

UNBF Survival Guide

The Unofficial Guide to Surviving Student Life

You made it to UNB Fredericton... now what? Here are some tips from University of New Brunswick students who have survived.

YOUR STOMACH

Best meal in town.

- The Snooty Fox (half price appetizers Wednesday nights after 9pm).
- The Back Nine.
- The Cellar (\$5 & \$6 menu items).
- The \$1.39 menu at McDonalds.
- The Diplomat.
- Swiss Chalet (you can order on-line and have it delivered to residence).
- For breakfast: Cora's, the Coffee Mill, and on Saturday mornings the farmer's market.
- For pizza: Pizza Delight, Greco Pizza, or Jack's Pizza.
- If someone else is picking up the check: Brewbakers or McGinnis Landing.

Drinking until you puke.

- If you don't know how much [alcohol] you can take, you will likely drink 'til you puke.
- Drinking games... that will make you puke!
- Plan how much you are going to drink so you have an idea how far along you are for drinks during the night.
- Take it slow. Don't drink in a rush, or over a short period of time.
- Only buy what you are going to drink.
- Stick with friends that can help moderate you by telling you to slow down.
- Ask yourself that question... Do you really want to drink that much?!?

McConnell, not McDonalds.

- The meal plan is really convenient.
- The bonus is that there is no preparation, or clean up. You just go in and eat. So there is more time for studying and everything else.
- Get the meal plan that suits you, i.e., if you eat three meals a day go for the highest, but if you don't eat breakfast go for a lower priced one.

Remedies for a hangover.

- Drink water between your drinks.
- Drink lots of water before you go to bed.
- Leave a glass of water by the bed for the morning as well (for when you don't want to get up).
- Have a Gatorade before you go to bed.
- Don't drink as much to begin with.

Best power snacks.

- Pop Tarts (cold)
- Stuff you made in advance and froze.
- Granola bars.
- Kraft Dinner.
- Peanut butter.
- Instant oatmeal.

YOUR BRAIN

Caffeine pills.

- Not worth it!
- You'll probably get it done, but you won't get a good mark.
- Don't drink five Red Bull before you need to go to bed, because you'll stay up late, but you won't be able to get to sleep.
- It's harder to concentrate because you get the sugar high (stick with coffee).
- If you're tired you're not going to absorb it anyway. Take a nap.

Finding the Balance.

- If all you do is play hard, you are going to find that you end up stressed out, because you are not doing well in your courses.
- Look at your schedule and figure out how long you need to study for tests or papers and look at what is coming up in your social calendar.
- Hang with people who are doing the same stuff as you are so that you have the same type of schedule [test and papers due] and are not with people who want to do stuff when you can't and vice versa.
- There is always someone going out, so there will be another chance after you get what you need done to go out.
- Work hard, study hard and play hard. It is all about the balance of the three.
- It's hard to say "No" but you need to learn to do it.

Stress management 101.

- Just the right amount of stress will motivate you to study or work harder.
- Pace your self and take breaks.
- Try to get things done early in the day so you can relax later.
- Physical activity helps. Hit the rock climbing wall, the Pilates or yoga class, or join an intramural sports team to relieve stress.
- Know when you are going to be productive and use that time to your advantage.
- Take time for yourself. Do things you enjoy doing—read for pleasure, go for walks, meet friends for coffee, etc.
- Make a schedule. It will save you so much stress if you write things down.

Keeping on top of things.

- Go to class.
- Use the four month calendar that they give you and write down the due dates from your syllabus.
- Get things done before there is an opportunity to go out.
- Prioritize. Look at what's more important (worth more) and do that one first.
- Agendas are the best tool you will ever have.
- Big whiteboard calendars are great too.

Concentrating amongst distractions.

- Get away from the noise and everyone, so you can be alone.
- Find yourself a space to study where all you do is study.
- Turn off your MSN and Facebook when you want to study. In fact get away from the computer if you don't need it. Chances are you don't.
- Go to the library, there are lots of great study places there where you won't be disturbed.
- Wear a set of headphones, even if you have nothing playing in them, so people can see that you are in the zone, and that you are off-limits.

VITAL ORGANS

Can we talk about sex?

- People talk about it pretty openly, there is the Sexuality Center so there is good information available there.
- In the residence there is no such thing as privacy... those walls are paper thin.

Drinking + Sex = ??

- It is a very small campus when it comes to running into someone the next day.
- It is not a good feeling the next day when you are not sure what happened.
- Nine times out of ten you are going to regret it. The other one time... you won't remember that it happened.
- Their friends are going to hear, your friends are going to hear, someone is going to hear something. The result is you are going to lose some respect.
- You should know who you are having sex with. It should not be someone you just met at the bar and went home with.
- You don't want to be making decisions about sex when you are drunk. You should be fully aware of your actions if you're thinking of having sex.
- You have to be aware that some people will try to take advantage if you allow yourself to lose control over your actions.

Using protection.

- Use protection.
- You need to protect yourself against STI's. Many, like AIDS, can't be cured.
- People can be symptom free as long as a year, but are transmitting STI's.
- Being drunk and trying to use protection properly... really tough!

How attractive is a drunk?

- If you're sober, they're very unattractive.
- When you are drunk, you really are not the greatest dancer or pick-up artist.
- If you're trying to pick up a guy who's sober and you're plastered it won't work. (Unless he's desperate, then watch out...)
- It's not attractive at all!

Drunk coming on to you...

- There's strength in numbers. Going out with friends and having a friend of the opposite sex handy is really good.
- Put some distance between you and them.
- You can always call on the bouncer or security for help.

Pickup lines.

- So you put your arm around a girl and point to your watch saying that this is your "James Bond watch" and it can tell you some really neat things. Like the fact that she has no underwear on. When she says that she is wearing underwear, you respond "Oh, wait... It's an hour fast."
- How much does a polar bear weigh? Enough to break the ice.
- Just checking your tag to see if you were made in heaven.

PLAY TIME

Getting to and from the party.

- If you know someone who can give you a drive that is the best solution as you know who is taking you there and back.
- There are lots of cabs.
- Don't walk home alone, especially when you are drunk.
- Keep cab money aside in a separate spot so you will have something for a ride home.

Best bar in town.

- 20/20.
- The Snooty Fox. Good selection of liquor, good food and great staff.
- The Cellar.
- The Social Club.
- Sweetwaters for dancing.
- Dolan's Pub.
- Friends that live off campus can be a valuable asset too if you want a change of scene for a party instead of a bar.

Irresponsible drinking.

- Know your limits.
- There is a big difference between getting a buzz while having fun and having your friends carry you home.
- Getting totally, out of control drunk should not be your goal.
- You could get expelled.
- You could hurt yourself.
- Things can definitely go wrong when you drink too much.

Planning a night out.

- Have a plan. It is not just about having a sober driver, it is also good to have a sober planner.
- Go out with friends. Drink with friends. Stick together.
- Make sure your friends know what your plans are.

STUDY TIME

Study tips.

- Study outside your bedroom, so that when you are in your bedroom you can just relax.
- Read materials before you go to class. It will make what the professor is talking about so much clearer, or you can ask about it while the prof is on that topic.
- Talk about your assignments in study groups. It really helps motivate you and brings up other things that you might not have thought about working on your own.
- Going to class is important.

Can you study with a hangover.

- Studying with a hangover... it is not going to happen so don't even try.
- Plan your time so you can get your studying in before you party.
- The next morning is pretty much shot, but later in the afternoon you can get some work done.
- Try to go out on Friday nights, so you can have a relatively quiet Saturday night to allow you to study on Sunday.

Choosing profs and classes.

- Ask around and see what other people like and did not like. Make sure you ask more than a few people so you get a good feel.
- Different people have different learning styles so ask why they did not like the class or professor. Every prof has a different style. You may hate one but your friend may love them.
- Visit ratemyprofessors.com. It is a good resource.
- Go to class and be seen by the professors. It can really help when you are looking for help or extensions.
- Avoid 8:30 am classes, unless it is absolutely necessary.
- Evening classes, 7 to 10 pm, not a good idea either

Cramming vs. daily reviews.

- Cramming is really hard. It is just a bad technique.
- You lose a lot of information if you don't review immediately.
- Do your readings as you go along, it is so much better. You can't possibly catch up later before the exam.

Getting the most from your prof.

- Get to know your professors, so they know your name and find out what they want out of you.
- Profs respect students that invest as much into the class as they do.
- Sit in the front row.
- Go to class. The worst thing you can do is skip a class.
- Ask questions in class, visit the prof's office, or e-mail them.
- Generally no question is stupid, but try to have solid questions when you ask them.
- Professors are usually very approachable and if you can develop a good rapport you have a better experience.

WHAT SMELLS?

How often do you clean?

- In residence they clean the toilets for you.
- In residence you have people coming in and out of your room all the time, so you really don't want to have a messy place.
- Every residence has a bottle room. So if you create a lot of empties, put them down there and the house gets the money and they do stuff for you.
- Try to make a schedule with everybody else.
- It's a respect thing.
- Shower regularly!

Who cleans the puke?

- Often it is one of your proctors or one of your friends.
- There is a fine in residence that goes to the person who cleaned it up for you.
- If you get home and you think you may be sick later on, put your garbage can next to your bed just in case.
- It is not a good thing, you don't want to hear the stories the next day about how your friend had to clean up your mess. You just feel bad and generally lose respect.

What if your roommate is a slob?

- Don't be afraid to voice your opinions with a roommate about cleanliness. You have to coexist together and in order for that to work you need to express your feelings about what is going on.
- Make sure you have a roommate that has the same expectations about cleanliness as you do.
- If you are having a problem in residence you can have your proctor mediate a roommate contract, which sets out what each of you expects and can agree to.

Airing our dirty laundry.

- There are laundry facilities in each residence, they are fairly inexpensive, nice and they work well.
- Quarters are gold!
- Before you leave home, make sure you learn how to do laundry properly. Shrinking stuff or dyeing it pink really sucks.
- The nice thing about residence is that you can feel confident about your laundry not being stolen.

YOUR MONEY

Sticking to a budget.

- Money does run out faster than what you would expect, so you really need to pay close attention.
- ATM fees... they add up!
- Figure out what your expenses are for the year and what your spending money is for each month. Then each month take that month's spending allowance in cash and put it in your wallet so you can see it dwindle.
- Scholarships! Apply to every single one you can find. Ask your guidance counselor, or go to the scholarship web site to find them.
- Keep track of the money you spend on booze. It is so easy to lose track of the big picture budget.
- If you are not good with money, don't get a credit card.
- Just don't spend as much. Look out for the good deals you can get.
- If you can come out of school with little to no student loan, you are much further ahead in the long run.

Keeping track of money at the bar.

- Taking a debit card to the bar is a bad idea!
- Accessing the ATMs when you are drunk is a really bad idea.
- Decide how much you want to spend at the bar and only bring that much with you.
- Put your cash money in a different pocket than your spending money.
- Don't run a tab.

Money saving tips.

- The Student Union puts on a book sale at the beginning of every semester. There is a good selection and you save a lot.
- Ordering books on-line can save you a lot.
- Find out if there is a difference in the different editions of a book. Older = savings.
- Some books have online versions.
- Sharing textbooks may not be worth the savings when you can't use them when you need them.
- Make sure you need the text book for the course. Sometime you really don't.
- Find friends who are going to the States or to Quebec and have them import some liquor for you.
- Switch to BMO, because the public ATMs on campus are those and the savings in fees is really worth it.

Saving on food.

- If you can, you are better off making your own. It is just that time becomes a factor.
- You spend a lot more eating out.
- Don't get the cheap Kraft Dinner. Get the name brand!
- Buy things that are on sale and in bulk if you can. Just not liquor... it gets consumed fast.
- The freezer is your friend.
- The farmer's market on Saturday is good.

Best part-time jobs.

- Serving jobs are good, because you can work just two nights a week and make a lot of money in tips.
- The Work Study program is a good flexible job.
- The Student Union offers jobs as well.
- Some residences have positions for cleaning.
- I found that working took away a lot of time from my studies, though.

CAMPUS LIFE

Getting the most of campus life.

- This is your chance to create yourself anew. Leave behind high school and become the person you want to be.
- Don't be scared to go to events, because you don't know anyone. Everyone else in the same boat so it is really easy to meet new people and make friends.
- Be willing to try new things and expand your comfort zone (but in a smart way).
- Take your time. You are going to be here for four years. You don't have to do everything at once.
- Figure out what you want to do and go for it. Make the most of these four short years.
- Getting involved is really key to enjoying your time here. It adds a lot of value.

Is not drinking okay?

- It's no big deal.
- People are cool about it.
- Actually having someone who can be the designated sober one is really cool!
- Being able to remember the whole night's antics can be rewarding in its own way. Friends tell you stories that they never thought they would. [Hmm, tell me more.]
- Don't feel the pressure to drink or party. The respect level is there.
- It really is cool to not drink.

Telling someone they've had enough.

- It might take a couple of goes, but they will thank you in the morning for cutting them off the booze and not letting them drive.
- Stand your ground. If they tell you that they are not drunk, they are drunk.
- Try to get them out of the situation, take care of them.
- Get their friends to get them out of there.
- Tell the bartender to stop serving them.

Residence and roommates.

- The more involved with the house, the more fun you will have.
- Probably ninety-five percent of the friends you will make the first year will be from residence.
- Think about who you are going to ask to be a roommate. Sometimes your friends don't make the best roommates.
- Don't stay in your room. It is really important to have other places you can go.
- Communication is key with a roommate.

Things to do in Fredericton.

- Frisbee in front of the SUB.
- The Fredericton Playhouse always has great student pricing for all their shows and events.
- Clay Café is a lot of fun.
- Go to the market on Saturday.
- Intramural sports.
- In the winter there is skating and hockey in Queen's Square.
- Tons of trails for running, biking or walking.
- The Harvest Jazz and Blues festival.
- Get involved with your departmental or faculty society.

SECRET WEAPONS

Knowing when to say when.

- Learn your limit, it's different for everybody.
- Look for those little things that tell you that you've had enough, like when you start to trip over words, or your own feet, or start doing things that you know you would not do if you were sober.

Dealing with pressure to drink.

- If you don't want to drink, don't. Just say no.
- You will gain more respect by showing a firmness of character when you say you have had enough for the night.
- Use sarcasm "Sure I'll have another drink, if you will hold my hair while I puke later."
- Have your glass full so it looks like you're drinking or don't need another.
- Volunteer to be the sober rep.
- They are drunk, distract them by pointing out the attractive person across the room, bright shiny object, etc.

Date rape drugs.

- Go out with friends as they will look after you and make sure that they know your plan for the evening.
- Don't leave your drink anywhere, make sure you keep an eye on it all the time, keep your hand over the top and don't be afraid to waste a drink and get rid of it if you are not sure.
- Don't take drinks from someone you don't trust.
- If a guy offers to buy you a drink, go with him to the bar, watch the bartender open it or pour it and make sure the bartender hands it to you. Don't just trust the guy to bring you the drink because that is prime opportunity.
- Same goes for residence and parties, don't leave yourself open.
- Don't be naïve. It can happen here.

Taking great notes

- Develop your own short hand.
- Some professors have their own short hand too, so ask them for translations at the beginning of the term.
- Find a buddy so that between the two of you, you can sort out a professor's writing.
- Professors can make mistakes too. Don't be afraid to ask if something does not make sense or is unclear.
- Rewrite or type up your notes to refresh what you learned in class.
- Keep an eye out for those professors that are merely reading from the text book. There is no sense in madly copying down the stuff they are reading from the book.
- Learn to distill the important ideas and write them down rather than everything.

LINKS

UNB

<http://www.unb.ca>
University of New Brunswick

<http://www.unbf.ca/student-services>
Student Affairs and Services

<http://www.unbf.ca/housing>
Residential Life, Campus and Conference Services

<http://www.unbf.ca/orientation>
Orientation

<http://www.unbsu.ca>
Student Union

Resources

<http://www.fredericton.ca>
City of Fredericton

<http://www.facebook.com>
An online directory that connects people through social networks at colleges. (Avoid when you want to study).

<http://www.ratemyprofessors.com>
RateMyProfessors lets students evaluate their profs in three categories.