



UF

Graduate & Family Housing's

The Villager

THE GRADUATE & FAMILY HOUSING NEWSLETTER

FALL 2023

Community Activities and Experiences

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Fun and Fitness

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UF

**HOUSING &
RESIDENCE LIFE**

STUDENT LIFE | UNIVERSITY OF FLORIDA

UF

Graduate & Family Housing's

The Villager

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STUDENT LIFE | UNIVERSITY OF FLORIDA

Spotlighted Topics

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Fall Edition: Active Living

Art by Shreya Mondhe, Diamond/Tanglewood Village DA



Editor's Letter

Welcome to the Fall 2023 Villager!

Welcome to the beginning of a brand new school year here at UF. I hope that our returning students had a wonderful summer and that our students that are new to UF have received a warm welcome to campus thus far.

The theme of this edition of The Villager is Active Living. I chose this theme as an opportunity to reflect on the many ways that Graduate and Family Housing residents may embrace an active lifestyle. For me, this topic is far-reaching, encompassing not only traditional ideals of physical health-focused choices but also the myriad of ways that an individual may choose to be active in their community.

Gainesville houses limitless opportunities and provides the perfect backdrop for exploring new activities. I urge you to spend some time while reading this edition of The Villager to reflect upon your community engagement and your goals for this new school year. An active lifestyle may take many forms; it is my hope that you find one here in Gainesville that is the perfect fit for you and that this newsletter might provide some inspiration for you.

— **Aurora Charland, GFH CA and Editor**

Staff Spotlight

Kaila Aimino, Area Coordinator



Hello and Welcome to The Villager!

My name is Kaila, and I serve as the Area Coordinator for Graduate and Family Housing (GFH). I have been living and working in Florida for a little over two and a half years. The time I have spent here has seen so many changes, especially in relation to finding our "new normal". The pandemic impacted the way we navigate our world, from classes to daily activities to how we engage with each other.

Active living can be described as a lifestyle that integrates physical activity into everyday routines, such as riding your bike to class or walking around the village. I believe active living goes beyond the physical. Active living is choosing to engage in life around you. Here are some thoughts I have about being active in your everyday life.

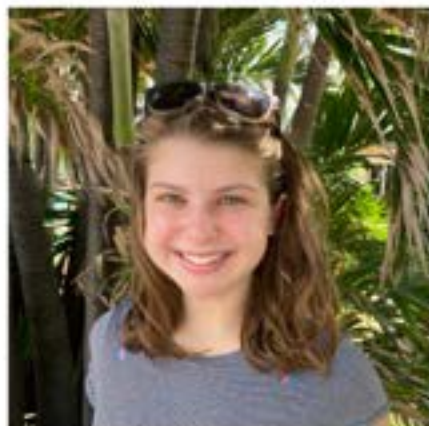
Attend a program in your community.
Connect with your neighbors.
Talk with your Community Assistant.
Interact with the greater UF community.
Visit the museums on campus.
Events in Gainesville! Check out the Community Update each Friday.

You are an important part of our Graduate and Family Housing community, and we are so lucky to have you. As we transition into our new normal, I hope that you choose to engage in active living, in whatever way that looks like for you.

Be well, be active.

Kaila

Community Assistants



Aurora Charland

Graduate and Family Housing

Hi again! In addition to being the editor for The Villager, as a GFH CA I provide support throughout the GFH community. I recently graduated law school with my J.D. and am spending the Fall 2023 semester finishing my LL.M. in Taxation. I love living an active lifestyle and being involved in my community. Many of my favorite activities have found their way into this edition of The Villager, and I am looking forward to another semester of new experiences!



Igor Savin

Corry Village

My name is Igor Savin, a resident and Community Assistant of Corry Village. I'm pursuing my MBA program. Originally, from Kazakhstan, I speak English and Russian. I love traveling around the world and in the USA. Besides my enthusiasm for supply and logistics management, I am an avid sports enthusiast.



Yu-Chia "Irene" Kao

Diamond Village

Hi everyone! My name is Irene, and I am one of the community assistants for Diamond Village. I am a doctoral student in the College of Education. I enjoy going to trails in Gainesville for birdwatching and gator watching. My favorite activity at UF is going to yoga classes. It's a great way to destress and find inner peace. I also highly recommend GFH's events!

Additional Community Assistants:

Surya Teja David, *Graduate and Family Housing*
Jennie Jiunn-Ying Kung, *Tanglewood Village*

Community Assistant Spotlight



In the heart of life's vibrant tapestry, allow me to introduce myself as Christy Suhendy, fondly known as Suzie. Hailing from the enchanting land of Indonesia, I find myself on a remarkable journey as a PhD student at the esteemed Environmental Horticulture Department. Nestled in the welcoming embrace of Gainesville, I am blessed with a loving husband and three precious daughters who bring boundless joy to my days. My passions are as diverse as the blossoming flora that captivates me, from the verdant charm of plants to the irresistible indulgence of ice cream and chocolate. Exploring nature's splendor, strolling on sandy beaches, and reveling in the embrace of lush greenery invigorates my soul. In moments of solitude, music becomes my sanctuary, and the comfort of a couch becomes a haven for losing myself in the pages of a captivating novel. But it is the camaraderie of cherished friends that truly enlivens my spirit, as we come together to sing our hearts out in joyous karaoke sessions, dance with wild abandon, and share laughter and delicious meals. So, let us embark on this whimsical voyage through life, cherishing the beauty that surrounds us and celebrating the connections that make it all worthwhile.

— Christy ("Suzie") Suhendy, Tanglewood Village CA

Graduate and Family Housing

Desk Assistants



Lance Trejo

Corry Village

Hello! My name is Lance Trejo. I am a fourth-year student at UF majoring in political science. I am also on the pre-medical track. I will be staying active by participating in research hopefully in the upcoming fall semester. I am looking forward to a great fall semester! Go Gators!



Tharun Bhupathi

Corry Village

This is Tharun Bhupathi currently pursuing 2nd year master's in computer science. I stay active at UF by playing games like ping pong and pool, also watching movies. These make me get relieved of academic stress and helps me get back to my studies with more enthusiasm. I also hang out with my friends to fun places around and Game Room at Reitz to play bowling.



Pushpanjali Divi

Corry Village

My name is Divi, currently pursuing a master's degree in computer science at the University of Florida. My passion lies in exploring the endless possibilities that technology offers to enhance our lives. I enjoy participating in the various technical and cultural fairs at UF. One of my favorite ways to stay active is by participating in Gator Nights which provides an array of fun activities and entertainment options, ranging from movie screenings to live performances, interactive games, and social gatherings. It also allows me to connect with fellow students and embrace the vibrant campus community.

Graduate and Family Housing

Desk Assistants



Bilhani Charlakola

Corry Village

Hey Gators! I'm Bilhani Charlakola, a final year graduate student majoring in Computer Science. I also work as a Desk Assistant at GFH. As an international student, my journey of transitioning to life in a new country has been filled with both ups and downs. However, the supportive community here at UF always made me feel at home. When I'm not busy juggling studies and work, I try to incorporate some exercise into my routine by playing badminton at the Rec Center or simply taking a leisurely walk outside with my buddies when Gainesville's weather permits. In addition to being an active member of a few student clubs that align with my interests, I also enjoy spending some alone time at the library while sipping on Starbucks. These activities contribute to a well-rounded university experience and help me maintain a healthy balance between work and play.



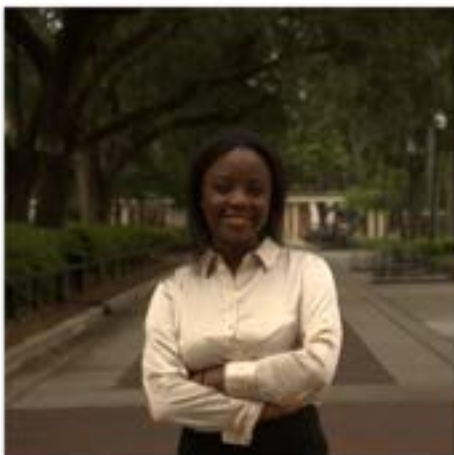
Zixuan Xu

Diamond/Tanglewood Village

Hello everyone, I'm Zixuan Xu, and I originated from China. I am a Desk Assistant in Diamond Village and Tanglewood Village. Currently, I am a first-year graduate student at the College of Health and Human Performance, specializing in Tourism, Hospitality, and Event Management. Besides my academic pursuits, I actively engage in school activities and participate in various events organized by student associations. Meeting new people and exploring diverse cultures through communication is something I find immensely fascinating. Within the GFH department, there is a strong sense of support and mutual care among colleagues. Additionally, in the Continuum, neighbors come together for monthly gatherings, where we enjoy food and indulge in creating handicrafts. All in all, my life has become vibrant and filled with activity.

Graduate and Family Housing

Desk Assistants



Anisa Jean

Diamond/Tanglewood Village

My name is Anisa Jean and I am a Desk Assistant at the Graduate and Family Housing. I am a 2nd-year student at UF and majoring in biology. Active living is a significant part of my life as exercise is important to maintaining my physical health. I engage in active living at UF by going to the gym four times a week, as well as walking, biking, and swimming in my free time.

Additional Desk Assistants:

Justin Vela, *Corry Village*

Jiameng Gao, *Corry Village*

Mary Alfano, *Corry Village*

Britany Jefferson, *Corry Village*

Alec McGregor, *Diamond/Tanglewood Village*

Emily Locke, *Diamond/Tanglewood Village*

Dawa Yangzong, *Diamond/Tanglewood Village*

Desk Assistant Spotlight



Hello everyone, my name is Shreya Mondhe. I come from a beautiful and vibrant country India. I'm currently pursuing a Master of Science in Environmental Engineering Sciences, with research focused on Sustainable materials management. I have simultaneously been working as a Desk Assistant at Graduate Family Housing for almost a year now.

Ever since I was young, I've been fascinated by nature and have developed a strong desire to make a positive impact on our environment. This led me to choose environmental engineering as my field of study, where I can follow my passion for science, technology, and the environment. As an environmental engineer, I'm deeply passionate about finding sustainable and innovative solutions for the complex challenges our planet faces today.

I embrace an active lifestyle fueled by deep love for nature, travel, photography, and painting. Since a very young age, I was privileged enough to travel the length and breadth of India. Now, I have also had the opportunity to travel across 15 States in the United States of America within the last 1.5 years. Exploring these different landscapes and cultures has broadened my perspective and deepened my appreciation for the diversity of our world. Whether hiking through forests, encountering hidden waterfalls, diving into crystal-clear water, or capturing the beauty of a breathtaking sunset, nature serves as both my inspiration and my sanctuary, reminding me of the beauty and fragility of our planet. Traveling allows me to witness diverse ecosystems, cultures, and landscapes first-hand, each adventure has magnified my understanding of the world's interconnectedness. Painting is my creative outlet and a way to capture the essence of the environments I encounter. By combining my love for traveling, nature, and painting with my expertise in environmental engineering, I aspire to create a harmonious connection between science, art, and sustainability. I strongly believe that the beauty of nature can inspire innovative solutions and evoke a sense of responsibility towards our environment.

– Shreya Mondhe, Diamond/Tanglewood Village DA



Credit: Shreya Mondhe



COMMUNITY ACTIVITIES AND EXPERIENCES



What Can You Do at the Reitz Union Arts & Crafts Center?

The Arts & Crafts Center is a unique space on UF's campus where one can develop their artistic skills in a fun and welcoming environment. Located on the Lower Level of the Reitz Union, the Arts & Crafts Center's purpose is to provide members of the UF community with opportunities for relaxation, creative expression, community building, and personal growth. You don't need to be crafty to take advantage of all the things the Arts & Crafts Center has to offer! The hours of operation are Monday – Friday 1 p.m. – 10 p.m. and Saturdays and Sundays 12 p.m. – 5 p.m.. It is closed during home football games and UF holidays.

Be sure to check out our fall activities to schedule some fun in your schedule. Sign up for our newsletter at union.ufl.edu/acc to learn about upcoming special events and free programs. Following you'll find descriptions of the activities geared for members of the UF community.



Paint-a-Pot

You can choose from a wide variety of unglazed ceramic pieces and colorful glazes in our paint-a-pot area. This is a great way to socialize with friends and it is also a family-friendly activity! Kids of all ages are welcome in our paint-a-pot area as long as they are supervised by an adult. Most ceramic pieces cost less than \$10 and the ceramic glazes are an additional \$3. The final clear glazing and firing is included in your purchase at no additional cost. Fired pieces are microwave and dishwasher safe. If you need extra inspiration, we have idea books and stencils, and staff are always available to answer questions.



\$5 Crafts

If you are looking for something fun and crafty to make that you can take home with you the same day, try one of our \$5 crafts! Each craft can easily be made in less than an hour. The \$5 cost includes instructions, supplies, and use of necessary tools while in the studio. Options include metal stamping, fuse beads, and decorating wood magnets.



Free Craft Events for UF Students

The Arts & Crafts Center hosts a variety of free crafting events for UF students and their spouses/partners throughout the semester. Students are provided with opportunities to learn new creative techniques and develop their artistic expression in a fun and welcoming environment. On select Mondays during the fall semester, students can try out a variety of craft activities at our Make-It-Monday events. Each Wednesday during the fall semester, students can enjoy watercolor painting during our Wellness Wednesday event where they can also learn about on-campus wellness resources and self-care tips. On select Fridays during the fall semester, students can learn how to use a sewing machine at the Learn to Sew workshops.

There are also several welcome-back and de-stress events scheduled at the beginning and end of each semester.



Creative Classes

If you are looking for more in-depth instruction in crafts, you can enroll in one of the Creative Classes. The Arts & Crafts Center offers a variety of non-credit classes such as ceramics wheel throwing, ceramics hand building and sculpture, sewing, silver jewelry making, and acrylic painting. Classes are taught by local artisans and the Arts & Crafts Center's Arts Specialist. Creative Classes typically meet two hours per week over a six-week session. Creative Classes are open to everyone 18 years of age or older, regardless of UF affiliation. To learn more about our Creative Classes visit our website or call (352) 392-2378.



Socials and Events

If you are looking for something fun and creative to do with your group, schedule a social with us! Groups of up to 30 people can reserve table space in our Paint-a-Pot area to do a variety of creative and artistic activities such as paint-a-pot, origami, and canvas painting while socializing and building community. Perfect for parties, team building, or student organization events. For more information and to reserve table space, visit our website at union.ufl.edu/acc.



Studio Memberships

If you've already participated in one of our classes or are already a seasoned crafter and need a place and supplies to work, one can become a Studio Member. A studio membership provides access to all the tools and equipment in the studio when a class is not in session in that area. Glazes and firings of ceramic pieces are included in with a membership. Clay and jewelry materials are purchased separately. Memberships are available to everyone 18 years of age or older, regardless of UF affiliation.

Visit our website at union.ufl.edu/acc for more information about the facility and programs and to sign up for our email newsletter. Current prices for studio membership are listed on our website. You can also reach us by email at ReitzUnionACCStudio@ufsa.ufl.edu and by phone at (352) 392-2378.

Crawl your way over to see 'Spiders Alive!' at the Florida Museum

By: Ashley Tisher

Step into our web and meet eight-legged friends when you visit the Florida Museum of Natural History. Engage in a new experience and witness your favorite spiders and scorpions from up-close when you visit "Spiders Alive!" This exhibit showcases an impressive collection of over a dozen live arachnid species from across the globe, giving visitors the opportunity to discover fascinating facts about these remarkable creatures. A few of the featured arachnids, include the Mexican red knee tarantula, the jumping spider, the huntsman spider, the desert hairy scorpion and the goliath bird eater spider.

This exhilarating exhibition weaves together captivating narratives of spiders, scorpions, and their relatives, inviting the entire family to embark on an immersive journey to learn about the vital role they play in the environment. It features interactive models, compelling documentary videos that dive into the daily lives of arachnids, and a vast collection of more than 100 distinct specimens to explore.

Children and families can climb onto a larger-than-life replica of the torreya trapdoor spider, but also gaze upward in awe at a magnificent model of the golden orb-web spider hanging from its intricate web. "The exhibit gives visitors a chance to observe spiders and other arachnids that they wouldn't see otherwise and may change the perceptions they have of them," said Julie Waters, the Florida Museum's exhibit coordinator.





Visitors will feel like they have traveled through time as they look upon a rare 20-million-year-old fossil featuring a spider encased in tree resin from the early Miocene epoch and a 100-million-year-old specimen preserved in limestone from the early Cretaceous period.

This exhibit is on display now through Sept. 4, 2023. Admission is free for University of Florida students with a valid Gator 1 Card and museum members. Visit www.floridamuseum.ufl.edu/visit/plan to find the complete list of ticket pricing. For more information on the exhibit, visit www.floridamuseum.ufl.edu/exhibits/spiders-alive.



EXPLORE LIFE ON EARTH AT THE FLORIDA MUSEUM



Conveniently located on the University of Florida campus across from the Southwest Recreation Center, the Florida Museum of Natural History has been inspiring people to value and protect life on earth for more than a century.

The museum features a variety of paid and free permanent exhibits covering diverse topics like Florida's native people in "South Florida People & Environments" and our latest research in "Exploring Our World." Temporary galleries are installed and replaced multiple times a year to cover additional themes like insects, hurricanes, red tide, humpback whales and many more.

Our most iconic exhibit, the "Butterfly Rainforest," displays more than 50 butterfly and moth species from around the world at any given time, including the blue morpho from Central and South America and the tree nymph from Southeast Asia among others. See hundreds of free-flying butterflies and moths in this lush landscape featuring tropical trees and colorful flowering plants amid waterfalls and a walking path. Skilled interpretive staff are available to help answer questions and provide visitors with a personal and highly engaging experience. View the live butterfly spotlight Monday through Friday at 2 p.m., weather permitting.

The "Discovery Zone" exhibit is free and perfect for families with children 8 and under, using touchable objects and activity stations to spark curiosity about the natural world and science. Navigate a small fishing boat, assemble replicas of ancient pottery, participate in an archaeological excavation and more in this interactive experience.

General admission to the museum is FREE, although donations are gladly accepted. There is a cover charge for special exhibits and the "Butterfly Rainforest." Admission is free for UF students with a valid Gator 1 Card and museum members. Complete ticket pricing is available online at www.floridamuseum.ufl.edu/visit/plan.



Adventure into Nature at Santa Fe Teaching Zoo

The Santa Fe College Teaching Zoo, a unique 10-acre zoo in Gainesville, Florida, is the only zoo on a college campus accredited by the Association of Zoos and Aquariums (AZA).

The SF Teaching Zoo is coordinated by ten full time staff members, home to over 70 different species of animals and is maintained by about 100 students enrolled in the college's premier Zoo Animal Technology program.

The zoo showcases a diverse array of both native and exotic animals including a bald eagle, white-throated capuchin monkeys, American alligators, Matschie's tree kangaroo and Asian small-clawed otters to name a few, for everyone to enjoy. These species and many other mammals, birds, reptiles and amphibians are on display in a naturally shaded environment. The 1/4 mile trail through the wooded environment is lined with mulch and is stroller and/or wheelchair accessible.

Transport your class from the classroom to the great outdoors and learn about our extraordinary animals, or book a guided tour of the Zoo for your family. With advanced registration, you can reserve a private meet-and-greet with our animal ambassadors or get a behind-the-scenes tour. The Zoo offers a safe, fun place to learn about wildlife and explore the natural world.



MORE TO DO AT THE ZOO

There's so much to see and do at the Santa Fe College Teaching Zoo!



BIRTHDAY PARTIES

Celebrate your birthday with an educational outdoor adventure! Enjoy a picnic lunch, a scavenger hunt through the zoo, and meeting some of our animal ambassadors behind the scenes.



ANIMAL ENCOUNTERS

Come meet our ambassador animals up close and leave with a unique, once in a lifetime memory.

GUIDED TOURS

Join us for a one hour zoo visit with a passionate tour guide from the Zoo Animal Technology program. Combination zoo tour and planetarium shows are available for social and school groups.



SCHEDULE YOUR
ADVENTURE TODAY!



sfcollege.edu/zoo/experiences

ZOOKEEPER FOR A DAY

Work alongside a zookeeper for a morning and learn the ins and outs of zookeeping. This includes cleaning, feeding, observations and preparing enrichments.

Commitment to Equal Access and Equal Opportunity

Santa Fe College is committed to an environment that embraces diversity, respects the rights of all individuals, is open and accessible, and is free of harassment and discrimination. For more information, visit sfcollege.edu/naao or contact equity.officer@sfcollege.edu. WC 4-2022





FUN AND FITNESS

UF RecSports provides limitless opportunities to be physically active. Try something new this semester!

Hours
&
Locations



Intramural
Sports



Events





Dance It Out!

By: Pilar Vazquez
Group Fitness Instructor

Why group fitness?

Group fitness has been a part of my life from a young age. I remember turning 13 and trying out a Les Mills Body Flow session for the first time, a fascinating combination of yoga, tai chi, and Pilates. I spent the next week learning the crow pose at home. While yoga was one of my earlier passions, discovering dance fitness revolutionized my ideas about exercise. At UF, I had such an amazing time at hip hop fitness classes. My favorite instructors, who were seniors at the time, created such a fun and energetic space to the point where I genuinely forgot I was there for a workout. It was everything to me. After they graduated, I decided I wanted to lead these classes myself. I only hope to have the same impact on others that they had on me.

Continued on next page

**Join Pilar this Fall at Student Rec for
Hip Hop Fitness + Dance Fusion**

What brought you to dance fitness specifically?

Dancing is cathartic for me. I absolutely love music and moving to the beat. However, while I have always gravitated towards dance, that does not mean that I was ever technically trained in different dance forms or even that I started off with confidence. At first, I hated being watched and perceived. I had to learn to reframe my ideas, following my mom's advice to stand more in the front of the Zumba classes in order to better see the instructor. It is normal to feel awkward when dancing for the first time, but once I remembered to laugh at myself and just try to have fun, I was suddenly learning salsa movements and hip hop. It boosted my confidence. The more secure I've grown to become in myself and my body, the more I've noticed I can naturally let go.

What are benefits of dance fitness?

Dance fitness classes help center participants both physically and mentally. Not only is it a full-body workout, but it also exercises our brains. Dancing trains our memory and coordination as we follow a repeating sequence of movements. It is an activity where you get what you put in. The more you involve yourself in the dance, the better the workout you achieve.

What would you tell someone who has never participated in group fitness before?

Group fitness classes in particular are incredibly useful in providing a safe, inclusive, and motivating exercise space for participants. The most important thing is to find a format that interests you and try it out! I love dance fitness but there are endless options, including bootcamp, cycle, and yoga. You can bring a friend or make a friend in class. Focusing on an activity you truly find enjoyable will help you stay consistent with it.

GATOR SALSA CLUB

Gator Salsa Club offers free salsa, bachata, and variety dance classes and socials multiple times per week. To learn more and join, follow them on instagram @gatorsalsa.club.



AROUND CAMPUS

Need Help With English?**ALACHUA COUNTY Public Schools
ADULT EDUCATION ESOL PROGRAM**Classes will begin on
August 14, 2023

Daytime Classes			
<u>Beginning</u> Location: Corry Village (On Village Dr. between Museum Rd. and SW 2 nd Ave.) M&W 9:00AM-11:30AM Instructor: Yuko	<u>(Low) Intermediate</u> Location: Corry Village (On Village Dr. between Museum Rd. and SW 2 nd Ave.) M&W 11:30AM-2:00PM Instructor: Yuko	<u>(High) Intermediate</u> Location: Corry Village (On Village Dr. between Museum Rd. and SW 2 nd Ave.) T&Th 9:00AM-11:30AM Instructor: Yuko	<u>Advanced</u> Location: Corry Village (On Village Dr. between Museum Rd. and SW 2 nd Ave.) T&Th 11:30AM-2:00PM Instructor: Yuko
Evening Classes			
<u>Beginning</u> Location: Diamond Village (SW 13 th St. & Diamond Rd.) M&W 6:00PM-8:30PM Instructor: Andrew			

Instructors:

Yuko (E-mail: yuchida30@hotmail.com)

Andrew (E-mail: accain88@gmail.com)

Department of Adult Education (Tel: 352-955-7035)

Questions? Contact the teacher/department.

Addresses: All classes are held on UF campus. See the map on the back.**Corry Village:** 620 Village Dr. (Bldg. 287)**Diamond Village:** 1402 Diamond Rd. (Bldg. 307)**REGISTRATION FOR ADULT EDUCATION CLASSES****Pre-registration Dates:** August 4th, 9-11AM in Conference Room E (East Wing), Alachua County Public Schools District Office (620 E. University Ave.)

Students can also register at the District Office every Thursday from 9AM to 11AM, starting on August 10. FEE - EVERY student enrolling in an adult education class will have to pay a fee. The registration fee is \$30 (in cash) per semester. Registration will be done throughout the school year.

UF Supporting Student's Health & Wellbeing

Brought to you by
U Matter, We Care
& Division of Student Life

A quick reference guide for directing students to resources that support their health & wellbeing.



WELL-BEING

is defined as an optimal and dynamic state that allows people to achieve their full potential, focusing on two interdependent types of well-being: individual and community.

- **Individual well-being** is defined within three broad and interrelated categories: perceiving one's life as being generally happy and satisfying, having one's human rights and needs met, and one's contribution to their community.

- **Community well-being** is defined by relationships and connectedness, perceived quality of life for all people in the community, and how well the community meets the needs of all members.

DIMENSIONS OF WELLNESS



Wellness can impact our personal and academic lives. So, it is beneficial to attend to our wellness across all dimensions. As part of the University of Florida's efforts to foster student well-being the University uses a multi-dimension model of wellness. This model is simply known as the Dimensions of Wellness.

Students report that stress and anxiety are two of the biggest obstacles to their academic success. Imbalance in one or more of the dimensions of wellness may contribute to stress and anxiety among college students. By examining each dimension as individuals and within our community, it is possible to identify those neglected areas leading to imbalance and implement strategies to improve our overall well-being. This step may include activating personal skills as well as campus and community resources.

By focusing on the "whole" — the whole person, the whole educational experience, the whole institution, the whole community — well-being becomes a multifaceted goal and a shared responsibility for the entire institution.



REFER

Below are areas and departments at the University of Florida with resources, staff, and missions to support student's well-being and health. Review the different relevant concerns of each area and reach out or refer students when necessary.

Gatorwell

gatorwell.ufsa.ufl.edu - (352) 273-4450

Relevant concerns

- Sexual Health
- Sleep
- Alcohol & Drugs
- Interpersonal Violence
- Time Management
- Stress Management
- Mindfulness
- Studying & Test Taking Skills



Scan to visit
Gatorwell
referral form

Counseling & Wellness Center

counseling.ufl.edu - (352) 392-1575

Relevant concerns

- Counseling
- Mental Health Workshops
- Emotional Support
- Consultation
- Crisis Consultation

Scan to visit
counseling.ufl.edu



RecSports

recsports.ufl.edu - (352) 846-1081

Relevant concerns

- Physical Activity
- Nutrition
- Sport Programs
- Aquatics
- Outdoor Recreation



Scan to visit
RecSports
contact form

Disability Resource Center

disability.ufl.edu - (352) 392-8565

Relevant concerns

- Assistive Technology
- Classroom Accessibility
- Academic & Testing Accommodations



Scan to visit
Disability Resource
Center referral form

CARE Area

care.dso.ufl.edu - (352) 392-1261

Relevant concerns

- Case Management
- Medical Petitions
- Food Security



Scan to visit
CARE Area
referral form

More Resources

DRC Faculty Page

disability.ufl.edu/faculty

Helping a Disruptive Student

counseling.ufl.edu/disruptive

Worried About a Student?

counseling.ufl.edu/worried-about-student

Five Ways You Can Help a Student in Distress

counseling.ufl.edu/student-distress

Student Health Care Center

shcc.ufl.edu - (352) 392-1161

Relevant concerns

- Primary Clinical Care
- Immunizations
- Prescriptions
- Physical Therapy
- Women's Health
- LGBTQ+ Health
- Sports Medicine



Scan to visit
shcc.ufl.edu

SHCC Psychiatry

shcc.ufl.edu/shcc-psychiatry

Relevant concerns

- Psychiatric Evaluations
- Clinical Psychiatric Care
- Medication Management

To reach SHCC Psych please contact the Counseling & Wellness Center at 352-392-1575 as they are the point-of-entry for psychiatric service.

In need of more support?
Find the "Orange Folder" at bit.ly/uforange

Library locations



The George A. Smathers Libraries at the University of Florida

The George A. Smathers Libraries at the University of Florida are an active hub for all graduate students. With six libraries under our umbrella, you can find the perfect place to study, research or connect with our subject area specialists. You can access many of our services and digital collections wherever the Gator Nation takes you and take home materials, equipment and more with your UFID. UF grad students are the only ones who have access to the 6th floor of Library West!

Spaces

Architecture and Fine Arts Library: a cozy, mid-century modern space located in the Architecture and Fine Arts building off 13th Street and Inner Road. A big claim to fame for this library is their double decker study carrels!

Education Library: nestled in the College of Education off 13th Street and 6th Avenue, this library serves all EduGators. From pedagogy textbooks to standardized test study guides, this library prepares future educators to train and teach our future. The Education Library also has a Makerspace for creating educational materials. Do you have kids? The Education Library features children and young adult literature and a collection of "big books."

Health Science Center Libraries (HSCCL): located inside the Communicore building at the bottom of Newell Drive, HSCCL serves the Colleges of Dentistry, Medicine, Nursing, Pharmacy, Public Health and Health Professions and Veterinary Medicine.

Library West: six stories tall, Library West sits across from midtown on University Avenue and houses the humanities and social sciences collections. A fun fact about Library West, it has a large collection of DVDs and DVD players to borrow!

Marston Science Library: most recognized for the french fry statue, Marston holds our science collection and a large [Makerspace](#), with opportunities for 3D printing, sewing and more.

Smathers Library: the original library at UF, Smathers Library is home to our Special and Area Studies Collection, The Grand Reading Room, the Latin America and Caribbean Collection, the Panama Canal Gallery, The Map & Imagery Library, Judaica Suite and exhibit space. This beautiful building is worth exploring!



Subject Area Specialists

Librarians are here to help you! Whether it's gathering research materials or knowing how to cite something, they are ready and [waiting for your questions](#). You can find a specific subject area specialist in your major or area of interest here: uflib.ufl.edu/specialists/ or just click the orange "Ask Us!" button on any of the Libraries web pages.

Staying Active

Want to stay active while getting your work done? The Libraries feature opportunities to stay fit all year long! From our stationary bikes at Library West, to a treadmill walking pad at HSCL, you can be sure to engage with your materials and stay healthy. HSCL also features "energy pods." These pods are an opportunity for you to relax and recharge—another critical part of an active lifestyle! Staying active also means having fun! The Libraries have around 30 board games in our collection to borrow, including Dungeons & Dragons kits, and more board games are on the way!

Tech and Tools

Our MakerSpaces in the Marston and Education Library branches make your creativity dreams come true! The Libraries feature many take-home tools for getting your DIY projects completed this year, like a laser level, stud finder, socket kit and soldering station. Staying active may also look like getting creative digitally. The Libraries have GoPros, tripods, projectors, iPads and more to borrow. You can take a look at more than 140 pieces of equipment that you can take home here: uflib.ufl.edu/find/tech-tools/

The Smathers Libraries are dedicated to accessibility and inclusion and feature equipment to help you communicate across campus. We have a Pocketalk Handheld Translator that can translate more than 82 languages and a Voice Translator that supports 70 languages with two-way translation.

Perhaps one of the greatest ways to stay active this semester and get engaged on campus is to visit all six of the Smathers Libraries! Which one will be your campus home away from home?

Important links to bookmark:

Libraries Home Page: uflib.ufl.edu/

Collections Home Page: uflib.ufl.edu/libraries-collections/

Digital Collections: ufdc.ufl.edu/

Subject Area Specialists: uflib.ufl.edu/specialists/

UF Graduate Resources:
catalog.ufl.edu/UGRD/previous-catalogs/2020-2021/graduate/resources/

7 Success-Boosting Motivation Tips

**By Samantha Evans, MS, CHES, CWHC: Health
Promotion Specialist and Wellness Coach at
GatorWell Health Promotion Services**

Throughout college, the process of motivation is likely to have been a topic that has come up around the goals you set for yourself, whether it is around not having enough of it, too much of it or worry that it won't last. If you have been thinking about how to make it last beyond the first step and keep your focus on your goal(s), you might consider these tips, or any combination of that them that would best work for you to keep that motivation alive!

- ▶ 1. Get a motivation buddy. This is similar to the idea of finding a goal buddy, and certainly your motivation buddy will need to know about your goals, but this buddy is there to help you stay on track, keep your energy up, provide moral support and to help keep you going when you are tempted to start. You may already have someone in mind who is on a similar journey. This person may also be someone you could create a friendly, mutually-supportive competition with, like who can do more pushups or drink the most water.
- ▶ 2. Track your progress. Whether it is in list, chart, calendar form in a planner/notebook or on a board on the wall, choose whatever method works for you. The same goes for the way in which you choose to track completed action steps. Some folks mark their chart with a check mark or "x", some like to toss a dime in a jar and some prefer to use gold stars. Even though it may seem like a small motivation, tracking your progress will ideally allow yourself a bit of pride each time you give yourself a good mark.

- ▶ 3. Break it into smaller, mini goals. This is likely not the first time that you have heard mention of this tip, but it never hurts to hear this one again. After a couple of weeks, we may lose motivation, especially if we still have several weeks or months left to accomplish the ultimate goal. Breaking down larger, and potentially overwhelming, goals to smaller, even sometimes tiny, more achievable and realistic goals, can really help with motivation over time.
- ▶ 4. Post a visual reminder someplace visible. This reminder might be a picture of a vacation spot that you plan to travel to, a 5K registration form, or even a nice picture frame with no picture but rather a note of the what the picture will be that is placed in it when you complete your goal. Where you place this item is key as it has to be somewhere you will see it often. It could be on your refrigerator, bathroom mirror or near your desk at work. Not only does this provide inspiration on a daily basis, but visualizing your goal, exactly how you thinking it will be when you've achieved it, is a great motivator and a great way of actualizing your goal(s).
- ▶ 5. Make it pleasurable. Often our goals seem like hard work, which is often the case, but the key to staying on track is to find a way to make it fun or pleasurable. This might involve getting your motivation buddy involved or even assigning rewards to the smaller, mini goals along the way. If your goal becomes a "treat," you actually might find yourself looking forward to it. And that's a good thing!

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- ▶ 6. Prepare for those urges to quit. We all have urges to stop, but they are mostly unconscious. One of the most helpful things keep motivation going is to start becoming aware of those urges. You might consider tracking when those urges come up in the beginning to bring yourself to better awareness of them, then make a plan of how to tackle them before they even hit at a later date.

 - ▶ 7. Always think positive. Monitor your thoughts and be aware of your self-talk, especially then it is negative. Start actively listening more when you are talking to yourself. If you hear negative thoughts, stop them, push them out and replace them with positive thoughts, even if it is a tiny, fleeting thought. Positive thinking can be amazingly powerful, boost energy and help you stay on track.

To support the lifestyle changes you have been thinking about, GatorWell's free [Wellness Coaching for Academic Success](#) service can also help to develop customizable goals and ways to stay motivated!



HITCHCOCK FIELD & FORK PANTRY

CAMPUS FOOD PROGRAM
UNIVERSITY OF FLORIDA

The Hitchcock Field & Fork Pantry is a free resource to support UF undergraduate and graduate students, faculty, and staff experiencing any level of food insecurity. Experiencing food insecurity may mean you have faced challenges to meeting your needs in quantity and nutritional quality of food. For example, food insecurity may look like eating ramen because you can't afford foods you consider healthy, nutritious, or appropriate for yourself, to outright skipping meals or eating smaller meals.

If you're not sure about whether you fit the criteria, come anyway! You only need to bring your UFID; you do not need to prove that you are in need. The Pantry does not discriminate based on income, class, race, ethnicity, gender, out-of-state or international student status, housing status, or ability.


The Pantry doesn't just offer canned food. The Pantry offers fresh, seasonal produce, frozen meat, milk, vegan options, menstrual products, and select toiletries. They are happy to accommodate requests as they can, if you can't find what you need your first time.

The Pantry assures guests, potential and current, that accessing emergency services like the Pantry is not a reflector of one's self-worth, nor are they taking resources from someone "more deserving" or "more in need" than themselves.

You can visit the Pantry website at pantry.fieldandfork.ufl.edu for more information including current hours.

The Pantry is located between Marston Science Library and McCarty Hall, behind the HUB, on the University of Florida Gainesville campus.

Volunteers are also needed each semester. If you are looking for a way to give back or find community at UF consider volunteering - pantry.fieldandfork.ufl.edu. Additional Campus Assistance & Resources for Empowerment (CARE) resources offered through the Dean of Students Office can be found at care.dso.ufl.edu.



Even the best law enforcement officer with an abundance of mental health and crisis intervention team training is still an officer. When you can bring a mental health worker to the scene, it can shift the dynamic and allow for a noncriminal approach to a noncriminal matter.

**— Meggen Sixbey, PHD
Assistant Direct of the Behavioral Services Division of UFPD; Co-Responder**

UFPD's Nationally Recognized Co-Responder Program

The University of Florida Police Department was recently honored for being a national leader in mental health initiatives and programs.

The recognition was presented to UFPD through a plaque that recognizes the department's work as a Law Enforcement-Mental Health Learning Site, a program within the Bureau of Justice Assistance that assists law enforcement agencies seeking to build collaborative responses for people who have mental health needs.

"I am extremely proud of our agency for its involvement with progressive policing models proven to benefit our UF community and beyond," said Linda Stump-Kurnick, Chief of Police of UFPD. "We are grateful for this recognition and look forward to our continued partnership with this innovative program."

UFPD has been at the vanguard of mental health-law enforcement collaboration policies for more than a decade. The agency was part of the "initial group of six highly innovative agencies" selected as learning sites when the program launched in 2011, according to the Council of State Governments' Justice Center.

UFPD serves as a model for intensive crisis intervention and suicide prevention training. While the program has expanded to 15 learning sites since, UFPD remains one of three in Southeast.

Most recently, UFPD became the first higher education institution in the country to implement a partnered model of a "co-responder program." The program pairs clinicians with law enforcement officers to assist and improve the department's response to those suffering from a mental health crisis or experiencing mental distress.

Co-responders provide officers with the ability to defer the de-escalation process to mental health experts who are trained to assist those in distress in the least intrusive way possible. UFPD is looking to expand the program to ensure a co-responder is always on duty.

University of Florida International Center

Global Culture Photo Competition

The University of Florida International Center (UFIC) sponsors a Global Culture Photo Competition annually. Winners are awarded a plaque to be presented at our International Education Week (IEW) Reception in November. Submissions are accepted in the following categories:

Study Abroad & Service-Learning Students (UF connected): Open to UF students who have taken part in a UF study abroad, internship, research, service learning, volunteerism, or mission trip programs between Summer 2022 and Summer 2023. Photographs must have been taken during a trip abroad and reflect the contest theme of "Global Culture".

International Students, Scholars & Employees (F-1, J-1, H-1B, TN, E-3, O-1): Open to current UF international students, scholars, faculty and employees on Visas listed above. Photographs must have been taken anywhere in the United States between Summer 2022 and Summer 2023 and reflect the theme of "Global Culture."

Faculty, Staff & Alumni: Open to current or retired University of Florida faculty and staff, as well as UF alumni. Photographs must have been taken during a trip abroad between Summer 2022 and Summer 2023 and reflect the theme of "Global Culture."

The Global Culture Photo Competition is just one of many IEW activities (and everyday activities!) that UFIC uses to encourage the UF community to think and act globally. We challenge students, faculty, and staff to express themselves while thinking in a broader international context and, through art, elucidate cultural nuance.

Read more here:

internationalcenter.ufl.edu/home/about-ufic/ufic-global-culture-photo-contest



Sitting on History
Alan Halaly
2022 Winner

**UFIC Global Culture Photo
Competition, Cont.**



Take it all in!
Mosunmola Regina
Ogunmolaji
2022 Winner



Seaside Evening
(Cape Coast, Ghana)
Aditya Singh
2022 Winner



THANK YOU FOR READING!

We hope you have enjoyed the Fall 2023 Edition of the GFH Villager. If you are interested in contributing to our newsletter or interested in learning about specific topics, please contact our editor, Aurora Charland, at acharland@ufsa.ufl.edu.



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