

HOW-ARD



A FIRST YEAR
SURVIVAL GUIDE

VOL. 3

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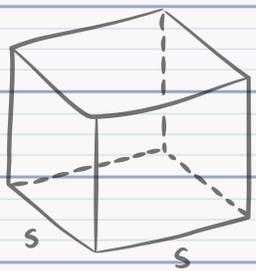
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Y'all got this!



Welcome to Howard!

Bison, we are back with Volume Three, and this time, with special help from the Howard University Student Association! For those who aren't familiar with the first volume, this project was inspired by the setbacks and obstacles that many Howard students experience their first year. The goal of this guide is to use both common mistakes and successes to guide students through their First Year of college and help them reach a healthy balance that ensures scholastic and social success. Let's get started!



$$V = s^3$$

$$\frac{\sqrt{b^2 - 4ac}}{2a}$$

How to Ace Bison Week

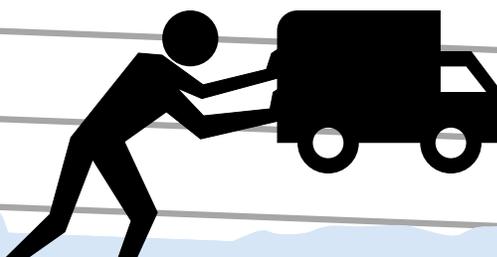
(A+)

Dedicated to the incoming class of baby bison, Bison Week is the time to get accustomed to your campus, make friends, and situate yourself in the foreign environment that will become your home for the following months. Here's how to navigate it!

1

MOVE IN

Dont freak out! Move-in is always a hassle at Howard University. This is why packing is so important. Make sure you have your things compartmentalized in easily movable bins and containers to ensure an easier move in process. Expect move-in to take up to three or more hours!



How to Ace Bison Week

(A+)

2

SAYING GOODBYE

It can be hard saying goodbye to the friends, family, and guardians who help move you in, but it will help if you savor every last moment with them despite how stressful the process can be. Make sure you capture your pinning ceremony with them!

3

THE WEEK

There will be events on campus for each day of Bison week hosted by various organizations. Go to them! This is an amazing time to meet new people, get to know various E-Boards and have FUN! My Freshman Week was filled with movies on the yard, carnivals, food trucks, and games.



Bonus Tips



Bison week can be socially draining and intimidating if you are going into it alone. **GO OUTSIDE!** Use summer groupchats to grow accustomed to your peers. Use Bison EWeek to turn those connections into friendships and broaden your social bubble.



BRING BUSINESS CLOTHES!

No matter what school or college you belong to, you will have to wear business attire at least once a month. Additionally, there will be Freshman targeted organizations on campus whose interviews, application processes, and informationals require that attire!



Download your Insurance Card!

Freshman Week is the time that a lot of baby bison get sick, and given the pandemic, it is better safe than sorry! Use this [link](#) and login to access your insurance card before getting on campus.

2022-23

BISON WEEK

MONDAY	15	TUESDAY	16	WEDNESDAY	17	THURSDAY	18
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MEET THE REPS (1-3PM)	YARD TALK (5-7PM)	REP YO CITY (5-8PM)	BLOCK PARTY (4-8PM)
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FRIDAY	19	SATURDAY	20	SUNDAY	21	MONDAY	22
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TASTE OF HOWARD (7-11PM)	ALL WHITE PARTY (7-11PM)	FIRST DAY OF CLASSES
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How To

GET AROUND

DC

It is not as hard as it seems..

At first glance, Howard University will seem vast and complicated. The key? Practice. Take Freshman week to explore how to get to and from your classes and try different routes each day to pinpoint which is the shortest and more efficient. This will make it easier to navigate the campus as a whole. Once you've identified the easiest way to get to your classes, the next step is using that information to get everywhere else.

One thing to always keep in mind is that Howard University is an open campus. This means that it is intersected with busy streets and surrounding DC neighborhoods, restaurants and other businesses. This can be quite scary, and it is always important to play it safe. You should always walk in groups, never walk the reservoir alone at night, and always make sure to check in on your friends! This is where the BISON SAFE app and your POM comes into play. The app will help you navigate campus while your POM allows you to request a walking buddy, and ensure you're safe as you navigate from place to place.

01 Scooter Services

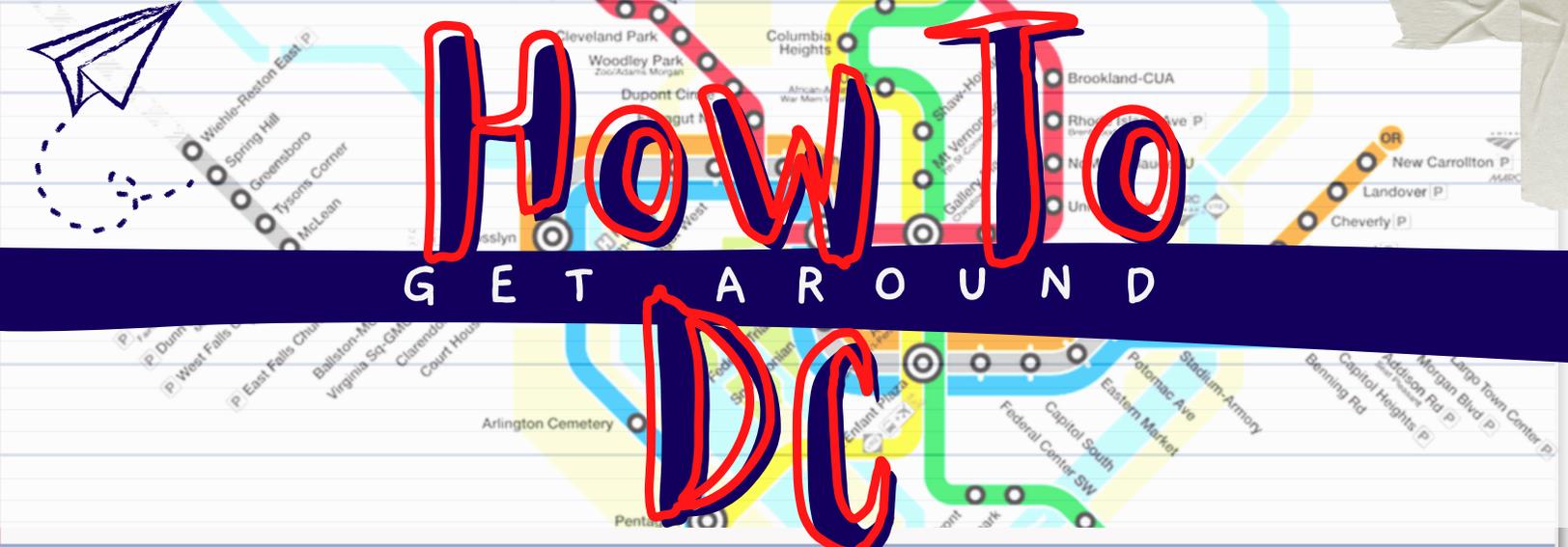
There are electric scooters lining the entire campus. Sometimes the distance is long and the scooter can help!

02 The Yard

The hub for all social life and navigation. There will always be someone on the yard to help you and if all else fails, go there. Just don't walk on the grass.

03 The Shortcuts

Need to get to The Quad from Chipotle? The Valley. Need to get to the Metro? Walk through the Howard Hospital vehicle area. Thank me later!



How To

GET AROUND

01 Metrorail Services

This is DC'S Regional Subway system. It has six color coded lines that are easy to follow and simple to navigate. Keep in mind, the Metro shuts down before midnight during Sunday through Thursday and at 1 a.m. on the weekends.

02 MetroBus

The Metrobus is harder to navigate than the Metrorail because you never know whether the bus will be on time. The plus? Transportation on the bus is free for Howard University students as long as you show ID.

03 Car Rental

Many people resort to zip car and other car rental services when navigating around DC for events or weekends out. This is the most efficient way to travel but most companies have age requirements and other restrictions.

04 Shuttle Services

Howard University has their own shuttle services. The shuttle is free and can take you to the Target area and back.. It also offers transportation to and from the dorms which will be important for those who live in Mazza, Vie, and other dormitories off of the main campus.

05 Uber / Lyft

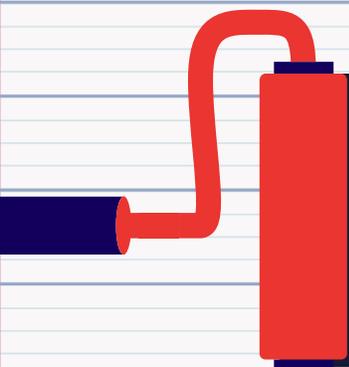
This will probably be the method you resort to for transportation off campus. A pro-tip is to get a cash-app card so that when splitting the fees, you do not have to constantly deposit your cash-app money. Also make sure that the car you are in is the car you requested!

06 Walking

The cheapest way to navigate the area. With a group of friends, walking the DC community is not bad. It will allow you to fully immerse yourself in the vibrant culture that the surrounding community has to offer.



BISON
STATE
of
MIND



How to: Network

The guide on Howard relationships

Be Willing. To Network on Howard's campus you have to be open to change, willing to take risks, and committed to operating out of your comfort zone. Closed mouths do not get fed at this University. Take initiative. Use Power Hall to your advantage and take the time to explore the opportunities that exist in the realms you are interested in. Many people have created their network by applying to Student Association internships, organizations, and programs on campus that fostered and nurtured Student Leaders.

Be Humble. For the most part your previous accomplishments begin to lose their value once you step foot on a college campus. The truth is, Howard University picked the "you" from every school. You are with the Valedictorians, the Student Presidents, the Non-Profit starters and more. Hold your accomplishments dear but clear your slate of what you have done before your admission. This will motivate you to create new defining strides in your field. Everyone always says, Howard will humble those who cannot themselves.

Be a Mentee. Mentorship, Mentorship, Mentorship. If you haven't heard that word a lot get used to it. Howard networking is utterly dependent on mentee and mentor relationships. Why? Because, mentors work to integrate their mentees into a new tier of an adult power structure that translates their leadership into legitimacy. This is only possible with a symbiotic and healthy relationship that feeds off of mutuality and commitment. Fostered properly, your mentor should provide you with resources, integrate you into new communities, and guide you either emotionally, professionally, scholastically, or spiritually, to success.

Be a Leader. Do not let the lack of a leadership position equate to a lack of leadership. Continue to work on your leadership skills, and find a place where they are needed or where they belong. Leadership is about provision. By defining leadership as the ability to ensure that others have what they need and become what they need to be, you can then identify the efficacy of your leadership. Delivering messages, advocacy, and supplying for the character and material needs of your peers all fall into the category.

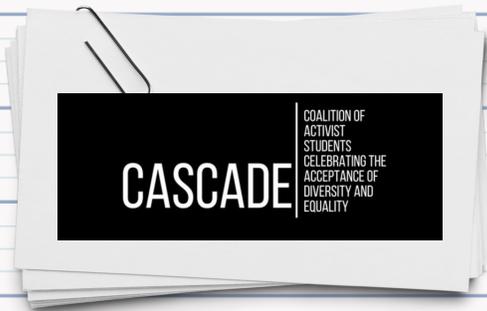
Be You. Very cliché, we know, but here is what we mean: Howard can have a tendency to produce carbon copy leaders. This is where you step in. Being unique and yourself is a refreshing way to enter the networking community at Howard University and can broaden your horizons to countless opportunities. A lot of people, when they first stepped foot on Howard's campus, think they give up parts of themselves to fit in. No, your distinction is what makes you great!

How to: Network

The organizations that can help



HBCU Imprint inc., is an amazing organization dedicated to providing mentorship and resources for first-generation college students through panels and workshops. I have the pleasure of serving as the 2021-22 President!



"**CASCADE** is Howard University's official undergraduate LGBTQ+ student organization representing all schools and colleges. Their mission and purpose is to celebrate, uplift, and advocate for all LGBTQ+ students on campus. CASCADE has a Mentor-Mentee program which pairs upperclassmen and underclassmen together to help guide underclassmen through life and Howard University. Last school year, a Freshman Discord was made as a resource to give students a chance to socialize and make friends at Howard University."



"The **Men of George Washington Carver, Inc.** is an organization founded in 2013 on the three pillars of brotherhood, manhood, and community service. Brotherhood is meant to bring men together with a stronger bond. Manhood develops the whole man while acknowledging that "being a man" has no set definition. Community service seeks not to enrich ourselves but to create a stronger community for all. Members always strive to improve themselves and the community that surrounds them."



"**Revolt, Incorporated** is a community service organization that accepts all women and nonbinary/gender non-conforming feminine-aligned people, regardless of their race, religion, or sexual orientation. On and off Howard's campus, the work Revolt does in the community is based around these three pillars: enrichment, empowerment, and education. As an organization that serves Howard University students, many of whom are the first in their families to attend college, we understand that being a first-year student is difficult. That is why we offer opportunities like our mentorship program to Freshmen and first-year transfer students, connecting them to experienced mentors. "

How to: Network

The organizations that can help



"The Undergraduate Student Assembly serves as the premiere programming body on Howard University's campus. Started in 1973, UGSA has built a reputation of planning fun and creative events for students on campus which offers them multiple opportunities to meet new people and make new friends. Some of the most popular events are the monthly First Friday celebrations, Springfest, Student Choice Awards, and Bison Ball."



"The Howard University Student Association (HUSA) Senate is the legislative body of the HUSA. HUSA Senate drafts, debates, and passes legislation, amends the HUSA Constitution and serves as a funding source for student organizations. Elections take place during the Fall and Spring elections. The Senate is also made up of representative liaisons, including the Vice-President of school Freshman councils, who serve as a voice for Freshman. If you are interested in joining the Senate, the 10th Administration internship application will drop on Friday, August 20th."



"The Howard University Speech and Debate team serves to amplify advocates for our community through the medium of public speaking. Speech and Debate empower students to use their voices to express their creativity, critical thinking skills, and visions for the future on the most prestigious stages. Our award-winning team is not just a hub for competitive intellectual excellence at Howard University but a family that works hard and loves even harder. The HUSDT family nurtures new Howard University students to find their voice and become the most authentic version of themselves."

How to: Network

The organizations that can help



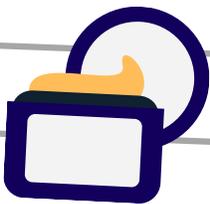
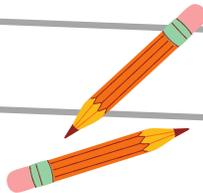
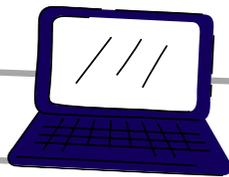
The African Students' Association is an organization dedicated to promoting the unity, progress and strength of students of both African descent as well as non-African descent. Armed with a combination of its prominence on campus, the exceptional character and intellectual competence of the African student body, and the various educational and socio-cultural programs organized, the Howard University African Students' Association has effectively presented Africa in a good light. Through an increase in global consciousness and the creation of sustainable and concrete resources for both domestic and international students, we hope to build an interconnected ASA in which all students can find a home. By enhancing relationships between continental Africans and Africans in the Diaspora (which comprises mainly of Afro-Americans and Caribbeans), the hands of friendship have also allowed us to organize various community service programs to improve the quality of life in our immediate neighborhood and beyond.



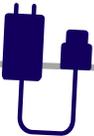
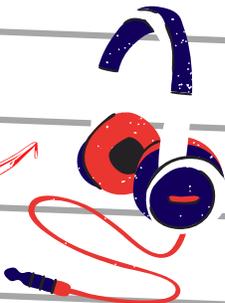
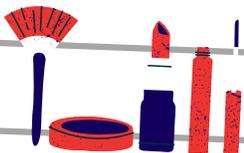
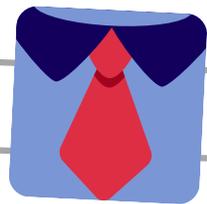
@150Bison is an amazing social networking page on all platforms that serves to connect Howard University students to each other, organizations, and administration.

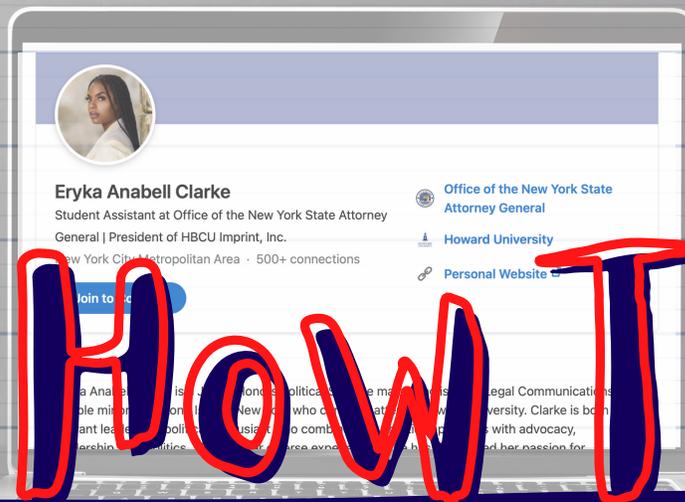
What's inside my trunk?

Mark with an 'X' the items that you are definitely bringing to Howard.



Free

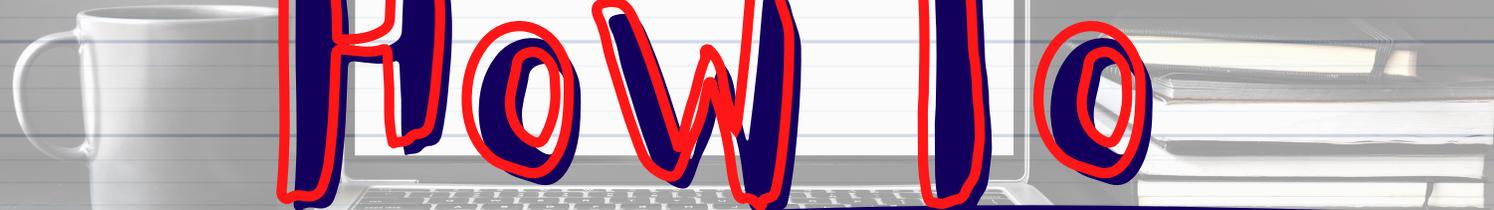




How To GET AN Internship

When we talk about internships at Howard University, the possibilities are endless. In the heart of DC, Howard University is surrounded by amazing opportunities for students to get involved in policymaking, congressional fellowships, STEM Research and interactive learning experiences. But it doesn't stop there. Howard's School of Business is an amazing resource for finding internships for non-policy, non-liberal art majors in the fields of science, marketing, finance, and more. It comes down to your commitment and your ability to network..

Networking will be your best tool at Howard. The gag is, especially for all of the political enthusiasts & pre-law bison, once you have submitted your resume to any office, especially in the Capitol, it begins to circulate and low and behold you are getting more offers than you can take. This and the opportunity to meet other Representatives and Non-Profits at briefings is what will foster the continuous cycle of quarterly internships. If you integrate yourself into the network, apply to every internship available that is compatible with your skillset, and attend interviews, you can avoid the last-minute crunch of scouring for an internship with the rest of the student population. Outside of the political and pre-law field, internships can be found on Handshake, LinkedIn, and attending career fairs held by different schools throughout the year. Join or inquire about professional organizations on campus that are in your field and use your network to find opportunities that interest you!



How To

G E T A N

Internship

The earlier you apply the better. Congressional internships usually occur on a rolling basis despite the seasonal date, but for other fields, there are harsh deadlines that usually occur the semester before the internship is set to begin. Stay on top of these opportunities as they come to you and always jot down the due date of the application in your calendar to be safe.

Lastly, manage your time. Your schedule is picked for you in your first semester and it might not accommodate for an internship or part time job. In that case, look for internships where your employer is willing to navigate around your classes and schedule. It's not always feasible to intern your first semester on top of getting accustomed to the new workload, the new environment, and maintaining healthy habits. Be honest with yourself and work accordingly to ensure that you are mentally and physically at equilibrium. When the second semester rolls around, you can then calibrate your schedule to accommodate an internship and manage your time in the most effective way possible.

How to Ace an Interview A+

1

COPY, COPY, COPY



One copy of your resume just will not do. You need to have at least five copies of your resume just in case your interview is being conducted by a team of people. More is more!

2

ASK A QUESTION

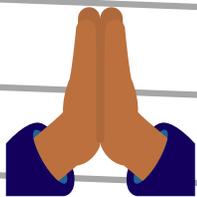
When you are asked, "do you have any questions?" the answer should always be yes. Come prepared with four to five questions to ask and make sure at least one of your questions is specific to something talked about in the interview. A good question to use is, "What is your vision for this [company], and how can the interns at your [company] exemplify that goal?"

How to Ace an Interview A+

3

THANK YOU, NEXT

On your way back from your interview, you should be drafting an email that addresses the interviewers and thanks them for their time and consideration. Include an anecdote from the interview for more emphasis. To ensure that you are sending the email to the right people, ask for the emails of your interviewers before you leave. This will show initiative and it is always a great way to ensure that you can keep in touch with them.





How To

BALANCE IT ALL

Equilibrium is the state in which all opposing forces are balanced. Equilibrium is the state you need to be in to achieve scholastic success, social progress, and mental ease simultaneously at any University. But it is not easy, and for some, it seems utterly impossible. It is a constant battle with yourself and the world around you, and quite often, you are the only soldier in your army. How can one person manage so many facets of their life at a time? That is the reality of college as a first-year student, first-generation student, transfer student, international student, and any other student whose identity puts them at a larger risk to underachieve. Now, this all sounds extremely pessimistic, but it is a reality that you need to understand before coming to college. The only way to actively avoid it is to know that it exists and that it can happen to you.

College students around the world are working diligently to be the ones who redefine success for their generations to come. We are the change-makers and the examples that we set, oftentimes shift the paradigm of our families and the heights that others around us achieve.

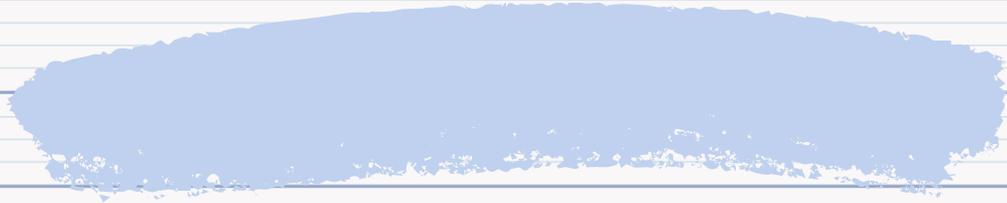
On top of the pressure of doing well, being socially connected, preserving our mental health, and adjusting to our new environment, we have to add family expectations and standards. This is especially unique to minority communities and more specifically, Black communities. Howard University is the home for a lot of these students whose sails are catching so much wind that sometimes they are steered on the wrong paths. I say this to say that you do not have to be the only soldier on your team. We are all going through it, and there are organizations on campus dedicated to those of us who are.

Balance has to be exuded every step of the way. When you get on campus, it will be extremely enticing to focus only on making new friends and strengthening relationships. After all, Howard University is a social hub. But it also houses some of the most difficult intellectual challenges you will face. You will need balance to be able to work diligently at both. This means setting a schedule and employing self-discipline. Use Google Calendar or any other apps that can monitor your activities virtually, with

reminders, to keep you on task. Set your calendar weekly and include your classes, meetings, jobs/internships, and your activities. If you have everything laid out, you know where you can fit in a trip to the mall, or time on the yard. This is where self-discipline comes in. Every one of your friends will be operating on a completely different schedule. Some of their schedules will align at different points in the day and it will feel like you are the only one left out. Keep it that way. Your friends will be there when Freshman Seminar is over, and the anticipation to meet up with them will make the time you spend together that more enjoyable. Learn to curb your fear of missing out and translate it into a fear of failing. Now, this is all very academic-focused, but from those of us who spent our entire Freshman year in the books, trust us when we say that is not all. You will regret not putting yourself out there in the end. That is where BALANCE comes in. Meet new people, have fun, and make friends. Leave your room, go out when you are invited, and make plans. This is how you enjoy your year and end it with a 4.0 at the same time!

Top 5 goals for your first semester:

post this on your story with five goals for your first semester



GOOD LUCK

You got this!

We hope this survival guide has given you something to think about when planning your arrival to campus. We wish the incoming class of baby bison a smooth transition and a healthy, productive, and successful first year in college. We look forward to hearing from you all and cannot wait to see you on campus!

ADMINISTRATIVE DIRECTORY

Office of Financial Aid

(855) 490 2875

Office of the Bursar

(855) 806 5279

Student Affairs (General Contact)

studentaffairs@howard.edu

Office of Residence Life & University Housing

residencelife@howard.edu

University Counseling Center

(202) 806 6870

[8AM-4PM]

Howard Hospital

(202) 865 6100

Student Health Center

(202) 806 7540

University Crisis Line

(202) 345 6709

[4PM - 8AM]

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KNOW YOUR HUSA EXECUTIVE

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Jordyn Allen

Vice President

Eryka Anabell Clarke

Chief of Staff

Theodore Daniels

Financial Advisor

Colin Smith

Chief Policy Advisor

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Allyssa Williams

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Elijah "Rashad" Oliver

Sustainability Director

Kimora Oliver

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Mycah Hart-Powell

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Ocean Latimer

Public Relations Director

Brianna Waite

Executive Secretary

Jordan Richardson

Financial Advisor

Chandler Searcy

Special Project Coordinator

Eric Franklin II

STUDENT GOV DIRECTORY

KNOW YOUR SOB COUNCIL

President

Iman Davis

Vice President

Ellaya Johnson

Secretary

Keilayn Tate

Treasurer

Stephanie Howard

KNOW YOUR SOE COUNCIL

President

Nia Goodall

Vice President

Dougziana Thomas

Secretary

Rachel Jordan

KNOW YOUR COAS COUNCIL

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Kendall Sims

Vice President

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KNOW YOUR COFA COUNCIL

President

Bria Whitaker

Vice President

Domenique Ross

Secretary

Jordan Sharber

Treasurer

Calyn Coleman

KNOW YOUR CHSOC COUNCIL

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