Welcome to Summer College!

Dear Summer College Student,

Can you believe it? You are finally moving to Ithaca, NY for Summer College. You are about to get a taste of life in a beautiful Ivy League University. You are about to take thought-provoking college courses with acclaimed professors. You will live, study, and play with other students your age from all over the nation and the world. (And by the end of Summer College, they will become some of your closest friends!)

Study well for your courses and know when to ask for help. Use the tutoring and advising services offered. Attend leadership and diversity workshops. Get involved with your residence hall programs and join some clubs. Try a new intramural sport. Go on some large-scale weekend programs. And do not be afraid to approach any of the faculty or staff!

We hope this summer will be one of the most fulfilling, unforgettable, life-changing, humbling, and rewarding summers yet. You will have many learning opportunities and have so much fun. And remember- work hard and play hard!

All the best,

Mary Melati
(Summer Times Editor-in-Chief)
Staying Healthy at Summer College

By Christian Leefmans

Now that you’re at Summer College, you might be disconcerted about living on your own. Not to worry – you’re not alone. Yet while the staff is prepared to assist you with any concerns you might have, there are a number of things to keep in mind that will ensure that you make the most of your Summer College experience.

First: Keep active and get involved. Whether in your classes, clubs, or the events, be an active participant and don’t be afraid to step outside of your comfort zone. Pursue your interests but also consider trying something new. Summer College is a great opportunity to interact with people of different nationalities and backgrounds, and going out of your way to socialize with different groups and to gain new perspectives is a great way to spark lasting friendships.

A great paradox of campus life is that while we want you to do well in classes, to socialize with friends, and to participate in clubs and events, we also want you to get enough rest. This might be harder than you think. A good way to start is by setting daily goals for yourself and making sure you stick to those goals. You will soon be on your way to mastering time-management once you set reasonable expectations for yourself.

Another problem many students struggle with, and one you definitely want to avoid, is eating an unhealthy diet. In Summer College no one mandates that you eat vegetables. Limit yourself to dessert once or twice a week, and do your best to eat a variety of healthy foods. You will feel the difference.

To be sure these are just a few recommendations for approaching Summer College, and you certainly may already have a system that is most effective for you. Regardless – always, always remember that the Summer College staff is here for you, and no matter what you need – whether you are struggling socially or you just want someone to talk to – feel comfortable reaching out to the staff around you.

With that said, welcome once more to Summer College. Have a great time!
Looking for something to do?

Join a club!

Joining a club is a great way to meet new friends who share your interests, experience new things, improve your skills, and create a positive impact on campus.

**Dance Club**
Contact: Chelsea Wong at ccw84@cornell.edu
Learn new choreography and try new dance styles!

**Movie Club**
Contact: Joseph Evans at jde56@cornell.edu
A place to come and relax and watch a variety of movies.

**Theatre Club**
Contact: Megan Rossetti at mnr29@cornell.edu
Play improv games and more!

**Arts and Crafts**
Contact: Megan Rossetti at mnr29@cornell.edu
Come enjoy some arts and crafts with your friends!

**League of Legends**
Contact: Megan Rossetti at mnr29@cornell.edu
Play this game in your free time with your new friends! Gl hf!

**Sunday Mass and Brunch**
Contact: Mary Melati at mam542@cornell.edu
Join us for Catholic Mass at Sage Chapel and brunch at RPCC!

**Yearbook Club**
Contact: Chelsea Wong at ccw84@cornell.edu
Make new friends while documenting a memorable summer!

**Summer Times**
Contact: Mary Melati at mam542@cornell.edu
Join Summer College’s only weekly newsletter that will be shared with parents, staff, and your peers! Come share your ideas, words, opinions, designs, and photos!

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**Must See Places on Campus**

**McGraw Clock Tower**
Climb the 161 steps to the top to see an amazing view during one of the Chimes Concerts.
(12pm MWF, 6pm TR)

**A.D. White Library**
(Also known as the “Harry Potter” Library) Students study here facing an amazing view of Cayuga Lake. Climb the steps to the upper levels of the library.

**Sage Chapel**
This beautiful chapel has branching ivy on its walls and amazing stained glass windows. Step inside and marvel at Sage’s quaint beauty.
(“Join a Club!” continued)

Cornellian Club
Contact: Megan Rossetti at mnr29@cornell.edu
Have more questions about Cornell? Let us Cornellians answer!

Running Club
Contact: Gloria Majule at gpm56@cornell.edu
Let’s run around Cornell campus together!

Hiking Club
Contact: Mary Melati at mam542@cornell.edu
Explore Ithaca’s gorges trails! All you need are comfortable shoes.

Intramurals
Contact: Christian Leefmans at crl86@cornell.edu
Want to try your hand at a new sport? Want to hone your skills for the school year? Sign up for one or more intramural sport! No experience is necessary to join.

Ultimate Frisbee
Volleyball
Soccer
Basketball

Other on-going weekly events

Writing Walk-In Service
Sunday-Thursday, 7-10pm, 2133 Balch Hall

Math Tutoring Services
Sunday-Thursday, 7-9pm, 2132 Balch Hall

Communication and College Success
Tuesdays and Thursdays, 6:30-8pm, Balch Unit 1 Lounge

Leadership Workshop
Wednesdays, 8-9pm, Donlon Formal Lounge

FIFA Women’s World Cup
Canada 2015

LAST WEEK

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Meet your Head Residents (HR)!

Risley Hall

Widlin Diejuuste

Hometown: Fort Myers, FL
Current School: Florida Atlantic University (Boca Raton, FL)
Fun Fact: My favorite color is GREEN but I don't own an article of clothing with that color.

Advice: “If you aren't going all the way, why go at all.”
-Joe Namath
Seek mentors in your line of study. That way you will be a step ahead of others in knowledge about your field.

Balch Hall

Lauren Oliver

Hometown: La Crescent, MN
Current School: Taylor University (Ithaca, NY)
Fun Fact: Immediately after graduating high school, I was a whitewater kayak instructor at a camp in Northern Wisconsin!

Advice: Be brave. Take risks. Nothing can substitute experience.

Spozmi Nouri

Hometown: New York, NY
Current School: University of San Diego (San Diego, CA)
Fun Fact: I love learning new languages, I currently speak 4 languages and counting!

Advice: “You were born with potential. You were born with goodness and trust. You were born with ideals and dreams. You were born with greatness. You were born with wings. You are not meant for crawling, so don't. You have wings. Learn to use them and fly.” -Rumi

Darius Jones

Hometown: Dallas, TX
Current School: Oklahoma State University (Stillwater, OK)
Fun Fact: I have a baby tooth still.
Advice: High school is a time for figuring out who you are as a person. Take advantage of the all the resources provided and always ask questions!

Donlon Hall

Amie Archambault

Hometown: Portsmouth, RI
Current School: University of Rhode Island (Kingston, RI)
Fun Fact: As an undergraduate at the the URI I was a Division I College Softball player for all 4 years.
Advise: ALWAYS smile! Life is a roller coaster so enjoy the ride! 😊

Kyle Snyder

Hometown: Brockport, NY
Current School: Canisius College (Buffalo, NY)
Fun Fact: Giraffes are my favorite animals!

Advice: Remember that you have enough power within yourself to make a difference. "We do not need magic to change the world. We carry all the power we need inside ourselves already: we have the power to imagine better.” - JK Rowling

Program Coordinator

Anne Continetti

Hometown: Binghamton, NY
Current School: Canisius College (Buffalo, NY)
Fun Fact: My dad sells school busses.

Advice: In the words of the great philosopher Taylor Swift, "Don't you worry your pretty little mind, people throw rocks at things that shine..." Don't be concerned with other people's perceptions of you, just do what makes you happy!
This week on campus...

**Monday**
WRITING WALK-IN SERVICE- 7-10pm, 2133 Balch Hall
MATH TUTORING SERVICES- 7-9pm, 2132 Balch Hall

**Tuesday**
COMMUNICATION AND COLLEGE SUCCESS- 6:30-8pm, Balch Unit 1 Lounge
WRITING WALK-IN SERVICE- 7-10pm, 2133 Balch Hall
MATH TUTORING SERVICES- 7-9pm, 2132 Balch Hall

**Wednesday**
LEADERSHIP WORKSHOP- 8pm, Donlon Formal Lounge
WRITING WALK-IN SERVICE- 7-10pm, 2133 Balch Hall
MATH TUTORING SERVICES- 7-9pm, 2132 Balch Hall

**Thursday**
COMMUNICATION AND COLLEGE SUCCESS- 6:30-8pm, Balch Unit 1 Lounge
WRITING WALK-IN SERVICE- 7-10pm, 2133 Balch Hall
MATH TUTORING SERVICES- 7-9pm, 2132 Balch Hall

**Friday**
TOGA PARTY- 8-11pm, Donlon Formal Lounge

**Saturday**
SENECA FALLS TRIP- 9:45am, High Rise #1 Bus Stop

**Sunday**
TREMAN STATE PARK TRIP- 10am, High Rise #1 Bus Stop
WRITING WALK-IN SERVICE- 7-10pm, 2133 Balch Hall
MATH TUTORING SERVICES- 7-9pm, 2132 Balch Hall
To the students

My name is Karli Buday and I am the Program Director for the Summer College Program. I have been working in Summer College for the last 4 years and I can safely say that this is one of the best programs in the United States and we are happy to have all of you here. During your time at Cornell, you will meet new people and create new memories. But it is important to remember why you are here. You have been given a great opportunity and while we want you to have a great time, remember to study and work hard on all of your classes.

I encourage you to take advantage of every opportunity you are given this Summer and if you have any questions or would just like to introduce yourself, my door is always open and there is always someone nearby ready and willing to help.

Enjoy your summer and welcome to Cornell.

Follow Summer College

Facebook: https://www.facebook.com/cornellsummercollege
Twitter: https://twitter.com/CUSummerCollege
Instagram: https://instagram.com/cornellsummercollege
Follow Cornell University: https://www.facebook.com/Cornell
Use the hashtag #cornellsummer and #cornellsummercollege

Important Numbers

Cornell Police: 607-255-1111
Blue Light Escort: 607-255-7373
Gannett Health Services: 607-255-5155
Cayuga Medical Center: 607-274-4011
Convenient Care: 607-274-4150
CAPS (Counseling & Psychological Services): 607-255-5208
EARS (Empathy, Assistance and Referral Service): 607-255-3277

Join the Summer Times

Love to write or take pictures? Want to meet new people? Join the summer Times! Meetings every Mondays and Tuesdays from 5-6pm in Balch Unit 1 Lounge. Email Mary Melati (mam542@cornell.edu) for more information.