junior year to help cover the cost of eating clubs.</li> <li>• <b>Sibling Enrollment Status</b> – Your <a href="#">costs may change drastically</a> depending on if you have a sibling in college. Especially when one child graduates and another is still in college, costs may go up.</li> </ul>
How to Pay	<ul style="list-style-type: none"> <li>• <b>Pay at the Beginning of the Semester</b> – The easiest option.</li> <li>• <b>Ten Monthly Payments Per Year</b> – Costs \$40 per semester (so \$320 across 4 years). Good if you don't have too much money available at any one time.</li> <li>• <b>Electronic Payment</b> – Make sure to use secure Wi-Fi.</li> <li>• <b>Paper Checks</b> – Not preferred, but possible.</li> </ul>
<a href="#">Financial Independence</a>	<ul style="list-style-type: none"> <li>• <b>No Parent Support</b> – If you are financially supporting yourself, declare financial independence. You may get more leeway with financial aid.</li> <li>• <b>Qualifications</b> – Over age 25 and living as self-supported adult for two full years, under 25 but married/has dependent children and self-supported for two full years, orphan/ward of the court, legal guardianship due to parental neglect/abandonment/abuse, or a veteran.</li> <li>• <b>Strong Burden of Proof</b> – Be prepared with everything you have, because it's not easy to get this status.</li> </ul>
External Scholarships	<ul style="list-style-type: none"> <li>• <b>They Save You No Money</b> – They are considered and then your Princeton grant is reduced by the corresponding amount.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Workaround?</b> – You can ask the scholarships to send the money directly to you instead of to Princeton, so then you get to keep the money.</li> <li>• <b>Student Computer Initiative</b> – If you get external scholarships, you can <a href="#">use that money to pay off a laptop</a>. SCI can cover up to \$3000.</li> </ul>
<p>Refunds and Direct Deposit</p>	<ul style="list-style-type: none"> <li>• <b>Negative Balance = Money Princeton Owes You</b> – So, if it’s positive, that is money you owe Princeton.</li> <li>• <b>Release in TigerHub</b> – Check your balance there and click a button to release the money into your bank account.</li> <li>• <b>Set Up Direct Deposit</b> – Link your bank account so that you can not only get refunds, but also get money through a campus job. Also done in TigerHub.</li> </ul>

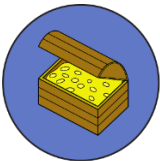


## *Explaining All the Parts of the Financial Aid Package*

<b>Name:</b>	<b>Description:</b>
<p>Basic Financial Vocabulary</p>	<ul style="list-style-type: none"> <li>• <b>Grants</b> – Money you get for free, no strings attached.</li> <li>• <b>Loans</b> – Money you borrow and must pay back later.</li> <li>• <b>Subsidized Loans</b> – Loans in which you do not have to pay interest (i.e., extra money) until after you graduate college.</li> <li>• <b>Contribution</b> – Money that you owe. This is balanced out by your total award (i.e., money you pay = award – contribution).</li> <li>• <b>Need-Based</b> – You only get money based on what you demonstrate your family to need to afford education. You do not get “merit-based” money for being an</li> </ul>

	<p>exceptional student (otherwise every Princeton student would be coming here for free).</p>
The Left Column	<ul style="list-style-type: none"> <li>• <b>Parent Contribution</b> – How much your parents are expected to pay.</li> <li>• <b>Total Family Contribution</b> – How much both you and your parents are expected to pay.</li> <li>• <b>Financial Need</b> – How much money you need covered by Princeton (i.e., not paid yourself).</li> </ul>
The Right Column	<ul style="list-style-type: none"> <li>• <b>Tuition</b> – The cost of your education.</li> <li>• <b>Residential College Fee</b> – Or other fees (like class dues), are usually about \$100 or less.</li> <li>• <b>Room</b> – The cost of living in a dorm room. Will not be charged if living off-campus.</li> <li>• <b>Board</b> – The cost of food. This is what gets refunded if you go independent (see <a href="#">Chapter 10.5</a>).</li> <li>• <b>Books and Personal</b> – Costs expected that you pay for course materials.</li> <li>• <b>Travel</b> – If you live more than 200 miles from Princeton, you get travel aid (e.g., 200 miles is roughly the distance to DC or Providence, RI).</li> <li>• <b>Student Health Plan</b> – You are required to be on this if you do not already have health insurance. Usually, \$900 a semester but just asking the financial aid office can usually save you about half that cost (“SHP Adjustment”).</li> <li>• <b>Total Student Budget</b> – Total costs of attending Princeton. Not necessarily what you pay (that’s Total Family Contribution).</li> </ul>
Award Information	<ul style="list-style-type: none"> <li>• <b>University Grant</b> – Money that Princeton gives you for free.</li> <li>• <b>Federal SEOG</b> – Federal Supplemental Educational Opportunity Grant. Also, free money.</li> <li>• <b>Estimated Federal Pell Grant</b> – Federal money given based on financial need.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>State Aid</b> – If you live in New Jersey, Vermont, or Alaska, you get additional grant funds.</li> <li>• <b>Federal Work-Study Job</b> – This is the amount of money you are expected to earn from a job. This makes you eligible for “work-study-only” jobs on campus.</li> <li>• <b>Total Award</b> – The total amount of money that you receive. Subtract this from Total Family Contribution to see how much you need to pay.</li> </ul>
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RESOURCES

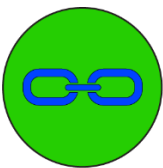
## *Resources to Pay If Financial Aid Isn't Enough*

Name:	Description:
<a href="#">Direct Stafford Loans</a>	<ul style="list-style-type: none"> <li>• <b>Use These First</b> – These are subsidized loans that are provided by the federal government.</li> <li>• <b>No Interest Until 6 Months Post-Grad</b> – This means you get money now and don't have to worry about paying until later.</li> <li>• <b>Limited on Eligibility</b> – You can only take out as much as Princeton allows you to based on financial need.</li> </ul>
Princeton Parent Loan Program	<ul style="list-style-type: none"> <li>• <b>Loans Provided by Princeton</b> – Not by the federal government.</li> <li>• <b>4% Fixed Interest Rate</b> – It is not a subsidized loan; interest accumulates immediately. Rate as of 2021.</li> <li>• <b>14 Years to Repay</b> – And only a single application.</li> <li>• <b>Try Not to Do Loans Though</b> – Do research to see if you could get by on only Stafford loans, talk to the financial aid office, or find a better rate on outside loans.</li> </ul>



<a href="#">Direct PLUS Loan</a>	<ul style="list-style-type: none"> <li>• <b>Unsubsidized Federal Loans</b> – You really should try to get the Stafford Loans first.</li> <li>• <b>5.3% Fixed Interest Rate</b> – So worse than the Princeton Parent Loan program. Rate as of 2021.</li> </ul>
Outside Private Loans	<ul style="list-style-type: none"> <li>• <b>Not Through Federal Government or Princeton</b> – There’s a lot of options out there.</li> <li>• <b>Be Very, Very Careful</b> – It is very easy to accumulate interest and debt quickly. Be especially wary of “payday loans” that get you money quick but accumulate interest fast.</li> </ul>

## 13.2) Applying and Appealing for Financial Aid



LINKS

**FAFSA:**

<https://studentaid.gov/h/apply-for-aid/fafsa>

**Princeton Financial Aid Application (PFAA):**

<https://finaidapp.princeton.edu/FinAid/loginFreshman.jsp>

**Financial Aid Form Library:**

<https://finaid.princeton.edu/form-library>

**Financial Aid Bill Estimator:**

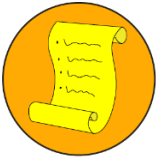
<https://swebapps.princeton.edu/Estimator/estimator.pl>

**Princeton Financial Aid Website:**

<https://finaid.princeton.edu/>



Morrison Hall, where the Financial Aid Office is located (Image [source](#)).



PROCEDURES

## *How to Apply for Financial Aid Every Year*

Step:	Description:
1. Set Aside Time	<ul style="list-style-type: none"> <li>• <b>Plan Time with Parents</b> – If you get financial support from parents, agree on a couple of hours to sit through and pull up all the numbers.</li> <li>• <b>If Supporting Yourself</b> – Budget yourself plenty of time to work on this or prepare the documents in advance of the application; requirements are mostly consistent every year.</li> </ul>
2. Do the <a href="#">FAFSA</a> Early	<ul style="list-style-type: none"> <li>• <b>Get Those Federal Funds</b> – They're first-come, first-serve, so you'll get more money applying earlier.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>When?</b> – It opens usually in October and closes around June. You might not have to apply as early as October, but don't wait until June.</li> </ul>
3. Do the Princeton Financial Aid App (PFAA)	<ul style="list-style-type: none"> <li>• <b>Do In Addition to FAFSA</b> – The FAFSA is for federal funds, while the PFAA is for the money granted through Princeton.</li> <li>• <b>Releases Early March</b> – Good to finish this early because you don't want to be doing this during finals season.</li> <li>• <b>Due May</b> – Really, don't miss this. Princeton grant will likely save you the most money.</li> <li>• <b>Shorter than the FAFSA</b> – The PFAA is only about 6 pages.</li> </ul>
4. Get Ready to Send Extra Documents to Princeton	<ul style="list-style-type: none"> <li>• <b>W-2's</b> – Usually to verify income.</li> <li>• <b>Previous Years' Tax Returns</b> – To further verify income.</li> <li>• <b>Check the Financial Aid Portal</b> – They'll usually show early what forms you may need to send in.</li> <li>• <b>Check Email</b> – They'll email you if there are documents missing, or you can check on the Princeton financial aid portal.</li> </ul>



PROCEDURES

## *How to Handle an Appointment with the Financial Aid Office*

Strategy:	Description:
1. Contact the Financial Aid Office	<ul style="list-style-type: none"> <li>• <b>Email</b> – To <a href="mailto:faoffice@princeton.edu">faoffice@princeton.edu</a> if you are a currently enrolled student, <a href="mailto:pfaa@princeton.edu">pfaa@princeton.edu</a> if you have not started your first year yet. Emails are</li> </ul>

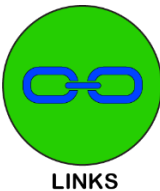
	<p>good for questions that you don't want a full appointment for or to show specific documents.</p> <ul style="list-style-type: none"> <li>• <b>Calling</b> – 609-258-3330, gets you a more immediate response than emailing.</li> <li>• <b>In-Person</b> – Guarantees that you'll at least talk to someone. They're in Morrison Hall.</li> <li>• <b>Schedule an Appointment</b> – Give them some specific times. Refer to <a href="#">Chapter 3.2's</a> guide to talking to people for help.</li> </ul>
2. Prepare All of Your Documents	<ul style="list-style-type: none"> <li>• <b>Come Very, Very Prepared</b> – The more you can justify your case to the financial aid office, the more likely they are willing to make changes.</li> <li>• <b>Plan What You Are Going to Say</b> – And what you will say in response to what they say. Doing well here can save you hundreds, if not thousands of dollars, depending on the occasion.</li> </ul>
3. Go to Your Appointment	<ul style="list-style-type: none"> <li>• <b>Bring a Trusted Friend Along</b> – If you need support throughout. Money matters can be emotionally tiring.</li> <li>• <b>Consider Recording</b> – NJ is a <a href="#">one-party consent</a> state, meaning that as long as one party in the conversation gives permission, you can record. You are one of the parties. Asking to record is also polite though.</li> <li>• <b>Why Record?</b> – It can help you remember key details and help you seek help later.</li> <li>• <b>Relax</b> – The financial aid office staff usually are fine, but they are pretty busy.</li> </ul>
4. Follow-Up	<ul style="list-style-type: none"> <li>• <b>Checking In</b> – If the office promised to do something for you and you haven't seen changes in a week, you might want to call or visit again. It could be that they forgot.</li> <li>• <b>Follow-Up Meetings</b> – Don't feel bad about asking the financial aid office too much; they're here to</li> </ul>

	help, and Princeton prides itself on having good financial aid.
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**Don't let late meal trip you up!** While you're covered up to \$6/lunch and \$7/dinner for late meal, if you go over, it will get charged to your student account. You'll get an email notification with any new bills, but don't forget to pay that. See [Chapter 10.2](#) on special meal programs like late meal.

## 13.3) The Student Health Plan and Insurance



**USG X L2S Mental Health Guidebook (Page 11):**

<https://usg.princeton.edu/mental-health-resources>

**Student Health Plan:**

<https://uhs.princeton.edu/student-health-plan>

**SHP Prescription Coverage (OptumRX):**

<https://uhs.princeton.edu/student-insurance/student-health-plan/prescription-program>

**Aetna (Health Insurance) Portal:**

<https://member.aetna.com/appConfig/login/login.fcc>

**OptumRX (Prescriptions) Portal:**

<https://www.optumrx.com/public/landing>



Aetna, the healthcare provider of the Student Health Plan.

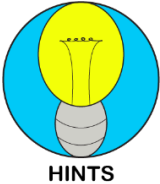


## *The Basics of the Student Health Plan and Insurance*

Name:	Description:
What is the Student Health Plan?	<ul style="list-style-type: none"> <li>• <b>Aetna is Your Provider</b> – Log into their <a href="#">portal</a> to see all your information.</li> <li>• <b>Print Out Your Insurance Card</b> – You might not get in the mail, and you should have it with you at all times in case of medical emergency. Take a picture of it on your phone too just to be safe.</li> <li>• <b>Check Nearby Doctors</b> – You want to choose doctors that are in-network for better pricing. Use <a href="#">Aetna Navigator</a>.</li> </ul>
Basic Insurance Vocabulary and SHP Coverage	<ul style="list-style-type: none"> <li>• <b>Co-Pay</b> – What you pay when you see a provider (usually off-campus for SHP).</li> <li>• <b>\$900/Semester Premium</b> – How much you pay for healthcare.</li> <li>• <b>\$200 Deductible</b> – The amount you must pay before insurance starts covering.</li> <li>• <b>In-Network (90% Cost Covered)</b> – A healthcare provider that has a special discount with your insurance provider.</li> <li>• <b>Out-of-Network (70% Cost Covered)</b> – A healthcare provider not affiliated with your insurance provider, more expensive.</li> <li>• <b>\$5000 Out-of-Pocket Max</b> – After paying this much, the healthcare plan will cover 100% of the cost. Includes deductibles and co-pays.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Referral</b> – A document from a doctor that allows you to see off-campus specialists.</li> <li>• <b>Differs by Healthcare Plan</b> – The numbers above are based on the Student Health Plan.</li> </ul>
Do You Need the SHP?	<ul style="list-style-type: none"> <li>• <b>If You Don't Have Health Insurance</b> – You are required to sign up for SHP then.</li> <li>• <b>If You Do Have Health Insurance</b> – Make sure to send in the opt-out form, otherwise you may get billed for it.</li> <li>• <b>Double Check Your Insurance is Adequate</b> – If it doesn't cover enough, you may still be required to enroll in the SHP.</li> </ul>
Paying the SHP	<ul style="list-style-type: none"> <li>• <b>~\$2300 Per Year</b> – Covers the entire calendar year, including the summer.</li> <li>• <b>Half Adjustment?</b> – Tell the financial aid office you want it reduced... and they'll just reduce it, not many questions asked. This can save you hundreds of dollars.</li> <li>• <b>To Pay the Rest</b> – You are given the option of loans, but don't take loans out if you don't have to.</li> <li>• <b>Billed with Other Expenses</b> – See <a href="#">Chapter 13.1</a>.</li> <li>• <b>UHS is Always Free</b> – Regardless of if you're on the SHP or not. Drop by McCosh Health Center anytime.</li> </ul>
<a href="#">Dental</a> and <a href="#">Vision</a> Plans	<ul style="list-style-type: none"> <li>• <b>Both Optional</b> – You must explicitly opt-in.</li> <li>• <b>Cost</b> - \$76 for dental and \$58 for vision, as of 2021.</li> <li>• <b>Free Under Normal SHP if Under 18</b> – Take advantage of this!</li> </ul>
<a href="#">Prescriptions (OptumRx)</a>	<ul style="list-style-type: none"> <li>• <b>Your Prescriptions Are Paid For</b> - ... Though not completely. See chart below for details.</li> <li>• <b>Depends on Medication</b> – Generic medications are a little cheaper.</li> </ul>

Options to Afford Care	<ul style="list-style-type: none"> <li>• <b>Emergency Funding Sources</b> – See the next subchapter on this.</li> <li>• <b>Mental Health Loans</b> – You can get up to \$1250 per semester to cover off-campus psychological care, and that can include</li> </ul>
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**Why is American health insurance so complicated?** It used to be offered as a benefit for employment (and still is), which makes it hard to centralize. You can read a full history [here](#).



OptumRx, the prescription provider of the Student Health Plan.



### *OptumRx Prescription Coverage*

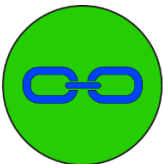
\*Adapted from the USG x L2S Mental Health Guidebook

<b>Tier:</b>	<b>Cost (30-Day Retail Supply):</b>	<b>Cost (90-Day Mail Order Supply)</b>	<b>Description:</b>
1 (Generic)	\$5	\$10	Low-cost generics and some brand names. Lowest out-of-pocket cost.
2 (Preferred Brand)	\$20	\$40	Mid-range cost.



3 (Non-Preferred Brand)	\$70	\$140	Ask doctor to see if there is a Tier 1 or 2 cheaper alternative.
E (Excluded)	Excluded	Excluded	Not covered or requires prior authorization.

## 13.4) Emergency Funding



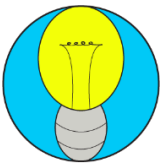
LINKS

List of Emergency Funds and Applications:

<https://campuslife.princeton.edu/funding/personal-emergencies>

Princeton Mutual Aid:

<https://www.princetonmutualaid.com/>



HINTS

**Mental and physical health emergencies usually can qualify for emergency funding.** When your health is at stake, don't hesitate to ask for help because you'll have less energy if your health deteriorates.



RESOURCES

### Emergency Funds

Name:	Description:
UHS Special Needs Fund (SNF)	<ul style="list-style-type: none"> <li>By McCosh Infirmary – Basically the University Health Services building.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>\$300 Annually for Medical Services</b> – May need to confirm eligibility with financial aid office.</li> <li>• <b>Contact</b> – <a href="mailto:snfund@princeton.edu">snfund@princeton.edu</a>.</li> </ul>
Aryeh Stein-Azen Memorial Fund	<ul style="list-style-type: none"> <li>• <b>By Office of Disability Services</b> – For ongoing and long-term illness (including mental illness).</li> <li>• <b>Aryeh Stein-Azen?</b> – A 2014 Princeton graduate who went treatment for cancer while on campus.</li> <li>• <b>\$500 Max</b> – Though as always, you can try to make a case for more.</li> <li>• <b>Contact</b> – <a href="mailto:ods@princeton.edu">ods@princeton.edu</a> to get an application.</li> </ul>
The Dean’s Emergency Fund	<ul style="list-style-type: none"> <li>• <b>No Limit</b> – Ask as much as you like, for high financial need students.</li> <li>• <b>Types of Emergencies</b> – Necessary medical care not covered by insurance, travel home for family emergency, emergency travel.</li> <li>• <b>Not Intended For</b> – Purchasing personal items like clothes and computers.</li> </ul>
Safety Net Fund	<ul style="list-style-type: none"> <li>• <b>Limited Funding</b> – So get quick.</li> <li>• <b>Usually \$500 Limit</b> – But can appeal for more.</li> <li>• <b>Qualifications</b> – Urgency of need, level of hardship, and student’s overall financial situation.</li> <li>• <b>A Little Slower</b> – It’s not an emergency fund but a hardship fund resource, so it can take 1-2 weeks or more. Cross-checks funding info with other departments on campus.</li> <li>• <b>Does Not Cover</b> – Internet access requests and new technology requests. Contact financial aid or Office of Information Technology for these respectively.</li> </ul>
Princeton FFR/BTGALA LGBT Center Alumni Fund	<ul style="list-style-type: none"> <li>• <b>By LGBT Center</b> – Aiding students facing financial hardship related to gender/sexuality.</li> <li>• <b>Limited Fund</b> – They give out funds until it is completely used.</li> </ul>

<p>Medical Expense Assistance Program</p>	<ul style="list-style-type: none"> <li>• <b>Graduate Students Only</b> – Try SNF for undergrads.</li> <li>• <b>Unreimbursed Medical Expenses</b> – You can apply for a grant reimbursement (i.e., no need to pay back).</li> </ul>
<p>Graduate Student Hardship Fund</p>	<ul style="list-style-type: none"> <li>• <b>COVID-19 Related Expenses</b> – Unclear if it will exist past 2021, at the time of writing.</li> <li>• <b>Covers Many Costs</b> – Tuition, housing, rent, adjusted dissertation topics, increased internet support, research materials, transportation costs to get vaccines, food insecurity.</li> <li>• <b>Doesn't Cover</b> – Standard rent and stipend requests, tuition and fees, lost wages, personal or elective travel, extended family member (non-dependent) expenses, incoming first year transition to campus.</li> </ul>



STRATEGIES

## *Other Ways to Raise Emergency Money*

Name:	Description:
<p>Mutual Aid Networks</p>	<ul style="list-style-type: none"> <li>• <b>What is Mutual Aid?</b> – A community group in which members pitch in money to help community members go through financial hardships.</li> <li>• <b>Where?</b> – Try <a href="#">Princeton Mutual Aid</a> or search up “mutual aid network” with your hometown name.</li> <li>• <b>Good for Small Emergencies</b> – Can get you money quick. Having a <a href="#">Venmo</a> account can be helpful.</li> </ul>
<p>Crowdfunding (<a href="#">GoFundMe</a>)</p>	<ul style="list-style-type: none"> <li>• <b>For Very Large Expenses</b> – Common ones are for natural disasters, saving a business, or huge hospital bills, in the hundreds or thousands of dollars.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Circulate Widely</b> – Send to <i>all</i> of the res college listservs (missing even one = missing hundreds of people) and check <a href="#">Chapter 3.5</a> for more avenues of reaching out.</li> <li>• <b>Use Sparingly</b> – These are usually a big deal, so make sure your description is powerful enough to persuade people to pull out their wallets. It can be stressful.</li> </ul>
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## 13.5) Princeton-Specific Money Saving Tips



IMPORTANT

**Having a job isn't the only way to have money at Princeton.** In fact, the following money hacks can get you hundreds or thousands of dollars. Considering base wages (without tax) are usually about \$15, this can save you hours of time and free up time for studying or extracurriculars.



STRATEGIES

### ***Top Five Princeton Money Hacks***

Name:	Description:
1. Go Independent Junior Year	<ul style="list-style-type: none"> <li>• <b>\$8000 a Year</b> – To put that in perspective, that is over 530 hours of work (untaxed, \$15/hr, the standard rate for a research assistant).</li> <li>• <b>Gaining Not Just Saving</b> – While you can be reimbursed for eating club costs, you're not getting thousands of dollars in your bank account.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Go Independent but Not Really?</b> – You can get the money in your bank account and then get meals a la carte from the dining hall or join a co-op to still make a substantial amount of money while not having to cook every meal.</li> <li>• <b>More Details</b> – See <a href="#">Chapter 10.5</a>.</li> </ul>
2. Study Abroad Smart	<ul style="list-style-type: none"> <li>• <b>Princeton Gives a Lot</b> – If you go to a third-party program (i.e., not “Princeton in...”), they will put the money in your bank account and have you pay the program directly.</li> <li>• <b>Budget Smart</b> – Budget to live comfortably but live cheaply in case emergencies happen. If they do, you’re prepared, and if not, you’ll have a lot of money left over.</li> </ul>
3. Ask for Funding	<ul style="list-style-type: none"> <li>• <b>Independent Projects</b> – You could be doing something worthy of funding (e.g., building your own program, this guide), but you don’t know it because you haven’t asked for it.</li> <li>• <b>Funding Everywhere</b> – Especially for summer projects. See next subchapters for details.</li> </ul>
4. Work During Breaks	<ul style="list-style-type: none"> <li>• <b>Winter Break</b> – Is about two months long now; you could practically pick up a full-time job for two months.</li> <li>• <b>Catch Up on Work During Breaks</b> – This will afford you more time to work during the school year as well.</li> <li>• <b>Don’t Forget to Relax</b> – Take a couple days off at least, because if you crash during the semester, it’s going to cost your health and time to work.</li> </ul>
5. The Student Health Plan Adjustment	<ul style="list-style-type: none"> <li>• <b>Save Hundreds Quick</b> – All you must do is ask the financial aid office to reduce it, and they’ll reduce it by half, usually no questions asked.</li> <li>• <b>Ask for Other Discounts Too</b> – Especially if you can demonstrate circumstances that affect your ability to</li> </ul>

	pay. Try making an appointment with financial aid and see what they can do.
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RESOURCES

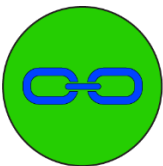
## *Other Princeton Money Saving Tips*

<b>Name:</b>	<b>Description:</b>
Barber Shop Discounts	<ul style="list-style-type: none"> <li>• <b>10% Off</b> – At Princeton Barber Shop. Present your student ID for verification.</li> </ul>
Princeton Student Events Committees Free Events	<ul style="list-style-type: none"> <li>• <b>Usually Free Food</b> – Sometimes even Taco Bell or pizza catering.</li> <li>• <b>Free and Accessible Fun</b> – Every Thursday, usually.</li> </ul>
<a href="#">Princeton Garden Theatre</a> Free USG Movies	<ul style="list-style-type: none"> <li>• <b>Free Soda and Popcorn</b> – And free entertainment too.</li> <li>• <b>Cool Recent Movies</b> – So if a cool new movie has come out, wait to see if USG will offer it soon.</li> </ul>
<a href="#">Labyrinth Books</a> Buybacks	<ul style="list-style-type: none"> <li>• <b>Get 20-25% Back</b> – If you buy a course book and return it at the end of the semester.</li> <li>• <b>Don't Get it Wet</b> – They won't take your book back then.</li> <li>• <b>Try to Get Used Copies</b> – You can buy them at a cheaper initial price.</li> <li>• <b>Convenient and Reliable</b> – If you're just looking for cheap prices without too much work.</li> <li>• <b>Get it Cheaper from Students</b> – It's easier to bargain with a student than with a store (e.g., get a cheaper price by offering to help them with a task).</li> </ul>

Getting Items Off of Other Students	<ul style="list-style-type: none"> <li>• <b>Free and For Sale</b> – The <a href="#">iconic Facebook group</a> that will sell all kinds of cheap dorm items.</li> <li>• <b>Textbook Exchange</b> – Free and For Sale, <a href="#">but for textbooks</a>.</li> <li>• <b>ReTail</b> – The <a href="#">TigerApp</a> for students selling goods.</li> <li>• <b>Move-In/Out Resale</b> – Hosted by the Office of Sustainability, buy used items from other students at the beginning or end of the year.</li> <li>• <b>Senior Sales</b> – Seniors will try to sell their items for cheap in their last months before graduation. Watch the listservs.</li> <li>• <b>Clothing Swaps</b> – Usually run by the Office of Sustainability, get used clothes.</li> <li>• <b>Free Professional Clothes</b> – Usually run by the Center for Career Development.</li> </ul>
Local Cheap Shopping	<ul style="list-style-type: none"> <li>• <b>Nassau Street is Expensive</b> – Be careful when shopping there.</li> <li>• <b>Thrift Stores</b> – As listed in <a href="#">Chapter 2.3</a> on move-in, <a href="#">Nearly New</a>, <a href="#">Princeton Consignment</a>, and <a href="#">Greene Street Consignment</a>.</li> </ul>
Free “ <a href="#">Passport to the Performing Arts</a> ” Program	<ul style="list-style-type: none"> <li>• <b>3 “Princeton Passes”</b> – For non-student organization performances below \$10 or “Princeton-Pass Eligible.”</li> <li>• <b>3 “Tiger Tickets”</b> – For non-student organization performances above \$10 or “Tiger Tickets Eligible.”</li> <li>• <b>2 Student Events Eligible Tickets</b> – For any student organization performance.</li> <li>• <b>How to Use</b> – When buying tickets show your prox (student ID) and they’ll scan it. Buy tickets usually at Frist Campus Center in advance.</li> <li>• <b>Refreshes Every Year</b> – So take advantage of it if the school year is ending.</li> </ul>
Transportation	<ul style="list-style-type: none"> <li>• <b>The FreeB Bus</b> – <a href="#">Currently suspended as of spring 2021</a>, but could get you around the Princeton community in normal times.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>MegaBus</b> – <a href="#">Cheap bus company</a> that can get you back home during breaks. Also look out of the USG Thanksgiving Break buses.</li> </ul>
Independent Work Award Money	<ul style="list-style-type: none"> <li>• <b>For JP or Thesis Work</b> – If you do a good job and the professors like it. Can also receive them for certificates.</li> <li>• <b>Can be Thousands of Dollars</b> – Though the exact amount is not usually publicly disclosed.</li> <li>• <b>Don't Depend on It</b> – It can only come late in your Princeton career, and it is unreliable when professors have to subjectively choose who should receive the award. It's a nice surprise though.</li> </ul>

## 13.6) Funding Platforms: SAFE and Concur



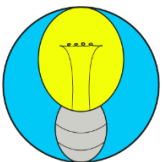
LINKS

**Student Activities Funding Engine (SAFE):**

<https://studentfunding.princeton.edu/>

**SAFE Guide:**

<https://studentfunding.princeton.edu/safe-reference-guide>



HINTS

**Student Organization funding resources were covered in [Chapter 9.7](#).** In case you were looking for that.

**SUBCHAPTER IN CONSTRUCTION**



**Search For Funding**

ACTIVITY: -- choose --

TIME PERIOD: -- choose --

LOCATION: -- choose --

**CERTIFICATES**  
 Are you planning on completing a certificate? By listing your intended certificates here you are NOT formally declaring them. This information is NOT shared with the Registrar's office or with certificate programs.

- African American Studies
- African Studies
- American Studies
- Ancient Roman Lang & Culture
- Appl. & Computational Math
- Applications of Computing
- Arabic Lang & Culture

**SEARCH FOR FUNDING**

What it looks like when you search on the Student Activities Funding Engine (Image [source](#)).

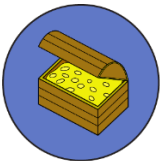
Use SAFE to find funding opportunities and Concur to get reimbursed for expenses.



## ***The Basics of Funding at Princeton***

Name:	Description:
Things That You May Need Funding For	<ul style="list-style-type: none"> <li>• <b>Summer Projects and Internships</b> – If they are unpaid, you might be able to get funding.</li> <li>• <b>Research</b> – Especially for your JP’s and senior theses.</li> </ul>

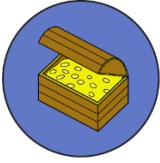
	<ul style="list-style-type: none"> <li>• <b>Independent Projects</b> – If you have a plan, Princeton will gladly fund you.</li> <li>• <b>Summer Courses</b> – Princeton doesn’t provide financial aid by default, so you must search for funding.</li> <li>• <b>Student Organization Events</b> – Especially if you need to provide food or run a conference.</li> <li>• <b>Startups</b> – Starting your own business costs not only initial investment but paying your co-workers.</li> </ul>
The Student Activities Funding Engine ( <a href="#">SAFE</a> )	<ul style="list-style-type: none"> <li>• <b>Your Go-To Source for All Funding</b> – It lists most summer and academic year funding opportunities.</li> </ul>
How Much Should You Apply To?	<ul style="list-style-type: none"> <li>• <b>Apply to As Much as You Can</b> – You can always turn down money later, but if you don’t apply a lot, you might not get any.</li> <li>• <b>... If You Can Handle It</b> – Applying to opportunities is exhausting, so you should first list out which funds are the most likely to help you, schedule a timeline, and prioritize accordingly.</li> </ul>



RESOURCES

### *Notable Opportunities Available in SAFE*

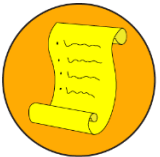
Name:	Description:
The Dean’s Fund for Summer Study Abroad	



RESOURCES

## *Places to Look for Funding Besides SAFE*

Name:	Description:
Ask Academic Departments Directly	<ul style="list-style-type: none"> <li>• <b>Contact Departmental Representative</b> – Especially if you are working on a project related to the area of study.</li> <li>• <b>Certificates Too</b> – Certificates like Creative Writing will sponsor poetry readings.</li> </ul>
Ask Campus Offices	<ul style="list-style-type: none"> <li>• <b>Pace Center</b> – For service-related projects.</li> <li>• <b>ODUS</b> – Can help you find the right office to talk to.</li> <li>• <b>Office of Sustainability</b> – For green things.</li> </ul>



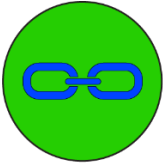
PROCEDURES

## *How to Use Concur*

This is the system used to reimburse purchases.

Step:	Description:

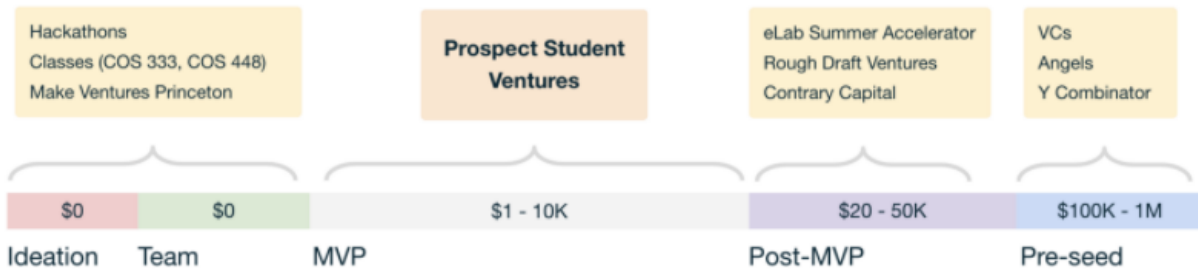
## *13.7) Funding: Early-Stage Startups*



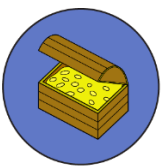
LINKS

Entrepreneurship Startup Funding:

<https://entrepreneurs.princeton.edu/education-and-resources/funding-opportunities>



A diagram describing the stages of getting funding for a start-up, pre-seed funding. The resources below will be listed in the corresponding order. (Image [source](#)).



RESOURCES

**Startup Funding Resources**

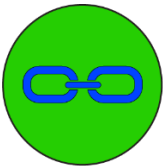
Name:	Description:
Hackathons	<ul style="list-style-type: none"> <li>• <b>To Quickly Ideate an Idea</b> – Coming up with a great idea is the first step to turning it into a real startup.</li> <li>• <b>HackPrinceton</b> – The most notable <a href="#">hackathon of Princeton</a>, though sometimes there are smaller ones on campus.</li> <li>• <b>At Other Colleges</b> – You can go around the country and participate at other schools’ hackathons.</li> </ul>

Princeton Classes	<ul style="list-style-type: none"> <li>• <b>COS 333</b> – “Advanced Programming Techniques,” a class that is infamous for creating many Princeton apps and being noticeably more applied than theoretical compared to other Princeton COS classes.</li> <li>• <b>COS 448</b> - “Innovating Across Technology, Business, and Marketplaces,” this class is more focused on start-ups and being a Chief Technology Officer.</li> </ul>
<a href="#">Make Ventures Princeton</a>	<ul style="list-style-type: none"> <li>• <b>Fostering Startups</b> – Walks them through ideation to building a minimum viable product.</li> <li>• <b>Princeton Student Run</b> – You can join the board too.</li> </ul>
<a href="#">Keller Center eLab</a>	<ul style="list-style-type: none"> <li>• <b>Accelerator</b> – A summer program that will give your startup resources, mentorship, funding, an entrepreneurship curriculum, and a coworking space in the e-Hub (34 Chambers Street).</li> <li>• <b>Incubator</b> – Academic year program with the same benefits as the accelerator.</li> </ul>
<a href="#">Prospect Student Ventures</a>	<ul style="list-style-type: none"> <li>• <b>Non-Profit Venture Capital Firm</b> – They invest in “Princeton’s top founders.”</li> <li>• <b>\$1000 to \$10000 Grants</b> – To cover the costs of building a minimum viable product (MVP). Fills the “gap” between the ideation stage and post-MVP stage.</li> <li>• <b>1-on-1 Office Hours with Pros</b> – To support your project.</li> </ul>
<a href="#">Alumni Entrepreneurs Fund</a>	<ul style="list-style-type: none"> <li>• <b>Connect Young Alumni with Experienced Alumni</b> – Though some startups have a mix of alumni and current undergrads.</li> <li>• <b>Mentorship, Capital, Education, Curated Networking</b> – All nice services to have, currently closed to new investments as of summer 2021.</li> </ul>

<a href="#">Princeton Entrepreneurs' Network</a>	<ul style="list-style-type: none"> <li>• <b>Hosts Competitions and Competitions</b> – Great to meet other founders.</li> <li>• <b>10,000 Alumni Members</b> – They've been around since 1992.</li> <li>• <b>Princeton Reunions Startup Competition</b> – Check it out when you return.</li> </ul>
<a href="#">Princeton Alumni Angels</a>	<ul style="list-style-type: none"> <li>• <b>Funds Any Promising Startup</b> – But prioritizes those with a strong Princeton connection.</li> <li>• <b>Angel Investor?</b> – A wealthy investor that finances small companies in exchange for equity (i.e., ownership).</li> </ul>
<a href="#">Y Combinator</a>	<ul style="list-style-type: none"> <li>• <b>One of the Most Famous Names in Venture Capital</b> – They give seed funding to help startups really get off the ground.</li> </ul>

## 13.8) Funding: Research

### SUBCHAPTER IN CONSTRUCTION



LINKS

**Princeton Correspondents on Undergraduate Research:**

<https://pcur.princeton.edu/>

**Research Funding Gateway (Graduates and Faculty):**

<https://princeton.inforeadyscale.com/hub>

**Research Grand Challenges:**

<https://environment.princeton.edu/research/grand-challenges-overview/>



**Not all campus offices are funded equally.** Some departments just get a lot more funding than others. Try searching many different offices to see who can help.

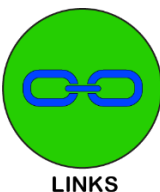
## ***13.9) Funding: Internships and Independent Projects***

**SUBCHAPTER IN CONSTRUCTION**

## ***13.10) Funding: Study Abroad***

**SUBCHAPTER IN CONSTRUCTION**

## ***13.11) General Financial Tips***



**Princeton Financial Literacy Initiative List of Resources:**

<https://finlit.princeton.edu/resources>

**Princeton Financial Literacy Initiative Quick Tips:**

<https://finlit.princeton.edu/fin-lit-fast-tips>

**Your Path to Princeton: On a Dime:**

<https://path.princeton.edu/princeton-dime-tips-thrifty-tigers>

Establish good financial habits now so not only do you save money, but you can live well after graduation too. While funding helps, you still want to save money for costs that may not be directly covered (e.g., food, transport, etc.).



**Having money isn't often the result of solely working harder, but just doing the right things** (a similar message throughout [Chapter 6](#), on academic tips). If you're running low on money, you may be inclined to work more job hours, but consider turning to these tips first.



The Princeton Financial Literacy Initiative's website has a comprehensive list of resources for virtually any financial need.





## Princeton Financial Literacy's 40 Fast Fin Lit Tips Summarized

\*This list is a bit long, so feel especially free to skim.

Name:	Description:
1. Retirement Savings	<ul style="list-style-type: none"> <li>• <b>Grad Students Can Now Have Retirement Accounts</b> – As of December 2019's SECURE ACT.</li> <li>• <b>\$6000 Max Yearly Contribution</b> – When you create an IRA (individual retirement account). Start early and your money will grow a lot!</li> </ul>
2. Set It and Forget It	<ul style="list-style-type: none"> <li>• <b>Automate Finances</b> – Such as monthly transfers to savings accounts, yearly IRA contributions, rent and credit card bill payments.</li> </ul>
3. <a href="#">Direct Deposit</a>	<ul style="list-style-type: none"> <li>• <b>Princeton Deposits into Your Bank Account</b> – Useful if you have a job or need to get a refund.</li> <li>• <b>How to Set Up</b> – Go to TigerHub -&gt; MyFinancials -&gt; then Payroll. You need a US bank account.</li> <li>• <b>If You're International</b> – You can open a US bank account remotely through <a href="#">Princeton Federal Credit Union</a>, <a href="#">HSBC International Banking Center</a>, or <a href="#">TransferWise</a>.</li> </ul>
4. <a href="#">Taxes</a>	<ul style="list-style-type: none"> <li>• <b>Internationals</b> – Your stipends have 14% automatically withheld. This is very significant.</li> <li>• <b>Graduate Students</b> – Your taxes are not automatically withheld.</li> <li>• <b>Figure Taxes Out Early</b> – If you don't, you'll have expensive repayments later.</li> </ul>

5. Track Spending	<ul style="list-style-type: none"> <li>• <b>Prevents Impulse Buys and Overspending</b> – Don't be reckless.</li> <li>• <b>Excel Spreadsheets</b> – Great way to have a running electronic record over time and automatically calculate your budget.</li> <li>• <b>Paper Notes</b> – If you have nothing else nearby.</li> <li>• <b>Apps</b> – <a href="#">Mint</a> is one of the common ones.</li> </ul>
6. Monitor Credit Report and Cybersecurity	<ul style="list-style-type: none"> <li>• <b>Catch Identity Theft Early</b> – It does happen.</li> <li>• <b>Access a Free Credit Report</b> – At this <a href="#">link</a>, or requesting it from the three reporting agencies, Experian, TransUnion, or Equifax.</li> <li>• <b>Manage Passwords</b> – Use <a href="#">LastPass</a> to store passwords and create strong ones.</li> <li>• <b>Delete Suspicious Emails</b> – Clicking links can lead to attacks (or even opening them is dangerous).</li> <li>• <b>Get Antivirus</b> – If you can't pay, <a href="#">Malwarebytes</a> is free.</li> </ul>
7. Automatic Transfers to Savings Accounts	<ul style="list-style-type: none"> <li>• <b>Save Three to Six Months of Living Expenses</b> – Food, rent, basic expenses.</li> <li>• <b>Prepare for Rainy Days</b> – You might have periods of unemployment or emergency.</li> </ul>
8. Credit Maximums	<ul style="list-style-type: none"> <li>• <b>\$10-\$20k Limit Typically</b> – That's a lot of money you're allowed to spend with a credit card.</li> <li>• <b>Don't Spend More than 30% of Limit</b> – Spending more affects your credit score negatively.</li> </ul>
9. Financial Accountability Partners	<ul style="list-style-type: none"> <li>• <b>A Friend, Partner, Co-Worker, Anyone</b> – That can help you stay on track with your financial goals.</li> </ul>
10. Unsubscribe from Promotion Emails	<ul style="list-style-type: none"> <li>• <b>Prevents Impulse Buys</b> – You can't get tempted by what you don't see.</li> </ul>
11. Track Net Worth	<ul style="list-style-type: none"> <li>• <b>The Big Picture</b> – Don't just save money in the moment but generate wealth over time.</li> </ul>

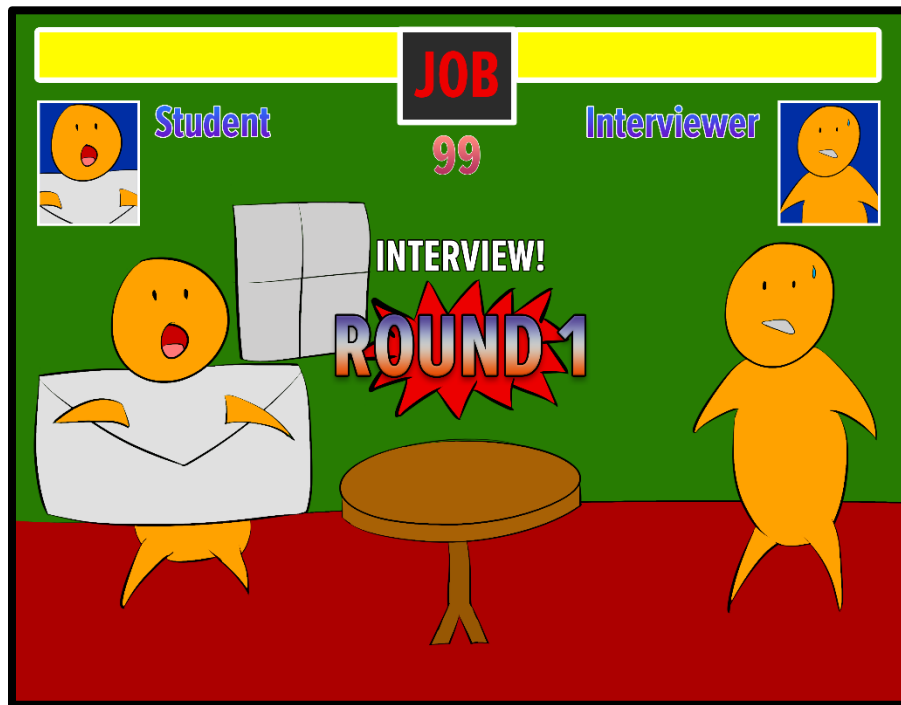
12. Good Health Saves Money	<ul style="list-style-type: none"> <li>• <b>Physical and Mental Health</b> – See <a href="#">Chapter 12</a>.</li> <li>• <b>Decreased Medical Expenses</b> – And better quality of life.</li> <li>• <b>End Bad Habits</b> – Smoking is bad for your health and wallet, for example.</li> </ul>
13. Pay More than Monthly Minimums on Credit Cards	<ul style="list-style-type: none"> <li>• <b>Prevent Credit Card Interest</b> – The leftover debt will increase next month if you pay the minimum.</li> <li>• <b>Pay in Full</b> – Don't let interest accumulate.</li> </ul>
14. 72 Hour Rule	<ul style="list-style-type: none"> <li>• <b>Prevent Impulse Buys</b> – Think about it for 72 hours, and you probably won't want it anymore.</li> </ul>
15. Save More with More Income	<ul style="list-style-type: none"> <li>• <b>Don't Just Spend More Money</b> – Otherwise you'll lose your good financial habits.</li> </ul>
16. Employer Retirement Plans	<ul style="list-style-type: none"> <li>• <b>401(k)</b> – Differs by employer.</li> <li>• <b>HSA</b> – Health savings accounts, saves you money tax free against medical expenses.</li> </ul>
17. Cash Over Credit	<ul style="list-style-type: none"> <li>• <b>Credit Card Users Spend More</b> – It's too convenient.</li> <li>• <b>Cash Limits Your Spending</b> – You can only pay what's in your wallet.</li> </ul>
18. Negotiate in Job Interview	<ul style="list-style-type: none"> <li>• <b>Not Just Your Salary</b> – Negotiate work hours, title, maternity/paternity leave, vacation time, and projects you work for.</li> </ul>
19. <a href="#">Spot Scams</a>	<ul style="list-style-type: none"> <li>• <b>The Common Ones</b> – Fake apartment listings, fake scholarships and grants, unpaid tuition claims, getting a counterfeit check, paying an advance fee to apply for a job, suspicious sweepstakes.</li> </ul>
20. Keep Separate Savings and	<ul style="list-style-type: none"> <li>• <b>Too Much in Checking = Feel Like Spending</b> – Prevent yourself from accidentally overspending.</li> </ul>

Checking Accounts	<ul style="list-style-type: none"> <li>• <b>Automatic Deposits to Savings</b> – Can keep checking balance low.</li> </ul>
21. DIY Holiday Gifts	<ul style="list-style-type: none"> <li>• <b>Cheaper than Store Bought</b> – Also feels more personal too to the recipient.</li> </ul>
22. Investment Fees	<ul style="list-style-type: none"> <li>• <b>“Expense Ratios”</b> – The fees you pay on funds, can reduce returns.</li> <li>• <b>Even 1% Can Be a Lot</b> – Compare your options prudently.</li> </ul>
23. Don’t Save Too Much	<ul style="list-style-type: none"> <li>• <b>&gt;6 Months Savings</b> – Or 9 months if you’re self-employed.</li> <li>• <b>Invest Instead</b> – Grow your money because leaving that much money sitting around will decrease its value over time, because of inflation.</li> </ul>
24. Evaluate Cost Per Use	<ul style="list-style-type: none"> <li>• <b>Cheap = Not Always Long Lasting</b> – Buying 2 cheap items may be more expensive than 1 long-lasting expensive item.</li> </ul>
25. Financial Calendar	<ul style="list-style-type: none"> <li>• <b>Remember to Pay Taxes and Credit Report</b> – If you don’t schedule a reminder, you’ll forget.</li> </ul>
26. Benefits of Buying are Public	<ul style="list-style-type: none"> <li>• <b>The Enticement of Social Media</b> – People show off cool things on social media, but they never show off their bad purchases.</li> </ul>
27. Charitable Donations	<ul style="list-style-type: none"> <li>• <b>Help Others</b> – If you have savings, or you can just pitch in a little. Budget for it if you care about it.</li> </ul>
28. Start Investing Now	<ul style="list-style-type: none"> <li>• <b>Compounding Interest</b> – Starting even a year or two early can get you huge gains. You can calculate this on <a href="#">Nerdwallet</a>.</li> </ul>
29. Net Pay Tool in TigerHub	<ul style="list-style-type: none"> <li>• <b>Calculate Your Monthly Take Home Pay</b> – As well as your future income and expenses. Taxes on wages can be 10-20% sometimes, so take note.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Where?</b> – TigerHub -&gt; Student Financial Center -&gt; MyFinancials -&gt; the calculator icon.</li> </ul>
30. Daily Money Minute	<ul style="list-style-type: none"> <li>• <b>Stop, Wait a Minute</b> – Think about anything financial and then continue with your day.</li> </ul>
31. Online Banking Safety	<ul style="list-style-type: none"> <li>• <b>Don't Use Public Wi-Fi</b> – EduRoam at Princeton is secure, McDonald's and Starbuck's are not.</li> <li>• <b>Don't Give Personal Information</b> – Like your social security or bank account number unless you trust the source. Scams can't take money from you if you don't give anything for them to take from.</li> </ul>
32. Rental Insurance	<ul style="list-style-type: none"> <li>• <b>Saves You a Lot, Costs Little</b> – Protects your stuff from burglaries or fires. Try something like <a href="#">Lemonade</a>.</li> </ul>
33. Check Subscriptions	<ul style="list-style-type: none"> <li>• <b>Beware of Autopay</b> – You might be spending on subscriptions you don't use.</li> </ul>
34. Cook at Home	<ul style="list-style-type: none"> <li>• <b>Cheaper than Eating Out</b> – And healthier too. Check <a href="#">Chapter 10.5</a> on independent students for cooking tips and <a href="#">BudgetBytes</a> for cheap recipes.</li> </ul>
35. Secondhand Furniture	<ul style="list-style-type: none"> <li>• <b>Find Online or at Thrift Stores</b> – Much cheaper than new furniture. Also ask other Princeton students near the end of the year.</li> </ul>
36. Read Lease Fine Print	<ul style="list-style-type: none"> <li>• <b>It's a Legal Agreement</b> – Once you sign, you really do have to deal with all of it. Take notes like you are doing a reading.</li> </ul>
37. Don't Buy Name Brand	<ul style="list-style-type: none"> <li>• <b>Those Generic Brands are Cheaper</b> – They look like knockoffs of brand-name products, but they pretty much are the same thing.</li> </ul>
38. Extended Tax Filing Deadlines	<ul style="list-style-type: none"> <li>• <b>Extended for 2020 and 2021</b> – Due to the COVID-19 pandemic.</li> </ul>

<p>39. Financial Vision Board</p>	<ul style="list-style-type: none"><li>• <b>Long Term Goals</b> – A visual reminder of what you need to do if the financial calendar isn't doing enough for you.</li></ul>
<p>40. Improve Credit Now</p>	<ul style="list-style-type: none"><li>• <b>Use a Credit Card Responsibly</b> – Raises your credit steadily over time just by having it open. May be easier to open if your parents are willing to open one with you jointly.</li><li>• <b>Pay Bills on Time</b> – Like rent or credit card bills.</li><li>• <b>Dispute Credit Errors</b> – Sometimes you get overcharged.</li><li>• <b>Check Regularly</b> – Services like <a href="#">CreditKarma</a> or <a href="#">Bank of America's mobile app</a> allow you to quickly check your credit scores.</li></ul>

# Chapter 14: Jobs & Internships



*Don't wear your cover letter to the job interview...*

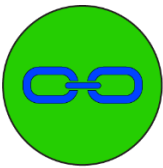
## ***In this section you'll learn about:***

- The many services offered by the Center for Career Development.
- Crafting effective job application materials.
- Academic and summer job opportunities.
- Independent projects and research.

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## 14.1) The Center for Career Development



LINKS

**Princeton Center for Career Development:**

<https://careerdevelopment.princeton.edu/>

**Undergraduate Career Development Plan:**

<https://careerdevelopment.princeton.edu/how-we-help>



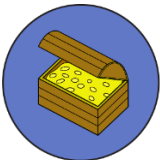
IMPORTANT

**Do not skip out on the CCD.** Not only does it always help to have a professional second look, but they'll also connect you with positions you might like. They really can and will land you a job.





The iconic compass logo of the Center for Career Development.

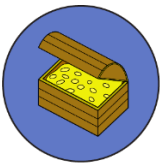


RESOURCES

## *CCD Advising Services*

Name:	Description:
<a href="#">One-on-One Advising</a>	<ul style="list-style-type: none"> <li>• <b>Meet with Any CCD Counselor</b> – Just schedule an appointment on Handshake.</li> <li>• <b>Build a Relationship with Them</b> – The more they get to know you, the more they can help you accurately.</li> <li>• <b>Forwarding Relevant Job Opportunities</b> – They help you in your job search too.</li> <li>• <b>Free Consultation</b> – No matter your stage in your career, you really should schedule an appointment at least once to make sure you're not missing anything.</li> </ul>
<a href="#">Drop-In Advising</a>	<ul style="list-style-type: none"> <li>• <b>When?</b> – Usually, noon to 4 PM on Fridays during the school year.</li> <li>• <b>15 Minutes</b> – So for quicker questions.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Help?</b> – Reviewing resumes and cover letters, looking at job applications, networking strategies, LinkedIn profile help, preparing for summer.</li> </ul>
<a href="#">Peer Career Advising</a>	<ul style="list-style-type: none"> <li>• <b>Help from Fellow Princeton Students</b> – They might know the secret tips to modern job applications (since they have changed a lot in the Internet age).</li> <li>• <b>One-on-One Appointments</b> – Just like any other career advisor.</li> <li>• <b>Events</b> – They'll run career-related things throughout the year.</li> </ul>

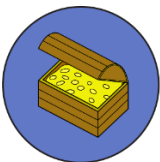


RESOURCES

## *Job Fairs and Employer-Visiting Programs*

Name:	Description:
<a href="#">Career Fairs</a> and On-Campus Recruiting	<ul style="list-style-type: none"> <li>• <b>HireTigers Career Fair</b> – There is one each in the fall and spring.</li> <li>• <b>Who Has Come Before?</b> – Some big companies (e.g., Kraft, Disney), service programs (e.g., Urban Teachers, Peace Corps), government (U.S. Department of State), and more.</li> <li>• <b>How to Prepare?</b> – Dress professionally, have a folder of a couple resumes you can hand out, and sign up for emailing lists for any jobs that are interesting.</li> </ul>
Other Career Fairs and On-Campus Recruiting	<ul style="list-style-type: none"> <li>• <b>Science and Technology Job Fair</b> – <a href="#">Held every fall</a>, with employers from Microsoft to MIT.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Campus Recruiting Program</b> – A fancy way of saying that employers will visit Princeton throughout the year to find prospective applicants.</li> <li>• <b>Never Recruiting During Exams or Breaks</b> – No recruiting during midterms week either, though beware that sometimes midterms aren’t always on midterms week.</li> </ul>
<a href="#">Princeternship</a>	<ul style="list-style-type: none"> <li>• <b>A 1-5 Day Experience</b> – Where you get a short experience with an employer. Great for exploring career options.</li> <li>• <b>Shadowing</b> – Especially helpful for medical fields.</li> <li>• <b>During January/Wintersession</b> – So you won’t have to miss class.</li> </ul>
<a href="#">Site Visits and City Treks</a>	<ul style="list-style-type: none"> <li>• <b>Site Visits</b> – Visit a single employer in a trip.</li> <li>• <b>City Treks</b> – Visit multiple employers in a trip. Usually occurs over fall or spring break.</li> </ul>



RESOURCES

## *Other Career Exploration Tools and Programs*

<b>Name:</b>	<b>Description:</b>
<a href="#">Career Compass</a>	<ul style="list-style-type: none"> <li>• <b>Explore Career Paths</b> – See what fields people go into according to their major.</li> <li>• <b>Alumni Profiles</b> – To hear their career journeys.</li> <li>• <b>Explore Career Fields</b> – Click on a heading (e.g., Advocacy and Activism) to see what related Princeton organizations and academic programs are in that area.</li> </ul>

<a href="#">Vault</a> (Career Exploration)	<ul style="list-style-type: none"> <li>• <b>Guides about Every Industry</b> – They’re very comprehensive.</li> <li>• <b>Skim All the Career Guides</b> – In case you find a field that you never thought of before that may be a good fit.</li> </ul>
Summer Programming	<ul style="list-style-type: none"> <li>• <b>Princeton in Washington</b> – <a href="#">A program</a> that features speakers, site visits, and social events for Princeton interns in DC.</li> <li>• <b>Arts at Work</b> – <a href="#">A program</a> for speakers, showcases, and social events related to arts careers, running during the summer and academic year.</li> </ul>
<a href="#">Career Assessments</a>	<ul style="list-style-type: none"> <li>• <b>Various Career Tests</b> – Knowing yourself means knowing what you want to do. No downside in taking them while the CCD provides them for free.</li> <li>• <b>CareerExplorer</b> – <a href="#">A test</a> designed specifically to match you with careers.</li> <li>• <b>Myers-Briggs</b> – The four-letter test. You can usually take free ones online, but if you ever wanted the official test, you could take for free here.</li> <li>• <b>Clifton Strengths Finder</b> – Identifies your top skills.</li> <li>• <b>Strong Interest Inventory</b> – Helps you find your interests.</li> </ul>
<a href="#">Career Chats</a>	<ul style="list-style-type: none"> <li>• <b>Talk with Alumni</b> – Casual chats with someone who’s further down the line.</li> <li>• <b>Always Feel Free to Reach Out</b> – TigerNet can help you find an alum that specifically fits your interests if the alums available on career chats aren’t your fit.</li> </ul>

**Undergraduate Career Development Plan**

	First Year	Sophomore	Junior	Senior
<b>Advising</b>	Peer Career Advising (PCA)			
	Career Advising			
<b>Experience</b>	PCA Reflection Programs (coming soon)			
	Design Your Future Workshop			
	First Year Internship Dinner and Advising	Sophomore Career Kickoff		
	Princeternships, Site Visits & Industry Treks			
	Industry Cluster Interest Programs: Meetups, Panels, Informational Interviews with Alumni			
	Identity and Career Programs: Dinner with 12 Tigers			
	Summer Work, Research/study or Internship			
	Participate in Clubs and Activities			
			Independent Work	Senior Thesis
	Alumni Practice Interviews			
	Job and Internship Search Workshops and Cohorts			
	Real Talk Series and Adulting Dinners			
	Career Fairs and On-Campus Recruiting			
Employer and Graduate School Information and Skill-building Sessions				
<b>Resources</b>	Alumni Career Profiles			
	Resume Writing, Cover Letter and Application Writing, Job and Internship Postings, Industry-Specific Knowledge Building, Interviewing, Networking and Online Presence, Job Search, Grad School Search			

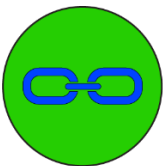
● Learning Outcome: **Evaluate**

● Learning Outcome: **Engage**

● Learning Outcome: **Implement**

The Undergraduate Career Development Plan diagram on the Center for Career Development website (Image [source](#)).

## 14.2) The CCD Guides for Everything



LINKS

**Center for Career Development Guides:**

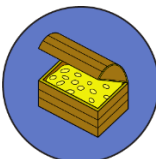
<https://careerdevelopment.princeton.edu/guides>



IMPORTANT

**The guides by the CCD are extremely helpful.** The CCD in general has, by far, produced not only the most guides, but the most helpful ones of any single campus entity.

You may want to consider saving any useful guides below to a folder on your computer; you probably will want to look back at them every year during internship and job application season.

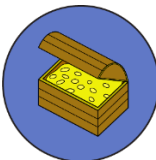


RESOURCES

## *The Most Useful, General Guides*

Name:	Description:
<a href="#">Resumes</a>	Principles, templates, and more for a fresh resume.
<a href="#">Cover Letters</a>	Principles, templates, and a rubric to grade your cover letters.
<a href="#">Interviews</a>	Learn what employers want to see and decoding interview questions.
<a href="#">Networking</a>	Effective networking isn't about climbing your way to the top but building genuine human relationships.

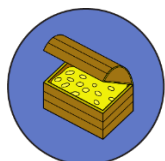
\*While I have been summarizing the contents of guides as they appear so far, since the CCD has so many guides, I will only summarize the four guides above in the next subchapters.



RESOURCES

## *Job Search Guides*

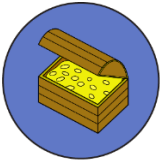
<b>Name:</b>	<b>Description:</b>
<a href="#">Planning Your Summer</a>	Takes you through the basics of the search and how the CCD can help.
<a href="#">Planning Your Full-Time Job Search</a>	Mostly intended for juniors and above.
<a href="#">International Student Job Search</a>	Especially helpful for navigating visa and employer issues.
<a href="#">COVID-19 Era Job Searching</a>	May be outdated soon, but good to reflect on where you are right now and how it influences your search.



RESOURCES

## *Job-Specific Guides*

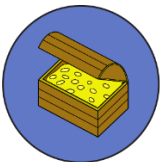
<b>Name:</b>	<b>Description:</b>
<a href="#">Consulting Case Interviews</a>	Describing the process and resources for practice questions.
<a href="#">Quantitative Interviews</a>	For interviews that are inclined towards math, computing, logic, brain teasers, or economics.
<a href="#">Technical Coding Interviews</a>	For computer programmers. These interviews are usually the first step in the interview process.
<a href="#">Federal Government Jobs</a>	National US government agency jobs and popular programs.
<a href="#">Federal Resume Format</a>	Resumes for federal government jobs are different from typical resumes.
<a href="#">State and Local Government Jobs</a>	Government jobs where you might be able to see results more immediately.
<a href="#">Virtual Internships</a>	Virtual internships are likely to stay beyond the COVID-19 pandemic.



RESOURCES

## *Year-Specific Guides*

<b>Name:</b>	<b>Description:</b>
<a href="#">First Years</a>	Reflect and start building your professional materials.
<a href="#">Sophomores</a>	While it's probably okay to take a break over your first-year summer, sophomore year is when you should look to gain major experience for your resume.
<a href="#">Juniors and Seniors</a>	You may end up pivoting a lot, but the goal is to be happy after graduating.



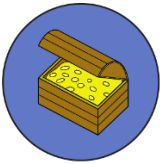
RESOURCES

## *Post-Graduation and Graduate Student Guides*

<b>Name:</b>	<b>Description:</b>
<a href="#">Individual Development Plans</a> (Graduate Students)	Create a career roadmap.
<a href="#">Transferable Skills Assessment</a> (Ph. D's)	Intended for Ph. D's but helps you to see the jobs you work have transferable skills, which helps when switching industries.
<a href="#">Applying to Grad School</a>	Timelines and parts of the application.
<a href="#">Pre-Law Preparation</a>	Timelines and application tips.



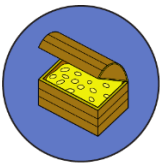
<a href="#">Cover Letters Beyond Academia</a>	Intended for graduate students but helpful for any scholar.
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RESOURCES

## ***Making the Most of Your Internship Experience Worksheets***

<b>Name:</b>	<b>Description:</b>
<a href="#">Set Internship Goals Worksheet</a>	Try this between you and your supervisor, so you can meet all your goals.
<a href="#">Mid-Internship Evaluation Worksheet</a>	Make sure you're on track.
<a href="#">Post-Internship Check-In Worksheet</a>	Helps you reflect on the summer and think about how you might move forward.



RESOURCES

## ***Miscellaneous Guides***

<b>Name:</b>	<b>Description:</b>
<a href="#">5 Step Guide to Networking</a>	Like the previous guide on networking.
<a href="#">Difference Between CV and Resumes</a>	CVs are more for academic pursuits; resumes are for employment.

<a href="#">Elevator Pitches</a>	A short 30-60 second professional introduction. As quick as an elevator ride.
<a href="#">LinkedIn Tips and Resources</a>	LinkedIn is the social media network for professional networking.
<a href="#">Informational Interviews</a>	Informal conversations that might help you navigate your industry.

## 14.3) Job Interviews and Networking

SUBCHAPTER IN CONSTRUCTION

## 14.4) Resumes and Cover Letters

SUBCHAPTER IN CONSTRUCTION

## 14.5) Portfolios and Personal Websites



STRATEGIES

### *Why Portfolios and Websites are Important*

Name:	Description:
Show You Have Genuine Experience	<ul style="list-style-type: none"> <li>• <b>Seeing is Believing</b> – Anyone can claim anything in a cover letter, but not anyone can show proof that the project exists and is impressive.</li> </ul>

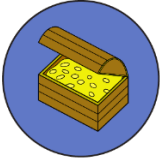
	<ul style="list-style-type: none"> <li>• <b>Easier to Comprehend than Prose</b> – Try explaining a piece of art as opposed to showing it.</li> </ul>
Show Independent Projects	<ul style="list-style-type: none"> <li>• <b>Informal Projects</b> – Show that you genuinely enjoy doing these things to do it in your free time.</li> <li>• <b>If They Don't Fit on the Resume</b> – Sometimes you want to curate your resume to show the most impressive positions you've had, so these experiences are things you can cite in your cover letter.</li> </ul>
Distinguish Yourself	<ul style="list-style-type: none"> <li>• <b>Interviewers Read through Countless Apps</b> – And many of those apps are only just resumes and cover letters. A website puts you a step ahead.</li> <li>• <b>More Human Information</b> – Employers want to know what kind of personality their applicants have to see if they will fit, and websites are much great at conveying this information.</li> </ul>
When to Use Portfolios in the Job Process	<ul style="list-style-type: none"> <li>• <b>General Websites</b> – Use this for late in the job process (second or third round interviews) when they are evaluating more for personality fit. Try linking to specific pages when sending to employer in a post-interview follow-up email.</li> <li>• <b>Specific Websites</b> – If a job is asking for programming or design experience, it may be appropriate to include your portfolio immediately to showcase experience.</li> <li>• <b>In-Person Interviews</b> – Bring a folder with you to every interview, and if the occasion comes where it would be relevant, pull out your evidence and prove to the interviewer your experience.</li> </ul>



STRATEGIES

## Tips for Building an Effective Portfolio or Website

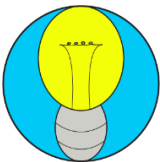
Name:	Description:
Show Personality	<ul style="list-style-type: none"> <li>• <b>Descriptive Website Name</b> – It’s okay if it still includes “Wix” in the domain, but your subdomain should succinctly describe how you want to be perceived.</li> <li>• <b>Buying a Domain?</b> – If you want a very specific name for your website or premium features, it’s only about \$12 a year on <a href="#">Google Domains</a>.</li> <li>• <b>Website Design</b> – Bright colors or a classic style? Employers want to get to know you as a person.</li> </ul>
Integrate Your Skills into the Website Design	<ul style="list-style-type: none"> <li>• <b>Coding Skills</b> – Consider programming HTML elements to make it look fancy (which can be done in many website builders).</li> <li>• <b>Arts</b> – Integrate your interests into special multimedia elements (e.g., put music if you’re a musician).</li> </ul>
Curate Projects You Want to Showcase	<ul style="list-style-type: none"> <li>• <b>Keep Up to Date</b> – The sooner the better.</li> <li>• <b>Relevant Projects</b> – Interests change, so archive your old content in case you need it again and show what are your current interests.</li> <li>• <b>Streamline It</b> – Putting too much on your website can make people feel lost. Make sure to have good navigation design around the website too.</li> </ul>



RESOURCES

## Website Builders

Name:	Description:
<a href="#">Weebly</a>	Free drag-and-drop website builder (no coding).
<a href="#">Wix</a>	The other major free drag-and-drop website builder.
<a href="#">WordPress</a>	Another major free drag-and-drop website builder.
<a href="#">Webflow</a>	Super nice and comes with many tutorials, but costs money beyond the first 5 pages of your website.
<a href="#">Squarespace</a>	Costs money but can make a nice-looking site.



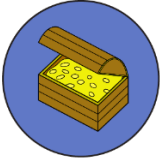
HINTS

**Showcase your student organization work through websites!** Creating a website for your student organization means you can link it on your own personal website, resumes, or cover letters.

## 14.6) Job Websites

# Handshake

[Handshake](#), which you use not only for CCD appointments, but to apply for entry-level jobs.

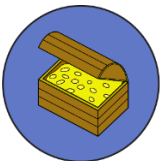


RESOURCES

## *Princeton Job Websites and Sources*

Name:	Description:
<a href="#">Handshake</a>	<ul style="list-style-type: none"> <li>• <b>For Most CCD Services</b> – This is where you’ll sign up for advising or career fairs.</li> <li>• <b>Entry Level Job Listings</b> – Handshake is used by many universities, so you might have a lot of competition though.</li> <li>• <b>Upload Your Resume</b> – Sometimes you’ll be reached out to by recruiters.</li> </ul>
<a href="#">CareerShift</a>	<ul style="list-style-type: none"> <li>• <b>A New Princeton Website</b> – For career exploration and job hunting.</li> <li>• <b>Many Job Boards</b> – Perhaps this might be the best place to start.</li> <li>• <b>“Campaigns”</b> – You can send out your resume to multiple contacts at a time.</li> </ul>
<a href="#">JobX</a>	<ul style="list-style-type: none"> <li>• <b>Jobs Year Round</b> – While this is primarily what you use for academic-year Princeton jobs, there is also plenty of summer jobs here too.</li> <li>• <b>Research Positions</b> – Some labs will post on here.</li> <li>• <b>Campus Offices</b> – Usually administrative positions posted here.</li> </ul>
<a href="#">TigerNet</a>	<ul style="list-style-type: none"> <li>• <b>Talk to Relevant Alumni</b> – Filter out by industry, employer, or major.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Shoot Them an Email</b> – Most of them will respond and are happy to help.</li> <li>• <b>Connect to Jobs</b> – They can connect you to their company or tell you about relevant opportunities.</li> <li>• <b>Industry Advice</b> – Alums usually give you secret tips.</li> <li>• <b>Talking to People?</b> – As always, <a href="#">Chapter 3.2</a> for all your needs.</li> <li>• <b>Keep Track of Interactions</b> – Keep a spreadsheet noting contacts. CCD has a template <a href="#">here</a>.</li> </ul>
<p>Related Club Listservs and Newsletters</p>	<ul style="list-style-type: none"> <li>• <b>E-Club (Entrepreneurship)</b> – Their <a href="#">newsletter</a> usually has job postings for startups, as well as their <a href="#">opportunities bulletin</a>. Their listserv also advertises many jobs.</li> <li>• <b>The Daily Princetonian</b> – Hanging with them might get you in-the-know about journalism-related jobs.</li> <li>• <b>Larger Clubs = More Opportunities</b> – The more random people you encounter in your job search, the more likely you are going to find a job.</li> </ul>

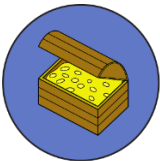


RESOURCES

## *Notable Job Websites or Sources*

Name:	Description:
<a href="#">AngelList</a>	Startup jobs.
<a href="#">Idealist</a>	“People who want to do good” – Nonprofits and volunteering
<a href="#">Indeed</a>	General job listing site.
<a href="#">RippleMatch</a>	Uses algorithm to match you to jobs that may be a good fit for you. More large companies.

<a href="#">Parker Dewey</a>	“Micro-internships” for you to get quick experience with different industries, made for college students.
<a href="#">UNjobs</a>	Jobs with the United Nations and international organizations.
<a href="#">Monster</a>	General job listing site.
<a href="#">HigherEdJobs</a>	Jobs at colleges and universities.



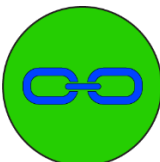
RESOURCES

## *Notable Job Websites for Internationals*

\*Taken from CCD’s Job Search Resources [for International Students guide](#).

<b>Name:</b>	<b>Description:</b>
<a href="#">Monster International</a>	Monster... but in 44 countries.
<a href="#">Eurojobs</a>	Jobs in Europe.
<a href="#">Landing.jobs</a>	Europe jobs, with a filter on what provides visa support.
<a href="#">Worldwide Indeed</a>	Indeed... but in 63 countries.
<a href="#">HigherEdJobs International</a>	HigherEdJobs... but international.

## *14.7) Academic Year Employment*



LINKS

**JobX (Student Employment Website):**

[https://princeton.studentemployment.ngwebsolutions.com/jobx\\_userdashboard.aspx](https://princeton.studentemployment.ngwebsolutions.com/jobx_userdashboard.aspx)

**Federal Work Study Explanation:**

<https://studentaid.gov/understand-aid/types/work-study>





IMPORTANT

**Jobs take energy.** If you exhaust yourself working too many jobs and can't focus on school, it's going to set you back more than anything.

Administrative Support	
<a href="#">Click here to apply for this job</a>	
Job ID	██████████
Job Type	Undergraduate Jobs
Employer	████████████████████
Date Posted	██████████
Category	Office Work
Job Description	Provide high-level office support to University administrator. Ideal candidate will be experienced in Google Docs, Microsoft Office and be great with spreadsheets. The position will include working independently on multiple assignments, keeping information confidential and developing creative projects.
Job Requirements	Strong knowledge of Google Docs, Excel, Powerpoint, Word
Required Skills	Excellent Writing Skills, Office Work Experience
Learning Outcomes	Adaptability, Attention to Detail, Communication, Initiative, Interpersonal Skills, Organization, Time Management
Available Openings	1
Hours	5.0 to 10.0 hours per week
Hourly Rate	\$13.50/hour
Time Frame	2021-22 Academic Year
Contact Name	████████████████
Contact Email	████████████████████
Work Location	Frist Campus Center
Phone	████████████████
Fax	N/A

A job posting from JobX, the student employment website.



OVERVIEWS

## *The Basics of Princeton Student Employment*

Name:	Description:
Finding Jobs	<ul style="list-style-type: none"> <li>• <b>Use the JobX Website</b> – It has most on-campus jobs (but not all...).</li> <li>• <b>Talk to People!</b> – You might get employed by your res college, a campus office, the dining hall, a sports game, Richardson Auditorium, anywhere you go regularly. These aren't always listed on JobX.</li> </ul>
Entering in Hours	<ul style="list-style-type: none"> <li>• <b>Also Use JobX</b> – It used to be in TigerHub, but the system has been consolidated.</li> <li>• <b>Enter in Your Hours on Time!</b> – Usually, an email reminder close to the deadline (~every 2 weeks), but you can't get paid if you don't record hours.</li> <li>• <b>Your Supervisor Then Approves</b> – If you're putting in more hours than the job requires, they might reject and tell you.</li> </ul>
Federal Work-Study	<ul style="list-style-type: none"> <li>• <b>What Is It?</b> – Part of your financial aid package. The federal government wants you to work a job.</li> <li>• <b>Why are Some Jobs Work Study Only?</b> – Federal work-study funds help to pay for those jobs.</li> <li>• <b>Community Service Work Study Program</b> – You can get paid through <a href="#">work study to do community service</a>.</li> <li>• <b>What Happens When Your Job Uses Up Your Work Study Funds?</b> – Theoretically you would have to stop working your job, but just talking to the financial aid office might allow you to continue.</li> </ul>

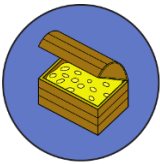


STRATEGIES

## *Strategies for Finding the Best Academic-Year Jobs to Take*

Name:	Description:
Making Money	<ul style="list-style-type: none"> <li>• <b>Pay, but Also Workable Hours</b> – If you get a job that pays \$30/hour, that doesn't mean much if you can only work an hour a week, compared to \$11/hour for 10 hours a week.</li> <li>• <b>Opportunity for Advancement</b> – Dining hall jobs allow you to get promotions and make more money later.</li> <li>• <b>Consider if You Might Be Able to Save Money Instead</b> – Jobs are a serious time commitment, but if you save money efficiently you can make the same profit with less work. See Chapter 13 for financial tips.</li> </ul>
Building Experience	<ul style="list-style-type: none"> <li>• <b>Take Jobs Related to Your Interests</b> – To build your professional experience along that interest.</li> <li>• <b>One Job Leads to Another</b> – A lot of jobs require “previous experience,” which you build in other jobs.</li> <li>• <b>What if I Don't Have a Previous Job?</b> – You can get experience through independent projects or running student organizations.</li> </ul>
Enjoying Your Time	<ul style="list-style-type: none"> <li>• <b>Some Jobs Are Genuinely Fun</b> – Gardening, baking cookies, and putting on costumes are all legitimate jobs that occur on campus.</li> <li>• <b>Don't Hate Your Job</b> – The hatred will make your day feel worse and affect your performance in everything else.</li> </ul>
Energy Intensity	<ul style="list-style-type: none"> <li>• <b>Low-Intensity Jobs Can Be Breaks</b> – Library desk jobs are essentially free quiet study time. It also saves you energy to work another job.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>High Intensity Jobs Can Be More Engaging</b> – But you must be willing to sacrifice valuable energy you could be spending on other pursuits.</li> <li>• <b>Don't Overwork Yourself</b> – If you crash, you'll have to take days off and lose money (as well as just feeling bad).</li> </ul>
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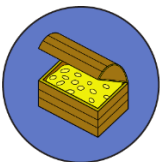
RESOURCES

## *Notable Jobs on Campus*

Name:	Description:
Dining Hall	<ul style="list-style-type: none"> <li>• <b>The Default Job</b> – You might even get an email at the beginning of the year telling you that you have been assigned to a dining hall. You are not obligated to take the job.</li> <li>• <b>Make Friends</b> – It's a job with many other students, so you will meet people.</li> <li>• <b>Opportunities for Advancement</b> – If you stick with it, you can get promoted to a manager and get paid significantly more per hour.</li> </ul>
(Library) Desk Jobs	<ul style="list-style-type: none"> <li>• <b>Fairly Chill</b> – You just sit at a desk, and you can catch up on work.</li> <li>• <b>Ask the Librarians</b> – Choose your favorite library on-campus (see Chapter 6.1) and ask away.</li> <li>• <b>Any Place that Has a Front Desk</b> – Almost certainly has a student front desk job available.</li> </ul>

Paid Experiments	<ul style="list-style-type: none"> <li>• <b>A Quick Buck</b> – Sign up for individual experiments and sometimes make \$30 for an hour experiment (which is a fairly good rate).</li> <li>• <b>Unreliable</b> – There are only so many experiments.</li> <li>• <b>PEXL</b> – <a href="#">Princeton Experimental Laboratory for Social Science</a>.</li> <li>• <b>Paid Psychology Experiments</b> – In the <a href="#">SONA system</a>. Do not confuse for the unpaid ones, which you must take as part of psychology classes.</li> </ul>
Research Positions	<ul style="list-style-type: none"> <li>• <b>\$15/Hour</b> – Standardized rate across all undergrad researchers.</li> <li>• <b>Great for Building a CV</b> – Or if you want to go to grad school.</li> <li>• <b>How to Land Them?</b> – See <a href="#">Chapter 14.10</a>.</li> </ul>
Administrative Assistants	<ul style="list-style-type: none"> <li>• <b>Various Academic Departments</b> – Could be a department trying to re-organize their books, translating documents, or digitizing materials.</li> <li>• <b>Individual Professors</b> – Some just need students to do a lot of a menial task. Good way to get to know professors though.</li> </ul>
Teaching Assistants	<ul style="list-style-type: none"> <li>• <b>If You Do Well in an Intro Class</b> – You may be invited to be a TA for the next semester of the class.</li> <li>• <b>What Do You Do?</b> – Help grade papers and other logistical things.</li> <li>• <b>Good for the CV</b> – If you want to build up your academic experience for grad school.</li> </ul>
Peer Advisors	<ul style="list-style-type: none"> <li>• <b>Most Campus Departments That Have an Advocacy Element</b> – From the LGBT Center to the Office of Sustainability's EcoReps.</li> <li>• <b>Meet Like-Minded Students</b> – And plan related programming.</li> </ul>

<p>RCA's/PAA's/DA's</p>	<ul style="list-style-type: none"> <li>• <b>Room and Board (Partially) Covered</b> – Which may save you enough money to not have to work other jobs.</li> <li>• <b>The Cost: High Time Commitment</b> – You must be ready to advise at any time since you usually live close to your advisees.</li> <li>• <b>Details?</b> – Check <a href="#">Chapter 2.9</a>.</li> </ul>
<p><a href="#">Matriculate</a></p>	<ul style="list-style-type: none"> <li>• <b>Help Prospective First-Generation College Students</b> – By meeting with your high school mentee regularly.</li> <li>• <b>A National Program</b> – But Princeton has a significant number of mentors and pays them.</li> </ul>
<p>Literally Anywhere You See a Student Working</p>	<ul style="list-style-type: none"> <li>• <b>Murray Dodge Café</b> – The infamous job baking cookies for a surprisingly high pay rate.</li> <li>• <b>Princeton Garden Project</b> – You can get paid to work in a <a href="#">garden</a>.</li> <li>• <b>Not Everything is On JobX</b> – There is a lot of hiring behind the scenes.</li> <li>• <b>Ask People</b> – As always, <a href="#">Chapter 3.2</a> for how to talk to people. Talk to them while they're on the job.</li> </ul>



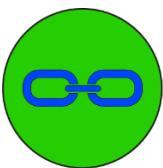
RESOURCES

## *Notable Jobs Off Campus*

Name:	Description:
<p><a href="#">Princeton Tutoring</a></p>	<ul style="list-style-type: none"> <li>• <b>Fairly Good Pay</b> – Tutoring jobs usually pay high per hour (sometimes even \$30/hour), but the catch is that you must prepare materials for your sessions in advance.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Third Party Company</b> – This is not sponsored by Princeton University.</li> </ul>
Other Tutoring Jobs	<ul style="list-style-type: none"> <li>• <b>Various Ed-Tech Startups</b> – Usually advertise on the res college listservs.</li> <li>• <b>On JobX</b> – These are usually local residents wanting an SAT or math tutor, also pay well.</li> <li>• <b>Social Impact?</b> – If a tutoring job pays you, that likely means the tutee is paying, meaning you are helping the economically privileged. Consider being a volunteer tutor (unpaid) if you would rather help people who usually cannot afford tutoring.</li> </ul>
Babysitting	<ul style="list-style-type: none"> <li>• <b>Off-Campus</b> – Plan transportation.</li> <li>• <b>Good Pay</b> – Could be \$20/hour, but certainly a time commitment.</li> </ul>
Restaurants and Freelance Work	<ul style="list-style-type: none"> <li>• <b>Server</b> – At local restaurants, like at the nearby Quakerbridge Mall.</li> <li>• <b>Various Business Roles</b> – Could be anything from an administrative assistant to freelance writing.</li> </ul>

## 14.8) Summer and Postgraduate Jobs



LINKS

CCD's Jobs and Recruiting Timelines:

<https://careerdevelopment.princeton.edu/internships-jobs/recruiting-timelines>

CCD's Internships List:

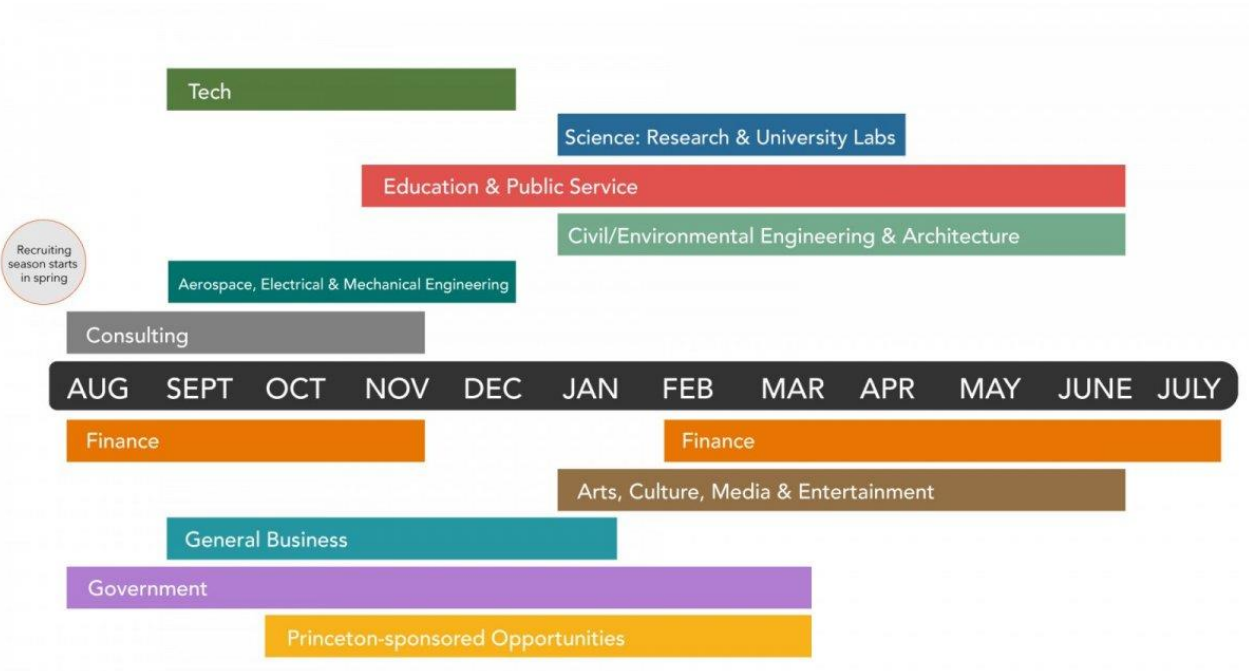
<https://careerdevelopment.princeton.edu/internships-jobs/princeton-internships>

**CCD’s Postgraduate Fellowships List:**

<https://careerdevelopment.princeton.edu/internships-jobs/princeton-post-grad-fellowships>

**CCD’s Postgraduate Outcomes:**

[Link here.](#)



Internship recruiting timeline on the CCD website (Image [source](#)).

You might want to start thinking about the summer as early as the beginning of the school year, considering how close to the beginning of the school year application deadlines can be.



**International opportunities have earlier deadlines.** This is because there are a lot of logistics concerning travel that must be dealt with.

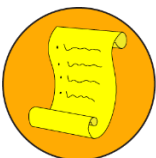




## Why is Everyone Talking about Investment Banking, Consulting, and Big Tech?

Name:	Description:
What Are Those?	<ul style="list-style-type: none"> <li>• <b>Investment Banking</b> – The <a href="#">practice of creating capital (money)</a> for other companies, government, etc. Notable names are Goldman Sachs, Morgan Stanley.</li> <li>• <b>Consulting</b> – <a href="#">Broadly just helping organizations increase efficiency</a>, but usually refers to <a href="#">management consulting</a> which works with complex business problems. Notable names are Boston Consulting Group (BCG), Bain, and McKinsey.</li> <li>• <b>Big Tech</b> – The big tech companies you likely already know: Google, Amazon, Apple, etc.</li> </ul>
Structured Job Process	<ul style="list-style-type: none"> <li>• <b>A Common Experience</b> – People like to talk about things that they are doing together.</li> <li>• <b>Studying Together</b> – People will often look to books like <a href="#">Cracking the Coding Interview</a> for tech or many kinds of consulting case books. It's easier to notice groups of people.</li> <li>• <b>Process is Long and Starts Early</b> – People are going to be talking about it all year.</li> <li>• <b>Multi-Year Process</b> – Students often get internships at the company the previous year, and then apply the next year to get a full-time position.</li> <li>• <b>People Like Structure</b> – Venturing out into the entire job market can be uncomfortable, while a structured process has specific conditions you know you can practice and meet.</li> </ul>

<p>Targeted Towards Elite College Students</p>	<ul style="list-style-type: none"> <li>• <b>Campus Recruiting</b> – Usually very strong for these big companies.</li> <li>• <b>Elite Students Like Elite Opportunities</b> – Sometimes it’s hard to stop striving to be impressive.</li> </ul>
<p>Solid Early Post-Graduate Career Choice</p>	<ul style="list-style-type: none"> <li>• <b>Pay Extremely Well</b> – At the potential cost of very long hours (sometimes 60-70 hours/week).</li> <li>• <b>Strong Network</b> – Large companies let you know a lot of experienced professionals your age.</li> <li>• <b>Strong Reputation</b> – People are usually impressed if you say that you worked for these companies.</li> <li>• <b>Flexible Options After Your First Years</b> – Consulting is usually cited as a good job for those who don’t know what they want to do yet.</li> </ul>
<p>Do You Have to Do These to Be Successful?</p>	<ul style="list-style-type: none"> <li>• <b>No! Don’t Fall to Peer Pressure!</b> – Just because it’s a good option for others does not mean it’s good for you.</li> <li>• <b>Ethical Concerns</b> – Many big corporations partake in practices that exploit the underprivileged; research this deeply before taking the job.</li> <li>• <b>It’s Competitive</b> – There’s a good chance you won’t get in anyway.</li> <li>• <b>Other Options Exist</b> – And you may find that you will find a more specific fit for you outside of these large programs.</li> </ul>



PROCEDURES

## *How to Go About the Summer Job Search*

<p><b>Step:</b></p>	<p><b>Description:</b></p>
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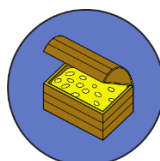
<p>1. Narrow Down What You Want to Do</p>	<ul style="list-style-type: none"> <li>• <b>More Flexibility Earlier Years</b> – If you don't explore early, it will get harder to do that later. Don't box yourself in.</li> <li>• <b>Make a List of Interests</b> – Then see what opportunities can help you live those interests.</li> </ul>
<p>2. Consider Industry-Specific Timelines</p>	<ul style="list-style-type: none"> <li>• <b>Recruiting Industries</b> – Consulting, investment banking (IB), and tech can all start quite early.</li> <li>• <b>Prepare Early</b> – Usually those industries have very structured interviews and skills to demonstrate, so consider studying over the summer.</li> </ul>
<p>3. Apply to Princeton Programs</p>	<ul style="list-style-type: none"> <li>• <b>A Little Early</b> – Deadlines are usually in December, to give Princeton time to coordinate with partner organizations.</li> <li>• <b>Fairly Competitive</b> – You're competing against some of the smartest students in the world, so don't be surprised if you get rejected from everything.</li> </ul>
<p>4. Apply to Other Programs</p>	<ul style="list-style-type: none"> <li>• <b>Deadlines Vary</b> – But for industries like nonprofits, startups, or research, you can usually get a job a few weeks before.</li> <li>• <b>Network!</b> – People you know are usually impressed you go to Princeton, so you have a good chance in the general job market.</li> <li>• <b>Look Outside of Princeton</b> – Looking only for Princeton-sponsored opportunities might discourage you because of how competitive they are.</li> </ul>
<p>5. Create an Independent Project</p>	<ul style="list-style-type: none"> <li>• <b>Do Literally Anything</b> – If you know how to sell yourself, you can make anything sound impressive and professional.</li> <li>• <b>Great Backup Plan</b> – It will take some creativity, but it ensures you never have a gap on your resume. Note that it may be harder to get funding if you decide to do this late into the school year.</li> </ul>

6. If You Don't Find a Major Job, It's Fine	<ul style="list-style-type: none"> <li>• <b>A Regular Job Just for Money</b> – No shame in working a job at the grocery store if you need the extra cash.</li> <li>• <b>Relax</b> – Princeton is stressful, so resting now can improve your performance later.</li> </ul>



IMPORTANT

It might be anxiety-inducing to see other people get jobs earlier than you do, but don't get discouraged. They are likely just applying to industries that have earlier deadlines. Don't brag about landing a job when you know you're talking to someone who's stressing out over the job process.



RESOURCES

### *Notable Princeton Sponsored Jobs*

\*Table below ordered by application deadline.

\*\*Post-graduate means that seniors and beyond should apply.

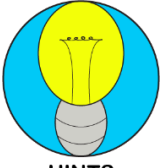
\*\*\*Rising sophomore = summer after first year

Program:	Deadline:	Brief Description:
<a href="#">(SINSI)</a> Scholars in the Nation's Service Internship	Early October	<ul style="list-style-type: none"> <li>• Hosted by SPIA department</li> <li>• Sophomores and juniors</li> <li>• Federal government and public service</li> </ul>
<a href="#">Princeton in Africa</a>	Late October	<ul style="list-style-type: none"> <li>• Mostly 1-year post-graduate fellowships in Africa.</li> </ul>

<a href="#">Princeton in Asia</a>	Early November	<ul style="list-style-type: none"> <li>• Post-graduate opportunities.</li> <li>• Undergraduate internships in Asia.</li> </ul>
<a href="#">Princeton in Latin America</a>	Mid-November	<ul style="list-style-type: none"> <li>• Post-graduate fellowships, like Princeton in Africa.</li> </ul>
<a href="#">Project 55</a> Fellowships	Mid-November, second round in March	<ul style="list-style-type: none"> <li>• Post-graduate fellowships with different non-profit organizations.</li> </ul>
<a href="#">PSIP</a> (Princeton Startup Immersion Program)	Early December	<ul style="list-style-type: none"> <li>• Sponsored by the Keller Center.</li> <li>• Tel Aviv (Israel), Shanghai, or New York City.</li> </ul>
<a href="#">IIP</a> (International Internships Program)	Early December	<ul style="list-style-type: none"> <li>• Programs around the world.</li> <li>• Competitiveness varies (most competitive = English speaking countries).</li> <li>• Prepare early because it can take a while to get together application materials.</li> </ul>
<a href="#">PICS</a> (Princeton Internships in Civic Service)	Mid December	<ul style="list-style-type: none"> <li>• Social service, civic engagement, and government.</li> <li>• One of the bigger programs, alongside IIP.</li> </ul>
<a href="#">eLab Summer Accelerator</a>	Late December	<ul style="list-style-type: none"> <li>• The “Entrepreneurship Lab” by the Keller Center.</li> <li>• A startup accelerator (i.e., create a business idea and get funding).</li> </ul>
<a href="#">ORL’s Faith Based Internships</a>	Mid-December, second round in mid-February	<ul style="list-style-type: none"> <li>• Office of Religious Life</li> <li>• Nonprofits and religious organizations.</li> </ul>

		<ul style="list-style-type: none"> <li>No religious beliefs required.</li> </ul>
<a href="#">Dale Internships</a>	Early January	<ul style="list-style-type: none"> <li>Design your own project.</li> <li>20 spots for rising sophomore summer projects (\$5,000).</li> <li>2 seniors for year-long projects (\$35,000).</li> </ul>
(HMEI) <a href="#">High Meadows Environmental Institute Internships</a>	Early January	<ul style="list-style-type: none"> <li>Environmental internships.</li> <li>Graduating seniors and undergrads.</li> </ul>
<a href="#">Davis Projects for Peace</a>	Mid-January	<ul style="list-style-type: none"> <li>Pace Center for Civic Engagement.</li> <li>Design your own service project to the national Davis committee.</li> <li>Funded \$10,000.</li> </ul>
<a href="#">Bogle Fellowship</a>	Early February (rolling until filled)	<ul style="list-style-type: none"> <li>Pace Center for Civic Engagement.</li> <li>20 spots for rising sophomores (\$4,500).</li> <li>Design your own service internship.</li> <li>Includes traditional internships, research, building a program or product.</li> </ul>
<a href="#">ReMatch+ Research Mentoring Program</a>	Early February	<ul style="list-style-type: none"> <li>Office of Undergraduate Research.</li> <li>Connect undergrads with grad students for research opportunities.</li> </ul>
<a href="#">ProCES Derian Internships</a>	February	<ul style="list-style-type: none"> <li>Program for Community Engaged Scholarship.</li> </ul>

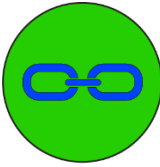
		<ul style="list-style-type: none"> <li>• Internships with local nonprofits.</li> </ul>
<a href="#">Andlinger Center</a>	Mid-February	<ul style="list-style-type: none"> <li>• Environment related internships.</li> </ul>
<a href="#">Guggenheim Internships in Criminal Justice</a>	Late February	<ul style="list-style-type: none"> <li>• Pace Center for Civic Engagement.</li> <li>• Criminal justice system and legal internships.</li> </ul>
( <a href="#">SIFF</a> ) Streicker International Fellows Fund	Early March	<ul style="list-style-type: none"> <li>• Design-your-own internships for countries abroad.</li> </ul>
<a href="#">SIFP Summer Opportunities</a>	Late March	<ul style="list-style-type: none"> <li>• Scholars Institute Fellow Program</li> <li>• Work with first-generation low-income students.</li> </ul>
( <a href="#">OURSIP</a> ) Office of Undergraduate Research Student Initiated Internships	Early March-April	<ul style="list-style-type: none"> <li>• Funding for independently created or unpaid faculty mentored summer research.</li> <li>• Minimum 8 weeks.</li> </ul>
<a href="#">Tiger Challenge</a>	Late April	<ul style="list-style-type: none"> <li>• Keller Center for Entrepreneurship.</li> <li>• Design solutions to big societal problems.</li> <li>• Continue project throughout the next school year and get course credit.</li> </ul>
<a href="#">JobX/Student Employment Website</a>	Year-round (but summer jobs available on quick turnaround)	<ul style="list-style-type: none"> <li>• Check JobX all year for jobs and apply quickly to nab the position.</li> </ul>



HINTS

If you do a service-related activity after your first year, make sure to apply to **Service Focus!** It’s a program where you meet regularly with a cohort throughout sophomore year. Also, free food.

## 14.9) Independent Projects



LINKS

Pace Center’s Field Guide to Service:

<https://pace.princeton.edu/doing-service-well/field-guide-service>



STRATEGIES

### How to Be Creative

Strategy:	Description:
You Don’t Need to Be a Creative Genius	<ul style="list-style-type: none"> <li>• <b>Is Creativity an Inherent Quality?</b> – Possibly to a certain extent, but you can still come up with original projects without that inherent skill.</li> <li>• <b>Creativity is Derivative</b> – Borrow ideas from other things (“inspiration”) and combine them in ways that haven’t been done before.</li> </ul>
Think About Who <i>You</i> Are	<ul style="list-style-type: none"> <li>• <b>Your Background</b> – Think about various identities you have and if they change how, you see a certain project.</li> <li>• <b>Your Interests</b> – Nobody has the exact same preferences as you, so listen to yourself and try it out.</li> </ul>



Pay Attention to the World Around You	<ul style="list-style-type: none"> <li>• <b>What Do You Like That Others Do?</b> – Imitation is the sincerest form of flattery.</li> <li>• <b>What Bothers You?</b> – Pay attention to when you feel annoyed or are struggling at something, because that likely points to a problem others encounter too.</li> </ul>
Ask Other People for Their Ideas	<ul style="list-style-type: none"> <li>• <b>People Who Do Related Things</b> – Likely can give you some guidance on finding creative angles.</li> <li>• <b>Random People Too</b> – People all have different views, so asking more people = more views = more possibilities for a creative twist.</li> </ul>



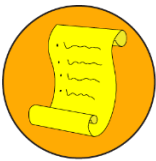
PROCEDURES

## *The Design Thinking Process (i.e., Designing a Project)*

\*Credit to the [Tiger Challenge](#) curriculum for teaching me these steps.

<b>Strategy:</b>	<b>Description:</b>
1. Ideation	<ul style="list-style-type: none"> <li>• <b>Come Up with Ideas</b> – Write down everything and eliminate ideas later.</li> <li>• <b>Research</b> – You may need to talk to people with different experiences or look up sources to ensure your assumptions are correct.</li> <li>• <b>Be Creative</b> – As in the table above.</li> <li>• <b>The Fun Part</b> – Don't be afraid to be a little ridiculous at first.</li> </ul>
2. Synthesis	<ul style="list-style-type: none"> <li>• <b>Group Ideas Together</b> – If there's a promising trend, take note.</li> <li>• <b>Eliminate Unfeasible Ideas</b> – But keep in mind why you thought of that idea.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Consolidate into Multiple Possible Ideas</b> – Then choose what you want to try out first.</li> </ul>
3. Prototyping	<ul style="list-style-type: none"> <li>• <b>Early Testing</b> – To gather initial thoughts before you fully launch.</li> <li>• <b>Small Release</b> – Start small so you don't disappoint a lot of people. Then you fix it up.</li> <li>• <b>Run the Logistics</b> – How much is it going to cost and try to anticipate problems.</li> </ul>
4. Implementation	<ul style="list-style-type: none"> <li>• <b>Full Launch</b> – Let the idea run to fruition.</li> <li>• <b>Maintenance</b> – Always have a plan for how the idea is going to survive beyond your time working on the project; the best ideas are the ones that last.</li> </ul>



PROCEDURES

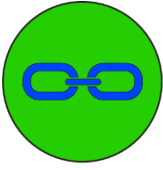
## *How to Carry Out an Independent Project*

\*[Pace Center's Field Guide to Service](#) served as an inspiration for this part, though this content is not directly lifted from it.

Step:	Description:
1. Figure Out Logistics	<ul style="list-style-type: none"> <li>• <b>Who?</b> – Is there a community you're serving? Are you doing the project with anyone else?</li> <li>• <b>What?</b> – Is there an issue you care about?</li> <li>• <b>Where?</b> – Do you plan to go international or across the country?</li> <li>• <b>Why?</b> – How does this fit in with your professional interests?</li> </ul>

<p>2. Look for Key Princeton Programs to Help You</p>	<ul style="list-style-type: none"> <li>• <b>Dale Fellowship</b> – 20 rising sophomores get to do projects, a certain amount per res college.</li> <li>• <b>Bogle Fellowship</b> – 20 rising sophomores do service projects with the Pace Center.</li> <li>• <b>Davis Projects for Peace</b> – Up to \$10,000 in funding, but a competitive, national process.</li> <li>• <b>Late in the Process (i.e., May)</b> – Pace Center or CCD might be able to give you some light funding (~\$1000).</li> <li>• <b>Ask a Relevant Department</b> – They might just give you funding without a big formal program.</li> </ul>
<p>3. Make the Budget</p>	<ul style="list-style-type: none"> <li>• <b>Make a Spreadsheet</b> – Food, transportation, housing, project expenses.</li> <li>• <b>Estimate Time Commitment</b> – Will it take the whole summer?</li> <li>• <b>Track throughout the Summer</b> – Don't want to run out of money halfway through.</li> </ul>
<p>4. Go for It</p>	<ul style="list-style-type: none"> <li>• <b>Apply the Design Thinking Process</b> – See the table above.</li> <li>• <b>Be Flexible</b> – Things don't always go as planned, so be ready to change the project's mission or implementation.</li> </ul>
<p>5. Reflect</p>	<ul style="list-style-type: none"> <li>• <b>Did Everything Go Right?</b> – What can be done better?</li> <li>• <b>What's Next?</b> – Possible continued work or moving on to a new interest.</li> </ul>

## 14.10) Research Positions



LINKS

**List of Research Programs:**

<https://undergraduateresearch.princeton.edu/programs/fall-spring-programs>

Research jobs are all \$15/hour on campus, and they help you build up your academic skills, especially for grad school. Some departments may expect their students to do research (i.e., natural or social sciences) more than others.

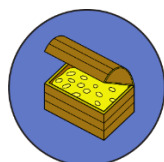


STRATEGIES

***How to Get a Research Position***

<b>Name:</b>	<b>Description:</b>
Take Classes	<ul style="list-style-type: none"> <li>• <b>Build Relationships with Professors and Preceptors</b> – They might forward you opportunities.</li> <li>• <b>Gain Relevant Experience</b> – Related coursework makes you a more compelling choice by the employer.</li> </ul>
Reach Out to Professors Who Research Similar Topics	<ul style="list-style-type: none"> <li>• <b>Introduce Yourself</b> – Why you're interested in the topic and why you think you should work with the professor.</li> <li>• <b>They Can Connect You</b> – Even if the professor doesn't have room for a research assistant, they probably know someone who does.</li> <li>• <b>Talking to People?</b> – <a href="#">Chapter 3.2</a> strikes once again.</li> </ul>
Search Online for Positions	<ul style="list-style-type: none"> <li>• <b>JobX</b> – The regular student employment website occasionally has postings for research labs and assistants to individual professors.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>Department Websites</b> – Like the <a href="#">COS website</a>, some departments will also post current research projects.</li> <li>• <b>Research Labs</b> – Some are like subdepartments within an academic department (e.g., the VizE Lab and Anthropology), while some are almost like their own separate entities that are more interdisciplinary.</li> </ul>
Process Assigned by Department	<ul style="list-style-type: none"> <li>• <b>Formalized Processes</b> – The MOL department for example asks students to go through a process in junior year to determine what lab to work in for independent work.</li> <li>• <b>Some Departments Don't Really Have Research Labs</b> – The philosophy department did not seem to have any, but it never hurts to do research in departments related to your certificates.</li> </ul>
Consider Looking into Other Universities	<ul style="list-style-type: none"> <li>• <b>Other Elite Universities</b> – Would usually be happy to take a Princeton student. Email faculty there or look for open research positions there.</li> <li>• <b>Local Colleges</b> – If you want to work a little closer to home.</li> </ul>
<a href="#">Mellon-Mays Undergraduate Fellowship</a>	<ul style="list-style-type: none"> <li>• <b>For Underrepresented Groups in Academia</b> – With consideration of the demographics of the field of study.</li> <li>• <b>Apply Sophomore Spring</b> – About 5 get selected every year.</li> </ul>



RESOURCES

## *Examples of Campus Research Centers*

\*This is not a comprehensive list. Investigate every department and ask individual professors to see what research programs are available in a given year.

<b>Name:</b>	<b>Department:</b>	<b>Description:</b>
<a href="#">Eviction Lab</a>	<b>Sociology</b>	Housing evictions.
<a href="#">Bendheim-Thomas Center for Child Wellbeing</a>	<b>SPIA, Office of Population Research</b>	How conditions at a young age affects life outcomes.
<a href="#">Center for Health and Wellbeing</a>	<b>SPIA</b>	Health in developed and developing companies.
<a href="#">Center for Migration and Development</a>	<b>Sociology</b>	International migration and development.
<a href="#">Ida B. Wells Just Data Lab</a>	<b>African American Studies</b>	“A critical and creative approach to data”
<a href="#">VizE Lab</a>	<b>Anthropology</b>	Ethnographic data visualization
<a href="#">Campus as Lab</a>	<b>Office of Sustainability</b>	Sustainability research.
<a href="#">SULI at PPL</a>	<b>Physics</b>	Science Undergraduate Laboratory Internship at Princeton Plasma Physics Laboratory

## Section 6: Wrap Up

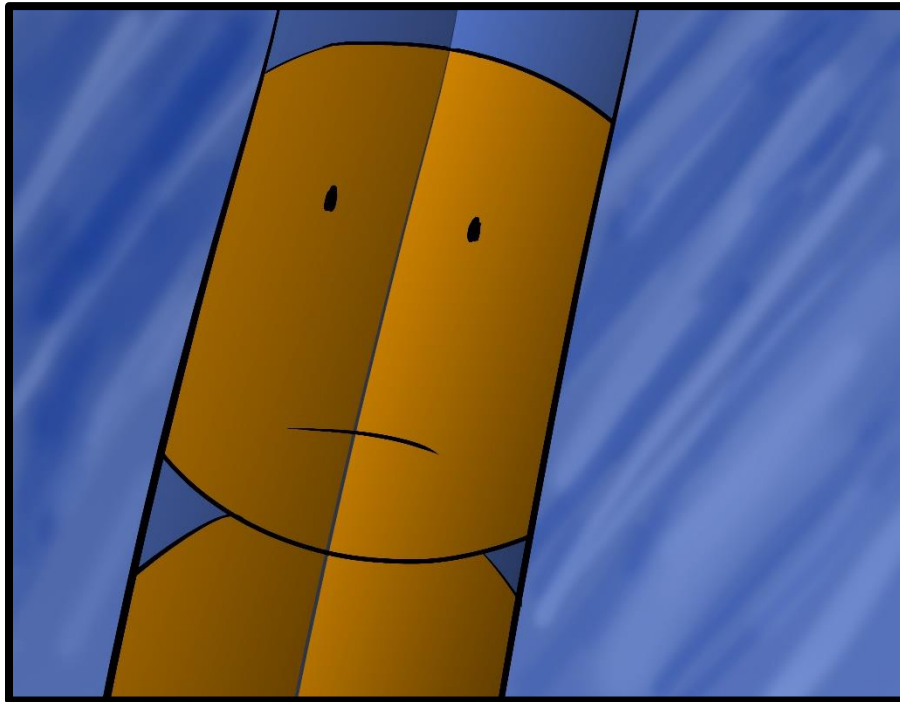
Final thoughts on the Princeton experience.

### **Chapters Included:**

[Chapter 15](#): Identity and Problems with the U

[Chapter 16](#): Closing Off

# Chapter 15: Identity and Problems with the U.



Who is that blob I see? Staring straight back at me...

## ***In this section you'll learn about:***

- What Diversity, Equity, and Inclusion entails.
- Tips for people of different identity groups.
- How to get your problems addressed by the University.
- How to write your own guides.



## Chapter 15 Table of Contents:

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## 15.1) The Deal with DEI



**What is DEI?**

<https://dei.extension.org/>

**Diversity, Equity, and Inclusion Glossary:**

<https://www.diversity.pitt.edu/DEIGlossary>



**You belong here, no matter who you are.** Remember that Princeton isn't a complete meritocracy; they do a "holistic" evaluation (i.e., they choose whoever they want based on the big picture). What matters now is that you're here and you do what you want to do with your life.



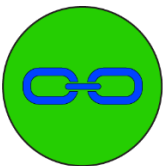
### ***What is Diversity, Equity, and Inclusion?***

\*Adapted from the first link above.

<b>Name:</b>	<b>Description:</b>
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Diversity	<ul style="list-style-type: none"> <li>• <b>Presence of Differences</b> – May include race, gender, religion, sexual orientation, ethnicity, nationality, socioeconomic status, language, (dis)ability, age, religion, or political perspective.</li> <li>• <b>Representing the Underrepresented</b> – Especially in professions.</li> </ul>
Equity	<ul style="list-style-type: none"> <li>• <b>Promoting Justice, Impartiality, Fairness</b> – For procedures, processes, and distribution of resources in institutions or systems.</li> <li>• <b>Understand Root Causes</b> – Of why outcome disparities exist.</li> </ul>
Inclusion	<ul style="list-style-type: none"> <li>• <b>Welcome the Diverse</b> – Inviting to all.</li> <li>• <b>Participation in Decision-Making and Development Opportunities</b> – Within organizations or groups.</li> </ul>

## 15.2) First-Generation Low-Income Students (FLI)



LINKS

**SIFP Freshman Resources:**

<https://sifp.princeton.edu/resources/freshman-sophomores/staying-organized-princeton>

**SIFP Website:**

<https://sifp.princeton.edu/>

**FSI Website:**

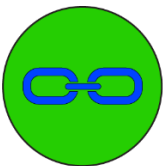
<https://fsi.princeton.edu/>

**Project Welcome Mat Stories from FLI Students:**

<https://projectwelcomemat.weebly.com/stories.html>

**SUBCHAPTER IN CONSTRUCTION**

## *15.3) Racial and Ethnic Minorities*



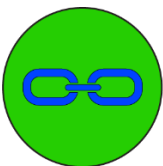
LINKS

List of Research Programs:

<https://undergraduateresearch.princeton.edu/programs/fall-spring-programs>

**SUBCHAPTER IN CONSTRUCTION**

## *15.4) International and DACAmented Students*



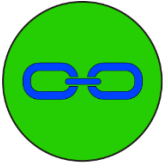
LINKS

Davis International Center:

<https://davisic.princeton.edu/>

**SUBCHAPTER IN CONSTRUCTION**

## 15.5) *Women and LGBT Students*



LINKS

**LGBT Center List of Resources:**

<http://lgbt.princeton.edu/resources#education>

**Women’s Center List of Resources:**

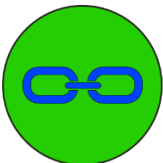
<http://women.princeton.edu/resources>

**Office of Gender Equity and Title IX Administration:**

<https://sexualmisconduct.princeton.edu/about>

**SUBCHAPTER IN CONSTRUCTION**

## 15.6) *Athletes and Disabilities*



LINKS

**AccessAbility Center**

<https://ods.princeton.edu/accessibility>

**Inclusive Princeton on Disabilities:**

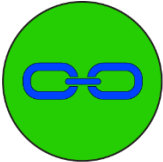
<https://inclusive.princeton.edu/addressing-concerns/disability-accessibility>

**Disability Documentation:**

<https://ods.princeton.edu/student-services/documentation-requirements>

**SUBCHAPTER IN CONSTRUCTION**

## 15.7) Getting Problems Addressed



LINKS

**ODUS Protest Regulations:**

<https://odus.princeton.edu/protests>

**Council of the Princeton University Community (CPUC):**

<https://cpuc.princeton.edu/>



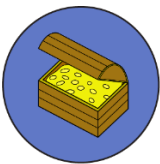
OVERVIEWS

### ***What Kind of Controversial Issues Exist at Princeton?***

Name:	Description:
The Princeton Administration Messed Up	<ul style="list-style-type: none"> <li>• <b>Bad Administrative Decisions</b> – Sometimes the response to an issue is controversial.</li> <li>• <b>Example:</b> <a href="#">Woodrow Wilson School Name Change</a> – After the Princeton administration attempted to reconcile Wilson’s racist legacy through the “Double Sights” installation, Princeton students protested and pushed the administration to remove Wilson’s name from the School of Public and International Affairs.</li> </ul>
Something Needs to Be Brought to Attention and Changed	<ul style="list-style-type: none"> <li>• <b>Princeton is a Centuries Old Institution</b> – And old habits die hard.</li> <li>• <b>Example:</b> <a href="#">Divest Princeton</a> – The group is attempting to get Princeton to stop its long-standing practice of investing in fossil fuel companies considering the climate crisis.</li> <li>• <b>Other Notable Examples:</b> <a href="#">banning bicker</a>, <a href="#">Princeton’s Title IX process</a>.</li> </ul>

<p>A Group of People Are Being (Unintentionally) Harmed</p>	<ul style="list-style-type: none"> <li>• <b>It’s Hard to Keep Track of Everyone</b> – Sometimes the needs of the marginalized can be shafted in favor of motives that seem broadly reasonable.</li> <li>• <b>Example: <a href="#">Ban the Box</a></b> – Princeton students advocate for the Princeton application to remove the question asking about prior criminal history, arguing that the criminal justice system treats people unfairly and the question is discriminatory. It seems reasonable at face-value that an institution would not want people with criminal records around, but as demonstrated, it is a more nuanced issue.</li> </ul>
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Note: This guide doesn’t necessarily endorse stances on the issues cited above, but they illustrate the types of issues on campus quite well.



RESOURCES

## *Avenues to Get Your Problems Addressed*

<b>Name:</b>	<b>Description:</b>
<p>Undergraduate Student Government (USG)</p>	<ul style="list-style-type: none"> <li>• <b>Talk to a Student Government Representative</b> – Especially if it’s an issue that USG has power over, maybe they can help or find someone who can.</li> <li>• <b>Run a Referendum</b> – Similar process to running for office. Check <a href="#">Chapter 8.7</a>.</li> <li>• <b>The Key: Get Turnout</b> – Referendums often fail because they don’t get enough of the total student body voting on it.</li> </ul>

<p><a href="#">Council of the Princeton University Community (CPUC)</a></p>	<ul style="list-style-type: none"> <li>• <b>Regular Meetings</b> – This is a great chance to talk to the University president or other officials.</li> <li>• <b>12 Undergrads on the Committee</b> – Consider talking to them to see if they can help represent you.</li> <li>• <b>Send in Questions in Advance</b> – Or try to bring it up during the meeting, with limited success.</li> </ul>
<p>Petitions</p>	<ul style="list-style-type: none"> <li>• <b>Google Forms</b> – Get people’s name and class year as their virtual signature.</li> <li>• <b>How to Petition?</b> – Search for “petitions” in the search bar of the Daily Princetonian to see many examples.</li> <li>• <b>Circulate!</b> – As always, res college listservs, or the other platforms in <a href="#">Chapter 3.5</a>.</li> <li>• <b>Tabling in Frist</b> – If you want to get random people walking by to sign it or be aware of it.</li> </ul>
<p>Daily Princetonian Opinion Articles</p>	<ul style="list-style-type: none"> <li>• <b>Good Platform to Circulate Petitions</b> – Either early stage to get attention, or late stage to show the administration that many people have signed on.</li> <li>• <b>Get the Issue Out There</b> – Perhaps the opinion article can convince more people to join your cause.</li> <li>• <b>Anyone Can Send an Article</b> – But make sure what you send is quality content, otherwise you will have to do a lot of editing.</li> </ul>
<p>Email Campus Staff Directly</p>	<ul style="list-style-type: none"> <li>• <b>Academic Departments?</b> – Try emailing the student departmental representative for a small issue, and the staff departmental head for big issues.</li> <li>• <b>Princeton-Wide?</b> – Consider one of the major campus office staff people. They might be busier, but always worth a shot.</li> </ul>
<p>Start a Student Group</p>	<ul style="list-style-type: none"> <li>• <b>Pace Center</b> – Hosts a variety of Advocacy and Activism student groups.</li> <li>• <b>ODUS</b> – If you want to get off the ground a little faster.</li> <li>• <b>An Informal Group</b> – If you want to just get started immediately and be free.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>How to Start a Group?</b> – Check <a href="#">Chapter 9</a>.</li> </ul>
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## 15.8) Write Your Own Guide!



OVERVIEWS

### Why Write Guides?

Name:	Description:
Crystallize Knowledge for the Next Generation	<ul style="list-style-type: none"> <li>• <b>People Graduate</b> – Seniors learned a lot during their time, so they should pass on that knowledge, not let it be lost. Save underclass students the hassle.</li> <li>• <b>A Written Record</b> – As opposed to just trying to remember things orally and then forgetting.</li> <li>• <b>Don't Use Princeton Google Drive</b> – Use a regular Gmail, because once a senior graduates, all their Princeton Google Drive files are erased.</li> <li>• <b>Especially Useful for Advocacy Groups</b> – To continue a social movement, you need to understand what came before, so you don't waste time trying the same things.</li> </ul>
Convey Information to Other Students Easier	<ul style="list-style-type: none"> <li>• <b>Introduce the Topic to Others</b> – Student groups can get people interested in their topic by circulating a guide.</li> <li>• <b>Resources People Can Refer to Later</b> – Guides can help people when they get into tough situations.</li> </ul>



	<ul style="list-style-type: none"> <li>• <b>Baseline Knowledge</b> – A more basic, primer like guide can give people the head start to advocate for themselves.</li> <li>• <b>Details</b> – Some things you only learn from doing it once, and students pass this information on to each other (e.g., how to prepare for room draw season).</li> <li>• <b>What’s This Guide?</b> – Left-skim = baseline knowledge, right-details = details.</li> </ul>
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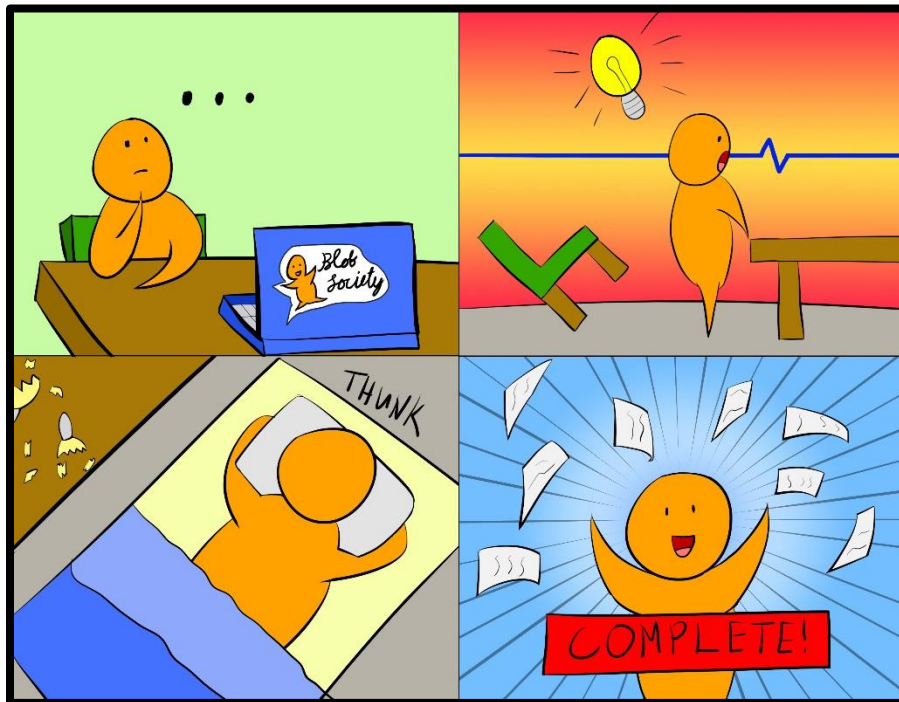
## *Strategies for Writing Your Own Guide*

Strategy:	Description:
Navigation is the Highest Priority	<ul style="list-style-type: none"> <li>• <b>Make a Good Table of Contents</b> – Distinguish between different levels through using different fonts, colors, etc.</li> <li>• <b>Establish Headers</b> – Designate a “Heading 1,” “Heading 2,” etc. on the styles tab in Microsoft Word. This will help you automatically generate a table of contents, making it easier to navigate while building.</li> <li>• <b>A Guide That is Unnavigable is Useless</b> – If people can’t reach information, they aren’t reading it.</li> </ul>
Spacing	<ul style="list-style-type: none"> <li>• <b>Avoid the Wall of Text</b> – Break up into smaller paragraphs.</li> <li>• <b>Not Too Big or Too Small Font</b> – Too big takes a long time to scroll through, and too small hurts to read.</li> <li>• <b>What About This Guide?</b> – The spacing is a little bit more than other guides, but I do this because</li> </ul>

	<p>otherwise it would be hard to parse through so many topics.</p>
Catch the Reader's Attention	<ul style="list-style-type: none"> <li>• <b>Use Multimedia</b> – Photos, videos, sidebars, icons, all help to vary up each page.</li> <li>• <b>Don't Get Lost</b> – If you're unsure where you are in your guide, others are going to feel even more lost.</li> </ul>
Colors	<ul style="list-style-type: none"> <li>• <b>Make It Pop</b> – Use only brightly contrasting colors to make it easy to read.</li> <li>• <b>Avoid Very Bright Colors</b> – Neon colors or bright red can hurt to see too much, especially in highlighting.</li> <li>• <b>Aim for 2-3 Colors</b> – To establish a consistent color scheme and give your guide a visual identity.</li> </ul>
Consider Your Target Audience	<ul style="list-style-type: none"> <li>• <b>Determines How Much Detail You Want to Put In</b> – If you're making it for students, consider that they don't have too much time to read it.</li> <li>• <b>For People Already Interested</b> – Feel free to leave in more technical details, though still try to make it comprehensible to the complete newbie.</li> <li>• <b>Avoid Jargon</b> – If you use it, at least put a glossary, or define new words.</li> </ul>
Writing Style	<ul style="list-style-type: none"> <li>• <b>Put the Subject of Your Sentence at the Beginning</b> – People remember the first words of a sentence and least remember the middle.</li> <li>• <b>Cut Out Unnecessary Words</b> – <del>You can cut out many words from sentences and still make the same point.</del></li> </ul>
File Format	<ul style="list-style-type: none"> <li>• <b>Google Docs</b> – If you want to have multiple collaborators or keep it updated over time.</li> <li>• <b>Microsoft Word</b> – More features while still being easily transferred to another for editing.</li> <li>• <b>Adobe InDesign</b> – To create the fanciest looking guides but requires someone with graphic design to edit or update.</li> </ul>

	<ul style="list-style-type: none"><li>• <b>Issuu</b> – Platform which makes it easy to restrict downloads. Fairly popular and looks nice, but personally wouldn't recommend because it feels hard to read and navigate.</li></ul>
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# Chapter 16: Closing Off



Writing this guide certainly had ups and downs...

## ***In this section you'll learn about:***

- Final thoughts from the editor.
- How to maintain the guide and fair usage guidelines.
- Acknowledgements for all the great people that helped in some way.
- An appendix for all the concentrations and certificates.

## ***Chapter 16 Table of Contents:***

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## 16.1) *Final Message*

Well, you made it to the end of this guide! Whether you skimmed it or deep-read it, thank you for reading. I hope you learned something new that will lead you to take advantage of everything that Princeton has to offer. I certainly learned a lot writing this; I missed out on a lot too!

When I entered Princeton for the first time four years ago, I came with the hope that no matter what I dreamed of, I could do anything, with the support of one of the most powerful institutions in the world behind me. Looking back, I think I did manage to live out most of my wildest dreams.

Yet, many Princeton students never fully live out their dreams. Perhaps they feel lost in the endless sea of students and offices, don't believe in themselves in the face of impressive peers from privileged backgrounds, or just feel disappointed in a centuries-old institution that is sometimes slow to change.

You've got everything you need to know to get a head start now. Don't let adversity stop you from trying. Strike out and do your thing, overcoming the fear that others will think you are a weirdo. Aim for a life where you wake up shaking in your boots with excitement for what you're going to do today.

I can't guarantee that your dreams will come true but getting into Princeton is the chance of a lifetime. Dream on, Princetonians.

Yours,

-DST

## ***16.2) About the Author***

Daniel Te is a human.

The LIPService (Lean Information Program Service) aims to promote equitable information access through smart instructional design. You can visit [princetonultimateguide.wixsite.com](http://princetonultimateguide.wixsite.com) to request services and consultations.

## ***16.3) Fair Use Policy***

This guide is not officially sponsored by Princeton University. Views expressed are not necessarily the original author's own, except the opening and ending messages. Updates to this guide may include the viewpoint of separate authors.

When language is more directly lifted from a source, that source is usually cited directly before that portion.

When a source is used for reference throughout a subchapter (and likely subsequent subchapters too), the source is posted with a “Links” icon.

When a source is used for a specific claim, it usually hyperlinked appropriately within the paragraph.

If a logo is used that fairly obviously belongs to a company, there is no citation.

Any external groups or products mentioned in this guide are not necessarily endorsed. They are recognized primarily to illustrate points, show how one could use strategies, or lead students to learning more about a topic.

For future updates: the original guide was published on 8/28/2021. Please change the “Updated By” date for future editions. The guide cannot be sold for profit unless given permission by the original author.

Please consult the original main author, Daniel Te, at [lipserviceguides@gmail.com](mailto:lipserviceguides@gmail.com) for further questions or if you wish to create an updated edition. He can provide materials to help.

## ***16.4) Acknowledgements***

### **Writing, Editing, Research, Graphic Design**

By Daniel Te.

### **Pictures**

Picture sources are cited unless taken from an official Princeton website (i.e., most pictures of regular Princeton buildings. “Orange-blob” cartoons are by Daniel Te.

### **Works used as references throughout (Content and/or Style):**

- [Project Welcome Mat](#)
- [The Student Guide to Princeton](#) (1979)
- Outdoor Action Leader’s Manual



- [RealTalkPrinceton](#)
- [TigerConfessions#](#)
- [The Privileged Poor](#) by Anthony Abraham Jack

### Works that inspired the style:

- The Daily Princetonian Staff Guidebook (Section + link formatting style).
- [Internet Shaquille](#) (Cooking YouTube channel that gives concise tutorials).
- [Ordinary Sausage](#) (Cooking YouTube channel that makes exciting sausage creations with an engaging, concise, and consistent format).
- The “For Dummies” Book Series (Inspiring the usage of icons and a love for entry-level instruction guides).

### Friends that helped (in order of helping):

People who assisted in key ways or left many insightful comments.

- **Brad Abernethy '87** for introducing me to technical writing and instructional design.
- **Oleg Golev '22 and other commenters** on [TigerConfessions# Post #38463](#).
- **Evelyn Duskoch '23** for sending the 1979 Student Guide (1983 Update Edition).
- **Ashley Fan '24** for helping to investigate student employment.
- **Lily Zhang '22** for obtaining the academic prerequisites sheet.
- **Sydney Peng '22** for the concept of orange blob people used in the cartoons.
- **Chela Baisas**, technical writer at TENICA Global Solutions who gave phenomenal tips.
- **Sunrit Panda '25** for being the first person to fully read this guide and being amazingly supportive.
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- **Jivahn “GV” Moradian '20** for general tips and moral support.

- **Amanda Eisenhower '21** for tips for the finances chapter.
- **Anna Macknick '21** for tips for finances and first-generation students.
- **Rebecca Giblon 'GS** for tips on applying to graduate school.
- **Richard Qiu '23** for supplying many, many suggestions for the first big release of the guide.
- **Helen So '22** for notes on arts and relationships.
- **Brian Foster '21** for notes on intramural and club sports.

### **Readers/Copy Editors:**

Anyone who left a small comment on a draft is included here.

- Pranav Avva '24
- Walker Penfield '25
- Roma Bhattacharjee '25
- Mayu Takeuchi '23
- Naomi Hess '22
- Esther Levy '22
- Brandon Gauthier '23

## 16.5) Maintenance Checklist

The chapter table of contents is particularly tricky to make. Use the link below, but remember to add a \h code to make the subchapters hyperlinked:

<https://www.techrepublic.com/article/use-words-toc-field-to-fine-tune-your-table-of-contents/>

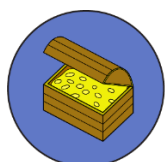
The icons are in a 2x1 table with white borders, with the icon on the left side. Copy and paste these to add additional icons and sections.

Use the built-in Headers 1, 2, and 3 styles to add chapters.

General things to be on the lookout for when updating:

- Don't refer to specific names or dates. People change jobs, and dates change every year.
- Always aim to be concise and eliminate unnecessary wording.
- If a campus office updates their website, you will want to replace all old links (use Ctrl + F to find these).
- If there is a major policy change, make sure to change respective sections.
- If you add chapters, make sure references to other chapters still hold (e.g., "check Chapter 12" might become "check Chapter 13"). Update the Table of Contents (both chapter and general) accordingly.
- Do a quick review every year to make sure that everything is up to date.
- You can always reach out to [lipserviceguides@gmail.com](mailto:lipserviceguides@gmail.com) for help from the original author.

## 16.6) Appendix: All Majors and Minors



RESOURCES

### All the Concentrations (Majors)

Department	Abbr.	AB/BSE	# of Graduates (19-20):	Category
Chemical and Biological Engineering	CBE	BSE	26	Engineering
Civil and Environmental Engineering	CEE	BSE	17	Engineering
Computer Science	COS	BSE or AB	125 (BSE), 33 (AB)	Engineering
Electrical and Computer Engineering	ECE	BSE	21	Engineering
Mechanical and Aerospace Engineering	MAE	BSE	52	Engineering

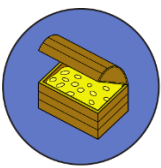
Operations Research and Financial Engineering	ORF	BSE	69	Engineering
Astrophysical Science	AST	AB	12	Natural Science
Chemistry	CHM	AB	23	Natural Science
Ecology and Evolutionary Biology	EEB	AB	46	Natural Science
Geoscience	GEO	AB	12	Natural Science
Mathematics	MAT	AB	37	Natural Science
Molecular Biology	MOL	AB	56	Natural Science
Neuroscience	NEU	AB	25	Natural Science
Physics	PHY	AB	39	Natural Science
Psychology	PSY	AB	40	Natural Science
Anthropology	ANT	AB	26	Social Science
Economics	ECO	AB	126	Social Science
History	HIS	AB	73	Social Science

Politics	POL	AB	70	Social Science
School of Public and International Affairs	SPI	AB	108	Social Science
Sociology	SOC	AB	31	Social Science
African American Studies	AAS	AB	9	Humanities
Architecture	ARC	AB	16	Humanities
Art and Archaeology	ART	AB	11	Humanities
Classics	CLA	AB	9	Humanities
Comparative Literature	COM	AB	12	Humanities
East Asian Studies	EAS	AB	12	Humanities
English	ENG	AB	42	Humanities
French and Italian	FRE	AB	9	Humanities

German	GER	AB	7	Humanities
Music	MUS	AB	7	Humanities
Near Eastern Studies	NES	AB	6	Humanities
Philosophy	PHI	AB	33	Humanities
Religion	REL	AB	8	Humanities
Spanish and Portuguese	SPA	AB	12	Humanities
Independent Study	NA	AB or BSE	1 (3 LIN)*	Any

\*There is no linguistics major, but the linguistics program has a course of study that people will often follow. The University reports the number of people doing this.

The chart above is organized from Engineering -> Natural Science -> Social Science -> Humanities to reflect the general amount of math and quantitative work required for the major.



RESOURCES

## ***All the Certificates (Minors)***

<b><i>Certificate:</i></b>	<b><i>Abbr. (if one):</i></b>	<b><i>Category:</i></b>
African American Studies	AAS	Humanities/Ethnic Studies
African Studies	AFS	Humanities/Ethnic Studies
American Studies	AMS	Humanities/Ethnic Studies
Applications of Computing	NA (COS?)	Natural Science
Applied and Computational Mathematics	APC	Natural Science
Archaeology	ART	Humanities
Architecture & Engineering	N/A (ARC?)	Engineering
Asian American Studies	ASA	Humanities/Ethnic Studies
Biophysics	N/A	Natural Science
Cognitive Science	CGS	Natural Science
Contemporary European Society and Politics	NA (ECS?)	Humanities/Ethnic Studies
Creative Writing	CWR	Humanities/Art
Dance	DAN	Humanities/Art



East Asian Studies	EAS	Humanities/Ethnic Studies
Engineering & Management Systems	EGR	Engineering
Engineering Biology	N/A	Engineering
Engineering Physics	N/A	Engineering
Entrepreneurship	ENT	Social Science
Environmental Studies	ENV	Natural Science
Ethnographic Studies	N/A (ANT?)	Social Science
European Cultural Studies	ECS	Humanities/Ethnic Studies
Finance	FIN	Social Science
Gender and Sexuality Studies	GSS	Humanities
Geological Engineering	NA (GEO?)	Engineering
Global Health & Health Policy	GHP	Natural Science
Hellenic Studies	HLS	Humanities
History and the Practice of Diplomacy	N/A	Humanities
Humanistic Studies	HUM	Humanities
Jazz Studies	N/A	Humanities/Art
Journalism	JRN	Humanities
Judaic Studies	JDS	Humanities/Ethnic Studies

Language and Culture	N/A (Any Language)	Humanities/Ethnic Studies
Latin American Studies	LAS	Humanities/Ethnic Studies
Latino Studies	LAO	Humanities/Ethnic Studies
Linguistics	LIN	Social Science
Materials Science and Engineering	MSE	Engineering
Medieval Studies	MED	Humanities
Music Performance	NA (MUS?)	Humanities/Art
Music Theater	N/A	Humanities/Art
Near Eastern Studies	NES	Humanities/Ethnic Studies
Neuroscience	NEU	Natural Science
Planets and Life	NA (AST?)	Natural Science
Quantitative and Computational Biology	QCB	Natural Science
Robotics and Intelligent Systems	RIS	Natural Science
Russian, East European, and Eurasian Studies	N/A	Humanities/Ethnic Studies
South Asian Studies	SAS	Humanities/Ethnic Studies
Statistics and Machine Learning	SML	Natural Science
Sustainable Energy	ENE	Natural Science
Teacher Preparation	TPP	Social Science

Technology and Society	N/A	Social Science
Theater	THR	Humanities/Art
Translation and Intercultural Communication	N/A (LIN?)	Humanities
Urban Studies	URB	Social Science
Values and Public Life	CHV	Humanities
Visual Arts	N/A (ART?)	Humanities/Art