

THE REBEL GUIDE

Orientation

SUMMER 2023



Photo by Colin Kennedy
B.S. Biology, Class of 2026

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WELCOME TO THE *Ole Miss Family!*

Congratulations! If you're reading this, it means that you've either graduated high school or are close to achieving that milestone. You also might be transferring to our campus from another. It also means that you've chosen to spend the next two to six years of your life at one of my favorite places on earth.

As my time at the university wraps up, I'd like to share three quick pieces of advice with you — not that I'm the expert or anything.

1 Get involved as much as possible — but don't go overboard. Different organizations help you to see different parts of this university, and this is a place where you want to experience as much as you can. If you're becoming overwhelmed, it's probably because you have too much on your plate. Remember: it's okay to not do everything. Your experience here will be as great as you want it to be. Find the things that make you happy and do those things.

2 Go to class and talk to your professors. We're all adults now. You are solely responsible for going to class and learning the material to grow academically and pass your courses. When you have an issue with anything class-related, talk to your professors. They want to hear from and help you in any way they can. However, even in your adulthood, please understand that your professor is not your friend. Please don't send them emails that resemble texts that you'd send to your friends.

3 Find your people. No matter where you are in life, you need people. Your experience here (or anywhere for that matter) will become ten times better once you find the people you want to have relationships with. They will be your biggest supporters (and critics). When you fall down, they'll be there to pick you up, and that's something you'll always need.

The biggest piece of advice I have? Don't forget to do the fun things too. Go to dinner with your friends. See a movie at the theater every once in a while. Or go see a concert in the Grove. Those are the things you'll remember, and the things you'll miss the most. You'll hear this a million times before you start college and while you're in college, but it's true: the time goes very quickly.

My time here has been nothing short of amazing. I've met some of my favorite people on this campus. I found another place that I can call home, and for that, I'm forever grateful. I hope that at the end of your time here, you feel as warmly about this university as I do. You're in a place that offers a quality education, a friendly environment, magnificent Southern culture, and the legendary Grove. So I'm confident that you won't regret your decision to enroll at the University of Mississippi. Make the best out of these next four years. You'll be better for it.

Wishing you all the best,

Rabria Moore

Ole Miss Class of 2023
& former Editor-in-Chief of
The Daily Mississippian



Are you ready Rebels?

Although you've probably heard it a million times from friends, family members and people your mom knows on Facebook: congratulations! You're now an Ole Miss Rebel and about to start a brand new chapter of your life.

While this is exciting, it can also be overwhelming. We both remember our first week being filled with packets upon packets of information, figuring out how to read the campus map, and trying to remember the distinction between Flex and Express Dollars.

While you may not know where to start, the Rebel Guide is here to help. From great places to eat to finding a perfect study spot, some of the key information you need can be found here! As you dive into this new world, keep this guide as a reference.

In addition to that, keep in mind that when you come to Ole Miss, you become part of a family. Everyone on campus is here to help you succeed. If you have a question that isn't answered here, someone else on campus is bound to have an answer. Don't be afraid to reach out and make connections.

Here's to a new school year!

Hotty Toddy!

*Kharley Redmon
and Will Jones*

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How to make friends as a college freshman at Ole Miss

Lily Gisclair

If your college decision has led you to the University of Mississippi, you may already be wondering about how to make new friends. While immersing yourself in an entirely new living space can seem daunting, UM provides many ways for new students to connect with each other.

One common route is Greek Life. While you can certainly find your second home this way, a common misconception among new students is that you have to be in a sorority or fraternity to make friends. This is wholly untrue, and if you don't feel like the Greek path is for you, there is absolutely no need to worry.

Attend Campus Events

For starters, UM hosts many events throughout the year. During your first week of freshman year, go to one or two. The purpose of these first week events is for freshmen to mingle and meet students that are in the same position as them.

Join Clubs

Additionally, there are plenty of clubs and organizations to join.. From intramural and club sports to theater and the arts, there is something for everyone.

If you have any interest in any of these clubs, just join! Most new students are hesitant to sign up because they're not sure if they'll like it, but most groups allow you to try the club out before committing to it.

This is an excellent way to meet new people who also have similar interests to yours.

Talk to your Classmates

A seemingly obvious way to make friends is by simply going to class. Introduce yourself to the person sitting next to you, and don't be intimidated to start a conversation with your classmates. This is how you can find people that you may end up being friends with for the rest of your college experience.

Meet Your Neighbors

You can also apply this strategy to living in the dorms. Introduce yourself to your neighbors. This is an easy way to find new friends, and also extremely convenient. Everyone in your dorm is in a new environment and looking for friends just like you.

Overall, don't be afraid to put yourself in a new environment and try new things, that is what college is all about!



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Mental Health is Important, Too

At the University of Mississippi, we care about and value the overall wellbeing of all of our wonderful students. Mental health is just as important as any other health, so we've compiled a list of on campus resources that can help.



University Counseling Center (UCC): Has a “team of dedicated professionals who strive to offer the best care possible in an atmosphere of caring respect.” At UCC, individuals can complete individual, group or couples counseling.



William Magee Center for Wellness Education: “Offers a supportive and inclusive environment for students to meet with a wellness staff member.” The center works with four key areas of wellness: substance safety, sexual wellness, mental wellness and physical wellness. In terms of mental wellness, the center will work to provide students with coping skills needed to manage stress and anxiety.



Clinic for Outreach and Personal Enrichment (COPE): Offers free mental health counseling to members of the Oxford community and to faculty, staff and students at the university. Counselors at the clinic are second-year graduate students who are supervised by licensed counselors and faculty.

Navigating the culture of college can be tough. As you face new challenges in the classroom, you are also adjusting to new freedoms and responsibilities, forming new relationships, and questioning what your future will be. Know that you are not alone as you travel along this pathway.

The William Magee Center for AOD and Wellness Education is here to support you and your unique needs, whatever they are and whenever they occur while you are at Ole Miss. We can help you learn to balance the physical, mental, social, spiritual, and intellectual dimensions of your life. We want you to do more than earn a degree. We want you to become a Healthy Rebel for Life.



Ole Miss

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Clay's Take

CAN'T-MISS PLACES TO EAT IN OXFORD

Clay Hale

Coming from a small town with only a handful of places to eat, Oxford felt like food heaven when I first started my time at the University of Mississippi. Whether it be a diner that reminds you of homemade cooking or a distinguished breakfast spot that fulfills your pancake needs, Oxford's got it.

With no further ado, here are ten of my favorite places to catch a bite to eat in Oxford:

1. Ajax Diner

Ajax is home for your belly. When I miss my Mama's homemade cooking, I know the next best thing to going home for dinner is going to Ajax on The Square. Do yourself a favor and request cornbread when they ask what bread you want. You won't regret it.

2. Lost Pizza Co.

If you're looking for a good slice of pizza, Lost Pizza Co. is the way to go. It's trendy and delicious.

3. Venice Kitchen

Venice Kitchen is a great place to grab a bite on The Square. If you can imagine Olive Garden but ten times better in both food quality and restaurant ambiance, then you have Venice Kitchen.

4. The Oxford Creamery

Picture this - you're walking on The Square on a warm, sunny day and land upon a craving for the best tasting ice cream you've ever had before. The Oxford Creamery can suffice this tummy request.

5. Handy Andy Grocery

I'm going to make a large statement and say

that Handy Andy has the best burger in town. No contest. It's away from the loud part of town, too, so you can enjoy a meal with your friends in peace.

6. Oby's

I grew up going to Oby's either before or after Ole Miss football games, so this one might be a little biased. However, Oby's has service quicker than the speed of light. The fried chicken platter isn't bad either.

7. Cook Out

I probably wouldn't take a date to Cook Out, but if you're looking for a place to make memories that last a lifetime while enjoying cheap, yet enjoyable food, the Cook Out drive-thru is the way to go. I recommend going after Midnight - those are the best Cook Out runs.

8. South Depot Taco Shop

South Depot is heaven. You can create a taco, or burrito, or quesadilla, or nacho dish. The possibilities are endless and delicious at South Depot Taco Shop.

9. First Watch

Clean in both vibe and quality, First Watch provides us breakfast lovers with the menu of a lifetime. Don't miss out.

10. Kabuki Sushi Bar & Hibachi

There's a reason Kabuki is always busy - it's downright delicious. Sushi lovers can get a mouthful of joy and hibachi enthusiasts can receive a world full of happiness.



Photo by Billy Schuerman

REBEL QUIZ

Kharley Redmon and Will Jones

1. What are the food delivery robots called?

- Hungry Helpers
- Lightning Fast Foodies
- Starships
- Rebel Robots

2. When did James Meredith integrate the university?

- 1959
- 1960
- 1961
- 1962

3. Why is the campus speed limit 18?

- Archie Manning
- Eli Manning
- Peyton Manning
- Cooper Manning

4. What is the name of Lane Kiffin's Dog?

- Rebel
- Buddy
- Juice
- Manning

5. Which of these is a freshman tradition?

- Chicken on a Stick
- Rebel Run
- Going to the Library
- Ordering food from a robot

6. What do we call the football game against Mississippi State?

- Egg Bowl
- Sugar Bowl
- Peach Bowl
- Fiesta Bowl

7. Which of the following is not a game day color?

- Powder blue
- Red
- Navy
- Black

8. Who is our first opponent in the 2023 football season?

- Bama
- Tulane
- Mercer
- Arkansas

9. What type of animal can you find in the Grove?

- Squirrel
- Turtle
- Raccoon
- Mink

10. What year was the University of Mississippi founded?

- 1897
- 1902
- 2005
- 1848

1. Starships, 2. 1962, 3. Archie Manning, 4. Juice, 5. Rebel Run, 6. Egg Bowl, 7. Black, 8. Mercer, 9. Squirrel, 10. 1848

Tailgating in OXFORD

The Grove has been tagged as the bucket list, must do, don't miss out, and top-ranked College Tailgate of America. Recruitment, Parent's Weekend and Homecoming are all major events that happen during football season and all are great reasons to come back to Oxford. The hospitality is like no other and there is no wrong way to tailgate! Gather a group of friends or a couple of families and tailgate in The Grove this year!





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Take it to the Grove Tailgating Company is an "Ole Miss Vendor Approved" organization. We are an industry leader that works to provide the best game-day atmosphere in America. We work all night arranging tents, tables, chairs, coolers, carpet, fans, heaters, lighting, storage boxes, TV and any other gear to be ready when the sun rises for another beautiful football Saturday in Oxford.

We set the bar high. We strive to serve our customers with a company that provides an "all inclusive" feel that makes tailgating easy. We want our customers to be able to sit back and relax. We are known for providing the classic set up all the way to the most elaborate, we cater to fit your style!



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How to stay active at Ole Miss

Aaron Barrow

Sports are an important part of student life at Ole Miss. Students and faculty alike are always abuzz about upcoming football, basketball, or baseball games throughout the school year. While it is no secret that we love to cheer on the Rebs, you may be looking for a way to stay active yourself. Ole Miss has many options for all your exercise needs.

Intramural Sports

The University of Mississippi offers a wide array of intramural sports that are sure to please most sports fans. In fact, the term “wide” is quite the understatement. While the usual suspects are provided, such as baseball, basketball, and football, the University has no qualms with venturing out into the slightly more obscure activities. Battleship, spikeball, and kickball are just a few of the more peculiar options that are available. Intramurals are not only an opportunity to stay active, but also a way to build new relationships.

Those who desire nothing more than some light athleticism would likely be better suited for recreational teams, while those who are more comfortable in their abilities could try to venture into the competitive league.

Regardless of which way you decide to go, there is a guarantee that you will gain something from the experience as a player.

Recreation and Work Out Centers

Intramural sports aside, there are plenty of areas on campus available for athletic use. The Turner Center is one of the most popular locations on campus. Located in the Turner Center is a plethora of equipment, a basketball gym, a running track and a pool.

There is no shortage of gyms on campus as both the South Campus Recreation Center and Oxford Activity Center also include large gyms that are in use by students day in and day out. The latter even features a couple of tennis courts if that is more up your alley.

In short, there are multiple opportunities for Ole Miss students to hone their skills on the court or field of their choice and stay active.

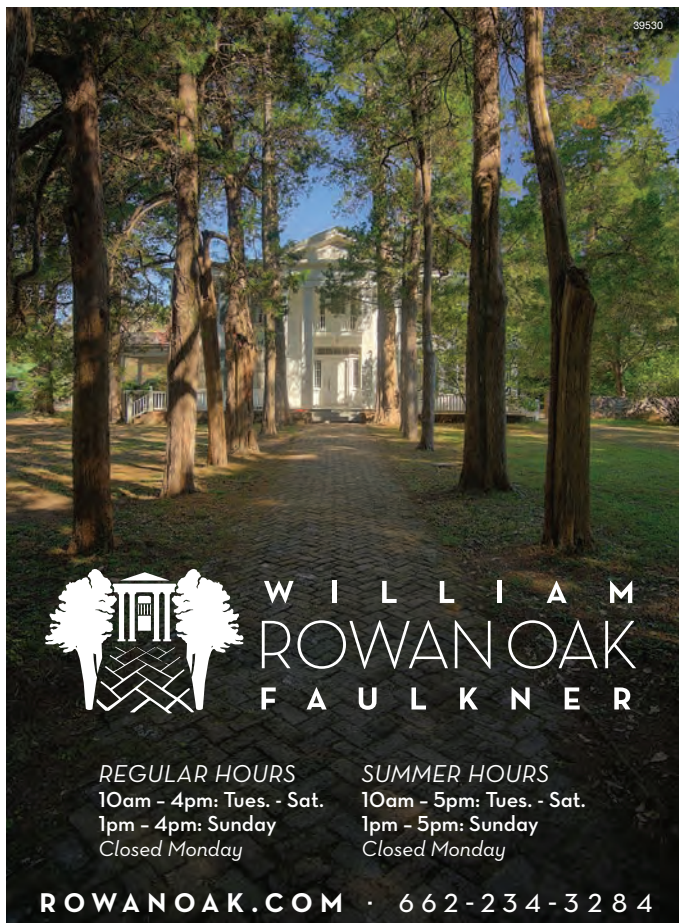
For more information regarding intramural sports on campus, visit the IMLeagues website, www.imleagues.com.



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THERE'S NO PLACE LIKE HOME

Brittany Kohne

Homesickness is a common distress many college students experience throughout the school year. Whether you are from Corinth, Mississippi, or St. Louis, homesickness comes in all shapes and sizes. As an out-of-state student, no matter how welcoming southern hospitality feels, I will always miss my St. Louis upbringing.

Now this is not to say that students from Mississippi do not feel homesickness, as well, but for students coming from an area where southern lingo is not common, campus conversations can be extremely daunting and almost isolating. Encountering a different fashion sense – compounded by a lack of thrift stores in which to shop – also made me feel alone and outcast. But my biggest problem was that I pushed southern culture and people away, instead of embracing them.

Once I allowed myself to open up to southern culture, I realized that maybe my heart did have a little room for Mississippi.

My freshman year, I did not see my family very often. St. Louis was five hours away, and I was just not willing to drive that far for a weekend trip. I called my parents and my friends and that worked to ease my homesickness. I am very lucky to have some of my family live here in Oxford. If it wasn't for them, integrating into the Oxford community and culture could have been more difficult.

It took me until second semester to fully immerse myself into Ole Miss. I joined a dance club. I got involved in my church, and I even applied to work for The Daily Mississippian (how I am talking to you today). From there, I met even more phenomenal people. I even found a fellow midwesterner! Shout out to Zach Spooner.

Fast forward two years, I am now a junior, and I have truly gotten to experience southern culture and met amazing people from all around the south.

My biggest tip for you is to embrace your feelings and experiences in this new place. College is where you are exposed to so many different people and cultures, and you begin to appreciate all that the world has to offer you.

Some ways I incorporated St. Louis in Mississippi was exposing my friends to my favorite things. Whether it be T-ravs, bread-sliced bagels from Bread Co. (Panera) or asking them what high school they went to, knowing full well I had no idea where it was located, I would bring a sense of home to Oxford and my friends would bring a sense of their home to me.

In the end, Oxford will be your home for the next four years, but it doesn't have to be your only home. Embrace the change, remember where you came from and be open to teaching others about your life, and listen to what others have to say about theirs.



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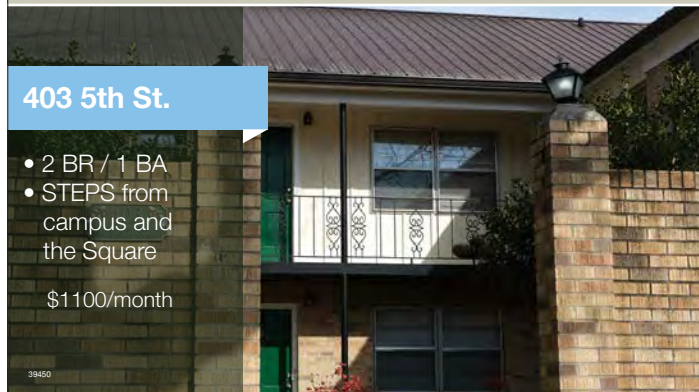
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Songs to make you feel at home

Clay Hale

It can take awhile to feel at home upon arriving at college. New friends, new classes, new routines - it can become overwhelming. Here are 11 familiar songs to make you feel at home:

“Home” by Phillip Phillips

The American Idol winner offers “I’m gonna make this place your home” with the help of a stringed companion and raspy vocals. It feels like he’s performing right in your dorm.

“Homeward Bound” by Simon & Garfunkel

This throwback track is about the soldiers of World War I making their return back home. It can make those sitting on the comfort of their futon appreciate what they have a little more.

“Golden Hour” by Kacey Musgraves

Picture it - you’re dancing with your partner as beams of the sunset sink down on a rising love between two romantics. This Grammy-winning Album of the Year title track plays in the background.

“My House” by Flo Rida

In contrast to the sultry, sensitive tracks around this one, this song amplifies emotions of welcoming guests into your new home. “Welcome to my house.”

“The Sound of Being Alone” by Tenille Townes

Competing with only Charlie Puth for best use of random sounds in song loops is Tenille Townes on this washing-machine-infused track. One listen to a song about being alone, and you suddenly don’t feel by yourself.

“Need You Now” by Lady A

I’ve covered romance, hospitality and contentment - but an article on the emotions of feeling at home wouldn’t be complete without a song that embraces sad reminiscence. The country trio feel like they’re at home in this song. It feels like a comfortable, beautiful pain.

“Leave Me Again” by Kelsea Ballerini

Closing off her divorce EP, Ballerini grapples with new beginnings and unpacking boxes. Here’s to new beginnings.

“Getting Good” by Lauren Alaina

“Once I get a house that I can hang my hat on // I bet I’ll wanna build a bigger one if I could,” Alaina sings on this

ballad about being happy with what you have. She realizes life’s already good with the house, car, job, income and relationships she has.

“Alright” by Darius Rucker

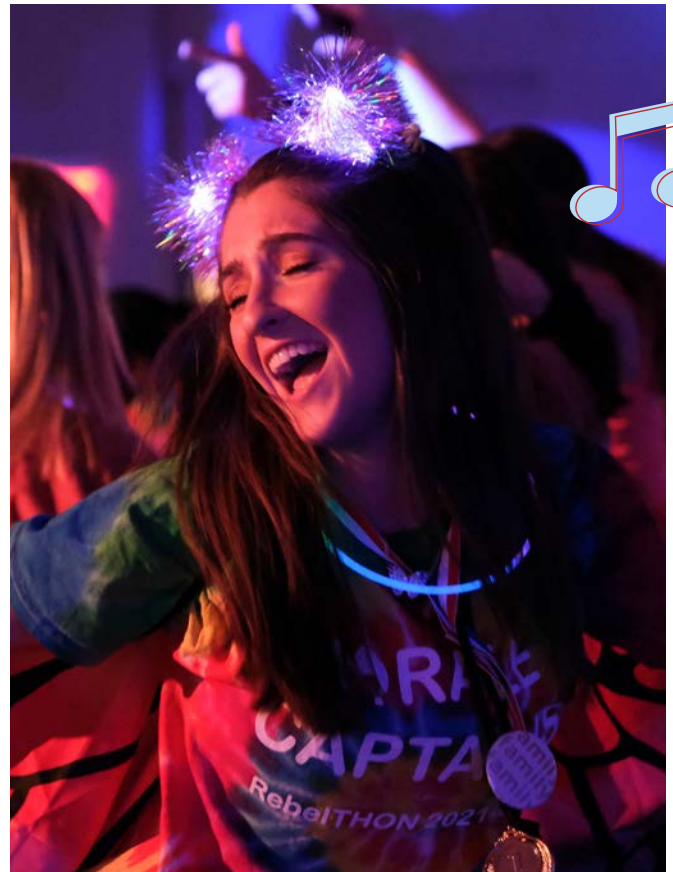
Rucker sings about having a roof over his head, and he realizes he’s doing alright in life. This country jam continues a trend of songs about being happy in your home.

“Shake It Off” by Taylor Swift

When I think of any mischievous home alone scene in film, this song comes to mind. It just makes you feel good.

“Cupid Shuffle” by Cupid

This middle school dance classic can also become a family household classic if you allow your circle of family and friends to dance either in your dorm room or in a spacious floor lounge.



Famous Oxford/Ole Miss Sayings

Caroline Beach

HOTTY TODDY

If you have had any encounter with the University of Mississippi — whether it be in person, on TV or even through word of mouth — you almost certainly have heard the famous phrase Hotty Toddy. To be honest, there is no definite definition of the saying. It is, above all else, an exclamation of pride. We University of Mississippians exchange a friendly Hotty Toddy when walking around Oxford or even spotting someone — anywhere — in Ole Miss merch. It is meant as a hello, a commonality between two strangers. It can also act as an exclamation of joy. You can hear Hotty Toddy's echo through the crowds at any athletic event or around the Square. Hotty Toddy is a versatile way of taking pride in our university.

VELVET DITCH

This one can be a little tricky. Personally, it took me a good five months of nodding my head before I finally asked someone what it meant. The explanation, however, is rather simple. When a place is referred to as the Velvet Ditch, it means that it is considered such a comfortable environment that people do not want to leave. Basically, Oxford is a real life version of the Island of the Lotus Eaters.

LANE TRAIN

If you follow Ole Miss football, you know Lane Kiffin — the A-list,

media-star coach who swept into Oxford and whipped the team into shape, culminating in a Sugar Bowl appearance in Season 2. The Lane Train, with cheering Rebel fans on board, is speeding toward even greater success, and if you haven't followed Ole Miss football before arriving on campus, you'll want to get on board now.

ARE YOU READY?

When the Jumbotron lights up in Vaught-Hemingway on game day and the guest announcer asks the question "Are you ready?" that's your cue to start the stadium-rocking Hotty Toddy response. But that's not the only place you will hear the chant that's unique to Ole Miss. In the Grove, on the Oxford Square or even at Cook Out Burgers at 2 in the morning, be prepared to respond to the question with a robust rendition of Hotty Toddy.

PARTY IN THE 'SIP'

When Rebel football head coach Lane Kiffin wore a hoodie with #ComeToTheSip emblazoned on the front, the phrase, intended to attract recruits to the University of Mississippi, caught fire on social media. And now it's a catch phrase for just about any celebration at Ole Miss: We Run the Sip, after beating Mississippi State to claim the Egg Bowl trophy. Party in the Sip to promote the sports and entertainment events of Double Decker Weekend. Needless to say, Life in the Sip has never before been this cool.

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Fraternity & Sorority Life

Here at the Office of Fraternity & Sorority Life at the University of Mississippi, we serve over 7,900 affiliated students, representing individuals from across the country and around the world, we are a robust community of engaged scholars, leaders and community servants. Comprising of the Interfraternity Council, National Pan-Hellenic Council and College Panhellenic Association, we are proud to offer a variety of membership opportunities and a transformative experience for our members!



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National Pan-Hellenic Council
Website: nphc.olemiss.edu
Email: nphc@olemiss.edu
IG: @um_nphc
Facebook: University of Mississippi NPHC



THE UNIVERSITY of MISSISSIPPI

Panhellenic

“Our Panhellenic community consists of approximately 4,900 women across 11 NPC organizations. Panhellenic women at the University of Mississippi are empowered women who strive to create a positive, lasting impact, both locally and nationally. We offer opportunities to find a sisterhood that prioritizes your values and encourages you to aim for excellence in all of your endeavors—during your undergraduate years and beyond.”

- **Kasia Hosey, Panhellenic President**

“Our Panhellenic community is composed of eleven National Panhellenic Conference organizations that are filled with exceptional women who are involved in a variety of different capacities across campus and the Oxford-Lafayette community. Our Panhellenic community continues to be proud of our chapters that have empowering sisterhoods and encourage their members to strive for excellence and enrich their college experiences through service, scholarship, and friendship, just to name a few.”

- **Avery Myatt, VP of Recruitment**

Primary Recruitment Dates:

August 12th-August 19, 2023

Registration Costs:

May 1st-July 14th: \$150



THE UNIVERSITY of MISSISSIPPI

National Pan-Hellenic Council

“The National Pan-hellenic Council consist of 9 historically black fraternities and sororities. Currently, our community hosts 5 of the Divine 9 organizations with over 125 members that work to promote and uphold similar standards of Scholarship, Service, and Brotherhood/Sisterhood. NPHC’s mission is to promote unity and unanimity of thought and action as far as possible in the conduct of Greek letter collegiate fraternities and sororities and to work together bas on problems of mutual interest to its member organizations.”

- **Caitlyn Horton, NPHC President**

“Being a part of the National Pan-hellenic Council here at the University of Mississippi has allowed me to grow tremendously professionally and personally. I highly encourage you to participate in our semesterly “Meet the Greeks” week and the other various events that our council will be hosting, so that you will be able to discover more about the council as well as our individual chapters.”

2023 Greek Forum: TBD

2023 Registration begins: May 1st

Registration fee: \$20

“The Fraternity and Sorority community at the University of Mississippi has a rich history almost as old as the University itself. Our first chapter was founded in 1850, only two years after the University received its charter. Since then, there has been a strong tradition of excellence in our community that is apparent across our campus. Our core values have guided our fraternity system to become one of the premier Greek communities in the nation.”

- **Ashton William Heath, IFC President**



THE UNIVERSITY of MISSISSIPPI

Interfraternity Council

“IFC Formal Recruitment is the primary way Potential New Members, or PNMs, join our community each year. Coordinated by the Interfraternity Council’s Recruitment Team, this week-long process is structured around a series of rounds geared to allow PNMs to interact with our IFC chapters in a formal setting. We are excited to begin the Formal Recruitment process this fall, and we look forward to meeting each and every one of you soon.”

- **Beckett Abington, IFC Vice President of Recruitment**

Formal Recruitment Dates:

Friday, August 25th through Friday, September 1st

Formal Recruitment Registration Costs:

May 1st - May 9th: \$150

May 10th - June 30th: \$175

July 1st - August 24th: \$200

College Panhellenic Council

Website: panhellenic.olemiss.edu

Email: collegepanhellenic@olemiss.edu

IG: @umcph

Facebook: University of Mississippi Panhellenic

Interfraternity Council

Website: ifc.olemiss.edu

Email: ifc@olemiss.edu

IG: @univmissifc

Facebook: University of Mississippi- Interfraternity Council



PRACTICAL STEPS YOU CAN TAKE TO AVOID FRESHMAN YEAR BURNOUT

HG Biggs

Managing a new schedule in a completely new environment can be challenging. Not over-extending yourself is difficult, and a lot of the time we want to be as involved as possible and have a social life on top of keeping up with class work. So, here are some suggestions that have helped me mitigate the effects of burnout. .

Please do not spend all of your time during the week studying!

The fastest and easiest way to burn yourself out is to study without carving out time for your social life or rest. There is no shame in admitting that you can't handle the amount of work you originally thought you could. I also recommend making a daily schedule at the beginning of the week, budgeting your time appropriately, so you don't end up having to complete three or four major assignments on the same day.

Not all study techniques work for everyone

A lot of people talk about "treating college like a 9-5 job." Some of your teachers will discuss how you should be studying for their classes or in general. Don't disregard their advice immediately. However, do remember that every individual will process information differently and will have different schedules. Figuring out what works for you does take time. Some students can study for three hours straight and retain all of the information. Others can only study for 20-30 minutes before needing a break. Don't compare your studying to your friends and classmates. If you're studying, you're studying, and in my opinion your method doesn't matter as long as the work gets done and you are learning.

Set a bedtime

No matter how much work you have to get done, setting a regular bedtime is one of the best things you can do for your mental health and academic performance. You are giving

yourself a set deadline by which to complete your work for the day and the freedom to stop working even if you haven't finished everything you originally had planned.

Leave your dorm or place of residence regularly

Almost every Friday evening, my roommate and I would drive to Sonic to relax at the end of the week. We would get ice cream and cheese sticks and stay up late talking/joking. Having that time to look forward to motivated me to get my work done during the week.

However, don't limit time spent out of your room to Friday evenings. Take a walk around campus. The University of Mississippi wasn't named the most beautiful campus in America without cause. A quick walk around the Grove is the perfect way to get some fresh air between study sessions. A longer walk with a friend can help you relax and de-stress. Stretch your legs and back. Sitting for hours studying does not do wonders for your posture or muscles. Studying until you've forgotten if it was sunny or cloudy today is probably not the best for your mental health or productivity.

Work to not compare your performance to your classmates and friends

Almost everyone gives this advice, and it's difficult. In my opinion, it is also the most important. Everyone learns different topics at different speeds. Comparing yourself to your classmates is both impractical and in some cases impossible. If you consider yourself high-achieving or put a lot of pressure on yourself to get high scores on every assignment, give yourself a break. You do not have to get an A or a B on every assignment. If you already don't put that pressure on yourself, congratulations! Your mental health will be better for it. Learn your limits, even if you have to learn them by making mistakes.

So, make your schedule, take a deep breath, walk around the Grove and go to class well rested.

Must-have Apps for College



Instagram

Follow every Ole Miss page on Instagram to make sure you never miss anything. If there's something happening anywhere on campus or in the Oxford area, an Ole Miss page will tell you.



Blackboard

Use Blackboard to keep track of your grades. You can also see comments from your professors on your assignments. Professors also use this app for announcements.



GroupMe

Most classes have a GroupMe. Most organizations have a GroupMe. Download the app to keep in touch with your classmates and group members.



LinkedIn

Networking is one of the most important things to do in college, which is where LinkedIn comes in. Follow the University of Mississippi page on the app and connect with current students and alumni.



Mail/Gmail

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OXFORD + OLE MISS FESTIVITIES

Will Jones

Living in Oxford, one doesn't have to go very far to find unique artistic and cultural festivities happening year-round.

Oxford Film Festival (March)

The Oxford Film Festival just celebrated their 20th Anniversary with their biggest event yet. Every March, filmmakers from around the world gather to share their stories on several of the city's biggest and best screens. If you're a hardcore cinephile or just a casual movie lover, there will surely be something for you.

Oxford Conference for the Book (March)

The annual Oxford Conference for the Book welcomes dozens of authors, editors, publishers and book lovers over the course of its varied and diverse schedule. The event has welcomed the likes of John Green, Stephen King, John Grisham and many more over the course of its near-30 year history, honoring the rich literary history of Oxford and beyond.

Mississippi Day (April)

Mississippi Day is a free event open to the public, providing audiences a glimpse of the exciting things happening at Ole Miss. The wide-ranging activities include musical performances, campus tours, food vendors and more.

Double Decker (April)

Compounding on Mississippi Day is the annual Double Decker Arts Festival, showcasing some of the southeast's greatest artistic, musical and culinary work. The two-day event is open to the public and saw an estimated 100,000 people attend in 2022. Every Ole Miss student and family should mark their calendars for late April.

Oxford Pride (May)

The first week of May serves as Oxford Pride Week, organized by the Sarah Isom Center for Women and Gender Studies and many community partners. The festivities range from picnics to parades, all in celebration of the LGBTQ+ community.

Welcome Week (August)

The Ole Miss Student Activities Association leads the charge in Welcome Week activities. Annual favorites include "Silent Disco" in the Grove and "Late Night Bite" at the Union.

Homecoming Week (September / October)

The Student Activities Association also leads Homecoming Week. Students can ride the Mechanical Shark or watch a movie in the Grove, all in anticipation of Friday's parade and Saturday's home football game.

Oxford Blues Fest (October)

Audiences can gain a glimpse into Northern Mississippi's rich blues history and overall musical scene through the annual Oxford Blues Fest. You can listen to talented artists all weekend, or even bring your own instrument for a free "After Party Jam Session."

Christmas Parade (December)

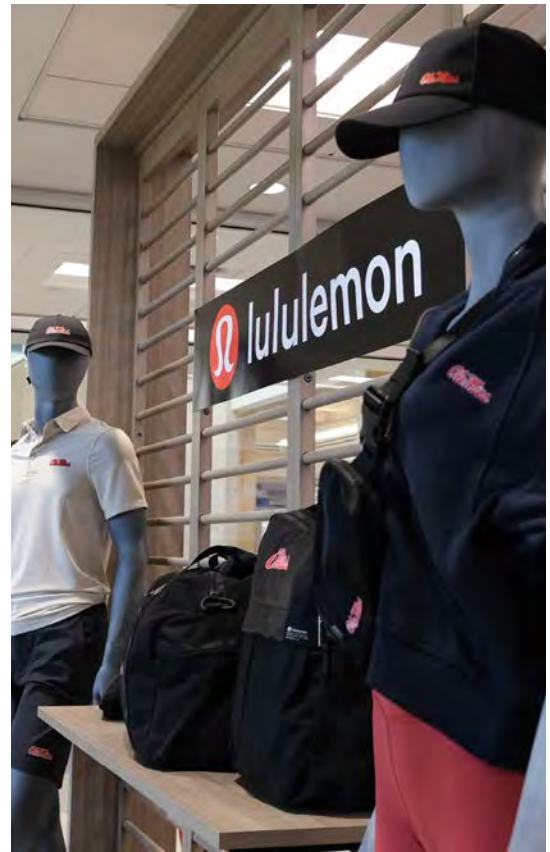
Few sights are as beautiful as seeing The Square illuminated by Christmas lights come December. What better way to close out the semester than with a cup of hot chocolate as the town comes together to kick off the holiday season!



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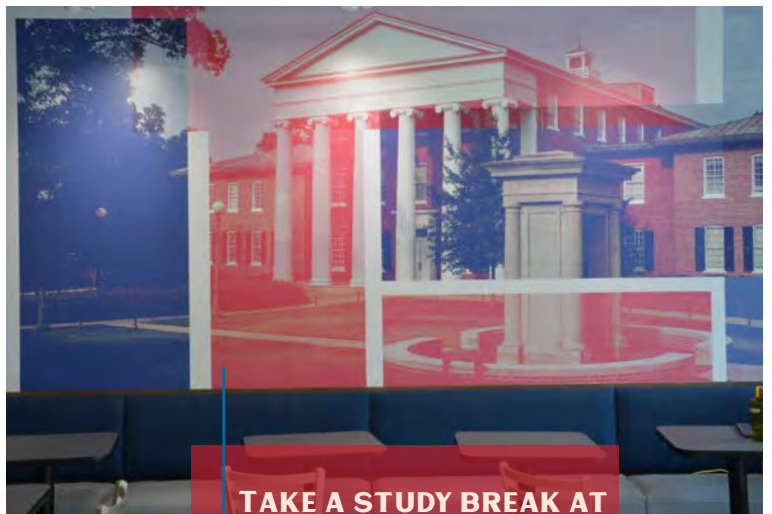


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Cleaning Counts

how to keep your new dorm sparkling

Lily Gisclair

Countless children around the nation are blissfully unaware of the daily tasks their ever-doting mothers and fathers complete for them. They enter their room to discover freshly folded laundry resting on the ends of their beds and don't think twice as to where that laundry came from.



These children grow into young adults and eventually move to the university of their choice.

Unfortunately for them, their parents don't join them.

The task of finding a first-time laundry machine, dishwasher or vacuum user at any college is almost too easy.

You may recognize yourself in this group and require a small refresher on cleaning as you approach your first-time living alone. If this is the case, you're in luck.

Although most are aware of the main tasks doing the laundry, sweeping and taking out the trash, many forget about things like dusting, cleaning the windows, clearing your desk and changing the bed sheets. These often-forgotten chores can be the difference between a well-kept dorm and an unclean one.

To make sure your dorm is clean, it could help to form a cleaning agreement with your roommate(s) right away. If the chores are divided, they can become substantially more manageable.

You can start by meeting with your roommates and evenly dividing the daily tasks. One way to make this fair is to make a schedule where chores are rotated daily or weekly. This way nobody is singled out to do the "best" or "worst" chore.

In addition to forming a cleaning plan, roommates should communicate with one another. If an individual is not cleaning up after themselves, or not carrying their own weight, all roommates should gather to have a non-confrontational, honest conversation about each person's responsibilities, to avoid any potential stress or conflicts.

For the individuals who have not had to worry about upkeep in the past, take it upon yourself to learn how to this year. Go into this new period of your life with a positive outlook and be prepared to clean.

FRESHMAN YEAR MOVIE ESSENTIALS

Aaron Barrow and Will Jones

Moving into a new home can be stressful, especially in college. Boxes to unpack, chores to complete, classes to prepare for — it can become a pretty daunting period in a young person’s life. Within this madness, there is a need for escape, a need for comfort. Movies are one of the many things to fill that need, and here are some suggestions for how to feel at home in your new environment.

“Sky High” (2005)

This American classic, produced by Disney, is the first movie we watched in our community lounge in the days leading up to Freshman year. “Sky High” provides a well-needed dose of nostalgia and light fun amidst the chaos of moving.

“Diary of a Wimpy Kid: Dog Days” (2012)

Similarly, the “Diary of a Wimpy Kid” films provide a sense of home and childhood comfort. “Dog Days,” specifically, captures the essence of summertime and is the perfect watch for when the season is drawing to a close.

“Paul Blart: Mall Cop” (2009)

Comedies are a great way to bond with your roommate(s) or to just provide yourself a laugh. Few comedies are as re-watchable as “Paul Blart: Mall Cop,” an endlessly quotable and enjoyable time for all ages.

“Lady Bird” (2017)

Greta Gerwig’s coming-of-age masterpiece, complete with the tagline “Fly Away Home,” is the perfect film for transitioning to college or for simply starting a new chapter in life.

“Toy Story 3” (2010)

“Toy Story 3” provides a melancholic, yet life-affirming view of transitioning from childhood to adulthood and how home is truly where the heart is.

“Monsters University” (2013)

Similarly, Pixar pulls at the heartstrings with “Monsters University,” capturing the vibrancy of college life. Through the lovable Mike and Sully, viewers will learn to broaden their horizons and discover a newfound sense of home, even if it wasn’t what you initially expected.

“Dead Poets Society” (1989)

This warm, autumn classic finds a ragtag group of

students in a prestigious preparatory school, led by the Oscar-nominated Robin Williams, as they learn to find a sense of home and belonging in seizing the day.

“Spider-Man 2” (2004)

Sam Raimi’s “Spider-Man 2,” in addition to being one of the best, if not the best, comic book films ever made, brings a stark maturity into the web-slinger’s world. Amidst the stress of moving in, transitioning to a new home and starting a new chapter, the lessons Peter Parker learns throughout remain relevant and profound in any stage of life.

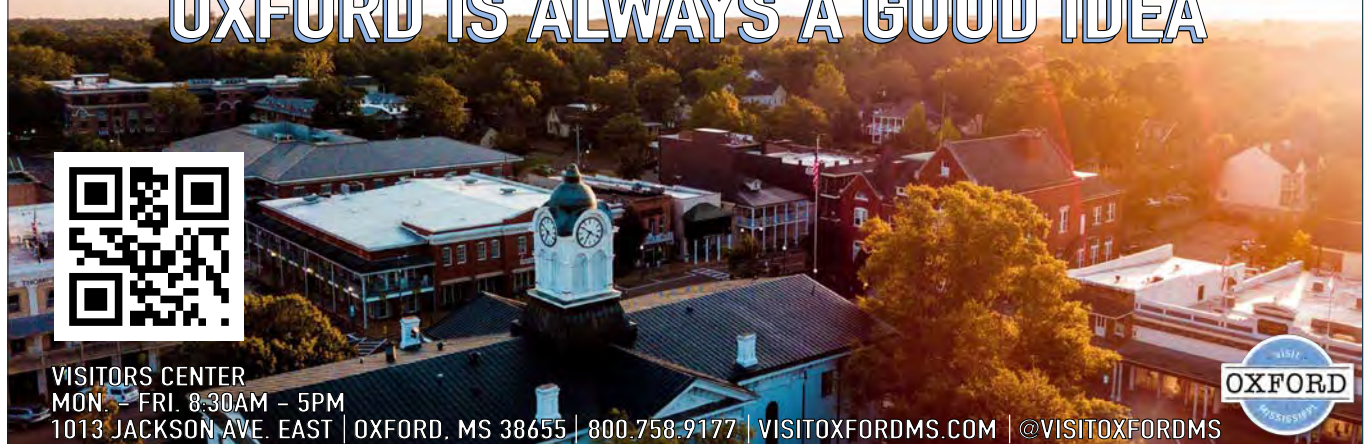
With great power comes great responsibility, and we feel it is your responsibility to watch these 8 films when entering this amazing new phase of life.



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Best Study Spots on Campus

Kharley Redmon

Calm and quiet, bustling and loud, with friends, by yourself. Everyone studies differently and finding a spot on campus that suits your study style, makes you comfortable, and helps you focus is crucial to freshman year success.

Here are five diverse study spots on campus that might just be the key to your academic success.

The Student Union

If you like mild background noise while you study, the second floor of the Student Union is for you. With a wide variety of seating and plenty of tables to work at, the Student Union is a great place to work on your own or with a group of friends. You can even grab a bite to eat while you're at it.

The Library

This one might seem obvious, but many students often overlook all that our library has to offer. The smell of books, proximity to Starbucks, study rooms, and hide-aways make for a great place to absorb yourself in the day's work. In addition to this, the library has many floors and each has a designated talking level. If you're looking to work with a group, the first floor is for you. If you're looking for somewhere to whisper, the second floor might be your jam. If you're looking for a completely silent space, try the third floor, mezzanine, or graduate areas.

The Grove

is a personal fall and spring favorite of mine. While there are tables and benches throughout the grove, I recommend bringing your favorite picnic blanket, spreading out your study supplies and snacks, and putting on some study tunes to maximize your Grove experience.

The Bryant Gallery is one of the most underrated study spots on campus. With big armchairs and work couches, it makes for perhaps the most comfy study experience. I like to go here on rainy days with a hot tea and live out my dark academia dreams.

Lamar Hall

If you're a freshman, you're more likely than not going to have a class in Lamar Hall. The good news is that there is plenty of space to study before and after those classes. There is also a P.O.D. in Lamar to satisfy your snacking needs. Grab a Peace Tea and get to work before that economics lecture!



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⇒ SUMMER MISSION OPPORTUNITES NATIONALLY AND GLOBALLY

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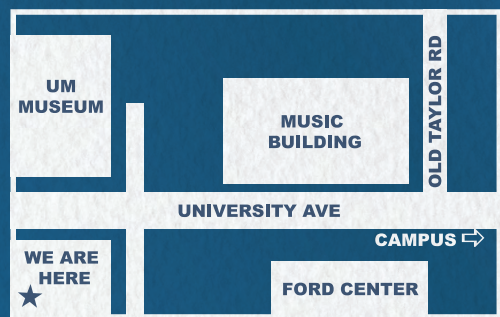
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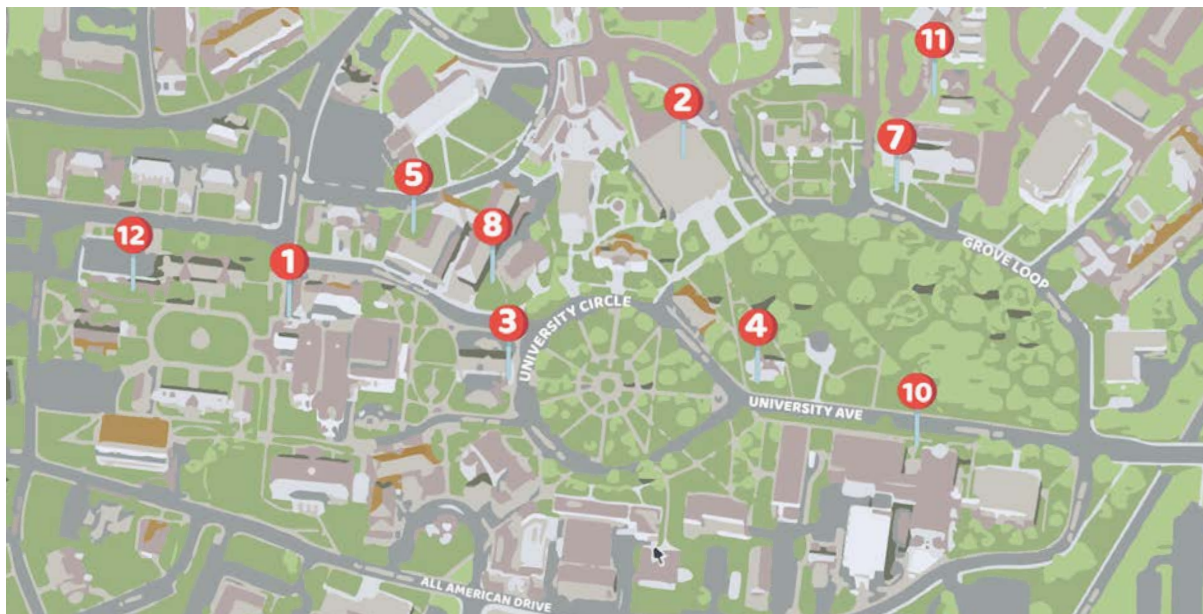
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CAMPUS MAP



1. J.D. Williams Library
2. The Union
3. The Lyceum
4. Ventress Hall

5. Conner Hall
6. School of Applied Sciences
7. Farley Hall

8. Holman Hall
9. Brevard Hall
10. Thad Cochran Research Center

11. Honors College
12. Rebel Market

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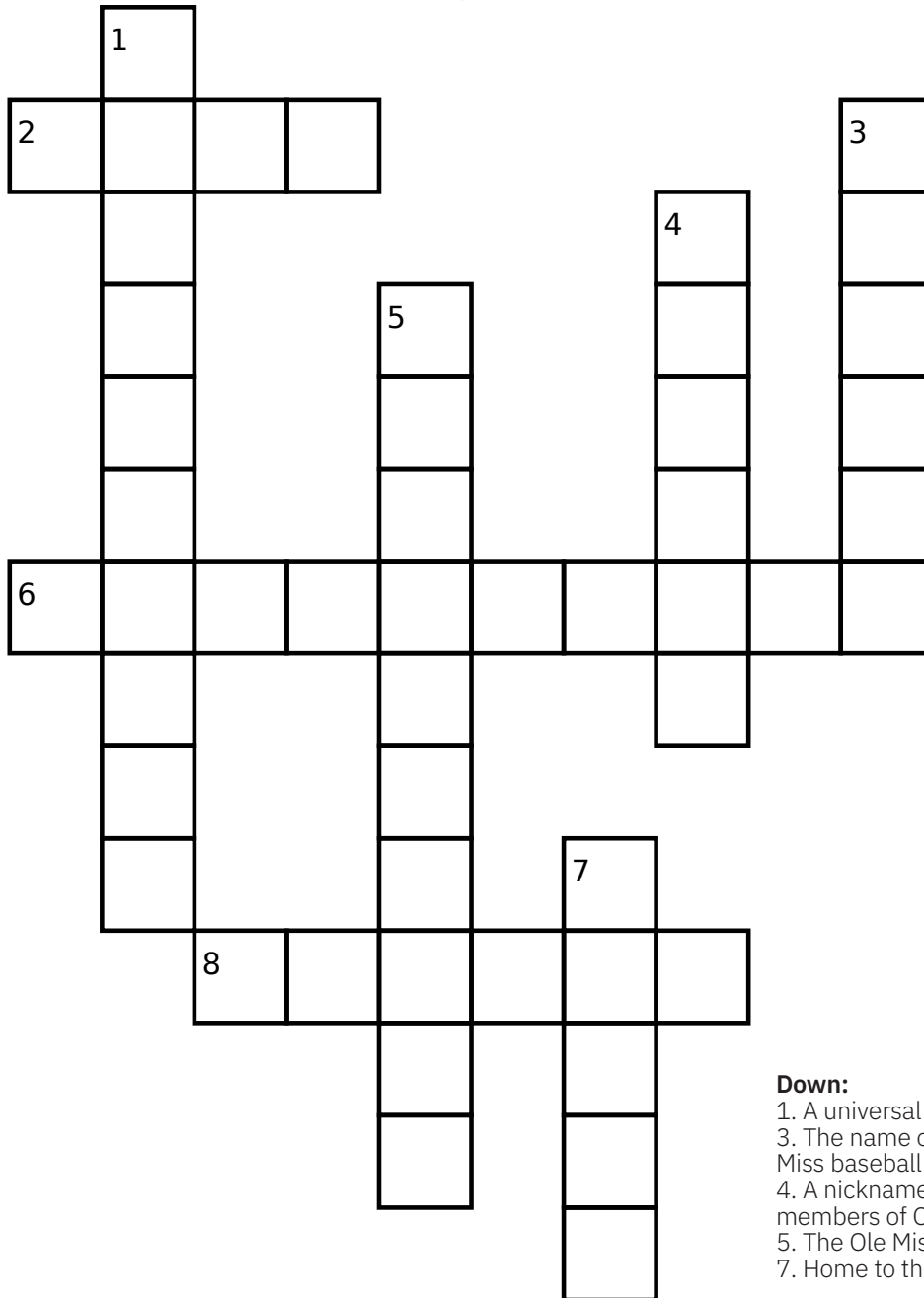


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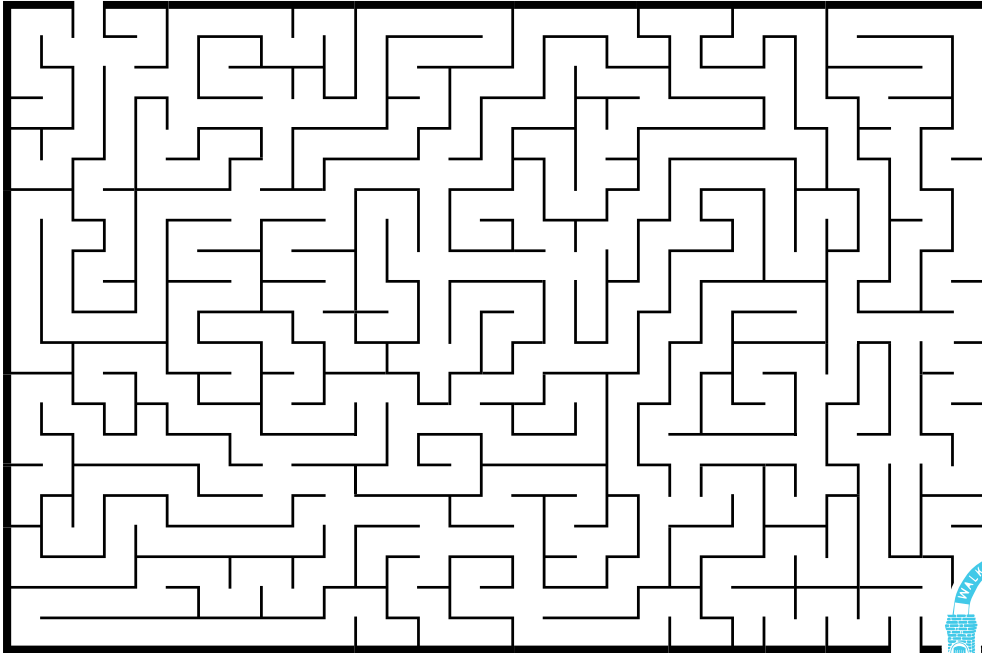
Down:

- 1. A universal Ole Miss greeting
- 3. The name of the Ole Miss baseball field
- 4. A nickname for the members of Ole Miss
- 5. The Ole Miss head football coach
- 7. Home to the squirrels of campus

Across:

- 2. The name of the Ole Miss mascot (he is a land shark)
- 6. One of the game day colors
- 8. The home of the University of Mississippi

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SEPT. 23 @ Mississippi State	SEPT. 30 LSU	OCT. 7 @ Ole Miss
OCT. 21 @ Auburn	OCT. 28 Vandy (Homecoming)	NOV. 4 Texas A&M
NOV. 11 @ Georgia	NOV. 18 LA-Monroe	NOV. 23 @ MS State

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