A Gift from the Office of Alumni Relations

Beyond

The

Genesee

A Yellowjacket’s Guide to Navigating Life After College

• SECOND EDITION •

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Dear Class of 2015 Members,

Congratulations on your forthcoming graduation from the University of Rochester!

Graduation is a little bittersweet – it is sad to leave close friends and all the fun that is college, but exciting to move on to the next phase of life. We’re here to tell you that while graduating from Rochester marks the end of your undergraduate studies, it most certainly does not mark the end of your time as a Yellowjacket! You will always be a part of the University of Rochester family, and as alumni you join more than 100,000 others around the world who have already transitioned to “life after college.”

Many of our young alumni have contributed their personal tips and best advice for your post-graduation success that comprises this book. Please accept Beyond the Genesee as a gift from us and the Office of Alumni Relations. The tips within these pages were eagerly contributed by those who very recently went through the same transition that you are about to experience. This book is a powerful way you can see the impact of staying connected with your UR family – we always help each other out!

There are lots of ways for you to stay connected after graduation. The Office of Alumni Relations and the Young Alumni Council play active roles in the life of the University and its alumni. We hope you’ll take advantage of the many opportunities offered to extend and deepen your lifelong relationship with Rochester; these include regional events, our alumni LinkedIn group and Facebook page, the e-newsletter Rochester Buzz, webinars, career networking events, reunion, and, of course, Meliora Weekend. You’ll be able to stay engaged by volunteering as an admissions UR Involved member, a special advisor at student-alumni career events, and on the committee for your reunion. Within these pages, you’ll read about all of these and more programs, services, and benefits for our alumni community.

However you choose, stay connected— you’re the living brand of Rochester and your fellow Yellowjackets are proud of your achievement. You now join the global Rochester alumni network in 138 countries around the world. Whether you’re studying, traveling, looking for work, or finding friends in a new city...think Rochester, because we’re there. Once a ’Jacket, Always a ’Jacket!

Meliora!

Dana Mittelman ’05
Co-Chair, Young Alumni Council

Eric Weissmann ’10
Co-Chair, Young Alumni Council
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Advice and Resources for the First-Time Job Seeker

"Don’t be afraid to leverage your network! You may consider it awkward at first, but the sooner you get over that, the better. After all, those you tap for advice and available opportunities might be knocking on your door three years from now with the very same requests. And when that time comes, remember to pay it forward.”
–Lucas P. ’12, Media/Communications

“Nowadays the process takes time, so don’t be discouraged. Continue to tweak your résumé until you get it right. Looking for a position in a field where you already have experience is key.”
–Victoria V. ’10, Science/Research

"Informational interviews can change the game for you. As someone graduating into a flooded mental health field, talking with as many people as possible about a variety of jobs helped me narrow down possible agencies and types of counseling jobs to target.”
–Anonymous, Social Services

“Don’t feel like you have to stay restricted to a job that is related to your major. Take into account your interests and the organizations you were involved with as well.”
–Catalina B. ’11, Media/Communications

“When applying to jobs via email, always follow up. Employers receive many résumés, and the students who take the time to reach out again are noticed.”
–Andrea S. ’12, Law

“If you can’t get a job straightaway, look for paid internships and/or internships that don’t take too much time so that you can work another job that pays the bills in the meantime. You might even find out that the industry you thought you wanted to work in isn’t quite what you want!”
–Allison G. ’08, Media/Communications

“Network, network, network! I highly recommend finding Rochester alumni from your student group or major to talk with about your aspirations and how they may be able to help you. They were a recent college graduate once too!”
–Kyle C. ’13, Education

“I recommend you spend a fair amount of time performing quiet introspection. Find out what motivates you, what type of atmosphere you like, what type of people you like, and then start your job search. Careerleader.com is an excellent resource to help you accomplish this.”
–Nikolaos D. ’09, Military

“This sounds silly but proofread! Typos make it seem like you’re apathetic about the job and overall reflect negatively.”
–Andrea S. ’12, Law

“Don’t be afraid to make cold connections with alumni on LinkedIn. Most are happy to chat with you.”
–Anonymous, Consulting

“Sometimes, you can get a lot out of local-focused news sites, like New York Mag or DCist.”
–Ross B. ’09, Media/Communications

“Be open to any job that is slightly relevant to what you want to do. You will refine your interests and add to your résumé, both of which will allow you to move up or out when the time is right. Be flexible in your expectations and keep an open mind. Even if you always knew you wanted to be a doctor, working as a residential advisor in a group home will give you valuable perspective.”
–Elizabeth C. ’08, Medicine

“Don’t be afraid to reach out to people doing what you want to do or working at the company you want to work for. Figure out what you want to do and just start doing it. Blog about it, do it for free, volunteer, do side projects, etc.”
–Brad O. ’10, Information Technology

“Decide what works best for you. Beyond the paycheck, what lifestyle do you want? Where do you want to live? What do you want your work day to look like? Take a second look at your major. Beyond the content, what skills did it teach that could be applicable to different professional careers?”
–Joy G. ’06, Non-Profit

“Edit your résumé. Re-edit your résumé. Utilize the Career Center and friends who know your work ethic to help you in the editing process. Remember that it is important to tailor your résumé to the position you want. So it is important to slightly alter it depending on the job you are applying to.”
–Janise C. ’13, Social Services

“Spend time speaking with people who are already in the industry/industries and roles you think you want to be a part of. You will learn everything you need to know a lot faster that way and grow your network.”
–Gemma S. ’09, Business

“I’ve found every job since graduation through networking. Don’t be afraid to reach out to people. Especially when I was younger, I’d use the strategy of asking for advice and ask for a conversation. Then I’d have a plan for things I’d like to accomplish on the call. I do this for companies that I’m targeting as well.”
–Dan N. ’06, Business

“Be sure to write thoughtful cover letters, and have a friend edit to catch any typos, which can eliminate you from consideration. Even if they’re not explicitly requested, cover letters are important to provide context for your application and tell the hiring manager why your skills are a good fit for the job.”
–Kate W. ’07, Non-Profit
CONTINUED: Advice and Resources for the First-Time Job Seeker

"Write handwritten letters to the person(s) you want to work for specifically." – Bradley C. ’10, Finance

“Use your connections! Most people get their first job (and subsequent jobs) through contacts and networking, so don’t hesitate to reach out to family, friends, old bosses/colleagues, and/or U of R connections.” – Leah O. ’09, Non-Profit

“If you plan to work and go to graduate school, check with your graduate school or advisor of companies or organizations that do tuition reimbursement. This allows you to both work and have your company/organization pay for school.” – Kellie I. ’10, Health Care

“This is just the beginning of your career. It is more important that you want to go to a place that will give you an opportunity to learn, over how much they will pay you.” – Matthew F. ’08, Finance

“Reach out to alumni as they are always welcoming of a UR grad. If they don’t have an open position, they will be well connected in their field to help you find a job.” – Bobby S. ’08, Education

“Meet different people in different industries, you never know what you will need or if you will end up switching career fields later down the road. Those relationships have proven to be invaluable to me.” – Angie S. ’11, Science/Research

“As the number of jobs you may be applying to increases, don’t let the quality of your résumé and cover letters decrease. The importance of following up can’t be over stated.” – Anonymous, Engineering

“Whatever city you want to be employed in needs to become your best friend. If you can afford it, consider moving to this city and volunteering and working part-time until your dream career comes along.” – Kayleigh S. ’08, Non-Profit

“Think outside the box. Do not overturn any opportunity that seems not exactly aligned to what you are interested in. The chance to build your résumé and to broaden your exposure is what you want.” – Anonymous, Government

“Listen to your heart and forget about your salary. Do what you love and you’ll find fulfillment and success.” – Steven K. ’06, Environment

“Before moving to NYC, I was cautioned that finding an entry-level nursing position would be impossible in the city. It is not!” Apply online through different hospitals’ nurse recruiting websites and plan to travel to NYC for interviews. You will likely be hired into a new grad program that will last a year.” – Elizabeth S. ’11, Medicine

“Create a LinkedIn account if you do not already have one. Many times employers will search for you on Google. If your LinkedIn profile comes up first, then they will know that you are a young professional. They will also have the chance to see some of your amazing attributes that you possibly could not fit on your résumé.” – Janise C. ’13, Social Services

“Find a mentor that you admire in your field and don’t be afraid to reach out to them. It’s all about who you know that will help open doors for future opportunities.” – Emily W. ’10, Fine Arts

“Job websites like Indeed or Monster are sometimes helpful, but it’s more helpful to target specific institutions or companies you’d like to work for and go straight to their website.” – Anonymous, Non-Profit

“I started off using a lot of common employment websites (e.g., indeed.com) and ended up finding my first job off of Craigslist. It’s common for headhunters to use this means of reaching candidates, as they will do the first round of recruitment for positions that may require several steps.” – Megan H. ’09, Education

“If you are interested in law, check out the NALP directory (www.nalpdirectory.com). It breaks down, in clear, objective terms, the characteristics and compensation of many legal employers.” – Anonymous, Law

“If you’re going into journalism you should, at the very least, be on Twitter and LinkedIn and have a personal website. (There are lots of portfolio sites that are easy to use– Google it.) It’s expected and it’ll look bad if you don’t have them. A personal website should include, at minimum, a SHORT bio, clips, and your résumé.” – Melissa G. ’13, Media/Communications

“Don’t rely solely on job postings. Reach out to companies you are interested in working for; even if you don’t see they have posted a job opening. By doing this, your résumé may be reviewed before they even post the job.” – Rosemary Z. ’10, Science/Research

“Work your connections! Start by asking people you know if they know anyone working in the area you’d like to work. If you’re only ‘in’ to a place or field in which you’d like to work is a friend of a friend, ask your mutual friend to e-introduce you.” – Rachel W. ’06, Law

“U of R has a great career center, make use of it! They will help edit and prepare your résumé and provide interview coaching.” – Rachel H. ’05, Information Technology

“Spending countless hours scouring job search websites will most likely leave you frustrated and disappointed. Instead, focus more time and effort on doing new connections and utilizing your contacts to get your résumé in front of an HR representative or hiring manager.” – Anonymous, Finance

“Start your search early and take your time. Make sure you fit the job description as well as the company’s culture. Angelist.co is a great resource for those interested in the world of startups. LinkedIn is a great tool for any job.” – Kevin D. ’14, Business
Networking How-To Tips

“People love talking about what they do, what they’re interested and passionate about, and what they’ve done. Be genuinely interested in the person and their interests, and find some way to provide value back to them, whether that’s your own connections, some interesting story/anecdote/article, etc.”
–Brad O. ’10, Information Technology

“Attend the University of Rochester alumni events! I met an alumnus’s sister at a UR event and she connected me with her brother who gave me my first job in higher education. University of Rochester alumni are a tight-knit community. Go to events, speak with alumni young and old, and make connections!”
–Andrea G. ’05, Education

“Attend as many networking events as you can to speak with others in your desired industry. The more professionals you speak with, the more knowledge you’ll gain.”
–Andrea S. ’12, Law

“Open yourself up to any opportunity to meet people in any setting. Truly, you never know who you’ll meet, and this is especially true in a big city. Always be willing to go out and meet friends-of-friends at a bar or an event, and both ask for and offer assistance. Assuming you make a good first impression, people generally want to help their friends’ friends, so make those connections!”
–Allison G. ’08, Media/Communications

“I would highly recommend joining a young professionals group in your new city/town. The popularity and general success of these groups varies by region, but I’ve found them to be a great way to meet people. They hold weekly or monthly events and everyone there is expecting to network, so it’s less intimidating to approach someone.”
–Ann G. ’07, Environment

“The most fruitful connections have been those with current and former colleagues. These individuals have the opportunity to truly get to know you – something that a random individual you meet at a networking event doesn’t necessarily have. That said, be kind and professional to everyone in your office. You never know when you might need advice or a favor.”
–Lucas P. ’12, Media/Communications

“Take the plunge—it’s not easy and most people don’t like it, but you just need to get over your fears because it can make a huge difference.”
–Anonymous, Consulting

“Networking. It is a dreaded word but, unfortunately once you get into the real world of job hunting, a necessary one. Be yourself. Be genuine and actually strive to make connections with the people you network with. The more you can have an actual conversation and get to know the person beyond ‘so how can you help me find a job,’ the more comfortable and relaxed the conversation is.”
–Anonymous, Social Services

“Always have business cards on hand even if they simply say ‘student.’ Business cards look professional and are an easy way to pass contact information at a cocktail event or conference.”
–Emily W. ’11, Fine Arts

“Before you reach out to someone make sure you do some research about their company and what they do. I often receive e-mails from students/prospective candidates who clearly have no concept of what I/my company do and it really puts you in a negative light.”
–Matthew F. ’08, Finance

“Find associations/business councils in your area of interest and sign up to attend one of their networking events. The folks that attend these events tend to be excellent networkers attending specifically to make connections. Remember: at networking events everyone is there because they want to network! So just start talking!”
–Gemma S. ’09, Business

“Have a few well-thought-out questions to get you started.”
–Anonymous, Engineering

From Backpacks To Briefcases

In addition to the services offered to College alumni by the Gwen M. Greene Career & Internship Center, the Office of Alumni Relations provides resources and programs to help you become self-reliant in strategizing your individual career paths, managing job transitions, redefining work-life balance, creating your own brand, and building vibrant networks.

• Each month, we will send you our e-newsletter, Jackets @ Work, which includes information about resources and events to support your professional efforts to be “ever better” Email alumni@rochester.edu to subscribe.

• Join our University of Rochester LinkedIn group to network with more than 13,000 members.

• Register for our free career authors webinar series at www.alumnicareerservices.org/uurochester and gain access to monthly presentations from today’s most notable career experts.

• Bookmark and check www.rochester.edu/alumnievents for upcoming programs and networking events.
CONTINUED: Networking How-To Tips

“Read the book Never Eat Alone by Keith Ferrazzi. Any technique that I’ve found to be effective is already covered exhaustively in that book.” –Daniel F. ’08, Consulting

“Keep in mind that most people are happy to help you out—others have helped them in the past too. Send thank you emails after you meet with people and, if it seems appropriate, request that they let you know if they hear of any jobs opening up that might be a good fit for you.” –Kate W. ’07, Non-Profit

“Make sure to even ask family and friends! Often the people closest to you can go overlooked, but if you have a relative or close family friend who is in an industry you’re interested in, don’t be afraid to reach out to them with a few questions.” –Lauren L. ’11, Consulting

“Best way to network is to get involved in your community. Join the company soccer team, go to language classes, start training with a running club, etc. You can organize things too—start a dinner/drink night with colleagues and have them invite friends.” –Abigail H. ’07, Consulting

“I have used my professional organization, which also has an ‘emerging professionals’ network. Try to join local branches of professional organizations. Save money to attend conferences; they are a great way to meet important figures in your profession and even find a job.” –Emily W. ’11, Fine Arts

“I found that keeping a spreadsheet with people I had contacted, which included the last time I reached out to them as well as the next time I was planning on it, was helpful.” –Christopher S. ’11, Finance

“Using the Rochester Alumni Exchange to reach out to alumni working in areas of interests who live in the New York City area has been very helpful.” –Christine C. ’10, Non-Profit

“When you’re contacting someone you want to meet with, ask them if they want to get coffee. It’s more low-key than lunch and it also gives them the opportunity to suggest meeting somewhere else, such as in their office. I’ve basically found it’s code for ‘I want to talk to you and I need a non-awkward way of asking.’” –Melissa G. ’13, Media/Communications

“Make a LinkedIn profile and stay connected with your U of R colleagues and classmates in a professional way. As you mature in your career, your professors and classmates will one day become your colleagues.” –Elizabeth S. ’11, Medicine

“Make sure you have a 1-2 sentence ‘elevator pitch’ that describes your interests and goals. Something that other people can remember easily so that they can recount it to their network.” –David F. ’05, Consulting

“Use LinkedIn and also talk to your parents’ friends. They always seem interested in helping if you talk to them about your aspirations.” –Rachel B. ’14, Business

“Before you leave an informational interview, ask that person for three more people they can connect you with. This results in a lot of informational interviews, but then when you apply, you can email these individuals to see if they can be of any assistance.” –Jonathan A. ’09, Government

“Meetup is a great resource to find groups that share similar interests to you in a new city. This may be for business interests or personal interests, but both types of connections are important when moving to a new place to start a new job.” –Rachel H. ’05, Information Technology

“Being kind to others and making sure you leave a workplace on a good note is always helpful. In Rochester I worked as an Research Assistant in the baby lab and developed a close relationship with the post docs. This became an advantage when, a month after graduation, I received an email from a post doc about a new lab manger position available in her new lab.” –Maritza G. ’14, Science/Research

“Network naturally! I’ve had much better results when I try to make connections with people long before I ask them something. Use your contacts as investments. You get out what you put in!” –Alberto S. ’14, Science/Research

“LinkedIn is a GREAT tool. Use alumni, connections from internships, and family friends. If someone offers you their help when it comes to a job search, accept the offer! It’s important to make as many connections as possible when you’re young. You never know who you’re going to meet and where you future will end up. Be brave and reach out to people you haven’t spoken with in a long time. I’ve gone so far to reaching out to friends of friends who are doing what I wanted to do. Social networks are an amazing insight into the various career options. Check out the different job titles and research what that actually means in terms of day to day work.” –Rachel Y. ’14, Business

“Be curious. Ask about a person’s career path and how they decided to do what they do for a living. This can serve as a great model, even if to identify that there is no set path. At the end of the meeting, ask if s/he believes there is anyone else that would be willing to meet with you for the purposes of networking.” –Anonymous, Health Care-Non Medical

“I hate formal networking events because they feel impersonal. Building a good network comes from working in your field and building real connections with those you work with. If you haven’t worked in the field, look to your professors or advisers. A few meaningful relationships are more important than a wide swath of LinkedIn requests.” –Kaitlyn K. ’12, Law

The Dos & Don’ts of Job Interviews

“Demonstrate your value! Don’t talk about what you want, provide ideas and examples as to what value you can provide to the company you are interviewing with.” –Dan S. ’09, Consulting
CONTINUED: The Dos & Don’ts of Job Interviews

“Always be prepared with questions for your potential employer and ask when you should expect to hear from them. Companies will often fall behind on their recruiting schedule, but it helps you rest easier if you have some idea.” –Victoria V. ’10, Science/Research

“Always wear a suit and tie, no exceptions. Park 30 minutes in advance, but don’t walk in until 5 minutes before. Don’t lie—be honest about what you can do, they will know, and it’s even worse if you convince them otherwise. You’ll be on the job expected to complete something you can’t—not a great first impression.” –Dan S. ’09, Consulting

“Write thank you notes! Try your best to write a handwritten note the day of the interview and mail it right away, referencing some key moments from the interview.” –Anonymous, Social Services

“Do your research. Know what the company does and read over their three most recent press releases. Show that you care about what they do, and they’ll see you fitting into their culture.” –Adrienne W. ’11, Information Technology

“When it comes to job interview questions, be clear, succinct, and specific. Avoid giving an entire background story. Simply answer the question, provide specific examples of your contribution to the story or work, and move on. Also, do not be afraid to pause and digest a question before answering. It shows you are being thoughtful in your answer.” –Andrea G. ’05, Education

“You may be asked about how you’ve handled specific types of problems in the past, so it’s good to think about which of your experiences you could talk about. For example, ‘how have you handled working with a difficult coworker?’ You can talk about volunteer work, internships, or even class projects as long as you demonstrate the skills they are asking about. Try to frame all your answers positively. Don’t tell them about any challenges without also sharing solutions.” –Kate W. ’07, Non-Profit

“Ask the person setting up your interview whether there are particular pieces (apart from résumé or cover letter) that you should bring along. If you have a portfolio, bring it just in case.” –Megan H. ’09, Education

“When they ask you about your weaknesses, mention them truthfully, but make the sentence positive. For example, if your weakness is your tendency to be too quiet, you can say: ‘People say I’m too quiet and shy sometimes, but that works out well because I remember every detail from what others say.’” –Sudesna G. ’07, Media/Communications

“Be yourself because a genuine personality will be more memorable and trustworthy.” –Emily W. ’10, Fine Arts

“Do not ask questions about salary on the first interview (unless explicitly asked in the interview).” –Michael C. ’07, Non-Profit

“Always be nice to the secretary or personal assistant. When you call to follow up, they’ll be the one answering the phone.” –Anonymous, Engineering

“The most intimidating yet influential question I’ve ever been asked in an interview is: ‘who is someone you would not want me to call as a reference for you?’ This is basically a question that allows you to reflect on a previous work or personal relationship that proved conflicting for you. However, it’s also a chance to express your problem-solving skills and demonstrate self-awareness as you look back on some things that might have been considered weaknesses.” –Megan H. ’09, Education

“Interviews should be conversations. When I interview people, I find I like it best when they ask me questions and are engaged throughout the whole interview. It shows me they’re really interested in the position.” –Lauren L. ’11, Consulting

“Always be prepared to ask the person hiring a few thoughtful questions that can’t be found online. For example, ‘what opportunities for committee work or group work are available? What are the 3-5 most important values of this company or department? Is there formal or informal mentoring available to new hires?’” –Elizabeth C. ’08, Medicine

“Have at least five questions, because the interviewer will probably address a couple of them before you ask, and you’ll want some in reserve; every interview ends with ‘Do you have any questions?’” –Ross B. ’09, Media/Communications

“Be yourself. I spent tons of time tailoring my resume to highlight the ‘right’ qualifications for each job application. In the end, make sure the job fits you—you won’t benefit yourself or your future employer by trying to make a good fit out of something that isn’t. Be honest in your interview and don’t be afraid to walk away from a job that isn’t right for you.” –Erin O. ’11, Higher Education

“You don’t have to take the first job that’s offered to you. They’re just as lucky to have you working for them as you are to have been offered the job. So make sure it’s a good fit before you say yes, or that first day in the office is going to be the start of many miserable months!” –Allison G. ’08, Media/Communications

“Get some nice custom thank you cards with your monogram and address on the envelopes made up to send after your interviews. It’s worth the cost to help you stand out any little way you can.” –Dan L. ’07, Military
CONTINUED: The Dos & Don’ts of Job Interviews

"Always send a thank you note.”
-Anonymous, Consulting

"Be prepared to respond to the following: ‘So, tell me something about yourself that isn’t on your résumé.’” –Meghan S. ’05, Law

"Interviewing for a startup is unlike interviewing for any large company. Wearing a suit isn’t recommended, the right attitude and willingness to learn is far more powerful than previous experience, honesty is preferred over being highly scripted, and your personality needs to shine.” –Lauren B. ’10, Engineering

"If the job posting says ‘no calls,’ DO NOT CALL! While you may think you’re just being persistent, what it really shows is that you are incapable of following the simplest directions. If the organization wants to follow up with you they will call you.”
-David L. ’09, Non-Profit

"Employers like to see that you have a goal. This doesn’t necessarily have to be a 20-year plan, but have a solid 3- to 5-year plan and explain how working at their company fits into that plan.”
-Anonymous, Finance

"Be prepared to answer the question ‘Why you?’ It’s important to be able to answer this question because every position you apply to will have applicants who went to the same caliber school and have the same skill set.”
-Anonymous, Law

"If you have a phone or Skype interview, at the end of that electronic meeting, offer to travel to meet them in person on your own dime if that is feasible for you. It will help you stand out in their final applicant pool amongst a sea of electronic interviews.”
-Rosemary Z. ’10, Science/Research

"In terms of what not to say, never willingly give up how many interviews you have been on or if the place you’re interviewing at is not your first choice.”
-Angie S. ’11, Science/Research

"I suggest practicing your answers to common or anticipated questions out loud, either by yourself or role-playing with a friend. It’s one thing to know what you want to say, but even if you write out your answers, it usually takes a few tries for it to come out the way you want it to while speaking aloud.”
-Chelsea D. ’10, Education

"If you don’t get a job, don’t be afraid to ask the person where you could have done better. They may say nothing or they may provide the best insight you ever received, but either way you have nothing to lose by asking.”
-Jonathan A. ’09, Government

"Research the company beforehand and mirror your attire to suit their culture. When in doubt, dress up. After you’ve talked for a bit, ask the interviewer how they see someone with your skills fitting into the position. This not only gives you a better picture of where you fit in, but gets the interviewer to think about you in the job before you’ve even completed the interview.”
-Nick B. ’14, Finance

"Go into your interview with the mentality that you don’t care whether or not you get the job. Be relaxed. Be friendly. Put on formal attire. Ask good and relevant questions. Make your interviewer laugh, but don’t overdo it. Be confident in your abilities or your interviewer won’t be confident in you.”
-William H. ’14, Science/Research

"Do your best to treat your interviews as more of a conversation and less of an interrogation. I can say from experience that 95% of what interviewers are looking for is someone who they can tolerate working beside for 40+ hours each week.”
-Anonymous, Consulting

"On the day of your interview, arrive 10 minutes early and be pleasant with: 1) the office administrator and 2) the other candidates. The administrator is often asked about the congeniality of each candidate. The most common questions begin with, ‘tell me about a time ….’ It’s best to answer using the STAR format, which stands for Situation (10%), Task (20%), Action (50%), and Result (20%). The percentages are for how much time you should allocate to each section, with your Action being the most important.”
-Daniel F. ’08, Consulting

"It’s okay to be yourself! Connect on a personal level with the interviewer. You’re interviewing a potential job as much as they’re interviewing a potential employee, and it’s important that you feel comfortable. You’ll do better in an environment you fit into than trying to change yourself to meet an existing environment. Come to the interview with a background on what the company does and questions on your position, workload, and advancement options.”
-Kaitlyn K. ’12, Law

Your First Month on the Job

"I was very nervous and quiet. This was my time to be a sponge and absorb everything around me. After a while, you will feel like you can start to let go of the quietness and show more of who you truly are and what you are capable of achieving.”
-Catalina B. ’07, Media/Communications

"Humbling and exciting. Keeping my eyes and ears open, and my mouth shut, was a strategy that has served me well. I also asked a lot of questions (at the right time, in the right place) about things directly related to my own work, things only sort of related to my job, and sometimes things entirely unrelated. By asking people with different jobs and from different departments ‘How does this work?’ or ‘What is that?, I’ve learned more about how my role fits in with the bigger picture. I’ve also built up a bank of (seemingly random) knowledge that has come in very handy at times when we are trying to troubleshoot or work interdisciplinarily!”
-Elizabeth C. ’08, Medicine

"Be sure to take notes for any meetings—these can be a valuable resource for you in the future AND if shared with the team, it becomes a way for you to immediately provide some value.”
-Rachel H. ’05, Information Technology

"My first job had a steep learning curve. I made lots of mistakes but was reassured that all newcomers do the same. It was helpful for me to be able to laugh at myself.”
-Megan H. ’09, Education
CONTINUED: Your First Month on the Job

"Enter your first job the way you entered college. Take notes from the upperclassmen who know a thing or two, then use your own experiences to help guide you. Pretending that you already know it all only hinders your growth." –Janice C. ’13, Social Services

"The first month is tough because you feel uncertain about any decision you make. Make sure to REALLY listen during that first month, and take notes on everything for later." –Anonymous, Science/Research

"Hectic. You learn so many things and meet so many new people in the first few months of a new job. You won’t be expected to remember everything, but make sure to have a positive attitude and be ready to help out wherever you can." –Lauren L. ’11, Consulting

"My first month I learned how well prepared I was. Even though I was a mediocre student in undergrad, I felt like I was head-and-shoulders above my peers in the new environment. It made me really thankful for the UofR." –Travis B. ’12, Science/Research

"Never sit idle even if you have no assignments. Be proactive. Read. Network with peers. Anticipate work that you may have so that you are better prepared." –David F. ’05, Consulting

"The first month of my job was a wakeup call that I didn’t do enough research into the company for which I was working. It was not a good fit and I was enticed by a good pay check and short commute, instead of following my intuition as to how fitting the position was for me." –Steven K. ’06, Environment

"I’ve seen a lot of people fail their first month. Things to consider: (1) Pretend you’re still interviewing and be on your best behavior; (2) Be open and willing to learn new information and/or acquire new skills. (3) Don’t be late or leave early until you’ve proved that you’re an asset to the company." –Alexander P. ’07, Education

"I work in art conservation so my first month was very hands-on, but everything was new to me; I definitely hit the ground running. I did a lot of journaling at the end of each day to reinforce the skills that I had learned. The journals came in handy for helping to prepare my portfolio for graduate school." –Emily W. ’10, Fine Arts

"Most likely, no one is going to tell you how to perform every aspect of your job. Find a mentor in your workplace whom you feel comfortable going to with questions. Ask them if they will be your mentor and remember to thank them." –Sarah W. ’08, Education

"Work as hard as you possibly can for the first six months. Of course, continue to work hard after that, but make it a point to exceed and be there as much as possible when you start. It is MUCH harder to recover from a poor start in building a reputation than it is to start things off right from the beginning. This will earn the trust and respect of both your coworkers and superiors and pay dividends down the line." –Dan L. ’07, Military

"Drinking from the fire house; still am, seven-plus months in. You’ll quickly learn how little you really know." –Nick L. ’14, Finance

"Exciting. It is a time to learn a tremendous amount about the process and culture of the new office. It was also important to define expectations clearly and check in to be sure I understood them." –Anonymous, Health Care-Non Medical

"You feel helpless! No one knows you and you have no authority, so you have to pretty much wait around for tasks to do. That feeling goes away, trust me! Eventually, you’ll feel like you have no free time and that you’re an integral part of the company. You’ll start to feel productive and get more efficient at your day to day goals. Make sure to introduce yourself to people around the office. Once you start to make connections internally, you’ll feel more comfortable coming to work every day." –Rachel Y. ’14, Business

"I started out as a contractor and my first month was mayhem. My manager went on vacation on my second day, so I wrote double the copy without any understanding of the brand voice. However, this trial by fire helped me learn the ropes quickly, landing me a full-time role only three weeks after I started." –Anonymous, Media/Communications

"My first month was a whirlwind, as I’d moved to Amarillo from Rochester for a job I was already very skilled in and prepared for within the university setting. However, it also took time to adjust to working at a university while not being a student; there is a fine line of professionalism in more relaxed environments that can be tricky to navigate." –Rachel A. ’07, Higher Education

"No matter how much you learned or how well you did in school, the first month at a new job, you will feel completely lost. Every company has its own way of doing things, and they are probably going to be using new technologies that you will likely not have learned in school. They are also going to have lots of jargon that you won't understand unless you ask questions. So ask them. Don’t be afraid to admit what you don’t know, but be prepared to listen closely and thank people when they take time to explain things to you. And if you pay attention and try hard, one day about a month or two in, everything will suddenly click, and before you know it you’ll be the one answering questions for other new hires." –Anonymous, Information Technology

"Harder than expected. It wasn’t the work – although that wasn’t easy – it was getting over the fact that undergraduate life is over. You are no longer surrounded by tens or hundreds of friends each day. No one really tells you how different of a social dynamic it is and it will change overnight. It was shocking for me, but eventually you get used to it and keep on keepin’ on." –Nick B. ’14, Finance

"My first month working at a nonprofit in volunteer management was stressful! I hadn’t worked in an office for more than a few months as an intern, so I wasn’t sure exactly how to deal with office culture or politics. I was also assigned a lot of work quickly and felt overwhelmed. I was actually completely prepared for the work; it just felt like a lot because I hadn’t had this type of position before. At the same time, I really enjoyed using my skills in a practical way to get things done, and having evenings free with no class assignments is amazing!" –Kate W. ’07, Non-Profit
What Young Alumni Wish They Had Known When They Started Out

"You may think that you can talk to people like they are your friends, but do not say anything negative about other coworkers or your boss, especially in the office. You never know others' relationships or who could overhear you."
–Anonymous, Science/Research

"Don't underestimate how sedentary office life can make you. Most people don't have a reason to move at work, and offices tend to have a lot of free food. The combination isn't healthy. Get up and go for a short walk every hour."
–Ross B. '09, Media/Communications

"When you start working, your number one goal is to convince your manager that you can make his or her life easier."
–Macy A. '07, Information Technology

"I wish someone had told me that it is better to be honest and pleasant about my ignorance than to act with false confidence. In this field, it is better to ask questions, double check information, and work harder than anyone in 'compensation' for people taking the time to teach."
–Elizabeth C. '08, Medicine

"I was easily intimidated at my first job into believing I was so junior that I had no ability to impact change. In the end, that was a self-fulfilling prophecy. Understand that you have just as much agency and power as you believe you do. Don't ever, ever be arrogant or self-assuming, but know and trust your strengths. The right combination of humility and confidence will make you truly unstoppable."
–Lauren B. '10, Engineering

"I wish someone had told me to think about my work with a long view. My first job was amazing, intense, and inspiring—but 95% of new hires burned out within a month to a year. I took some important lessons about what I like in a workplace from that experience, but I wish I had known that then. You learn something valuable from every professional experience, even if in the long term it doesn't end up being the right fit."
–Leah O. '09, Non-Profit

"Follow your heart and your instincts. You have to do what you love or you will not find joy and fulfillment. Save yourself years and do what makes you feel good."
–Steven K. ’06, Environment

"It's really important to build positive relationships with your coworkers from the start. Learning how to work with different people's styles helped me become very effective at my job."
–Kate W. '07, Non-Profit

"Not to be put off by the tone of emails. Some co-workers will be casual and friendly; others will be all business and leave you wondering 'Am I in trouble?' or 'Does this person think I'm incompetent?' I think this can be a difficult thing to get used to, especially for those who rely heavily on technology to maintain casual/lighthearted communication with friends, etc. Take time to get used to the way individuals communicate as you develop your own style."
–Megan H. '09, Education

"Here is a list of things people told me that I found incredibly valuable: (1) The answer 'I don't know' is a perfectly acceptable answer and one that you should not be fearful to give. It is much better than giving someone an answer that is wrong or not truthful. (2) Ask questions when you don't know or understand something. People will be happy to teach you and explain to you. You will be better for it. (3) Make sure you know how you are being perceived. (4) Decide what you want to be known for and make every action you take a step towards achieving that."
–Matthew F. '08, Finance

"If you present your supervisor with a problem that you want his or her help with, you should also present them with a possible solution. It shows that you're a solutions-minded individual who is thinking ahead and seeing the bigger picture."
–Lauren L. '10, Consulting

"Without bragging, always make sure you get noticed for a job well done. Conversely, share with managers if you see someone else doing a good job."
–David F. '05, Consulting

"That life is a balance and that your experiences outside of work also are instrumental in your work acumen."
–Anonymous, Government

"Meet as many people as you can. The more people you know, the faster you'll move up the ladder."
–Anonymous, Media/Communications

"To ask about prioritizing. Bosses give you a lot to do, and it's important to ask which task should get done first. And if people besides your boss give you something to do, tell your boss, because they don't always know what's happening."
–Ross B. '09, Media/Communications

"This will not be your job forever. Be prepared to leave it for something bigger if you like the field or leave it for another field if you want to try something else."
–Gregory M. '08, Consulting

"It's ok to take a lunch break (and breaks in general). Obviously don't go crazy and disappear for two hours, but no one expects you to work all day without stopping. Make sure to take a breather at some point."
–Melissa G. ‘13, Media/Communications
CONTINUED: What Young Alumni Wish They Had Known When They Started Out

“That I had a right to be as creative as I could be. It took me a very long time to feel comfortable offering my own ideas and proposing projects to my team. If I had known it was okay, I would have been able to work on a lot of really interesting projects earlier on.”
–Arielle F. ’10, Communications

“I was told a lot before starting. People could have told me a lot more, and it wouldn’t have mattered. I was listening but not truly hearing any of it, being caught up in the rush of everything. That said, I wish I had understood becoming competent can take longer than expected. In some industries you might be able to hop right in, but for banking/finance it can take up to a year depending on your position. It’s unreasonable to expect to know as much as someone who’s been there a few years after only a few months.”
–Nick B. ’14, Finance

“Never be afraid to ask questions or introduce yourself.”
–Matt B. ’14, Business

“Your boss probably has no idea how to be a boss, and will often forget to tell you key information. This means you have to ask questions about EVERYTHING. It’ll tick off your boss, but he’ll be more aggravated by you making mistakes without asking the right thing to do first. Own up to your mistakes and do it right as soon as possible. Most importantly: don’t ever make the same mistake twice.”
–Will H. ’14, Science/Research

“Co-workers are not friends, especially in China.”
–Wen O. ’12, Education

“Be likable. As a UR graduate I assume you are intelligent and do good work, but the ability to gain advocates at your organization is ultimately the key to success. Be interested in your colleagues; ask how their kids are doing; offer to help on their projects. Your likability will dictate how you move up in a company.”
–Daniel F. ’08, Consulting

“That I didn’t need to take the first job offer that came to me. I wish I had weighed my options a bit more before taking my first job out of college. At the same time, I’m not sure I would have started the wonderful career I have now without that first job.”
–Kaitlyn K. ’12, Law

“Don’t be afraid to ask questions, especially about assignments! I always ask what my deadline is (‘When would you like this by?’) and clarify the format that work product should be in (‘Would you like me to summarize what I come up with in an email? Did you want me to draft the PowerPoint before sending it to you?’). Good question asking is actually a great professional skill.”
–Rachel W. ’06, Law

Congratulations!

Whether you are headed to graduate school, a full time job, post-bac internship or are still looking, we at the Gwen M. Greene Career and Internship Center are available to answer questions and assist you throughout the summer. Visit www.rochester.edu/careercenter or call us at (585) 275-2366 to get started!

If you have landed a job or graduate school admission, please complete this short senior survey to share the great news: www.surveymonkey.com/s/URClass2015.

As you begin the next stage of your professional life, look for opportunities to stay engaged at Rochester. Encourage your firm to recruit University of Rochester students for both full time and internship opportunities. Or, participate in a “Beyond Rochester: Career Conversation” and share your career advice with undergraduates.
Why Young Alumni Chose to Attend Graduate or Professional School

"To further my career in research using functional magnetic resonance imaging (fMRI) to study children with high-functioning Autism Spectrum Disorders (ASD). Very few researchers in cognitive science are currently using fMRI to study ASDs, and it is a gap in the field that I would like to help fill."
– Mary Abbe R. ’13, Doctor of Philosophy, University of Texas at Austin

"While at URI developed a (surprisingly) strong interest in research, which I committed myself to exploring further in graduate training. Doing so reinforced my interest in a research career and gave me the skills for it."
– Casey L. ’09, Doctor of Philosophy, Drexel University

"A graduate degree is very valuable in engineering and I got a scholarship to stay at UR."
– Dan B. ’07, Masters of Engineering, University of Rochester

"The program I chose was taught by professors who had been in my profession (government) for years. To me, this institutional knowledge was a critical component to choosing to attend graduate school. The classroom experience and theoretical knowledge was great, but I knew that a master's program would provide me the on-the-ground, real life knowledge necessary to excel in my career."
– Jonathan A. ’09, Master of Professional Studies in Legislative Affairs, George Washington University

"I realized that I had a passion for history and I wanted to share that passion with others. I don’t think you can go into grad school, especially for humanities, with the expectation that you will end up with a job. It is a time to devote yourself completely to one very specific topic. There are not a lot of people who are in a circumstance where that level of study is possible, and for me it has been an amazing opportunity."
– Douglas B. ’10, Doctor of Philosophy, University of Missouri, Columbia

"To kickstart my career and set myself up for rapid advancement. And to learn!"
– Anonymous, Master of Business Administration, Simon School of Business

"I felt that it was necessary in order to give me a competitive advantage in the workforce."
– Anonymous, Master of Business Administration, Simon School of Business

"I chose to go to medical school as I was interested in biology and caring for people."
– Katrina B. ’08, Doctor of Medicine, New York Medical College

"I found a program in live entertainment management which is exactly what I wanted to pursue. It was a great opportunity to gain exposure to the industry while attaining an advanced degree at the same time."
– David L. ’09, Master of Arts, University of Miami

"Nursing is an amazing field! I knew that I wanted to be a Family Nurse Practitioner prior to earning my Bachelor of Science in nursing (BSN) in UR’s School of Nursing accelerated BSN program."
– Elizabeth S. ’11, Masters in Nursing, Columbia University School of Nursing

"I started taking public health courses partially because my company had a tuition reimbursement program. I ended up enjoying the classes and enrolled in the part-time program while still working full-time."
– Anonymous, Master of Public Health, Boston University

"My undergraduate degree was in economics, but I found myself building a career in higher education. I knew to better serve my students I needed to have a degree in education."
– Andrea G. ’05, Doctor of Education, Warner School of Education

"I enjoy learning. Plus, the fields I want to work in require graduate degrees and advanced licenses."
– Elizabeth C. ’08, Masters in Nursing, University of Rochester, and Masters in Mental Health Counseling, St. John Fisher College

"I want to be the first person in my family to get a doctorate; my M.A. program is the first step toward that goal."
– Dan G. ’14, Master of Arts, Villanova University

"To become more focused in my career in international trade and business development."
– Abigail H. ’07, Master of Science, International University in Geneva

"I decided that getting my Master of Fine Arts degree would be the next step in my professional career as an artist. Being in a graduate program helped me network, grow in my studio practice, and give me the terminal degree I needed to teach at the college level."
– Madeleine C. ’08, Master of Fine Arts, Maryland Institute College of Art
CONTINUED: Why Young Alumni Chose to Attend Graduate or Professional School

“In order to make a transition to the civilian world which will allow me to have similar and increasing levels of responsibility than I currently have.”
– Dan L. ’07, Master of Business Administration, Dartmouth College Tuck School of Business

“After seven years in the workforce, I’ve taught myself a lot. I’m going back for my MBA so that I can have a formal foundation in business best practices while drawing on my work experiences.”
– Alexander P. ’07, Master of Business Administration

“I chose to attend graduate school because I wanted to gain additional research experience and learn even more about my field of study. Undergraduate coursework and research helped me build a broad background in biomedical engineering, while graduate school has given me the opportunity to study bone bioengineering specifically through research projects.”
– Andrea M. ’12, Doctor of Philosophy, Columbia University

“I fell in love with the subjects of energy alternatives and sustainability. In addition, there was a professor who enchanted me and inspired me to learn more about these subjects. It was an excellent opportunity to ask deep questions and learn.”
– Steven K. ’06, Master of Science, University of Rochester

“At UR, I was part of the McNair program which is interested in increasing the number of underrepresented minorities receiving doctoral degrees. Thanks to the mentorship and guidance that this program gave me, I was able to get into two PhD programs fully funded. I was even given extra grant money.”
– Michael C. ’07, Master of Arts, Texas A&M University

“I had been working in education for a few years and I realized the classroom wasn’t the perfect fit for me. However, I had noticed that there was a huge need for strong operations in a school system to make it run well. I wanted to become that person—someone who can make a school run smoothly and allow principals and teachers to focus on their students’ education. For me, getting an MBA was going to give me the business and operations skills that I needed to obtain a job in that area.”
– Bobby S. ’08, Master of Business Administration, George Washington University

“I wanted to open up doors that I didn’t feel like I had open following undergrad.”
– Travis B. ’12, Doctor of Philosophy, University of Texas Health Science Center at San Antonio

“For two reasons: First, because I wanted a job in academia and a PhD would bring me closer to that career goal. Second, because I love learning.”
– Caitlin C. ’11, Doctor of Philosophy, UC Irvine

What Young Alumni Wish They Had Known Before Applying

“To save more money before I applied.”
– Alyssa B. ’10, Master of Public Health, Mailman’s School of Public Health at Columbia University

“Important to know, but I knew this at the time: cost of graduate school! At the end of the day, you end up with whatever degree you’re trying to get. Factor in tuition, in state vs. out of state. The difference will be tens of thousands of dollars and years of paying off more student loans or not.”
– Lindsay W. ’10, Master of Science, Towson University

“When applying to PhD programs, your advisor is more important than the institution. A bad advisor at your dream school will make the next 4+ years much harder.”
– David A. ’10, Doctor of Philosophy, Purdue University

“I wish I had known how vital it is to contact prospective Principal Investigators at the institutions you’re applying to. That can make or break an application.”
– Alberto S. ’14, Doctor of Philosophy, Georgetown University

“How much work it requires.”
– Rafael B. ’14, Master of Science in Accounting, Simon Business School

“Find out as much as you can about the actual career opportunities available with a degree. The legal field is not exactly what anyone thought it was going to be when they went into it, including myself and my father who attended Pitt Law.”
– Lauren R. ’10, Doctor of Law, University of Pittsburgh

“It’s important to be realistic about what a graduate degree will do for you. Graduate school is difficult and time-consuming; if you are just applying to forestall the ‘real world,’ you will be miserable. A graduate degree should be a stepping stone to a career you could not otherwise attain, not just a back-up option if jobs fall through.”
– Caitlin C. ’11, Doctor of Philosophy, UC Irvine

“If you want to go to law school, be sure you want to go to law school. It can be a miserable place, even if you want to be there. If you need time to decide, take that time. A lot of people take time off after college.”
– Jason S. ’10, Juris Doctorate, New York University School of Law
CONTINUED: What Young Alumni Wish They Had Known Before Applying

“I wish I had shadowed more physicians and talked with more medical students and residents to have a better idea of what physicians actually do.”  
–Katrina B. ’08, Doctor of Medicine, New York Medical College

“It is always said that applying to graduate school is competitive, and I wish I had known what ‘competitive’ actually meant. Having been on both sides of the graduate school application process, I have been surprised at how the final decisions are made. My advice is this: grades matter, scores matter, and research experience matters, but equally (if not more) important is your passion for the topic, your commitment, and your ability to articulate both!”  
–Casey L. ’09, Doctor of Philosophy, Drexel University

“Apply to graduate assistantships and research assistantships. There are so many opportunities that will pay for you to go to grad school; take advantage of them! I am currently a graduate assistant and get free tuition. This makes all the difference.”  
–Lindsay W. ’10, Master of Science in Nursing, Towson University

“Work experience in nursing is invaluable prior to graduate school, although not required. I recommend at least completing your new employee orientation program prior to going back to school. Unlike my colleagues who have not worked as a nurse, I have practical experiences that allow me to critically think about material presented in class. Similarly, I have a greater understanding of how to problem-solve financial and psychosocial barriers to patient care.”  
–Elizabeth S. ’11, Masters in Nursing, Columbia University School of Nursing

“Don’t ignore how expensive the application process will be. There are a lot of unforeseen costs like mailing supplemental applications, recommendations, travel for interviews, lodging for interviews, and preparation for admissions exams, in addition to the actual costs of admissions exams. Start saving early.”  
–Leah P. ’12, Doctor of Dentistry, University of Pennsylvania School of Dental Medicine

“Post-graduate school is not the same as undergraduate school in a lot of ways. You are truly on your own for the first time, and you may not make the same kinds of friends as you have in other stages of life. You might feel a little isolated, but the good grades and internship experience will be worth it. You come out with a sense of professionalism and accomplishment.”  
–Diana D. ’08, Master of Business Administration, University at Buffalo

“Get your employer to pay for it.”  
–Adrienne W. ’11

“Don’t trust all of the course offerings that are listed on a program or school’s website. If you are interested in a particular set of classes, call the school and ask when they were last offered, or look at online syllabi to find out. Some of the classes that sold me on the school I went to ultimately weren’t offered in the time I was there.”  
–Jonathan A. ’09, Master of Professional Studies in Legislative Affairs, George Washington University

“There are few jobs in academia. It wouldn’t have changed my decision to go to graduate school, but it would have influenced the types of courses I took.”  
–Christopher J. ’06, Doctor of Philosophy, UC Santa Barbara

“I wish I had known concretely what my career goals were. They continued to change as I took various classes in law school, and it might have been possible to solidify my goals further by working in a wide variety of jobs or internships before dedicating myself to a specific program.”  
–Anonymous, Juris Doctorate

“From my experience and that of my peers, do as much research as you can about different programs, but realize schools are selling you on a program and it’s normal for things to be different than what you were expecting.”  
–Madeleine C. ’08, Master of Fine Arts, Maryland Institute College of Art

“I wish I had known earlier that it is more about the journey than the grades (at least it was for the graduate programs I attended). Thoughtful, passionate inquiry is more important than ‘being right.’”  
–Elizabeth C. ’08, Masters in Nursing, University of Rochester and Masters in Mental Health Counseling, St. John Fisher College

“Think of school as a job. Even if you only have a couple of hours of class each day, spend the regular work hours studying and doing homework, and you will have the nights to yourself!”  
–Rachel H. ’05, Masters of Operations Research, North Carolina State University

“Aim high. People really respect a Rochester degree.”  
–Travis B. ’12, Doctor of Philosophy, University of Texas Health Science Center at San Antonio

“Think about the cost and your projected career salary. As someone who chose a big name school but ultimately desires to work in a low paying field, I sometimes question if the big name of Northwestern was worth the cost.”  
–Anonymous, Master of Arts, Northwestern University

“Accurate employment and salary statistics. The legal field has undergone a serious shift since the 2008 crash and, as of my writing, has not recovered in a meaningful way.”  
–Gregory M. ’08, Juris Doctorate, American University Washington College of Law

“Get some experience in the field prior to going to graduate school. Graduate school will help you in your work, and your work will help you in graduate school.”  
–Anonymous, Master of Arts

“Course work was challenging and I felt like I had to rush this. Do not rush! Take your time. If you feel you are taking on too much, do not do it! Slow down and absorb the material properly or you’ll be stressed out and have wasted precious time and money. Don’t let the fact that other people are speeding through things dictate the pace at which you learn and operate.”  
–Steven K. ’06, Master of Science, University of Rochester
CONTINUED:

What Young Alumni Wish They Had Known Before Applying

"It’s harder to get back into school mode after working for a while." 
– Angie S. ‘11, Doctor of Philosophy

"I wish I had a better concept of a manageable workload/class-time when selecting a program. In this program, classes run 6:25-10pm. I am often tired during the work week. Also, I wish I had spent more time researching whether the institute had an updated curriculum." – Victoria V. ‘10, Master of Business Administration, University of Maryland

"If applying for an MBA, you should begin the application process by creating a narrative for yourself that covers where you’re coming from, why an MBA, why that specific school, and what you will do with it 5-10 years later. This will help you stay focused when choosing schools, writing your essays and completing the application." – Alexander P. ‘07, Master of Business Administration

"Many of my graduate school colleagues are perpetually frustrated with the job market. If you’re going to enter graduate school, make sure the statistically expected outcomes match your personal expectations. If only 22% of graduating teachers actually get employed in a specific field in your area, is that a risk you’re willing to take?" – Joy G. ‘06, Doctor of Philosophy, University at Albany

"Even getting a partial or half scholarship doesn’t come close to paying for your education. If you are going full time, you will create a small mountain of debt. Make sure you have a job out of graduate school that will allow you to pay that off as soon as possible." – Bobby S. ‘08, Master of Business Administration, George Washington University

"It goes by fast. Have a focus, this isn’t freshman year.”
– Anonymous, Masters of Engineering, University of Rochester

"Loan consolidation and financial management.”
– Anonymous, Doctor of Philosophy, University of Maryland College Park

"What jobs for engineers are like if they have a MS versus a PhD.”
– Chad H. ‘12, Master of Science, MIT

"It is more about the connections you make than the degree.”
– Abigail H. ‘07, Master of Science, International University in Geneva

"Graduate study depends a lot upon self-motivation. In undergraduate school, you went to class and wrote papers or did assigned problem sets outside of class. In graduate school, you dictate your own schedule and are expected to complete research and keep momentum in your project all while being a TA and completing your own coursework. It’s definitely possible, but it just takes a little while to adjust if you’re not used to working in such an unstructured environment." – Emily W. ‘10, Master of Science, University of Delaware/Winterthur Museum

"Take your GREs or GMATs right after college—you will absolutely regret waiting.”
– Leah O. ‘09, Master of Business Administration, Boston University

"That legal writing is nothing like writing for your college classes. Analysis is more focused and less academic.”
– Anonymous, Juris Doctorate, University at Buffalo Law School

"Factor in cost of living to where you are going to school.”
– Bobby S. ‘08, Master of Business Administration, George Washington University

Take The Next Step With Arts, Sciences & Engineering (ASE) Graduate Programs

Are you ready to further your education? Below is a list of graduate opportunities available at your alma mater.

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<th>Alternative Energy (MS)</th>
<th>History (PhD, MA)</th>
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For more information about ASE master’s and doctoral programs, please visit [www.rochester.edu/college/gradstudies](http://www.rochester.edu/college/gradstudies) or contact ASE Graduate Studies at [graduate.admissions@rochester.edu](mailto:graduate.admissions@rochester.edu).
CONTINUOUS: What Young Alumni Wish They Had Known Before Applying

“Graduate school abroad is cheaper, shorter, and better than graduate school in the United States.”
–Abigail H. ’07, International University in Geneva

“Don’t be fooled by fancy or big name schools. Shop around and explore what state schools have to offer. If you’re specializing in a field that has state-specific licenses, consider what areas of the country you are likely to be in after you graduate.”
–Megan H. ’09, Masters of Social Work, Washington University in St. Louis

Other Post-Graduation Opportunities

“Any opportunity that lets you travel to a lot of different places is a great opportunity. I have been lucky enough to travel to over a dozen countries around the world and it has had a significant impact on how I approach life and my work.”
–David L. ’09

“I did Teach For America and then went to graduate school. Both were great experiences and are the reason why I am in the position that I love today.”
–Bobby S. ’08

“Do what you want to do, not what society thinks you should do. A master’s degree can happen any day.”
–Sudesna G. ’07

“I was a Teach For America (TFA) corps member in 2007 and stayed in education through 2014. TFA is a great starting point for a career, but I encourage you to differentiate yourself by staying longer than the two-year commitment.”
–Alexander P. ’07

“I’m serving in AmeriCorps*VISTA through the Rochester Youth Year program out of the Rochester Center for Community Leadership (RCCL). My advice is to choose something because you’re passionate about the cause. Going into something without being prepared to fully invest is fair to no one.”
–Matias P. ’14

“Do it. Do whatever you want. Don’t listen to other people who say you have to get a job or go to grad school or do this, that, or the other thing. You get one life, one decade that is your twenties, do that thing you always wanted to do but never could because someone told you that you HAD to go to school and get a job and all that ‘important’ stuff. You know what it is. Just do it.”
–Patrick A. ’14

“Teach for America has been an incredible opportunity for me to start a career in education. My school struggles greatly to find qualified science teachers so I feel extremely valued. Teach for America also serves as a platform for me to think about critical issues in education. This is a very important time with the implementation of the Common Core, so I feel extremely challenged and fulfilled investing my energy in this field.”
–Emily H. ’12

“Think about ways you can improve professionally in addition to what you are learning or gaining through your primary endeavor or employment. It might be a significant volunteer role that offers more leadership than you can get through work, or it might be an online educational program that teaches you a new skill. Challenge yourself.”
–Dan L. ’07

“Live abroad—even if you did study abroad and if it’s for a month. Choose something that will force you to be on your own, not a program where everything is figured out for you. Ideally, try to find a job or internship. It’s not just about living in another country, but also learning how to live on your own without all the safety nets like family, friends, professors, etc. It builds self-reliance and confidence.”
–Cassandra F. ’05

“I didn’t, but you have 30+ years to work, so taking 1-2 years to do Teach For America or travel is an awesome idea and does not detract from your work that much. Experiences will allow you to connect with people in your future.”
–Chad H. ’12

Fund Your Studies With Fellowships

Do you know that it’s not too late to apply for certain fellowships? In the last three years, almost 20% of the University of Rochester candidates for the Fulbright U.S. Student Grant applied after graduating from UR – and one-quarter of them won a Fulbright. UR candidates for the Carnegie Junior Fellowship, Gates Cambridge Scholarship, and Hertz Fellowship also succeeded in being named finalists and winners of these prestigious awards as recent college graduates. What else do these alumni have in common? They all received advisement on their fellowship applications from the UR Fellowships Office.

If you regret not applying for a Fulbright, NSF, Soros, or another major nationally competitive student fellowship while you were an undergraduate – or you weren’t ready to do so before graduating – you can still apply for many fellowships as an alumna/alumnus.

The Fellowships Office can assist recent undergraduate alumni with the application process for selected national student fellowships, such as the Carnegie Junior Fulbright, Gates Cambridge, Marshall, National Science Foundation Graduate Research Fellowship, Rhodes, Schwarzman, or Soros. Indeed, some fellowship programs require nomination by the degree-granting undergraduate institution in order to apply, so let us hear from you if you are interested in pursuing any of these opportunities.

Keep abreast of campus deadlines and nomination processes online at www.rochester.edu/college/studentfellowships, and follow us on Facebook at www.facebook.com/URFellowships and Twitter (@URFellowships).
“Go for it! Follow your heart and try anything. Travel, work for free, live outside, hitchhike, walk 1000 miles, go on a meditation retreat course, teach the children, volunteer, and see the world. Experiences outside of the frame of the traditional professional world will help sculpt and influence you. These experiences are tremendously valuable and most accessible when you have fewer ties. Don’t be afraid. Seize these opportunities and have fun!” – Steven K. ’06

“My first year out of college, I did a program through the government of Spain, working as a part-time English assistant in classrooms. (I know the government of France also offers these jobs.) I would recommend this position. It was a great experience and opportunity to live abroad for eight months. However, the pay is low, so it would really help to have savings before starting this position.” – Kate W. ’07

“Don’t do it to build your resume, do it because you want to learn, grow, or better the world.” – Anonymous

“Always be open to new experiences. Regardless of whether you hate it or love it, you will gain tools for your next job/opportunity.” – Angie S. ’11

“Everything you do is useful. Each experience you have, especially if it is different from what you’ve done in the past, will give you a new perspective on who you are and what is important to you, and will contribute to a stronger sense of what to do next. It’s okay to step off the treadmill and deviate from your straight and narrow path. From personal experience with Teach for America, followed by research at the NIH, time is measured not so much by filling a ‘gap’ as it is about moving forward in your adult life, cultivating new and old passions, no matter how circuitous a route it may seem you’re taking.” – Brandon P. ’12

STEM to TEAM

The Master of Science in Technical Entrepreneurship and Management (TEAM) program at the University of Rochester is designed for those with a STEM undergraduate degree who wish to pursue a master’s level technical education in combination with business and leadership courses. The degree is offered jointly by the Simon Business School and the Hajim School of Engineering & Applied Sciences and is administered by the University’s Center for Entrepreneurship.

The TEAM degree can be completed in one academic year. A three-semester option with a summer internship and part-time study are also available. TEAM students select one of the following nine technical concentrations: biomedical engineering, chemical engineering, computer science, data science, electrical and computer engineering, energy and the environment, materials science, mechanical engineering, or optics.

TEAM students graduate with highly marketable skills. Ninety percent of graduates from 2010 to May 2014 who actively pursued placement found employment within six months of graduation.

You already know about the University of Rochester’s strength in engineering education and research. Leverage the skills from your undergraduate experience and bring them to the next level with the TEAM master’s program.

Learn more at rochester.edu/team or contact Executive Director Andrea Galati at 585.276.3500 or andrea.galati@rochester.edu.
Insider Tips On Your New City

Albany, NY

“In the city of Albany there are very few driveways, therefore you will generally be subjected to street parking. Pull in your side view mirrors.” –Janise C. ’13

Asheville, NC

“Asheville is WONDERFUL! Located in the middle of the Blue Ridge and Smoky Mountains, it is not only gorgeous, but the outdoor activities are endless! Food and art are great in the downtown area. You definitely need a car to live here, unless you live downtown (which can be costly).” –Megan O. ’11

Austin, TX

“I love living in Austin! It is the perfect place for someone who is health conscious, or striving to be more so, in any way. There are plenty of outdoor activities like running, cycling, kayaking, or rock-climbing. I like to run half marathons and it is not unusual to find out that at least one person you know in Austin has participated in a half marathon (let alone a triathlon or an Iron Man competition).” –Mary Abbe R. ’13

“Austin is very active. There are races every weekend, always events going on, and great food like trailer food trucks. You must have a car to really get around. The city is so diverse with the east being so different from the west.” –Catalina B. ’07

“Baltimore is incredible! Although the city can get a bad reputation, Baltimore is home to many yuppies (young urban professionals). Baltimore consists of a conglomeration of different neighborhoods and each has its own unique quirks and characteristics. With so much history, water, sports teams, and more, it’s never boring and there’s always something to do. MUST DOs: Aquarium, crabs at Nick’s Fish House, Miss Shirley’s Restaurant for breakfast, Little Italy, Fells Point, Public Market under 83, Orioles game, Ravens game, and any art museum!” –Kellie I. ’10

Bloomington, IN

“Bloomington combines the culture of a larger city with the feel of a small one. The ethnic restaurants are fantastic, and the music and arts scene are worth checking out.” –Erin O. ’11

Boston, MA

“The popular neighborhoods are: Cambridge, Somerville (Porter Square, Davis Square, Union Square), Jamaica Plain, Beacon Hill, Brookline, and Brighton. Anywhere that is close to the T is a good thing, but the Green Line is finicky and slow.” –Rachel A. ’07

“Find an apartment that preferably isn’t 100 years old. Also, try to avoid the green line if you can afford it, but apartments are the cheapest on it. The T is crazy in the afternoon, so go into work early and leave early. Find a sports team to play on (Boston rfc for me). jm Curleys is an excellent bar and food spot.” –Will H. ’14
CONTINUED:

Insider Tips On Your New City

"Boston nightlife: Lincoln Tavern, Boylston Street (strip of restaurants/bars), Fenway (strip of bars), and Fanueil." –Joana B. ‘10

“If you aren’t from Boston, you have to walk the Freedom Trail. I’ve never been interested in history, but the trail is still one of my favorite things about the city. In terms of transportation, the T is pretty slow, but cheap and easy. Once you’re downtown, you can pretty much walk anywhere if you don’t mind walking a couple miles. Must-try restaurants: Anna’s Taqueria has the best burritos on the east coast. If you’re into Chinese food, Taiwan Cafe is the best of Chinatown." –Matt B. ’14

“Brookline and Cambridge seem to be popular ones. Don’t bring a car in the beginning – parking is scarce and expensive.” –Anonymous

“Don’t bring a car if you don’t need one. Get a monthly T pass so you’re able to get around the city easily and more cost-effectively.” –Joana B. ’10

“Popular Boston neighborhoods: Fenway/Kenmore- sports addicts unite; South Boston- young professional, affordable housing, great nightlife; South End/Back Bay- families, young professionals, dog lovers, expensive.” –Joana B. ’10

“Somerville and Cambridge are definitely the coolest areas to live in. These cities are broken into squares, often with access to transit lines. Living in or near squares can be very expensive, but areas within walking distance from the squares can be affordable and you get many benefits.” –Annie B. ’06

“Brookline is a nicer area with apartments with 3-5 bedrooms- Coolidge Corner or Washington Square, specifically. Back Bay, South End, and Beacon Hill are all more expensive and the apartments are smaller, but the areas are nicer than the aforementioned.” –Anonymous

“Best neighborhoods to live in the city (if you can afford it): South End, Back Bay, Financial District, and Beacon Hill. Outside the city: Brookline (Coolidge Corner, Washington Square).” –Anonymous

“It’s expensive. It’s awesome. People love their sports. Explore it!” –Dan S. ’09

“In order to be able to live here right out of college, most people will need roommates. It is expensive to live anywhere near the T. Brighton and Allston are very college-y but good for 21- to 23-year-olds.” –Anonymous

“I’ve since moved to another city, but I lived in Coolidge Corner in Brookline. There are a lot of great restaurants. Regal Beagle and Zaftigs are great for brunch but have really long line. Bagel Rising in nearby Brighton is amazing. There are a ton of sushi places. Hops N Scotch is a cool bar, and Barcelona Wine Bar is amazing but that’s more towards Washington Square. Coolidge Corner is right on the Green Line and it’s so easy to get into Boston.” –Anonymous

“Must-try Boston restaurants: Legal Seafoods (test kitchen in Seaport), Oleana (Cambridge), Trattoria di Monica (North End), Island Creek Oyster Bar (seafood in Kenmore), Gaslight (South End), and Aquataine for brunch (South End).” –Joana B. ‘10

“Boston is a great place to live and work. It is full of young professionals and great companies and organizations, while being small enough to navigate. There are some great neighborhoods in Somerville and Cambridge that provide excellent access to the city but also wonderful hangout spots right around the corner. Somerville in particular is a wonderful city to live in, vibrant and rich in activities with bike lanes on main roads and a lot of wonderful ‘squares’ to explore.” –Ann G. ’07

“Moving to Boston after graduation was a perfect choice. It was such an easy transition from college into reality because there are so many colleges in the area and there is such a large population of twenty-somethings. The one thing about Boston I wish I had known prior was that almost 80% of apartments turn over on September 1. It is a mad rush to get the best, most affordable apartment.” –Anonymous

“Boston is a fabulous city to live in after college, for work, or for graduate school. There are tons of young people, lots of jobs, a great cultural scene, a fabulous fitness community, etc. It can be expensive, but areas like Allston or Somerville tend to be slightly more affordable. There are always new neighborhoods to explore and new restaurants popping up—get on the email lists for the local restaurant weeks so that you can try them all!” –Leah O. ’09

“I live in Central Square in Cambridge and really love it. Certain areas of the city make having a car very expensive and difficult (e.g. Brookline). Living near a T line that can get you to work is ideal. Cambridge and Somerville are great areas if you want to feel more independent and somewhat removed from touristy areas of the city.” –Megan H. ’09

“The Red Line is the best line to be on, but rent is expensive. The city is made up of smaller cities and boroughs and people tend not to travel too much in-between socially (like NYC). The MBTA hours were recently extended so the twenty-somethings of Boston are rejoicing, and it is hoping to retain people that way.” –Gemma S. ’09

“Brighton/Allston and Cambridge are relatively cheap spots and full of young professionals. You can also park your car for a (relatively) reasonable price. Downside is they can be a bit overpopulated by college students. If you’re willing to pay a premium, Brookline, Back Bay, and Beacon Hill are more tame and beautiful places to live. Downside is these are difficult neighborhoods to park your car in.” –Anonymous

Buffalo, NY

“In general, finding a ‘younger’ section of the town will be more social. If that’s something you’re looking for you should think about paying a bit more to live there. In Buffalo, that place is Elmwood.” –Nick B. ’14
CONTINUED: 
Insider Tips On Your New City

Chattanooga, TN

“Chattanooga is the gem of the south. A lot of people liken it to the Boulder of the east coast. It’s settled in the mountains and is very outdoorsy with a great entrepreneurial scene. The north shore or main street area are great neighborhoods to live in.” –Dan N. ’06

Chicago, IL

“Chicago is a phenomenal city to live in after college. I'm an East Coaster at heart, but the weather is really not all that different, and surprisingly enough there are beautiful beaches here right on Lake Michigan. It’s a huge city, but has a variety of different neighborhoods, each with their own vibe and community, which makes navigating more manageable. I have lived in Uptown since I moved here, and work nearby in Rogers Park. Both are less-mainstream neighborhoods which I love. There are tons of restaurants, bars, and concert venues around me, and it’s easy to hop around different areas using public transportation. I have had some of the most delicious food, and have met some of the most inspiring people since I moved here.” –Hannah A. ’11

“Tons of good neighborhood options abound. Identify your priorities and then find a place. There are many factors: proximity to public transportation, proximity to the lake, areas with a lot of bars/restaurants/nightlife, types of neighborhoods, etc. Know what you want, and find something accordingly.” –Anonymous

“People fresh from college usually really enjoy the Lakeview area. It has a lot of college-age students due to its vicinity to DePaul, and plenty of restaurants, shops, and bars.” –Anonymous

“Chicago is a great city in which to live. However, it is expensive. In general, it is safer to live in the north and northwest part of the city. Lincoln Park, Bucktown, Wicker Park, and Lakeview are great neighborhoods in which to live. I think it is great to try to live close to the L, especially if you do not have or want to own a car. Public transportation is pretty good in the city. I prefer the L versus buses as it is not as subject to traffic as the bus system is. Chicago traffic can be very frustrating, so even though I have a car, I often like taking public transportation as it can be easier and cheaper” –Anonymous

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East Lansing, MI

“Living near a large college helps. There are always things going on – concerts, plays, festivals, etc. Finding a place where you can walk around without getting back in the car is important.” –Keith R. ’05

Harrisburg, PA

“Harrisburg is a lot like Rochester with a lot of enjoyable things to do if you know where to go. I live downtown and recently bought a home in midtown, which is a growing popular area for young professionals. The restaurant scene is fairly self-explanatory (most are located on the same street), but I would highly recommend trying Bricco, Mangia Qui or Carley’s Piano Bar if you’re ever in the area.” –Sarah H. ’10

Cleveland, OH

“From the eyes of a native, Cleveland has changed tremendously since I left to go to the UofR in 2010 as a freshman. Lebron James is back, we’re hosting the Republican National Convention in 2016, and the amount of people living downtown is at an all-time high. Downtown is the heart of the city but nearby neighborhoods like Lakewood, Ohio City, Tremont and University Heights are all on the rise. Once forgotan as part of the Rust Belt, Cleveland has recently seen an economic renaissance with the help from a strong entrepreneurial community and the Health-Tech Corridor which will soon feature the nation’s first 100 gigabit-per-second internet connection.” –Kevin D. ’14

“Good neighborhoods to live in: Shaker Heights, Cleveland Heights, and University Heights.” –Guy M. ’10

“Social: The best eateries are centered around W. 25th St, W. 6th St., Coventry & Mayfield, Cedar & Fairmount, and Cedar & Lee.” –Guy M. ’10

“Transit: Buses and trains decrease frequency after 7 and stop at around 10. Students can get a six-month unlimited RTA pass for $80. There are two airports within a one-hour drive: Cleveland Hopkins and Akron/Canton. The latter is further and significantly cheaper to fly into/out of.” –Guy M. ’10

“Culture: Museum of Rock & Roll, Cleveland Museum of Art, Western Reserve Historical Society, Cleveland Zoo, MetroParks, Browns, Cavaliers, USS Cod WWII sub, West Side Market, Great Lakes Science Center, and Horseshoe Casino.” –Guy M. ’10

Docking Ship

IN NEW WATERS

Find UR In Your City!
Looking to connect with Rochester alumni and friends in your area? We host a variety of events to connect the Rochester community, within your community.

Soak up local art and culture, make new friends and professional connections, and learn about the latest academic research from our distinguished faculty members at an event near you.

For a list of upcoming regional programs, visit our online events calendar: www.rochester.edu/alumnievents.

View photos from past events on our Facebook page: www.facebook.com/URAlumniRelations.

Interested in assisting with events? Have program ideas you’d like us to consider? Contact us at alumni@rochester.edu.
CONTINUED: Insider Tips On Your New City

Hartford, CT

“Look to live in West Hartford. Small but fun city in the heart of CT. Good food/bars are all in West Hartford center. No real public transportation so you probably need a car.” –Anonymous

Los Angeles, CA

“Learn to drive, get a car. Don’t plan on traveling between 6-9 am and 3-7 pm. If you do, double time of travel at least.” –Jessica M. ’13

“LA is huge. You 100% need a car and to live somewhere with parking. LA is not an easy city to get used to as the community vibe of the East Coast/Mid-West can feel absent at times. You will also be in traffic. 30 minutes is a short drive, however; LA has as much to offer as any big city. There are amazing neighborhoods, restaurants, bars, and of course beaches and mountains. The best things to do are outside of LA. There are really good hikes and beaches and if you like surfing and sports it’s great for that. The weather is also perfect. You can play sports year round and joining a pick-up-team is a great way to meet people. Coming out here with a job is a good idea or an idea of what job you want. It seems difficult for people who don’t know what they want out of the city. Don’t expect to come to LA and feel normal for a while. Everyone says it takes 1-2 years to like it. Public transportation is terrible and don’t expect to be able to use it to get to useful places. Visit LA before you come. It isn’t a user-friendly city, try and stay with people you know and can take you around vs. staying in hotels. If you family does not live on the West Coast, it is also extremely expensive to fly to other cities so factor that in to your budget. Overall, LA is a difficult city to get used to and navigate, but if you have a job, start building a community and get outside enough you will learn to love it.” –Emily R. ’14

Madison, WI

“Madison is an amazing little city with a ton of great local food, craft beer; and other awesome events and festivals. It’s pretty easy to get a good sense of what’s going on and what to do. Ask a local, Google it, or just email me :)” –Brad O. ’10

“Madison has been a great city to live in. It reminds me of Rochester in many ways (size, climate, huge university, etc.) but blends in aspects of other cool cities like Portland, Austin, etc. It’s smallish but has a lot going for it. Living on the Isthmus really puts all of the fun in your backyard. It’s really easy to ride your bike, take a bus, get a cheap cab, and find free/affordable parking. The best areas to live are First Settlement District, Willy Street, Monroe Ave, Vilas neighborhood, and Near East Side. The food, lakes, biking, and music have kept me here and loving it. And it’s true what they say, people in the Midwest are NICE!” –Anonymous

Miami, FL

“You have to eat at Michael’s Genuine Food and Drink in the Wynwood neighborhood. Try to plan so that while you’re there, you can go to the once-a-month Art Walks in Wynwood. Key Largo is a short drive from the greater Miami area, where you can fish, go boating, and explore at John Pennekamp State Park. Rent a kayak at Mile Marker 88, and then feast on fresh, local seafood as you drag the boat ashore. For unspoiled beaches, head two hours west to Naples or Fort Myers. If you’re looking for great bars and clubs, Brickell is the place to be for young people. As for transportation, it’s hard to get around without a car. If you live and work close to the Metrorail, it’s easy enough to get to and from work during typical working hours, but this is not the NYC subway.” –Sandhya R. ’09

Naples, FL

“Use living social, groupon, and any other coupon website. If you work in the city consider using public transportation.” –Natalie B. ’05

Nashville, TN

“Neighborhoods to live in if you are renting: East Nashville, 12 South, Sylvan Park, Hillsboro, or the Gulch (if you are made of money). Transportation: no metro and shaky bus system. This is a driving town.” –Bobby S. ’08

“12 South restaurants on 12th Avenue – must go.” –Joseph G. ’12

“Nashville has been rated on nearly every ‘Top 10 Hottest Cities’ list over the past few years, and I certainly agree. It’s an especially good place for a young alumnus to begin a career, because rents are still generally affordable and the nightlife is extraordinary. Midtown is popular because it’s close to great bars, restaurants, parks, and downtown is only a 5 minute drive away. East Nashville is becoming more popular because of its eclectic residents and cheap housing (hipster section of town).” –Daniel F. ’08

New Orleans, LA

“New Orleans is an incredibly unique place. I often feel like I live in a different country when I am here. The culture is rich and the sense of community is warm and welcoming. It is a very exciting place to begin my career.” –Kyle C. ’13

“New Orleans is lovely! There are several great neighborhoods to live in. I’d recommend Uptown or the Garden District for lots of amenities and better public transportation. The Marigny and the Bywater are cool and up-and-coming – more of a hipster, Brooklyn vibe. Mid-City is more affordable and has lots of families, but it’s a bit more hit or miss safety-wise.” –Rachel W. ’06

“Come prepared to eat—so much great food here! This is a driving city, so have a car because public transportation is pretty bad. Every nice block is next to a less nice block, so be sure to drive by potential housing options at night to decide if you feel safe. The music is amazing! So are festivals: Mardi Gras and Jazz Fest.” –Alexander P. ’07

New York City, NY

“Get a roommate.” –Anonymous
CONTINUED: Insider Tips on Your New City

"Explore everything. When you’re new to the city, say yes to most invitations. Walk around aimlessly. Go into random different coffee shops, stores, bars, restaurants, etc.” –Justin G. ’10

“One of the great things about living in NYC is that entering a new neighborhood is like entering an entirely new world. I try to explore an area I haven’t yet been to every weekend. I’ll go get coffee in a cafe, or brunch in a popular local diner, or try out a new bar. Half the time I meet someone famous.” –Anonymous

“When you first move to the city or to a new neighborhood, take a weekend to get a lay of the land. This will make you feel more at home, and will give you a few places to take visitors when they inevitably ask for a ‘tour.’” –Lucas P. ’12

“Brooklyn is my love. Get an unlimited monthly subway pass unless you’re a lucky one who can walk to work. Walk everywhere! Brooklyn Bridge Park is stunning. The summer in the city is the best time of your life. Enjoy the free events, concerts, yoga at Bryant Park, etc. Several Rochester alumni live in Brooklyn Gold—join us there! East village, LES, South Slope are some of the best areas to live for people our age.” –Emily H. ’12

“New York is an amazing place to live postgrad! Each neighborhood has its own distinct feel and there’s so much to see. While my friends and I have our own spots in our neighborhood (Morningside Heights) that we like to frequent, we also like to branch out and explore new areas of the city every weekend. We love to do brunch on weekends and always try to find bars and restaurants with outdoor or rooftop seating in the summer. Public transportation makes getting around very easy and convenient. It is expensive to live here, but if you budget wisely, you can have fun while still paying your bills.” –Andrea M. ’12

“Live with lots of roommates to keep the rent down. Find out the building’s policies with respect to putting up fake walls. Recent college graduates tend to flock to Murray Hill and the Upper East Side—nothing wrong with that. When you’re 22, the bars there are fun and the people are your age so just go with it.” –Anonymous

“The best way to get to know New York City is to just walk around. Pick a place you’ve never been before and just take a stroll. And please, venture outside of Manhattan—the outer boroughs are way more awesome. If you like books, go to the Strand. It’s amazing. Be sure to find the rare books sections. People in New York aren’t as mean as people think, we’re just busy. If you need help, there is always someone who will help you, so just ask. If you need a public bathroom, try fast food restaurants and hotels. Let people off the subway before you get on and don’t take taxis too often, they’re expensive. Time Out New York is a great resource to find things to do.” –Melissa G. ’13

“New York City is very expensive, but there are still reasonable deals to find. There are lots of great neighborhoods in Brooklyn and Queens, but if you want to live in Manhattan the Upper East Side and Murray Hill are reasonably priced options for recent college graduates.” –Anonymous

“For me, living within an easy commute to work is far more important than living near where I like to socialize. Getting to work is something that you have to do every day, over and over; and on a very specific schedule. There are also so many amazing neighborhoods and places to explore in New York that you likely won’t end up in the same exact spot too frequently.” –Chelsea D. ’10

“New York has everything as far as restaurants, bars, clubs, music venues, etc. I live in Astoria which is a wonderful and safe neighborhood and very close to midtown Manhattan. I personally think living in Manhattan is overpriced and not worth it. There are plenty of great places to live in such as Queens, Brooklyn, or New Jersey, that are easy to get into the city from and have nice restaurants and things to do right in your neighborhood, and they’re much cheaper than Manhattan.” –David L. ’09

“Manhattan is expensive, but all trains lead to and from it. If you can afford it, it’s the best place to live. Brooklyn is not less expensive, but you get more space. Queens is the cheapest, but it’s Queens. For Manhattan, any neighborhood is good, though if you want something quieter and a little more space, I’d try the Upper West Side, Upper East Side, Chelsea, or West Village. If you want something noisier but also livelier, try Hell’s Kitchen, the East Village, or Lower East Side.” –Christopher J. ’06

“If you’ve always dreamed of ‘living in NYC’ but simply can’t afford it, don’t turn your nose up at NJ! Hoboken and Jersey City are right across the river, so it’s essentially like living in a borough such as Brooklyn or Queens. Don’t let anyone tell you otherwise.” –Allison G. ’08

“I just moved to the Bronx from Rochester. My biggest regret is not finding an apartment with included parking for my car. Some advice, make sure you get an apartment close to a train or bus stop, and whenever you commute into Manhattan or another borough, always be prepared with anything you might need in your bag.” –Angie S. ’11

Philadelphia, PA

“You’ll find that Philadelphia residents really love their city. There’s even a wildly popular hashtag to reflect it: #whyilovephilly.” –Arielle F. ’10

“Philly is a great food and drink city. There are always fantastic events going on like Restaurant Week and Center City Sips, which can be a great way to explore new parts of the city and try new restaurants. The neighborhoods around South Street are a fantastic place to live.” –Leah P. ’12


“You can’t go wrong with living in Center City of Philadelphia. Philly is a very walkable city, you can get to almost everywhere on foot, and burn a bit more calories doing so. There are tons of restaurants, bars, theaters, museums, etc.—something for everyone to do.” –Anonymous
CONTINUED: Insider Tips On Your New City

“The streets in Center City Philadelphia are much narrower than midtown Manhattan streets, but the food is better. There’s less ethnic food, but they do ‘new’ cuisine better. Parking can be a nightmare at times. If you live in West Philadelphia try catching the street trolley, which actually runs underground and becomes a mini-subway.” –Ryan W. ’08

“Philadelphia is a very walkable city and fun to explore – you could even walk by City Hall, Chinatown, Penn’s Landing, Love Park, the Philadelphia Art Museum in one day. Reading Terminal Market has tons of delicious food and there are usually samples to try! Magic Gardens is a very unique visit – it’s a small outdoor environment completely covered with mosaic. It is inexpensive for students and South Street nearby has great little shops and tasty food. The Philadelphia Zoo is unique because it has elevated tunnels above the pedestrian walkways that animals such as big cats or apes can use to explore. In the summer, there are tons of beer gardens that are uniquely decorated and cozy. Spruce Street Harbor Park has a few food trucks, outdoor games set up, and lots of hammocks! In the winter; Penn’s Landing has a really nice skating rink by the river. There are fire pits and you can even buy the fixings to make s’mores on them.” –Anonymous

“In terms of transportation, the subway and trolley lines have free interchanges among each other; so living in walking distance of a subway or trolley can be beneficial. Philadelphia is very much a city of neighborhoods, and each area will feel different. Queen Village is a good place to live. The western part of Center City down to about Spruce Street is popular with professional students (Med School, Law School, Business School). For a good place to grab an experience meal, Pizza Brain is worth the trip.” –Robert M. ’06

“Philadelphia is a city built up of neighborhoods. Popular ones for twenty-somethings are Old City, Washington Square West, Graduate Hospital, Fishtown, Northern Liberties, and Rittenhouse. Fishtown seems really far away from the rest of the city (it’s not really,) but there’s a lot going on there in the creative scene.” –Arielle F. ’10

“Popular neighborhoods for young people to live in: Fishtown, Graduate Hospital, West Philly, East Passyunk. Don’t look at Manayunk, East Falls, or Mount Airy. If you ever want to do anything in Center City you’ll have to drive, and the feel of all of those is quite removed. Good start for finding good restaurants, activities, etc. is www.uwishunu.com. Don’t be afraid of public transportation – it’s more convenient than it appears. Also, get a bike – the city is quite flat and bike infrastructure is slowly but surely improving.” –Eugene V. ’07

“Philadelphia is a phenomenal place to live. I grew up in the suburbs and, until 2014, had never lived in a big city before. Even though Philly is the 5th most populous city in the U.S., it doesn’t feel like it at all. Plus, it has one of the best food scenes in the country!” –Christopher Y. ’11

“Philadelphia is filled with communities of passionate people. You just need to find them! Once you start going to events, reading blogs, and seeing what’s out there, you’ll find that there is a community that you fit into, and it will open up your world in awesome ways.” –Arielle F. ’10

“Center City has so much going on—a booming restaurant scene, a ton of eclectic coffee shops, a growing co-working/startup/tech scene, and more. It’s an awesome city for twenty- and thirty-somethings.” –Arielle F. ’10

“The living conditions are far better in Center City (east of 30th street) than they are in West Philadelphia around UPenn’s campus. Apartments in Center City are slightly more money, but it’s worth it to not have to deal with the crummy houses that they rent out to students and young professionals around UPenn’s campus. Definitely look into Philly Sport and Social Club and Philly Sports Network. These are companies that run weekly ongoing sports leagues for everything from softball and basketball to dodgeball and kickball. It’s a great way to meet people and make friends. It’s also super fun. Who doesn’t like dodgeball?” –Benjamin P. ’12

“Philly is really becoming an amazing city for millennials! The city has become really into pop-up beer gardens and restaurants. This past summer, there were at least 4 pop-up spots around the city, including Spruce Street Harbor Park, which was by the river and filled with hammocks! Don’t be scared of SEPTA buses, because they make it so easy to get around! Popular neighborhoods for 20-somethings: Old City, Washington Square West, Midtown Village, Graduate Hospital, Bella Vista. Best brunch spots: Hawthorne’s, Cafe Lift, Kennett, Honey’s. Best coffee shops: Chapterhouse, Good Karma on Pine St, Menagerie, Cafe Ole. Best happy hour: Sampan, Mixto, Perch Pub (and a million others, Philly has awesome happy hours).” –Arielle F. ’10

“West Philadelphia has a great vibe due to the many universities, but the crime rate is staggering, so be careful when walking around after dark. The Manayunk neighborhood is a bit safer and is home to a lot of grad students. Manayunk has a lot of bars, not to mention these insane cliffs that rival those in San Francisco. Rittenhouse Square has a lot of nice cafes and shopping. City Tavern serves only colonial recipes, so that’s a unique place to eat.” –Dan G. ’14

Pittsburgh, PA

“I was born and raised here. I enjoyed my time at UR for undergrad but absolutely love being back. The city is constantly growing and there are ALWAYS things to check out in the city. It is divided into little pockets with their own identities, each with its own amazing places to eat! As soon as I check off a new restaurant to try, three more are added to the list, I swear. There are a lot of graduate students and young professionals, so it is a fun place to live.” –Lauren R. ’10

Princeton, NJ

“I currently live in Princeton, NJ in an apartment complex 10 minutes away from the university and 15 minutes away from downtown Princeton. The Princeton Junction station is about 5 minutes away from my complex and from there one can take trains to NYC or to any other city in NJ.” –Maritza G. ’14
"The Park Avenue neighborhood in Rochester is one of the most sought after areas. I lived there for three years: on East Ave right near Park, and the next two right on Park. It’s very safe during the day, and relatively safe at night (don’t go out walking alone, but with a group you are fine). This area has a strong sense of community, beautiful architecture, great shops, restaurants and bars, and it’s walking distance from the East and Alexander bar scene. The summer time is the best, especially with all the festivals. I loved walking down Park on a Saturday evening—everyone is outside and delicious foods.” –Diana D. ’08

"The Park Avenue and South Wedge neighborhoods are great hang-out spots for young professionals and new college graduates. Also, check out the public market for awesome food." –Anonymous

"The Metro is your lifeline, although it will continually be out of order. The Circulator Bus is good too. It can get you almost anywhere in the city for $1.” –Anonymous

"There is more to Rochester than East and Alexander. Venture to the city and county parks, visit the Public Market, and never go to a chain restaurant ever again.” –Kayleigh S. ’08

San Antonio, TX

"San Antonio is an amazing city. It’s one of the biggest cities in the country, but it feels like a small town and it has the BEST Mexican food. The only downside is that you really need a car to get around.” -Travis B. ’12

San Francisco, CA

"San Francisco is the most magical city, and I can’t imagine living anywhere else in the world. It’s eclectic and full of free-spirited hippies who all frequent Burning Man, optimistic entrepreneurs looking to create the next Twitter, hipsters with crazy beards, and people who love climbing, camping, and adventure. It’s a huge place for self-discovery and feeling like the biggest kid, even if you’re a forty-something. The Mission, Haight, Duboce Triangle, and Hayes Valley are all really central, amazing places to live with lots of restaurants and bars. They’re expensive, though, and can be tough to make bank in if you’re not making an engineer’s paycheck. The East Bay is best if you’re living on a budget” –Lauren B. ’10

"It’s REALLY expensive. Thankfully, if you live in SF you most likely work in tech. Working in tech means you make a lot of money and can afford the outrageous rent prices. Public transportation is decent, but not the best. Uber and Lyft are becoming the most relevant form of transportation. It is difficult to have a car because there really is only street parking. The good news is, SF is only about 7 square miles, so walking is possible. There are lots of little neighborhoods within the city. Stay away from downtown, it’s super touristy. If you’re looking to live in the city, PacHeights, the Marina, and near the Panhandle are where it’s at. There are tons of bars and restaurants in the city, The Mexican food in the Mission is the best. The best bar hopping spots are on Polk Street and in North Beach.” –Rachel Y. ’14

"There is an amazing variety of ethnic foods and restaurants in San Francisco. It is one of (if not THE) best places to find interesting and delicious foods.” –Macy A. ’07

St. Louis, MO

"St. Louis is more fun than you might expect. It has a lot in common with Rochester in terms of being able to get around easily, but there are more ‘big city’ type things to do (sports, culture, etc.).” –Brian C. ’08

Washington, D.C.

"The Metro is your lifeline, although it will continually be out of order. The Circulator Bus is good too. It can get you almost anywhere in the city for $1.” –Anonymous
CONTINUED: Insider Tips On Your New City

“D.C. is a great city to be a young professional. There are a ton of young people here, and it’s a very transient city so a lot of people are always coming in and out. It also has a bit of a suburban feel, such that it’s a perfect little urban-suburban hybrid.” –Jason S. ’10

“Living in the District is expensive. The suburbs are much cheaper, but commute costs should be factored in. You can reasonably live without a car, though I enjoy the convenience, just expect to either street park or pay a fortune. The metro buses are good for travel within the city, but get sparse in the suburbs. I personally love going out in the neighborhoods of Columbia Heights and Adams Morgan. Both have wonderful culture, restaurants, and night life without breaking the bank. I’ve lived in Cleveland Park and Takoma Park, which are a bit more low-key and better suited for my preferred living arrangement, but still close to the amenities of downtown D.C.” –Kaitlyn K. ’12

“Great website resources include yelp.com, dcist.com, and arlnow.com.” –David F. ’05

“Living near a Metro station can be incredibly expensive (unless you can find a house with several roommates). Try places that are within a mile or so of the Metro, or where you can take a quick bus ride and get onto the metro. This can save you a ton of money on apartments.” –Jonathan A. ’09

“I love Washington D.C. It’s a young, fun city, and almost no one is ‘from’ D.C. so it’s exciting to explore with a group of people. Many people work for the government or in politics, but as a corporate person it’s nice to have an outsider view of that world.” –Anonymous

“D.C. is a very young city. The popular and safe neighborhoods to live in are: Van Ness, Cleveland Park, Woodley Park, Dupont Circle, Logan Circle, 14th Street Corridor, Columbia Heights, Eastern Market, Arlington, Crystal City, and Georgetown.” –Lauren L. ’11

“If you visit, I highly suggest checking out Ted’s, either in Barracks Row or 14th Street. The president is a frequent visitor, and their milkshakes and pop-tarts are out of this world! Some of the best restaurants are in the 14th and U Street area.” –Anonymous

“A few must-try restaurants in D.C.: Agora (go for their bottomless brunch on the weekends), Cava Mezze (a few locations in D.C.), Filomena (Italian in Georgetown), and Founding Farmers.” –Lauren L. ’11

“My favorite restaurants are Filomena’s, Rasika, Jaleo’s, and Ay Jalisco. Young people’s favorite neighborhood is now U-street. Live within walking distance from a Metro station if you can.” –Victoria V. ’10

“Within D.C., some of the best neighborhoods are Dupont Circle, Adams Morgan, and Logan Circle. Eastern Market and Georgetown are popular as well. Outside of D.C., many young people live in Bethesda, MD or Arlington, VA—specifically Clarendon (it’s a Metro stop, but there are tons of restaurants and bars around it).” –Anonymous

“There are a lot of cool areas in the city if you take the bus—don’t be afraid to (oddly a lot of young people don’t utilize that).” –Anonymous

“Live close to the Metro or to the highway since traffic is bad. There are lots of awesome restaurants in D.C. though!” –Chad H. ’12

“For food: happy hour and brunch drive D.C.’s food system. Know good places for both. Pi offers the best pizza in D.C.” –Ross B. ’09

“Don’t listen to what anyone tells you about any of the neighborhoods. Go check them all out for yourself. Even the ones ‘across the river’ have good things to offer; and the most desirable ones might not even be the atmosphere you’re looking for.” –Anonymous

“Live in the District, even if just for a couple of years. Sure it can be expensive and your apartment may be tiny, but the suburbs are just as expensive. The city is at your fingertips: museums, events, amazing restaurants, and public transportation! Also, D.C. is much smaller than it appears on a map. You’d be surprised how little time it takes to walk from neighborhood to neighborhood. Pass on the cab or metro for a 20 minute walk.” –Rachel H. ’05

“D.C. has become a popular city. Do use the Metro, buses, and Uber to get around.” –Michael C. ’07

“Live near a Metro stop. Always. And live inside the Beltway (see www.wmata.com/rail/maps). Do not drive into the city. It’s usually not much faster than the train, and parking is expensive. Work and live on the same Metro line, if possible; an easy commute makes life much better. Buy a SmarTrip card right away. Learn the bus system.” –Ross B. ’09

“D.C. is fantastic. I love this town, and there are a ton of Rochester people in the area. It is a company town, so be prepared for government talk on the regular. The Metro is usually efficient and clean. The neighborhoods are friendly and fun. There’s tons to do from bars to museums to athletics. I come to D.C. by way of central New Jersey but spent most of my weekends in New York City. The biggest thing I miss about New York are the modern arts—from standup comedy to theater to street performers. D.C. doesn’t quite have that figured out.” –Gregory M. ’08

Wilmington, DE

“If you live in Wilmington, there is actually a lot of hidden arts and culture especially approaching the Pennsylvania border. Many people don’t realize that the downtown closes at 5 p.m., but Trolley Square is really the neighborhood that has ‘nightlife.’ Juliana’s Peruvian Restaurant is the best food outside of Philly and Rocco’s is the best pizza. Many residents don’t realize that the SEPTA trains extend into Delaware and there are two stations in Wilmington. It is cheaper to buy tickets in the station than on the train. If you choose to get a monthly or weekly SEPTA pass, it is also valid for all local DART buses throughout Wilmington.” –Emily W. ’10
Finding the Right Apartment For You

Albany, NY

"Ask yourself these few questions before you start apartment hunting. Do I want a roommate? Would I prefer to live alone? What is my budget? Which areas are safe? Which areas should I steer clear of? How close is it to my job/school/etc.? After you have asked yourself these questions, you will need to make a list of questions to ask your landlord. One important question I found helpful was to ask landlords why the previous renters moved out. Based on their response (or hesitance to answer the question) you will get a sense of the type of landlord you are dealing with." –Janise C. ’13

Asheville, NC

"I asked around for friends who had been to or knew someone in the area. I had some key priorities (being able to go running safely from my door!) that I didn’t want to budge on. Ended up finding a great spot." –Megan O. ’11

Boston, MA

"Scouring Craigslist was nearly a full-time job. Boston is a college city, so the big move-in date is September 1. I looked at a May 1 move-in but wound up moving into my apartment on June 1, which is also somewhat of a popular move-in date due to when college students move out; all other times are difficult to find apartments." –Rachel A. ’07

"Craigslist. Compared to cities like NYC and D.C. there are actually less creepy ads on Boston Craigslist! There are lots of students in this city, so there are many options end of May/beginning of September." –Anonymous

"Moved into an apartment a friend was moving out of. It sucks but it’s cheap. I’d live closer to the city if I did it over." –Will H. ’14

"Craigslist shows apartments that don’t really exist. Craigslist is more for getting in contact with a Realtor that can show you what’s actually available. For rentals, that’s probably your best bet. But if you don’t see anything you like, reach out to one of the ads just to secure the Realtor. Most rentals are on a September 1 cycle. You’ll want to start searching for an apartment after June 1. Don’t wait too long because the good ones go quickly." –Anonymous

"Know your city and when to look. In Boston, start looking a few months before you intend to move and be ready to sign for a place you love almost on the spot. Remember that a 15 minute walk to public transportation is actually pretty good! Look for windows that actually work, doors that actually lock, and ask about the cost of heating and cooling. I always approach an apartment with an open mind. The current tenant might be incredibly messy and/or dirty, but all of that is easy to fix once you move in!" –Ann G. ’07

"Find a broker you trust, and live with a friend. Live on the T (trolley), even if it’s cheaper not to." –Dan S. ’09

"If it’s an option and you think you’ll be able to tolerate it, live at home. You’ll save a ton of money which will be worth it in the long run." –Matt B. ’14

"Visit a lot and be ready to sign on the line as soon as you find one you like! Apartments get scooped up very quickly, particularly for September 1, June 1, and January 1 lease start dates." –Anonymous

"Many landlords go through a broker. It’s a very expensive and discouraging process. Start as early as possible otherwise you may settle for less!" –Megan H. ’09

"Rent is very expensive and you can’t find a decent apartment without a real estate broker. Be prepared to put down four times one month’s rent up front (first month’s rent, last month’s, security deposit, broker fee). Most of the Boston apartments are on a September 1 cycle so that is when the most are available and also when demand is incredibly high—make sure to find a place fast. When it does come time to move in, make sure you get a permit from the city to block off a spot in front of your place for the moving truck." –Dan B. ’07

"First I lived with friends, then I used Craigslist for subsequent apartments. Living in the Boston area is very expensive and competitive, so the apartment hunting process is not fun. I suggest starting early, and keep in mind that if you are looking to rent a room in an apartment with other people, you will likely need to come to the city in person to interview at potential apartments. When I’ve filled rooms in apartments, we only consider people who can come in person. The market is definitely on the side of the people looking for a roommate, not people looking for a house." –Kate W. ’07

"Having a car is helpful, but parking is a nightmare in terms of hassle. Street parking within Boston, Brookline, and Brighton is very hard to come by, but Jamaica Plain and Somerville have more accessible street parking (fewer restrictions). I pay for the parking spot behind my building, which saves me the hassle but is an expense I wish I didn’t have." –Rachel A. ’07

"Definitely do your due diligence and look at lots of places. Don’t hesitate to ask current tenants probing questions about their relationship with their landlords. There are lots of absent landlords around the city who don’t maintain their properties. Also, you will likely have to pay a Realtor a fee for your place, but try to find an apartment with a half or quarter fee rather than a full month’s rent. Also, most apartments in Boston turn over on September 1, and it is a horrible day to try to move in the city (traffic, jacked up pricing from moving companies, etc.), so if you can get yourself onto a different lease cycle, you’ll be great. Also, consider your commute and parking situation when you’re looking at apartments—these can be huge hassles if you don’t think about them up front." –Leah O. ’09

Chicago, IL

"I used the Chicago Apartment Finders to find an apartment. There are various agencies that will help renters find an apartment for free (they receive commission from the apartment owners). Other people have had good success using Craigslist." –Katrina B. ’08

"I recommend using local connections, online search databases, and Craigslist." –Anonymous
CONTINUED: Finding the Right Apartment For You

“I ended up in my first Uptown pretty unintentionally, as I visited the city just one weekend to find a place. I used Chicago Apartment Finders which helped me narrow down what I was looking for and took me around different neighborhoods to see several places in one appointment. I have remained in the same neighborhood, and am very glad to be right next to the red line, away from the craziness and expensiveness of the downtown/Loop area, and surrounded by all the establishments I need to live and have fun!” –Emily R. ‘14

Cleveland, OH

“There are sites like Zillow you can use to look at rent prices for different areas including a Google-maps type overlay. However, I have found each of my last five apartments on Craigslist.” –Guy M. ’10

“If you wanted to get a place downtown you should have started yesterday. Downtown apartments are at 95% capacity. My apartment was the right location, price and size. Our three bedroom apartment is $1,685 a month ($560/each) so it’s definitely affordable.” –Kevin D. ‘14

Harrisburg, PA

“There were only a few apartment buildings to choose from, so I asked my future co-workers where they lived, and just signed a lease with that building. It worked out great.” –Sarah H. ’10

Hartford, CT

“Craigslist or Trulia.” –Anonymous

Los Angeles, CA

“I moved in with roommates who already lived here, but I would suggest Craigslist and other websites. Living alone will be expensive, $1,300-$1,800 for a studio/one-bedroom in a nice area. But there are a lot of areas further out that are affordable. Two to three roommates and you can live for $800-$1,200 a month somewhere nice. It’s not like NYC where you need a real estate agent, you will be able to find something on your own. Go to the neighborhoods and see how close they are to highways. Preferably know where you would think about working before you find a place because a long commute can be completely demotivating. Going 5 miles can take 30 minutes and going 10 miles can take up to an hour, and that’s average. Santa Monica and the west side are rather expensive. West Hollywood/Hollywood are a little less expensive but not good for commuting. The Valley and North Hollywood are much more affordable but only if you work close by and you are kind of stuck up there. Silver Lake/Echo Park are more hipster vibe and you can bike around and eat really good food but it’s hard to get to the west side. Downtown is different from most downtowns in a city, but can be nice and maybe affordable. The further south along the beach you go the more affordable it gets. Culver City is up and coming and really nice (I want to move there!). And then there are still a bunch more neighborhoods that could be great.” –Emily R. ’14

“Moving to Madison, I picked a few ostensibly random people who would be starting at Epic (my employer) the same month I was, and we picked a sublet to give us time to find a suitable apartment in person. I’m really low-maintenance/stress when it comes to living with people, so it’s easy for me to pick random people to live with, but the obvious problem with that is you have no idea if you’ll be a good fit until you’re already living with them. The only real piece of advice I can give is to make sure you always keep some sort of distance, and have your own private space. It does wonders to maintain relationships and make living with someone extremely amiable, even if you don’t like them as a person.” –Brad O. ’10

“Craigslist was pretty helpful, but it can get bogged down by the run-down and over-priced student/university housing. The best way to find a good place is to drive/walk around areas where you want to live and write down the names of streets or apartment buildings you come by. Then search online for those places. If nothing comes up, see if property management companies have similar apartments nearby or in other cool areas you didn’t consider. There’s PLENTY of housing in Madison. You just need to decide on your price range, location, and/or what types of amenities you want. Beware of the fact that many downtown rentals are on an August 1 or 15 cycle, which can limit some options for full year leases outside that time.” –Anonymous

“Check out the University of Miami's off-campus housing website for a great list of apartment complexes and private listings. In a residential neighborhood, drive around and stop in at apartment complexes to ask about availability. You might also notice handwritten “For Rent” signs posted in these areas – these can be some of the best deals around so don’t be afraid to call. Many buildings have waiting lists, so start calling around 3 months in advance of your planned move-in date.” –Sandhya R. ’09

“Family referral.” –Natalie B. ’05

“Have to visit and find one close to where you want to be... There is a housing building boom happening now.” –Joseph G. ’12

“I rent a house and live there with a housemate. Found it using an app called Padmapper that brings together all types of online listings (apartment.com, rent.com, Craigslist, etc.). Rentals in Nashville go FAST. I called as soon as my house was listed, went to go see it that day (I was lucky enough to have a work project in Nashville two months before I moved there), and put the deposit down all within a few hours.” –Bobby S. ’08

“I am fortunate—as a graduate student at UC Irvine, I am eligible for subsidized housing. In addition to being extremely affordable in a part of the country where the cost of living is high, it also took the guess work out of apartment hunting when I moved across the country.” –Caitlin C. ’11

Madison, WI

Naples, FL

“Rentals in Nashville go FAST. I called as soon as my house was listed, went to go see it that day (I was lucky enough to have a work project in Nashville two months before I moved there), and put the deposit down all within a few hours.” –Bobby S. ’08
CONTINUED: Finding the Right Apartment For You
New Haven, CT

“Craigslist, Zillow, Trulia: Know them, love them.” –Anonymous

New Orleans, LA

“I found roommates. It’s important for you all to be on the same page before looking, and then only consider places that meet your expectations. This way everyone can be happy.” –Alexander P. ’07

“Craigslist is where it’s at in NOLA.” –Rachel W. ’06

New York City, NY

“My friend moved in and was looking for an extra roommate. If you’re looking in a place like New York, post messages on Facebook and other social networking sites that you’re looking for a place and a friend of a friend may very well know someone. Also craigslist is not a bad way to find apartment listings.” –David L. ’09

“Look online and arrange visits. Don’t be afraid to pay a broker’s fee because at least they know what they’re doing. You can find a good apartment in less than two weeks.” –Anonymous

“Apartment hunting in NYC is a hit or miss (more often miss) venture. You just have to see apartment after apartment until you find one you love. Some free advice: find a couple roommates and make sure you live within your means (that includes saving some money).” –Matthew F. ’08

“I went to Trulia.com and found a few I was interested in based on the areas and amenities of the building. Then I booked out a weekend with showings back to back, and by the end of the weekend I was ready to make my deposit. Make sure you have all your documents ready before you go apartment hunting because there’s a lot of competition in NYC!” –Angie S. ’11

“Live with your parents until January. You’ll save $300-$500 per month if you sign a lease mid-winter rather than the high season (April to September).” –Anonymous

“Really research neighborhoods and figure out which will be the best fit. Do not use a broker! Their fees are crazy. Your best bet is to find someone cool on Craigslist and move in. If you must find your own apartment, try to get into a building with a great landlord or a new luxury building that is trying to be filled (cheaper rent!” –Emily H. ’12

“I used a great website called StreetEasy. I definitely recommend it.” –Christopher J. ’06

“Identify potential neighborhoods by looking at transportation maps to find areas that are accessible from where you work and other important locations. If you can, try to talk to someone who grew up in the area or at least has been living there for a while. There are so many different neighborhoods and things change quickly, so it’s hard to get a feel for different areas just by information online. If at all possible, go walk around places you think you may want to live and check out the vibe, plus look for things like grocery stores and laundromats that make everyday life a lot easier.” –Chelsea D. ’10

“I was able to get into an apartment through Columbia University Apartment Housing, so that worked out really well for me. If you have the opportunity to live in university housing even as a graduate student, you should take it. The apartments are cheaper and usually much nicer than apartments you’d pay the same price for that weren’t university-affiliated.” –Andrea M. ’12

“No matter how much prep work you do, though, apartment hunting in NYC is always a bit of a nightmare. Things move incredibly quickly, so it’s rarely possible to start viewing apartments before about two weeks before you’re willing to move. Make sure you know all of the paperwork you’ll need and have it ready to go. Be aware of income requirements (usually 40x the monthly rent), so opting for roommates, or having a guarantor if that’s an option, may be necessary. All apartments have broker fees, but sometimes they’ll be covered by the renter rather than the lease. It’s definitely possible to get a no-fee apartment if you’re willing to do a little more legwork, but also do the math because sometimes a realtor can get you a better price on a comparable apartment, so the fee might be balanced out by reduced rent over time. Some brokers are also willing to negotiate for a month’s rent rather than the standard percentage fee.” –Chelsea D. ’10

Earn your Master’s in Finance, Management or Health Care Management with the Simon Business School in New York City

The Simon Business School in New York City offers three part-time, accelerated graduate business programs, including a Master of Science in Management, Master of Science in Health Care Management and Master of Science in Finance. Each NYC program is 13 months, with classes on alternate weekends at our convenient Manhattan location, and residency weeks for concentrated study. Students are instructed by Simon’s senior faculty who travel to NYC for weekend classes. Simon’s NYC staff manages program details including course registration, textbooks, meals on class days and travel and accommodations for residency weeks. We offer the ability to apply all MS credits earned toward the completion of a Simon MBA. With ten additional required courses that are chosen in an individualized plan with your advisor; the opportunity to earn two graduate business degrees in New York City is a valuable option to consider. The application deadline for the MS Management and the MS in Health Care Management is June 1. Special scholarships for the University of Rochester community are available. Please contact program staff for details at nycprograms@simon.rochester.edu or visit www.simon.rochester.edu/academic-programs/new-york-city-programs/index.aspx.
CONTINUED: Finding the Right Apartment for You

“Lots of young professionals can find affordable housing on the Upper East Side of Manhattan or in Hell’s Kitchen. Most people find their apartments or roommates through Craigslist, alumni networking, or friends. Try to avoid brokers by searching for no-fee apartments!” –Elizabeth S. ’11

Philadelphia, PA

“Craigslist has always worked for me! You have to be willing to look at a few duds first, but stick with it and you’ll find great places. Just make sure to jump on new posts, and make decisions quickly, since awesome apartments will go in a flash.” –Arielle F. ’10

“In addition to usual suspects, I found www.padmapper.com quite convenient.” –Eugene V. ’07

“My roommates and I looked on Craigslist and targeted the neighborhoods we wanted to live in.” –Michelle H. ’09

“Padmapper.com! Hands down easiest way to find an apartment.” –Arielle F. ’10

“Shop, shop, shop. We found prices varied widely and saw a ton of places that were pricier and less nice than our final choice. Duplexes are big in Philly, and we’ve had much better luck than other friends who got apartments in larger buildings in West Philly, many plagued by roaches, mice, bedbugs or smoke. We live above our landlady in the “maid’s quarters” of an old duplex and have never had to worry about these things.” –Ryan W. ’08

“First, start looking really early. Ideally you should be able to pick out a couple of buildings and go to Philly to look at them and be prepared to sign a lease on that day. Apartments go very fast, especially those in good locations. Furthermore, a lot of the high-rise apartment buildings are really old and thus may have a lot of unadvertised things wrong with them, so it helps to go out there and look at things like water pressure, presence of pests, etc.” –Benjamin P. ’12

“Grad school website.” –Anonymous

“Start with Craigslist and then set up appointments to meet and see the actual space. Try to do research on the location you want to be in first (i.e. the ideal neighborhood). I had another apartment in Wilmington before my current one and I didn’t realize that it was on the outskirts of all the shops, eateries, and bars until after I had moved in. Now I am in the center of everything, close to the highway, on the bus line, and across from a park!” –Emily W. ’10

Pittsburgh, PA

“If you attend Pitt or I’m sure CMU, there is a university version of Craigslist. You can search by ‘need a roommate’ or ‘need an apartment’ (or something to that effect). It was great for finding a living situation with a roommate from a different graduate program.” –Lauren R. ’10

Rochester, NY

“I highly recommend the following sites: www.hud.gov/apps/section8/index.cfm and www.padmapper.com.” –Matias P. ’14

“Craigslist. You can find great deals on places in the best neighborhoods there.” –Anonymous

“I lived in Goler House during graduate school, but when it was time to find a new place, we drove around and found a complex in a location that we liked, and called them.” –Anonymous

“That’s easy. I ended up buying a house instead. It’s so affordable, and a great way to own property in your 20s!” –Jason B. ’07

“Like finding a job, finding a place to live is best done through people you know. You are more likely to find a compatible roommate through a friend than on the internet, in my opinion.” –Steven K. ’06

“I just walked up and down the area I wanted to live in (Park Ave) and wrote down telephone numbers from places as I walked past them. I eventually landed on the Parklawn Apartments, and ended up living there for two years. It is such a quaint apartment building, at a wonderful location with off street parking (important for this area). A little pricey unless you have a roommate, but very safe and a great landlord. And extremely spacious!” –Diana D. ’08

“Park Avenue is the place you want to be if you want to be close to all the action and restaurants downtown. There are a lot of apartments at all different price points; I’ve found the best apartments in houses that are owner occupied. Having your landlord live in the same building as you makes for a more invested landlord who will conduct much faster maintenance!” –Andrea G. ’05

San Antonio, TX

“There are apartments everywhere, and San Antonio is a really cheap city. You can get a really nice, big apartment for pretty cheap. Just find something near where you work.” -Travis B. ’12

Young Alumni Council (YAC)

The YAC is a leadership organization dedicated to fostering and sustaining relationships with College graduates of the last decade to keep them engaged and actively involved with the University. Predominantly residents of our eight largest alumni markets, members of the YAC advise the Office of Alumni Relations and assist with developing programs and communications uniquely tailored to younger alumni. Watch UR email for YAC events in your city!
CONTINUED: Finding the Right Apartment for You

San Francisco, CA

"Rent is really high here, and apartment hunting is pretty miserable. Find a super-cheap short-term (three month) lease while you’re hunting and if you find a tolerable place, jump on it!" – Adrienne W. ’11

"The best situation is to move into a place with other people. Look for people who want another roommate. It’s way too hard to find an inexpensive one bedroom. Start asking around to see if anyone is looking for a new roommate. It’s all about networking!" – Anonymous

"Apartment hunting in San Francisco can be a grueling task. However, Craigslist is an excellent resource. When going to an apartment showing, be prepared to fill out the application and bring your checkbook." – Lauren B. ’10

"San Francisco is one of (if not THE) most difficult cities to find an apartment in. It’s also very difficult to try and find a lease while you’re not already living in the city. You ultimately can’t be very picky because housing is extremely limited and very expensive. In the end, I picked out a large swatch of the city to look at, and I refreshed Craigslist constantly looking at new listings until I found a studio I liked. You have to pounce at whatever looks good, then show up the next day with a checkbook in hand. You’ll get lucky eventually, and living here is absolutely worth it... but it’s tough." – Lauren L. ’11

"Trial and error! I eventually got a recommendation from a friend about my current landlord and then contacted this landlord and eventually rented one of her spaces. If you have the ability to move ahead of time (to a new job or to a new school) and sublet until you get the feel of a place, you will give yourself the opportunity to figure out where you want to live and the ability to see lots of spaces before signing a lease." – Madeleine C. ’08

"A LOT of research and a year in the totally wrong neighborhood. I live in North Arlington now—it’s cheaper and I absolutely love it. I did a lot of research and a lot of driving around the neighborhoods I knew I wanted to live in. A lot of apartments aren’t easy to find on the Internet unless you’re already looking. Also, if you’re looking to save money, look for things with a closed off den, sunroom, or dining room that you can turn into an extra bedroom." – Anonymous

"When I first moved to D.C., I was unable to see anything and could only tell via pictures online—not what I would suggest. I first found an apartment with good reviews online which worked out alright, but I now live in a row house and love it! Many older D.C. apartments do not have websites so I think it’s worth it to walk around and call numbers in locations that you like. I also used Craigslist to find roommates and it has worked out great! Just be sure to talk on the phone or Skype before signing anything. It’s pretty easy to tell who you might get along with. I also think that three is the best number if you’re all new to the city. There’s always someone to explore with in case someone else wants to stay in." – Anonymous

Washington, D.C.

"I picked a neighborhood that I was interested in living in, checked online, and also just walked the neighborhood looking for vacancy opportunities." – Jonathan A. ’09

"Use the internet to filter through the thousands of offers, but make sure you visit more than one apartment before settling!" – Alberto S. ’14

"Craigslist is a great resource. Also, if this is your first time moving to a new place, consider moving into a room for rent with someone who already lives in the city. This way you don’t have to buy a whole apartment full of furniture and you have a resource to tell you how to get around and what to do in your neighborhood." – Rachel H. ’05

"Craigslist. But be smart about it and always take a friend with you." – Kellie I. ’10

"I grew up in urban America—in particular NYC. Older apartments weren’t something new to me, and I chose my place through an Apartment Hunter." – Michael C. ’07

"I decided on my ideal location and budget. I identified a building and looked for a roommate on Craigslist, and then interviewed the people who responded. Check for low income apartments in the nicer neighborhoods." – Victoria V. ’10

"A piece of advice I want to give all people moving to any new city: get a short-term sublet or rental when you first move if possible. This allows you to learn a bit more on the ground and feel out what parts of the city you like best without having committed to an apartment for a whole year. If you end up wanting to stay in your current apartment, most landlords are happy to extend the lease and negotiate rates if you agree to a longer term. Trulia and Craigslist are the best places to look for apartments in D.C., but with Craigslist make sure you keep an eye out for scams. If it sounds too good to be true, it probably is." – Kaitlyn K. ’12

"In D.C., almost everyone uses Craigslist to find an apartment. There’s tons of postings, but beware—it’s very competitive! Once a good place is up on Craigslist, it doesn’t last long. Shared houses are also very popular in D.C. It cuts down on your rent costs, but make sure you like the people who could be your potential roommates." – Anonymous
Keeping in Touch With UR Friends

“I try to connect with people any way I can, whether it’s phone calls, Skype sessions, text messages, Google chats, or Facebook. Find whatever works for you and your friends, like having a weekly Skype date or emailing each other with life updates. You’ll find that it’ll be hard to stay in touch with some people and it may be surprising whom you stay friends with.”
–Mary Abbe R. ’13

“In NYC, a Rochester friend is just a subway ride away. We have regional events which I always attend, from happy hours to performances.” –Emily H. ’12

“Having an email chain with friends and organizing trips to a specific city every few months.” –Rachel T. ’10

“Write letters, send holiday cards, visit when you can, text, video chat, and actually pick up the telephone and talk to your friends! I don’t know why our generation is scared of hearing voices over a telephone...” –Dan G. ’14

“It’s hard to Skype and talk on the phone with the time difference, so we iMessage and Facebook chat to stay in touch and keep each other updated.” –Miriam F. ’13

“My senior year roommates and I maintain a private email chain. Although we are all working or in graduate school in four different cities, we have also made time for in-person reunions once a year.” –Caitlin C. ’11

“This is always hard. Honestly, Meliora Weekend has been the best way to reconnect. I do a lot of GChat.” –Lauren R. ’10

“Social media, Google groups, e-mail threads, and making time to see U of R friends in your area. Once you get to the point in your life when you have high school, college, graduate school, and post-graduate school friends, it’s hard to make time for everyone, especially if you’re also married or in a committed relationship. If you make a conscious effort to keep the U of R people around, they’ll be around forever.” –Anonymous

“I love using Skype, but just make sure you’re making an effort to get used to your new life as well. Real letters are great too because they don’t demand an immediate response and they’re more personal. The relationships that are meant to last will last.” –Melissa G. ’13

“UR alumni updates, department newsletters, Facebook, and LinkedIn are all great tools.” –Madeleine C. ’08

“Facebook, weddings, and cheap weekend flights.” –Anonymous

“All forms of social media, combined with a constant group text. I’m lucky in that I have quite a few U of R friends with me in D.C. and we’ve actually started a group of 2012 unofficial alumni brunches. Also I highly suggest traveling, it’s fun to see where your friends live, try a new city, and have gatherings. I see my closest group of friends in a meet-up every three months or so.” –Anonymous

“Alumni events help me see friends I haven’t seen in a while, but my close friends I’ve just always remained in contact with.” –Christopher J. ’06

“Email chains are very useful. Once every few months we send emails around with little updates about our lives. We also try to get together as a group at least once a year.” –Sarah H. ’10

“A random phone call and visiting cities has been the way that I have kept in touch with my friends from college!” –Kyle C. ’13

“I keep in touch via Facebook, and coming back to campus for the reunions of the clubs I belonged to.” –Elizabeth C. ’08

“All of the wonderful and silly tools we have today: Facebook, text, email, Snapchat, LinkedIn, etc.” –Brad O. ’10

“Invite them to stay with you! Don’t just talk the talk about getting together sometime, make it happen. Everybody has a floor their best friends can crash on, and for once you’ll feel like an expert tour guide in your new city rather than a visitor.” –Sam B. ’14

“I try to text my friends from UR every month or two to see how they’re doing. If I’m going to be in their city, I make plans to see them.” –Patrick M. ’13

“Try and make weekend trips to visit your friends who end up in different cities – it’s a great way to stay in touch as well as explore new places.” –Matt B. ’14

“Attend local alumni events, always go to Mel Weekend, and just maintain friendships from U of R.” –Nikolaos D. ’09

“Using Facebook certainly helps. I love getting comments on a picture or post from someone whom I haven’t heard from in years, so don’t be afraid to interact online. I also make sure to say when I’m traveling to a new city and often find old friends there.” –Daniel F. ’08
CONTINUED: Keeping in Touch With UR Friends

“Visit them. Don’t rely on school-sponsored alumni activities to see them. Form a fantasy football league.” –Ross B. ’09

“We have a monthly UR in D.C. brunch that we’ve set up which has actually helped me make more friends I didn’t even know during my time at UR. Friends outside the D.C. area I try to connect with through the phone or Skype.” –Anonymous

“Bug them with annoying voicemails and Facebook message chains. We’re all busy and sometimes we just need to be reminded that other people are out there. We also try to do some kind of group trip once a year.” –Emily W. ’10

“I’m sorry to be the bearer of bad news, but you can’t stay close with everyone if you’re not living in the same area. However, sending a random email to an old friend can help. Just think how it makes you feel when a friend you haven’t seen or talked to in a while sends you a random message.” –Brian C. ’08

“Social networking is an option. But call your friends from time to time. Actually hear their voice and see how they are doing. We project our ideal selves on social media. However, you get a sense of how your friends are actually doing if you call them. Postgraduate life can be difficult at times, especially if you have moved to a new area. That phone call may be what you or your friend needed to get through a tough day.” –Janise C. ’13

“Use the internet—my friends and I send around update emails every once in a while to keep each other informed. Your friend groups definitely change after college, but I think maintaining these relationships is super important. No one knows you quite like your freshman year crew.” –Leah O. ’09

“Annual trips are great. So are the reunions. And of course, you can always pick up the phone.” –Gregory M. ’08

“A friend of mine started sending out a monthly email update after we graduated and five years later we are still writing our monthly updates!” –Ann G. ’07

“Google Hangouts every month. Finally went to Mel Weekend this year. New Years in a centrally located city (for us, that was NYC).” –Bobby S. ’08

“My friends and I organize camping trips each year and meet in the middle of our respective cities! Also, everyone likes getting letters. I write people often.” –Kate W. ’07

“I usually keep in touch with my UR friends through Facebook. If someone is visiting NYC, we’ll usually connect and try to catch up. I have a lot of friends from UR who live in NYC now and we like to meet up at the young alumni happy hours.” –Andrea M. ’12

“For my international friends – viber, Skype, whatsup. For my friends in the U.S. – yearly trips to see each other, email chains, snapchat, group chats.” –Michelle H. ’09

“It’s hard to keep in touch when you don’t live near your college friends anymore, especially after four years of living, eating, studying, and partying with them almost every day. The best way is just to make an effort – whichever method you want to use is great, but all it takes is investing the time to reach out. If you wait, years will fly by before you get back in touch.” –Keith R. ’05

Stay Connected!

Rochester Alumni Exchange (RAX)

There are more than 100,000 University of Rochester alumni around the world. RAX is your tool to find them.

With a LinkedIn account you can interact with alumni, update your contact information, register for alumni events in your city, and customize how the University contacts you. Don’t have a LinkedIn account? You can still log in. Visit rax.rochester.edu to learn more.

Alumni Publications and E-Newsletters

Want to stay on top of alumni events, news, and services that benefit you? Update your contact information in RAX or visit www.rochester.edu/college/alumni/info-update. We wouldn’t want you to miss out on any of the following communications!

Are you familiar with the Rochester Review? Published six times a year, this piece features the latest University and alumni news. To submit photos, Class Notes, or other suggestions, email rochrev@rochester.edu. To browse through past issues, visit www.rochester.edu/pr/review.

Don’t miss the Rochester Buzz, a monthly e-newsletter of University news and alumni events and services. To learn more, visit www.rochester.edu/rochesterbuzz.

Looking for more information on diversity at the University? Check out OUR Rochester, a quarterly e-newsletter about multicultural initiatives and events throughout campus. Email alumni@rochester.edu to subscribe, and visit www.rochester.edu/diversity/alumni for an archive of past issues.

Don’t forget to keep an eye out for invitations to alumni events in your city and Meliora Weekend.
Staying Aboard

Staying Connected With Your Alma Mater

“Serving on a committee and staying connected with current students I mentored as an upperclassman are my two favorite ways to feel connected and involved.” – Bradley H. ’12

“Interviewing prospective students has made me realize how much of an impact UR had on my life and development as a person.” – Katie L. ’10

“Local happy hours are a lot of fun. It makes you feel like things never changed, except people actually have money to buy things now.” – Anonymous

“I never left. It is still my school, not just my alma mater. In the future I hope to stay connected through donations, assisting with admissions events, and through ongoing education and lecture series.” – Elizabeth C. ’08

“I could not be more pleased with my undergraduate education. Since moving to Boston, I have lived with eight different U of R grads since graduating, four of which I did not know in college. U of R has a great community, where people want to help other people who went there.” – Anonymous

“I help with interviewing new students for admissions at the U of R, and it’s been great to deepen the connection I have to the school. It also keeps me up to date with what’s happening on campus. Seeing these students go through the admissions process makes me feel nostalgic, and it reminds me that I was lucky to have such a positive college experience that I can help inspire incoming students.” – Lauren B. ’10

“Donating and alumni events make you feel like you have some stake in the University. They also make you feel like you’re really important which always feels good. I now regularly read the UR magazine, keep up-to-date on fundraising, etc.” – Christopher J. ’06

“All of the events help me stay connected. Something special happens every time you get a group of Rochester students together. They may have been your best friend from college or you might have just met them, but Rochester alumni bring something different to the table.” – Emily H. ’12

Annual Giving Programs: Making An Impact

Every year, thousands of students, parents, alumni, and community leaders collectively donate to more than 200 different University of Rochester annual funds – ranging from scholarships, to research, to athletics, to patient care. These donors ensure an extraordinary difference through their personal gifts, and make the world “ever better.”

Alumni giving also factors into the U.S. News & World Report rankings – the higher our participation, the more it affects these rankings and how your degree is perceived by others.

Recent graduating classes have been showing their remarkable support including an all-time record of 56% (Class of 2013). You can continue the tradition this year as part of the senior class gift and every year as alumni who continue to care about the University of Rochester and the value of your degree.

Rochester’s graduates of the last decade currently make up our largest decade of alumni. As the newest members of our alumni family, you can make a great impact on the future of our University.

In the future, you may receive a letter, email, or phone call from the University asking you for an annual gift. Those who donate any amount for two or more consecutive years are part of the new Rochester Loyal program and are recognized for their giving. For more information, visit www.rochester.edu/rochesterloyal. After graduation, many young professionals also join the University’s annual leadership giving society – the George Eastman Circle – at the Associate level, which is a more affordable membership option. The George Eastman Circle offers a host of benefits as well as networking opportunities and invitations to special University events. For more information, visit www.GeorgeEastmanCircle.com.

To learn more about Annual Giving and its impact, please visit: www.rochester.edu/annualfunds.

Be a Game Changer – Help Rochester Improve its Ranking!

Did you know that when you donate a gift – of any amount – to the University of Rochester, it factors into the U.S. News & World Report rankings?

Alumni giving not only improves Rochester’s overall national ranking and reputation, it also relates to a higher participation rate which affects how your degree is perceived by others.

By making a gift, you will create tremendous impact and you will also help Rochester ultimately rise above the rest.

To learn more about how to make a gift, visit www.rochester.edu/annualfunds.
CONTINUED: Staying Connected With Your Alma Mater

"Come back for Mel Weekend!"  
-Patrick A. ’14

"I love meeting current students. Even though I’m just out of college, it helps keep me connected and I enjoy hearing students’ stories and giving advice." –Anonymous

"I am an international student alumni interviewer, because I want to keep in touch with U of R and help out in the admissions process. I also want to meet the prospective students and answer any questions they might have." –Wen O. ’12

"I read the alumni publications, come back for Mel Weekend, and enjoy donating to the University (and even get to define where my contributions go). It’s also fun to follow UR on Instagram and Twitter to see pictures of the University (many of which are taken by current students!)."  
–Daniel F. ’08

"Follow U of R on social media to stay in the loop on big events and happenings on campus. Also, attend formal university meet-ups in your area or have dinner with reps who stop by your city. It’s pretty fun." –Anonymous

"I donate, visit, speak with current students, and represent the brand as best I can. I am always trying to demonstrate that the U of R is a phenomenal institution and it really does ameliorate students. I try to be a leader in everything I do so people can see U of R in a positive light." –Nikolaos D. ’09

"I try to go to University events when they have them in the Philadelphia area. Rochester is a great way to have connections, and you never know when you might want those." –Robert M. ’06

"Meliora Weekend is a great event that makes me nostalgic for my undergraduate career at U of R. It’s always a pleasure to come back and see the school, and it’s a lot less stressful to be there without having homework! Also, I really enjoy going to events and breakfasts hosted by the UR NY Metro Women, which provide a great opportunity to meet and network with UR alumni in NYC – it’s a slice of U of R in the Big Apple!" –Alyssa E. ’11

"Pittsburgh has a surprising number of UR alumni and I see them out and about ALL of the time! I still play squash with one of them."  
–Lauren R. ’10

"I always enjoy Meliora Weekend, returning to campus is magical even though it has already changed so much in my one-and-a-half years away. I also think that alumni events are great. People are in your city who you didn’t realize or maybe had seen but never met. It’s a good way to expand your UR network because what you have is a bond that only someone who celebrated D-Day and loves a good garbage plate would understand."  
–Anonymous

"I read the U of R update and like getting emails. If I start a job search I will get in touch with alumni. I am also part of an alumni group."  
–Emily R. ’14

"I really enjoy interviewing prospective students. It allows me to reminisce about my experiences at UR and I feel like I am helping someone at the same time."  
–Emily W. ’10

Meliora Weekend

and More...

Whether you are seeing friends, enjoying campus, or celebrating a reunion there is truly something for everyone during Meliora Weekend. Reconnect with classmates, network with students and alumni, listen to exceptional speakers, enjoy first-class entertainment, cheer on the Yellowjackets, visit with your favorite professors, and join in special celebrations.

Still wondering where you fit in? Don’t miss out on special events specifically for young alumni! More information about the weekend, along with a full listing of events, will be available at www.rochester.edu/melioraweekend beginning in the spring. Registration opens in mid-August.

Can’t make it to Rochester?  
You can still be a part of the weekend! We need your help with contacting your friends and reaching out to classmates, hosting mini-reunions in your city, collecting and sharing photos and memorabilia, and reinvigorating a sense of class community. Every little bit matters! Email alumni@rochester.edu to let us know how we can help you stay connected.

Meliora Weekend

Join Us On Social Media

Find us on Facebook at www.facebook.com/URAlumniRelations for regular contests, event photos, alumni news, Where’s Rocky? photos, and more.

Join the University of Rochester Alumni LinkedIn group to network with more than 13,000 members.

Follow us on Instagram at www.instagram.com/uofralumni and get your alumni photo fix.

Watch us on the University Twitter account at www.twitter.com/uofr for updates, news, and live coverage during Meliora Weekend.

Visit Us Online

Looking for alumni events in your area, available webinars, volunteer opportunities, remote library access, and other alumni services? Look no further than www.rochester.edu/college/alumni. It’s your one-stop shop for all things alumni!
CONTINUED: Staying Connected With Your Alma Mater

“I am proud to be a GEC member and love to share that with other friends.” –Kayleigh S. ’08

“The alumni regional events in D.C. have been great. You see so many people who live in your area that you may not have connected with otherwise. It’s great!” –Lauren L. ’11

“I find that providing help for current undergrads reminds me that I have a network of people who are proud of my accomplishments and look to me because they are confident in my ability to help them. This inspires and encourages me to continue giving back to my alma mater.” –Janise C. ’13

“Feeling a sense of familiarity in meeting up with fellow alumni or attending sporting events has made the transition to my postgraduate life a lot easier. Alumni are always willing to connect and offer advice, so it’s nice to have that resource.” –Andrea M. ’12

“I already had a very deep UR connection before graduating so these events have only helped me maintain my connection. I keep in touch with some of my professors, and while I haven’t been back to the campus in the last couple years, Rochester will always be home to me.” –David L. ’09

“Athletic events have deepened my connection, as I have met current student-athletes and also spoken with former coaches, trainers, etc.” –Anonymous

“Meliora Weekend most easily reminds me of why I love Rochester. It’s something in the air.” –Ross B. ’09

“Being a member of the George Eastman Circle (GEC) is pretty neat, but it’s also great to be able to come back to campus and stay up-to-date with some of the groups I was highly involved in.” –Brad O. ’10

“While I am not (yet) in the financial position to join the GEC, I have decided to donate my time and energy to the UoR. The most rewarding and enjoyable experiences I have had have been interviewing prospective students. It’s an amazing way to give back and build excitement for Rochester, reflect on your personal college experience, and remember how exciting that time of your life was.” –Lucas P. ’12

Volunteer Your Time And Talent

Be a career champion

Alumni frequently give back to the UR community through mentorship, advice, and advocacy for UR students. There are a variety of ways this can be done, ranging from attendance at programs to referring candidates for positions within your organization. Visit www.rochester.edu/careercenter/alumni/help to learn how you can help.

Assist with alumni events and mini-reunions

Looking to suggest event ideas, staff events, participate as a speaker, or organize a mini-reunion in your city? Email alumni@rochester.edu and let us know how you would like to be involved!

Become a member of UR Involved (URI)

“I volunteer with UR Involved to give back to the University that gave me so much and to help bring more great minds to Rochester. I leave each and every event inspired and even more connected to my alma mater!” –Krista Wentworth ’10

Stay connected to the University of Rochester by supporting the Offices of Undergraduate Admissions and Alumni Relations as a member of UR Involved.

URI members

- Assist in recruiting and evaluating prospective students
- Staff college fairs
- Visit local high schools
- Conduct admissions interviews
- Meet with students and their families to share information about the University

To learn more, including how to sign up, please visit: www.rochester.edu/college/alumni/ur.
**Budgeting and Saving**

"Find a budgeting app of some sort (or at least use Google docs) to help you keep track of what you spend your money on. For example, maybe you're spending more money than you need to on non-essentials, like coffee (guilty!). Be especially frugal as you start a new job if you are unsure your salary is enough to live comfortably on." –Mary Abbe R. ’13

"Retirement may seem like an eternity away, but start investing in your 401k with your very first paycheck. 'I have too much money for retirement,' said no one ever." –Lucas P. ’12

"Make sure that you are not living above your means. This means, make sure you are saving at least $100-200 after all of your expenses. More is better." –Rachel T. ’10

"Cook yourself dinner and pack your own lunch. Also, if you can buy your metro card through your job pre-tax, you should do it." –Alyssa B. ’10

"Keep track of all of your spending, whether it's a spreadsheet you create or just tracking spending via online banking. This is helpful so that you can see where most of your money is going, and if anything can be changed if you're trying to save." –Lindsay W. ’10

"My residency program had a financial planner who gave complementary financial advice to our residency as a whole and to individual people by appointment. He was extremely helpful in helping me with budgeting, retirement investments, and disability insurance." –Katrina B. ’08

"Use cash if you have trouble keeping track of credit card purchases." –Melissa G. ’13

"Sit down once you start working and figure out how much money you are taking in each month (income, help from your parents, etc.) and how much you know you will be spending (rent, utilities, transportation fees, student loans, etc.). Then once you know how much excess cash you will have each month, I would suggest having at least a small percent (5-10%) automatically transferred into a savings account each month. I use a Fidelity account. This way, you know you can start saving immediately. Once you start moving up in your career and making more money you can increase the amount you save each month." –Anonymous

"Try not to spend all your money eating out and drinking with friends. Have potlucks and make dinners." –Anonymous

"When you are young and just out of school, you often are just focused on the 'new': new job, new city, new income. You're enjoying your new independence. Don't be reckless during this time. Create a budget and stick to it. Before you make a non-essential purchase, ask yourself 'Do I really need this?' Think long term starting now—seven years down the road, when you want to buy that house or have money to travel, will you be prepared? Would you rather have trendy clothes or more drinks at the bar right now, or a stable, debt-free financial future?" –Diana D. ’08

"I try to review my credit card statement monthly to pick out places where I can spend less in the next month." –Anonymous

"Get internet but not cable, live in a house with multiple roommates, and ride the bus!" –Jonathan A. ’09

"Always make sure you 'pay yourself first' when you get your paycheck. In addition to putting aside money for your bills, put money aside in your retirement fund AND put away some for savings. Treat your savings fund and retirement fund as bills you pay to your future." –Anonymous

"Don't buy store credit cards." –Kayleigh S. ’08

"Make your savings automatic – you have better things to do/worry about – and read at least one book on investing. My favorite is *A Random Walk Down Wall Street* by Burton Malkiel." –Nick L. ’14

"Mint.com allows you to manage your budget, set spending alerts, and more. Spendster.org offers insights on cutting out wasteful spending." –Matias P. ’14
CONTINUED: Budgeting and Saving

"Do not spend more than 25% of your disposable income on rent." – Dan S. ’09

"Put 10% of your paycheck directly in your savings account as if you never made it. You’ll be surprised how quickly it grows." – Rachel H. ’05

"Make sure your rent isn’t too crazy; make your own coffee, shop for your own food, use Amazon Prime, order packaged goods in bulk, and pre-game." – Justin G. ’10

"Your first goal should be setting up an emergency fund of $3,000-6,000." – Victoria V. ’10

"Make sure you are taking into consideration where your money goes. Every so often I do an audit of what I spend monthly. See where you can make adjustments and start saving more money. Build up an ‘emergency fund’ in your savings account. It might take a while, but it will help you avoid getting stuck when costly car repairs or other unplanned expenses come your way." – Catalina B. ’07

"Get a credit card to build up your credit, but pay it off in full every month. Do not rely on your credit card. You do not actually have that money." – Anonymous

"Owning a few quality items is a better investment than replacing cheap stuff often. Assume everything will cost 25% more than you’ve budgeted for." – Elizabeth C. ’08

"Read MrMoneyMoustache.com. You can get away with spending way less than you think. Personal finance is one of those things that everyone needs to know about but that nobody is ever taught." – Brad O. ’10

"If you work at a company that has a 401k matching program, you should make sure you take advantage of it. Some large firms have an employee stock purchase plan, I would suggest doing that as well." – Matthew F. ’08

"Don’t spend more than you make. Period." – Allison G. ’08

"Keep your standard of living modest. Don’t become a slave to your paycheck. It will keep you from other opportunities." – Anonymous

"Look over tax-deduction policies and start identifying everyday expenses that qualify." – Adrienne W. ’11

"I try to live off of 70% of my income and save 30%. I only use my credit card if I have a large purchase that is absolutely necessary (i.e. buying a new tire after having a blowout on the highway or buying a laptop because my old one was run over by a bus). Seriously, only emergency purchases on the credit card. Your student loans will keep you busy enough and are enough to build (or ruin) your credit." – Janise C. ’13

"Read The Money Book for the Young, Fabulous & Broke by Suze Orman." – Alexander P. ’07

"Learnvest.com is great—offers virtual (read: cheaper) financial advisor services. Mint.com to see spending. Manilla is also good, and so is Venmo for splitting bills and rent with peers." – Gemma S. ’09

"Watch or listen to the Suze Orman Show (airs on TV Saturday but free iTunes podcast Sunday night) and read Namit’s I Will Teach You to be Rich." – Guy M. ’10

"Although there is typically a certain limit on a credit card, make your own limit for each month to help keep your extra spending to a minimum. It can be exciting finally living on your own, but this also means you have additional responsibilities." – Kellie I. ’10

"It can be very tempting to spend that first big paycheck. Always make sure your bills are paid with your money first and then decide whether that treat you’re thinking of buying is really worth it." – Angie S. ’11

"Don’t let your money sit in savings accounts which have low interest rates. After six to nine months, open a fixed deposit. Do not invest in the stock market unless you have some idea about how it works." – Sudesna G. ’07

"Have a 24-48 hour waiting period before you buy anything (except toilet paper)." – Anonymous

"I like the phone app Expense Manager. I can quickly add transactions on the go to keep a digital account book. It also allows me to track the type of spending (how much on food, entertainment, office supplies, etc.)." – Emily W. ’10

"Pay off loans with a higher interest rate first." – Chad H. ’12

"Nothing is more valuable than time when getting started investing. I would recommend at least 20%, preferably over 30%, of gross income be put first into IRA accounts focused on low-cost index funds or ETFs to build a balanced portfolio set up for long term growth. Read a book like Random Walk Down Wall Street and do some research, but avoid paying portfolio managers a dime when the portfolio is still in the starting stages." – Dan L. ’07

"Bring lunch to work." – Matt B. ’14

"Living near a grocery store helps a lot. It means you’ll eat out less. If you go out to eat, bring home leftovers. Use buses. Use a debit card instead of a credit card. Credit cards are the devil." – Ross B. ’09

Saving for Large Purchases

"Having a concrete savings goal always helps. Put aside small amounts of money regularly when you can. Sometimes I transfer money that I would have spent on something else, but chose not to, into my savings. If a friend invites me out for coffee and I just hang out instead of getting a large latte, I put aside the $4 that I would have spent on the latte but didn’t." – Caitlin C. ’11
CONTINUED: Saving for Large Purchases

“Some banks allow you to create new accounts that you can manage for specific goals. I like using that to keep me focused on my savings.” –Gregory M. ’08

“Study the market and once you feel comfortable, learn how to invest in the stock market and mutual funds and let your money work for you. Also take a long term view of it—if you lose a few dollars in the stock market in a day don’t worry about it, the market will rebound and before you know it you’ll be making money again.” –David L. ’09

“Read Your Money or Your Life and Early Retirement Extreme, and learn how you can get more enjoyment out of life by spending less. Be honest and ask yourself what you really need before spending lots of money. The less you have to spend means the less you have to earn. It’s really simple.” –Steven K. ’06

“In my city, houses/condos are extremely affordable at the moment and we recently decided to buy because the mortgage payment is less than our rent payment. I know a lot of young students with debt don’t think they can buy a house, but you don’t have to have your loans paid off in order to take out a mortgage. (Trust me, I have a ton of student debt.) If you’re sure you’re going to be settled in that area for a while, my advice is to consider whether you could be a homeowner!” –Sarah H. ’10

“Play house or car owner for a couple of months in order to figure out if you can afford something and feel what it’s like to have a certain amount of money gone and in an asset. Pretend that you purchased or acquired that asset and had to make the payments for several months. If you don’t like how it feels or even miss a payment, you cannot afford it.” –Guy M. ’10

“I purchased my first car after graduation. There are many dealership programs who offer college graduation incentives for recent college graduates. Take advantage of these opportunities and do your research to ensure that you are getting the best deal.” –Janise C. ’13

“Banks have first time home buyers programs. They are worth the time to figure out the process! If you stay in Rochester, contact Neighborworks.” –Kayleigh S. ’08

“Put money into a Certificate of Deposit (CD) to earn interest. You can’t touch the money for a specified period of time (usually 12 - 60 months). Some banks offer an add-on CD, where you set up automatic deposits into the CD monthly.” –Sarah W. ’08

“Put the money aside automatically (reoccurring move from checking to savings). If you don’t see it, you won’t miss it. Start small right after college and try to increase the monthly or biweekly amount every year.” –Anonymous

“Any raises that you receive, don’t count the new money as extra income to spend, count it as extra money to save!” –Jonathan A. ’09

“Direct deposit a portion of your account into a separate savings account.” –Anonymous

“Don’t buy a new car. Don’t buy one at all if you don’t need one. A car is for getting from point A to point B. Get something reliable and suited to your actual needs. This is a common way graduates dig themselves into a significant hole that makes building up your portfolio more difficult than it could be.” –Dan L. ’07

Paying Off Student Loans and/or Credit Card Debt

“You should never end up with credit card debt if you can avoid it. While using a credit card helps boost your credit, it’s not extra money. It’s still your money that you need to pay off, so treat it as part of your budget. As far as student loans go, choose the plan that best fits your salary at the time. I pay the least amount each month, based on what I earn, because I can’t afford to pay the standard amount.” –Mary Abbe R. ’13

“Always pay the full balance on your credit card bills, if you are able to do so. If you just pay the minimum, the accruing interest will drive up the total bill. A good credit score is the goal!” –Dan G. ’14

“If you continue your education after your undergraduate degree, you are eligible to defer your student loans until you are finished with your education. I have seen a lot of colleagues in my graduate program get excited about this option without realizing what it means—you are allowing interest to accrue on your loans for years! As a graduate student, I can’t afford to make substantial payments on my loans. However, I calculated how much interest the loans accrue per month and pay twice that amount each month. That way I won’t leave graduate school with more debt than I came in with, and I will have chipped away a little at the balance without too much sacrifice.” –Caitlin C. ’11

“Never finance anything on a credit card. Never!” –Anonymous

“It will take time. That’s okay. Don’t freak out.” –Nick B. ’14

“Build your budget around your loan repayment. Treat your credit card like a debit card. Don’t ever buy things you can’t take immediately out of your bank account unless you will literally die without it.” –Will H. ’14

“Always try to pay off the highest-rate loans first, even if you have large loans at smaller interest rates. If you can afford to pre-pay a loan, always pre-pay the highest interest rate loan, and ALWAYS make your additional payment immediately after your regular monthly payment goes out. (If your regular monthly payment is due on the 15th, make your additional payment the 16th.) This will ensure that most of the payment you make is applied to the principal of the loan.” –Sarah H. ’10

“For student loan debt, pay off MORE than the minimum. Paying the minimum only allows you to pay a small part of the principal. Basically, you are paying the interest and your loan size only shrinks marginally. If you owe $200 a month on loans, pay $400. Believe me, it is worth it. You will pay it off much quicker.” –Bobby S. ’08
CONTINUED: Paying Off Student Loans and/or Credit Card Debt

“Avoid personal debt. Credit card loans have high interest rates which you should avoid. Be frugal—it beats being in debt.” –Steven K. ’06

“Don’t go down the slippery slope with a credit card. Only spend what you have available and always pay off your card in full each month.” –Emily W. ’10

“Explore all of your options for paying off your student loans. There are many repayment programs that can help defer or lower the costs.” –Jonathan A. ’09

“Here is a BIG tip: most student loan servicers (mine are Sallie Mae and Great Lakes) will give you an interest rate reduction if you have your loan payments automatically debited from your checking account. And they don’t always advertise it! You have to call them up and ask, or just go ahead and sign up for the debit. If this works for your monthly budget, I highly recommend doing it. You can schedule the payment to come out of your account on any day you like. My loans’ rates have been reduced by .50%, or even .75%, which doesn’t seem like much but saves you money.” –Sarah H. ’10

“Do not have more than two credit cards. If you have more, cut up the extras. Again, if you put money on your credit cards, pay it off fully each month or at least pay off WAY more than the minimum. Using a credit card wisely actually can be positive on your credit report—it shows you are a wise consumer. But if you can’t pay your credit card balances, or have too many credit cards, it actually can RUIN your credit score.” –Bobby S. ’08

“During your grace period, start repaying your student loans if you can. When your grace period has ended, try to keep up with your loan payments. Going into forbearance will wreck your credit. This means getting a car, getting an apartment, buying a house, getting approved for a line of credit, or even getting your own cell phone line will be that much harder. Make your payments early. If you cannot do that, then try to make them on time.” –Janise C. ’13

“Pay a little extra (even if it’s just $5) to the account with the highest interest. It’s the quickest way to pay off debt.” –Sarah W. ’08

“Be diligent. If you ever run into money problems, always, always, always communicate with your lender. It will save you in the long run.” –Gregory M. ’08

“Student loan debt is a necessary evil. Spend one hour each week thinking about your financial standing, but only use ten of those minutes to think about what you currently owe. The other fifty minutes should be spent thinking about how you can make more money (promotions, investments, a career change, etc).” –Lucas P.’12

“”If you are consulting independently while looking for a job or doing contract work, make sure you pay the correct taxes.” –Gemma S. ’09

“I find Turbo Tax to be very helpful and easy to use. If you have loans, it is helpful in finding the right deductions for your situation.” –Katrina B. ’08

“If you work for a company, they take taxes out of your paycheck so just make sure you file your taxes on time. If you are self-employed, it is important that you set aside money each quarter to pay taxes so you are not hit with a huge tax bill you cannot afford at the end of the year.” –David L. ’09

“Make sure you talk to someone who knows how to do taxes. Ask a family member or friend if they have a good resource.” –Diana D. ’08

“If you sign an employment contract before moving to a new city (e.g. you accept a job offer in February while still living in Rochester) and you use your home or Rochester address when accepting the package, make sure you have HR formally update your profile when you find your apartment. If not, you may be VERY surprised come tax time when you owe the state hundreds of dollars of unpaid city tax money.” –Lucas P. ’12

“When filing your federal income tax, you can deduct the amount of interest you’ve paid on qualified federal student loans.” –Erin O. ’11

“Speak to a reputable CPA who specializes in taxes. You want to make sure your withholding is set appropriately and that you file everything correctly and in a timely manner.” –Matthew F. ’08

“Your community might have free tax preparation resources that you’re likely to be eligible for if you’ve only been working a few months.” –Anonymous

“Make sure you take credit for student loan payments, and any other credits or incentives you can. They make a difference.” –Brad O. ’10

“Any money you make will be taxed. So if you’re freelancing or working for yourself, don’t forget to put some of that money away, or you’ll be in for a nasty surprise come April. I prefer to claim zero dependents all year; Though I won’t be able to make interest off the funds the government holds onto, I want to avoid any possibility of owing at the end of the year. I know myself well enough to know I won’t have saved enough to do that. It’s also worth the time and money for me to have a CPA do my taxes, instead of relying on online services.” –Allison G. ’08

“Keep in mind any one-time bonuses or student loan awards you get. Many of them are not taxed, so when you do your taxes for that year, you will have to pay the taxes on them. As long as you budget that in and know that you might OWE money at tax time, you will be fine.” –Bobby S. ’08

“Keeping track of your expenses as mentioned above will build healthy habits that prove useful when doing your taxes. If you work independently, start a DBA or incorporate, and make as many expenditures business expenses as possible.” –Steven K. ’06

Handling Your Taxes

“Stay organized and keep a small file cabinet.” –Anonymous
CONTINUED: Handling Your Taxes

"Whenever you donate money or clothes, always ask for a receipt so you can get a tax break." – Angie S. ’11

"In the month of January, you will start receiving random mail with tax forms. Keep these forms in a folder so that you can find them quickly when you are ready to file your taxes. Check with your parents if they are going to claim you as a dependent. I forgot to check the first year I graduated and ended up owing the IRS over $1000. Oops!" – Sarah W. ’08

"Save the money and do them yourself." – Victoria V. ’10

"Sometimes you have to file in multiple states (if you live in DE but work in PA for example)." – Emily W. ’10

"If you have a good income from a few sources, try taking the opportunity to file your own tax return. It’s not that hard and you’ll learn a lot. If you have an incredible income from a lot of sources, good for you! You can try the same, but consider consulting a professional to help manage your tax burden. No matter what, definitely make sure to file your tax return annually. Last thing you want is to miss out on your refund or worse yet, have penalties accrue!" – Gregory M. ’08
Transitioning to Life on Your Own

"Create reminders to make sure you pay all of your bills on time!" –Mary Abbe R. ’13

"It is super important to find things to take your mind off of work or school or whatever else you are doing. I, for example, love playing ultimate Frisbee. The great part about ultimate Frisbee is that no matter where I end up I know there is a group of people with whom I have a shared interest. Moving around after college, I have met some of my closest friends through ultimate Frisbee.” –Douglass B. ’10

"It's going to suck for a while—every transition does. But you’re not the only one doing it. Focus on being happy with who you are and what you’re doing. It really doesn’t matter how your life compares to that of your peers.” –Adrienne W. ’11

"You're not going to be able to do everything you want to do. Having a vibrant social life is fun, but sometimes you need to take time for yourself to make sure you get enough sleep, go to the gym, or do things that are important to your physical and mental health.” –David L. ’09

"Don’t be afraid to go outside of your comfort zone. Try something new—you might like it!” –Rachel A. ’07

"There’s no more curriculum: you set your own goals. The lack of structure can be daunting at first, but once you come to terms with it, it is extraordinarily liberating.” –Nick L. ’14

"Leave your work at work as much as you can. If you have a work email, try not to check it at home. If you can’t stop yourself from checking it, don’t respond until you’re at the office.” –Melissa G. ’13

"Keep your house clean—you never know who is coming by. Once you’ve been out of college a year or two, ‘dorm style’ living becomes quite a turn off.” –Elizabeth C. ’08

"Join a club or other group to make new friends, and also just get out of the house!” –Elizabeth C. ’08

"Prioritize your personal and social life! I currently work 20 hours per week as a graduate assistant and am a full time graduate student. This gets busy, but I would be miserable if I didn’t prioritize social life. It’s all about time management strategies.” –Lindsay W. ’10

"Learn to live with yourself and accept being lonely from time to time. If you can't live with yourself, no one else will want to, either.” –Allison G. ’08

"Keep your house clean—you never know who is coming by. Once you’ve been out of college a year or two, ‘dorm style’ living becomes quite a turn off.” –Elizabeth C. ’08

"Enjoy yourself, but now is a time in your life when you can really throw yourself into your work before you have other commitments.” –Travis B. ’12

"You are going to be lonely the first few months. You will miss the U of R and your friends. This is when using all methods of keeping in touch become important. Still, you can’t live in the past. While remaining in good communication with those you care about, you also need to get outside and live your life. Go to clubs at grad school, or to happy hours at work, or join a social group in your community.” –Dan G. ’14

"It’s tougher than you’d probably expect. Stay close with your friends from college. People are the greatest asset in your life and they should always be the most important.” –Anonymous

"Make time for ‘me’ time. Personal development doesn't stop.” –Gemma S. ’09

"I try to have one to two activities planned during the week to keep myself from just sitting around when I get home from work.” –Anonymous

"At first it’s a hard transition to realize that you now have to work for the next 40 years of your life with no summer breaks. Be sure to try and balance your work and life plans, take vacations, try not to take too much work home, and throw yourself out into new experiences. I found that no longer having homework and now making money actually made for more freedom than you had in college, and it’s a very exciting experience.” –Anonymous

"Get involved in your new location. This way, you can create friends and a lifestyle.” –Catalina B. ’07

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CONTINUING: Transitioning to Life on Your Own

“Make time for sleep and working out. Do not let either interfere with your work life, of course, but you may find that getting enough rest and physical activity improves your work/life balance. Don’t forget to make family a priority, even if it’s just a phone call or an email. Your family members will appreciate it.” –Diana D. ’08

“Don’t forget to take care of yourself. You will never get your twenties back.” –Kayleigh S. ’08

“I would like to emphasize safety. Please remember that you are no longer in the safety net that is college. There are not blue lights on every corner and walking to Starbucks at night is much different than a trip to Starbucks from Rush Rhees at night. This is not to scare you but to remind you that you should always be aware of your surroundings. Furthermore there might not be a residential office to ensure that your appliances are functioning properly. Consult your landlord to ensure that your smoke detector batteries are replaced and that your locks are working properly. Be accountable for your own safety.” –Janise C. ’13

“Feeding yourself is important. I gained a lot of weight because I didn’t make time to plan my meals or cook a healthy meal at home. I used to go out to eat a lot and as a result spent a lot of money and gained a lot of pounds. Put time into planning and into cooking. In the end, it’s all worth it.” –Angie S. ’11

“Be sure to have fun and diversify your investment portfolio. And by this I don’t just mean your financial investments. Life requires emotional health, mental health, physical health and well-being, financial common sense, and intellectual stimulation. Be sure you are doing what you love and spending time with people who inspire you. Love your life and put in positive energy; this will all come back to you.” –Steven K. ’06

“Even though you’re on your own, call your parents. They’ll appreciate it and you won’t have to deal with the guilt when you finally make it home.” –Alexander P. ’07

“It is much harder to meet people outside of the college bubble. Try to keep up the activities you enjoyed as an undergraduate and look for community groups, sports teams, etc. in order to build up a new social circle.” –Emily W. ’10

“After the work day, you might be exhausted. Make time to go out with friends. Go to work happy hours and get to know your colleagues. Get to know the city you live in.” –Ross B. ’09

“I always did my best studying at UR in the library. I was never good about studying in my dorm room. I learned that the same is true for me after graduation. I’m not very productive at home. I plan to stay late at work or take my work to the local library or coffee shop when I need to get stuff done.” –Sarah W. ’08

“If you find that it works best for you, set up a schedule and stick to it. You can schedule things like working out or reading before or after your workday, depending on what works best for you.” –Andrea M. ’12

Moving Back Home

“It may be hard to go back to living with your parents after living on your own for four years, but it is a GREAT money saver.” –Alyssa B. ’10

“Get a job, even if it’s retail or something you don’t want to do, in the meantime. I moved home for the summer after graduation but got a job canvassing in a city 45 minutes away and it was great to spend time out of the house and also meet new people.” –Miriam F. ’13

“If you can live at home with mom and dad and work a full time job, DO IT. You can build up a huge savings very quickly if you don’t have to pay rent. Although having your own apartment and freedom is great, spending a year or two at home to build up a large savings can make a huge difference for the rest of your life.” –David L. ’09

“I moved home after graduation. It was important for me to save up money before making the jump to total independence. It’s difficult with your parents after having autonomy during college. Make sure you’re still respectful of them...it’s their house!” –Rachel Y. ’14

“Everyone does it. It’s nothing to be ashamed of, but that doesn’t mean it’s okay to become complacent.” –Anonymous

“Set boundaries before you get back. You’re a different person than you were in high school, but your parents won’t necessarily see you like that. Try to not fall into old patterns you had before college. Just because you live at home doesn’t mean you can’t do awesome things and have a life—don’t use it as an excuse.” –Melissa G. ’13

“Be patient—living with your parents again may mean living with their rules again. Respect their wishes and save your money so that you can move out on your own if you do not like abiding by their rules.” –Diana D. ’08

“It can be hard sometimes, but try to stand living at home for as long as you can – the money you save makes it so worth it. Try to be helpful around the house, and follow the rules. It’s a great time to bond with your parents, so remember that you won’t always be able to see them as often as you’d like.” –Matt B. ’14

“You must realize that your parents are trying to help you, so try not to abuse the privilege of living rent-free at home by going out and partying all the time. Be patient, save as much money as you can, and set a goal date to find your own place.” –Anonymous

“Realize that you are not living on your own anymore and this experience comes with wonderful family time and adjustments. It’s a process and it takes time for both parties to get used to.” –Madeleine C. ’08

“Aafter your undergraduate education, you are an independent, mature adult. Moving home will likely cause old habits to come up and you may find yourself being treated like a younger version of yourself. Old habits die hard! So unless you are aggressively battling student loans and have an A-level relationship with your parents, skip moving home.” –Guy M. ’10
CONTINUED: Moving Back Home

“Pay rent, even if you’re living at home.” – Adrienne W. ’11

“Great way to save money—key word: save. Put the same amount that would be rent into a savings or investment account, and invest in the stock market, real estate, oil, cotton, plastic, whatever you want, but don’t blow it.” – Dan S. ’09

“Depending on your parents, it may range from complete freedom to having to ask for permission to go anywhere. I was used to staying out late and staying busy with the dance groups I was in so coming home was difficult because I had a 10 pm curfew and was driven everywhere. My advice would be to talk with your parents and let them know that you are just about a responsible adult and are used to being on your own and it would be easier to transition if you both reached a compromise.” – Maritza G. ’14

“Offer to chip in (a good amount!) for food, utilities, etc. It will set the tone for a more adult life, unless you want to live like you’re in high school again.” – Elizabeth C. ’08

“Living with mom and dad doesn’t need to be a struggle. Ask your parents what they expect of you, and be honest about your needs during this transitional time of your life. Put every and all expectations out there, and establish some rules for living together—just like with roommates.” – Arielle F. ’10

“Avoid spending time with your parents.” – Justin G. ’10

“Treat your parents like (or better than!) roommates. Clean up after yourself, do the dishes, and offer to cook. Your parents should not have to tell you to clean your room anymore! Don’t forget to thank your parents because they do not have to let you live there. They are doing you a favor and deserve to be shown thanks and appreciation.” – Sarah W. ’08

Forming New Relationships

“Smile at people. It goes a long way.” – Adrienne W. ’11

“Ask questions of those around you; everyone loves talking about themselves.” – Rachel A. ’07

“Making new friends will be easier than you think, but it helps to put yourself out there. Ask people at work to eat lunch with you sometimes and try to organize or attend happy hours. Eventually you’ll find friends at work or people through friends at work. You can also join groups outside of work, like a sports league, if you’re into that. I joined a women’s soccer league. Meetup.com is also a great way to find friends who have similar interests.” – Mary Abbe R. ’13

“Go out and meet new people. If the people in your office are talking about going to a happy hour, ask to come! Also, there are a ton of dating sites for young people: OkCupid, Tinder, and Hinge. These are great places to meet a potential significant other or just make more friends.” – Rachel T. ’10

“Be open-minded and don’t be afraid to attend events that are a little out of your comfort zone. Also, do not compromise yourself when it comes to friendship or dating. You’re too busy for that, and your relationships won’t be satisfying as a result, if they even last at all. Be yourself.” – Diana D. ’08

“Keeping up with old friends might mean talking or emailing only once a month. This is normal for post-college life. Think about how you connect best with your friends, and keep those communications lines open while leaving yourself enough time to forge new friendships wherever you are now.” – Erin O. ’11

Show Us UR Spirit!

Getting married? Going to a UR wedding?

The Office of Alumni Relations will send you a FREE University pennant to bring a little Meliora spirit to photos on your (and your UR friends’) special day. To receive a pennant or to submit wedding photos for an upcoming issue of the 
Rochester Review, email us at alumni@rochester.edu with your name, class year, mailing address, and wedding date.

Where’s Rocky?

Take a “flat” Rocky the Yellowjacket on your travels, snap a photo, and email the picture to rocky@alumni.rochester.edu! Where’s Rocky? is a Facebook photo contest for our alumni. To print your own Rocky, visit www.rochester.edu/alumni/wheres-rocky.pdf. For more details and to see other submissions, visit www.facebook.com/URAlumniRelations.

Campus Bookstore

Your time at the University of Rochester inspired you to become “ever better.” Celebrate your achievements as a successful graduate by displaying your pride. Visit us online at www.urochester.bncollege.com to shop the latest University of Rochester fashions, and don’t forget to sign up on our email list for special discounts and promotions. You can also find us at www.facebook.com/URBookstore.
"After you graduate, the dating world is very different. You are no longer literally surrounded by people of similar age with similar interests looking for similar things—the transition is a little rough! I was surprised at how my friends and I responded to this differently, and what I learned is this: do your own thing, do what makes sense for your situation, and do not apologize to yourself or others for that. Once you figure out what it is you want and commit to it, you will surprise yourself by the relationships that will form!” –Casey L. ’09

“I had a lot of trouble at first making friends as a post-graduate, but then I realized that I was trying to make things work with people with whom I ultimately didn’t have a connection. We had little in common and it just felt awkward all around. Find the people who you don’t have to work too much around. Maybe they’re not where you are right now. In an extreme case, I had to move across the country to find close friends, but I’m so glad I did that. If you’re not invested in making things successful where you are, then you need to reflect and search out the people who will make you happy.” –Lauren B. ’10

“Be willing to try new things. If you meet a girl or boy you may be interested in dating and they suggest doing something that is not immediately appealing to you, go try it. You might just find out you like it and the other person at the same time. Go on lots of random dates with people even if you’re not looking for a relationship. Casual dating is a great way to learn about yourself as well as how to interact with someone you may consider a significant other.” –David L. ’09

“Volunteering and taking fun classes is a good way to make new friends. Don’t date just because it seems like you should have a significant other by now. Do it because you want to get to know someone better. Otherwise, just don’t do it.” –Anonymous

“Be open-minded. Attend networking and happy hour events and you will find other people in your same situation. You can’t meet people if you aren’t social and never leave your apartment.” –Anonymous

“Boundaries are also different outside of college. At UR you already have a connection and a baseline of trust because you attend the same school with these people. Outside of the college bubble, girls especially should be more careful about how much personal information they share with a new date.” –Emily W. ’10

“Be real. Do things you love and you will find others who find what you do to be inspiring.” –Steven K. ’06

“It will never be as easy to meet people as it was in high school or college. That’s just reality. So find what you really love to do—any hobby at all—and go find other people who love to do it too. That will at least give you a good start.” –Allison G. ’08

“True love probably can’t be found in a bar. I met my husband through online dating. It’s becoming more and more common to use online dating, especially in big cities.” –Sarah W. ’08

“Join groups! Take lessons! Go out for (a moderate number of) drinks after work with colleagues. Unless you feel unsafe with the person, don’t say no to a date. The important stuff in a relationship can’t usually be vetted without spending at least a few hours together. And be honest early about things that are important to you, as well as things that you feel quite neutrally about.” –Elizabeth C.’08

“Be active! Go to festivals and free outdoor activities when the weather is nice. Do what makes you happy too! It may be a new city or place, and it’s great to try new things, but be sure to continue to do the things that also bring you joy.” –Kellie I. ’10

“Just like in college, doing activities outside of work is a great way to meet people! If you are in a city, you are bound to find a group of people who meet up and do an activity you enjoy (book clubs, religious organizations, sports clubs, etc.) You can of course socialize with people you meet at work, but you might find yourself in a company full of people significantly older than you, which could make this less of an attractive option.” –Anonymous

“Dating sites. It’s a moderate-size investment up-front in the form of creating a profile and filling in the details, but once you get it up-and-running you’re meeting new people without relying on luck or lots of time and energy. Free sites are perfectly fine; there’s no need to pay for a membership/subscription. And any of them will do; it’s mostly about increasing the chances of meeting someone you click with. So pick your favorite and start chatting!” –Matias P. ’14

“I made a lot of new friends through my graduate program. We are all facing similar challenges and experiences right now, so it’s nice to have a group of friends who understand if you can’t come out one night because you’re stuck in lab doing an experiment—they’ve been there before too. They respect the work that you’re doing, but also want to hang out and have fun. If you have any groups you were involved with in college, finding ways to continue your involvement post-grad is a great way to make new friends.” –Andrea M. ’12

Achieving Personal and Professional Goals

“I participated in a mentor group through the Association for Women in Science. If you are a female in STEM, I recommend looking into it. Meeting with other women in science on a regular basis kept me accountable for the goals I had shared with them.” –Rosemary Z. ’10

“Write your goals down and hang them up on a mirror or wall. You need to be reminded of your goals every day.” –Anonymous
CONTINUED: Achieving Personal and Professional Goals

"Keep in touch with your mentors from UR. Make a five-year plan—even if you don't end up following it. Having a plan and setting goals can help you figure out what you actually want." –Madeleine C. ’08

"Try to continually educate yourself on many subjects. I take online courses in whatever interests me and I read a lot of books ranging in topics such as economics, business, finance, statistics, physics, astronomy, etc. The more you can learn, the more interesting you will be as a person and that also helps with job interviews and your future career development." –David L. ’09

"Keep good habits. Eat healthy, make time for exercise, get enough sleep, nurture relationships, show up to work ready to work and put the cell phone away." –Lauren R. ’10

"Focusing on the right things has helped me achieve goals in both areas. Don’t let outside noise interfere with your relationships or your work ethic." –Diana D. ’08

"Be reasonable with your goals and set big and small, long- and short-term goals. If your only goals are really huge and long-term, it can feel daunting and that you’re not going anywhere. I created smaller goals to reach a larger one and that helped me a lot." –Anonymous

"Create an implementation intention. Basically, you link some cue to a response that gets you closer to your goal by framing your goal as ‘if-then’ statements. For example, if your goal is to read more, frame it as ‘if it’s 7 p.m., then I will read for 15 minutes.’” –Patrick M. ’13

"Set SMART goals—Specific, Measurable, Attainable, Relevant and Time-bound. You don't want to set things that are unreasonable and get discouraged. I like to set goals, but really take it one task/one day at a time. Then I review and re-evaluate every three months for short-term goals and six months for long-term goals. Life/priorities change so it is always good to make sure what you are shooting for is still what you want." –Matthew F. ’08

"Budgeting is really, really important. Making connections is also important. You also have to make sure you have clarity of mind, know what it is you truly want, weigh the costs and benefits, if the costs are too high, maybe you need to reevaluate." –Christopher J. ’06

"Work as hard as possible. Envision your goal and connect what you’re doing now to what you want to be doing in the future. Make everything you do goal-oriented." –Will H. ’14

"I keep a planner and make sure I find time to exercise or do one non-school or work-related thing each day—even if it's something small like rearranging a drawer. It's also really important to me to talk to friends who live out of town on the phone at least once a month. Time seems to move faster as you get older so it’s really important to keep on top of the things and people that matter to you." –Megan H. ’09

"I always find an opportunity to network. I attended my job's annual holiday party knowing that my interviewer, deputy director of administration of the psychiatric hospital, would be in attendance. To my surprise, he was so ecstatic to see me that he introduced me to his colleagues, one being the executive director of the psychiatric hospital. Now I have multiple contacts who are able to help me as I pursue my career as a mental health counselor." –Janise C.’13

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Learning Your Way Around the Kitchen

“I love to cook and I think a lot of people have this unnecessary belief that cooking is difficult. I try new recipes on the weekends, while sticking to the basics during the week in order to save time after work. Another time-saver is to cook dinner for two and save half for lunch the next day. That way you don’t have to make your lunch after you’re done making dinner. If you buy any products in glass jars, save them to store things like dried beans, rice, pasta, and flour (they also make good glasses if you don’t want to spend money on new ones).” –Jonathan A. ’09

“Always start with a recipe, but then experiment from there. If it turns out poorly, you can always order a pizza! If you like something at a restaurant, try and recreate it using healthier ingredients where you can.” –Mary Abbe R. ’13

“I recommend buying a basic cook book (like Betty Crocker or Joy of Cooking) or look online for recipes. I look for recipes with a reasonable number of ingredients (fewer than eight) and common ingredients that you can use for other recipes.” –Katrina B. ’08

“Make a grocery list, and if your local grocery store posts weekly specials, start your list with the items you need that are on sale. If you have a long commute in the morning and you aren’t a morning person, make your breakfast for the week on Sunday. I make hard-boiled eggs that I take with me to work.” –Mary Abbe R. ’13

“Try new recipes! Cooking is fun. Try to remain healthy (saves money too), and not go out as much to restaurants.” –Lindsay W. ’10

“Eating out is fine every so often, but don’t make a habit of it. Learn to make a few dishes really well, and then branch out if you so choose.” –Nick B. ’14

“Frozen, steam-in-the-bag vegetables and 90-second rice! Hands down the fastest, easiest, healthy meal. Some are already lightly seasoned. Also canned soup, peanut butter, and oatmeal. Couldn’t survive without them.” –Lauren R. ’10

“There are plenty of simple meals you can cook that require very little effort or knowledge and are cheap and reasonably healthy. Baked chicken costs about $2 to make and is very easy. Pasta dishes are also very easy to make and very inexpensive. Start watching Food Network and read food blogs if you are interested in learning more about cooking, and don’t be afraid to make mistakes when trying to cook something new.” –David L. ’09

“You will learn through trial and error. Bacon burns fast, so be careful. Eggplant needs to be sliced thinly and soaked in salt water to take away the bitterness. Vegetables are your friend. So is Trader Joe’s. Get a Crock Pot.” –Dan G. ’14

“Find five foods you like to eat. Learn how to make those. Repeat. The less ingredients/steps, the better. This will save time and money and is usually healthier.” –Gemma S. ’09

“This website is AWESOME (www.budgetbytes.com). It offers new and interesting (and easy!) recipes, broken down by the price it will cost you to make them based on the price of ingredients. You can sign up to have recipes emailed to you daily.” –Caitlin C. ’11

“Take a cooking class!” –Joana B. ’10

“Ask someone for help! Baking is a science; cooking is an art. Most people who are good cooks/bakers are more than happy to point you in the right direction when you’re just starting out.” –Rachel A. ’07

“Search the internet for cooking instructions. If you have a grocery store that is conveniently located, only buy what you need for upcoming meals. Keep it simple—extra ingredients add up financially and make things way more complicated. Cook in bulk and then freeze the extra food in individual serving containers so that you have meals ready when you need them. For recipes, use the internet and popular blogs such as SkinnyTaste.” –Diana D. ’08

“I’d recommend investing in a resource like Mark Bittman’s How to Cook Everything. It covers the basics of different cooking techniques, has references for things like how much water to use when cooking different grains, and gives basic easy-to-follow, but also easy-to-customize, recipes index by main ingredient.” –Chelsea D. ’10

“Even if it reminds you of something your grandmother would do, cooking in bulk can be a great time and money saver. Make up a big batch of soup, chili, lasagna or something else freezer-friendly and store it in individual servings—perfect for a quick dinner or to bring to work.” –Chelsea D. ’10

“Find some cheap and easy dishes you like that you can repeat once or twice a week. Pre-made/frozen stuff ends up being more expensive than cooking yourself—even if you’re just making grilled cheese or PB&J, try to cook everything from scratch as that will end up being the least expensive option.” –Matt B. ’14

“Julia Child is on Hulu! Get out some cookbooks from the library and go for it! Finding recipes online is easy, but using a book can help you push your cooking boundaries. Also, invite friends over who like to cook or like to eat and learn from them.” –Madeleine C. ’08

“Learn one new dish at a time. Trying to overhaul your weekly menu all at once is impractical and exhausting!” –Erin O. ’11

“Don’t be afraid to try different cuisines.” –Michael C. ’07

“Don’t be afraid of the kitchen. It’s a place that allows you to be empowered, creative, and to build a foundation for physical and mental well-being. Go to farmers markets, join a CSA, and buy real vegetables. Cook and eat real food. Check out Michael Pollan’s books for inspiration.” –Steven K. ’06
CONTINUED: Learning Your Way Around the Kitchen

"When you find a good recipe online, print it and put it somewhere safe! You'll never find it on Google again." –Anonymous

"Watch Gordon Ramsey's Home Cooking Show and America's Test Kitchen for some great ideas. Other good ones include Lidia's Italy, Alton Brown's Good Eats, and Giada DeLaurentis's Everyday Italian." –Guy M. '10

"It can be a lot of work sometimes, but you can impress your significant other, family, friends and co-workers! Start with things that are more familiar and expand outward. For example, if you like Italian, try making your own pasta, and then expand to other Mediterranean food like Spanish or Greek. All cultures have something delicious to offer." –Anonymous

"If you have never cooked before, call mom or visit her if possible and observe. I learned most of my skills in the kitchen from my mother. My favorite recipes have come from the New York Times. Key supplies are: large frying pan, spatula, sharp knife, cutting board, Pyrex dish to put in the oven (great for easy casseroles and grilling when the weather is bad)." –Emily W. '10

"Ten things every kitchen should have: flour, sugar, olive oil, eggs, butter, milk, baking soda, salt, bread, and cheese. Whether it's for last-minute baking, easy breakfast, or whatever, those are helpful for just about everything. Have two good mixing bowls, either for baking, or for putting out food at parties." –Ross B. '09

"Cook every day. Even if it turns out horrible, you get more comfortable working in the kitchen the more you do it." –Miriam F. '13

"Start small: learn how to steam, stir-fry, grill, and bake. THEN get fancy with things you find on Pinterest." –Adrienne W. '11

"Get a good skillet, a good saucepan, some good knives, and go to town." –Allison G. '08

"Crock Pot, Crock Pot, Crock Pot." –Alyssa B. '10

"It can be boring if you're cooking for one, and you probably are less likely to make full, well-balanced meals. My advice would be to try to plan a weekly or bi-weekly dinner with a friend, co-worker or building-mate so that you can share some groceries and learn new recipes. I get together with two girls who live in my building for a mini potluck every Thursday. It's a great way to pick up new meal ideas." –Sarah H. '10

"Trader Joe's! Their frozen meals are a good substitute and they have a lot of great and easy recipes around the store. In D.C. they're also fairly cheap compared to other grocery stores. I also constantly Google things to find what I can make with the few ingredients that I have." –Anonymous

Easy Home Repairs and Maintenance

"Keep a flash light, screw driver, and duct tape in your coat closet at all times." –Anonymous

"The internet is a great resource for home improvement. Things you should have on hand for emergencies or repairs: duct tape, a simple tool kit, tape measure and wood glue." –Diana D. '08

"Be kind to your garbage disposal. Regularly clean your sinks and drains. Preventative care and cleaning are important!" –Megan H. '09

"I'd say as far as living with roommates, try to do a chore wheel or something that will divide the work between people and allow you to skip pointing fingers at dirty dishes." –Anonymous

Alumni Benefits And Services

Your relationship with the University doesn't end once you graduate. As a member of our alumni family, you have access to numerous benefits and services.

Are you aware of our alumni insurance program? Contact the alumni insurance program partners for free consultations to help you determine your health, auto, renter's, and even pet insurance coverage needs. Visit www.meyerandassoc.com/rochester.

Have you heard about the alumni library gateway? As a graduate of the University, you have remote access to several premium library databases (JSTOR, Proquest Alumni Edition, and Sage Journals). Accessing the premium content requires a NetID.

Need a few pointers on networking or a second pair of eyes on your résumé? Check back to page 7 for career programs and services available to alumni.

Did you know that local alumni are offered discounted membership rates at Goergen Athletic Center? Out-of-town alumni have access to all facilities with a University alumni ID and a daily usage fee. For more information about R Club membership, visit www.rochester.edu/athletics/facilities.

Looking for multiple copies of your transcript? Alumni may order up to 20 transcripts each year for free. Visit www.rochester.edu/Registrar/transcripts for more information.

NeighborWorks Rochester has partnered with the University of Rochester to provide services and opportunities for alumni as well as current employees of the University and its subsidiaries. Serving the entire City of Rochester and those living throughout Monroe County, NeighborWorks Rochester offers home ownership classes, strategic lending practices, and energy conservation services to help buy your first home or maintain your current one. Check it out at www.nwrochester.org/partnerships/u-of-r-affiliates/

For a full listing of alumni benefits and services, visit www.rochester.edu/college/alumni/benefits.
CONTINUED: Easy Home Repairs and Maintenance

“If you live in an apartment, make sure you know what kind of shape they expect you to leave the apartment in when you leave. Don't hang anything on the walls until you know whether or not you’ll have to cover the holes up. Make sure you report to them every detail about anything broken in the apartment when you first move in. Your goal is to get all of your deposit back when you leave!” –Mary Abbe R. ’13

“YouTube can teach you how to do anything.” –Travis B. ’12

“Giving your apartment a good cleaning once a month will save loads out of your deposit. Cleaning goes a long way in preventing small, inexpensive issues from becoming big, expensive issues.” –Adrienne W. ’11

“I suggest checking rental housing for smoke detectors and CO detectors. I’ve installed a bunch in my apartments when the landlord failed to do so. It is pretty easy to follow the instructions on the package!” –Kate W. ’07

“Go to an Ace Hardware or local mom and pop shop. The employees there are much better trained and the customers are usually more knowledgeable too. Good tool kit includes: pliers, box cutter, hammer, wrench, screwdriver (flat head and Philips), caulk, level, pencil, and tape measurer.” –Emily W. ’11

“It is essential to get some window insulation in colder climates. It's cheap, easy to install, and will save you money on your heating bill. Get the plastic sheets that go over a window, and for particularly drafty spots get a roll of foam insulation.” –Ann G. ’07

“I constantly look up ‘how-to’s on Pinterest and online. If I really feel like it’s too complicated and can’t do it myself, I ask around my group of friends if they can. Only if they have no clue do I look into spending money to get something done.” –Angie S. ’11

“Start with the right supplies. Every person should own a toolbox with the following: hammer, screwdriver with several bits, level, pair of pliers, tape measure, flashlight, and a knife. This is enough to set up any piece of Ikea furniture and should get you through most home maintenance problems.” –Gregory M. ’08

“Call your landlord often and promptly when things need fixing.” –Will H. ’14

“If you own your own place, make sure to save about 5% of the value of your home each year for routine repairs and preventative maintenance.” –Bobby S. ’08

“Get a drain catcher for your kitchen sink and tub. They will get clogged eventually and these really help. Buy a plunger before you move. The day you need it is not the day to find out you don’t have one.” –Sarah W. ’08

“If you don’t know how to do something, call someone who does. Better to pay a professional to help you learn than pay a professional to not only fix the initial problem but also to clean-up the additional problems you created with the ‘I’ll figure this out, how hard could it be?’ attitude.” –Joy G. ’06

Other Advice for the Class of 2015

“Take up a new fitness activity or rekindle an old interest. I was a cross country runner in high school and had given it up until after graduate school. Now I run for miles on end and love it! I also like the fact that with your independence, you have the power to choose: where you live, whom you spend time with, what your next career move will be, etc. You have freedom. Take advantage of it now.” –Diana D. ’08

“Sunday fundays! Brunch is a great way to get the crew together for good food and drink, and it’s always less expensive than going out for dinners.” –Anonymous

“Travel! Use that paid vacation time to go places you have never been before.” –Angie S. ’11

“Keep learning. Read books and watch online lectures. Pick up a new hobby or skill. Just because college is over does not mean your education is over” –Patrick M. ’13

Liberty Mutual Welcomes Rochester’s Young Alumni

Liberty Mutual has partnered with The Office of Alumni Relations to offer auto, home, and renters insurance to University of Rochester alumni! Visit www.libertymutual.com/uofr to find out how Liberty Mutual could help you save money and start the next stage of your life on the right track.
CONTINUED: Other Advice for the Class of 2015

"Remember, you are still young! You may feel old now that you are in the real world, but don’t feel pressured by parents, or intimidated by friends who are in medical school being all successful. You don’t have to have everything figured out yet, it’s OK! Most people are in that position, even though Facebook may only highlight the individuals who are getting engaged and have the best jobs. It’s not actually the case :). You graduated from an amazing school, and you will figure everything out.”
–Lindsay W. ‘10

"I’ve found that living on my own also means having extra time I didn’t have at home. I don’t have to cook every night, I don’t have to clean every week, and when I do clean it is just my room and bathroom not a whole house. I’ve started crocheting again since I have more time and am working on expanding my skills. I also found a group that meets once a week just to unwind and chat while we knit/crochet.” –Maritza G. ‘14

"Make sure you find clubs/activities/programs where you can meet new people. Again, be open-minded and be willing to try new things. Who knows, you might even meet someone who can help you get a better job in the future.” –Anonymous

"The 9-5 life is quite wonderful! I’ve been lucky enough to work for companies that will give me a nice discount on taking classes. If you have a similar opportunity, take advantage. Taking a class that is not connected to a degree, but is merely for the joy of learning, is very rewarding.” –Rosemary Z. ‘10

"Graduating is your chance to start all over again.” –Travis B. ‘12

"The best part about life after college is that you don’t have any pressing work hanging over your head. When you leave work at 5, you really get to leave work at 5.” –Anonymous

"Work out five times a week. It’s also good to make friends. Go see shows, concerts, do anything. Get lost in your city and find your way home without Google maps. Opportunities find their way to you when you explore. Most of all? Turn off your phone when you could be interacting with flesh and blood humans.” –Will H. ‘14

"While the real world is overwhelming in some ways, it’s nice not having homework on the weekend and that makes all the difference in the world.” –Anonymous

"Life after graduating is challenging on so many levels. No one prepares you for the job search and the potentially long months of ‘making it work’ on your own. But give yourself a few years and you’ll find that all of your experiences have made you a better person.” –Ann G. ‘07

"Life keeps getting better after graduation! Travel, read, write, take pictures, eat junk food, and enjoy your life! You’re young and have a big future ahead of you. Don’t get so caught up in the day to day grind. Be happy and enjoy being employed!” –Rachel Y. ‘14

"Get to know your community and be active in making it a great place to live.” –Kayleigh S. ‘08

"Find what makes you happy and don’t be afraid to take some time to yourself to do those things.” –Andrea M. ‘12

"It’s exciting to have time to read books for fun again! I also love being able to get a drink after work and not worry about reading. Most of the time, if you have a 9-5 job, you have a lot of time for yourself where there are no pressing deadlines. It’s great! Working a regular schedule can be very tiring, though. I definitely need downtime to rest after working in an office all day. The college lifestyle was better for my overall energy levels, so I do miss that.”
–Kate W. ‘07

"The life ahead of you is full of uncertainty. You can either choose to be anxious and fearful of the unknown, or embrace it and use it to your advantage. I don’t know about you, but the fact that I have no idea what I’ll be doing in 15 years is the most exciting part of my future.”
–Lucas P. ‘12

"I met a lot of amazing people at the U of R, and I continued to meet so many more after college. Be open to new things and new people. Even though I’m on a fairly different path than I thought I would be, the U of R prepared me well. The undergraduate curriculum and experience has given me the foundation and attitude necessary to be successful in a variety of settings.”
–Elizabeth C. ‘08

"I now volunteer a few times a month. I think it’s something that I would have never done but now do. I love the financial freedoms to travel or take a weekend away with friends. After adjusting you will love life after college. I promise!”
–Anonymous

"Try Brazilian Jiu Jitsu.” –Bradley C. ‘10

"That first August/September after you graduate, when the classes below you return to Rochester and put up all their back-to-school photos, can be brutal if you’re nostalgic. Just remember that you don’t always remember all the fun you had in college. You did fine. You are good. Be happy.”
–Ross B. ‘09

"Ride a bicycle! It’s fun, healthy, brings you outside, and gives you a great way to access the place where you live. It’s an easy way to save money and meet people, too. Life is fun if you want it to be. The world is your oyster. You have a first-class education behind you, so walk into the world with confidence and poise. Hit it up and do what you love!”
–Steven K. ‘06

"You know how much better college is than high school? Life after graduation is even better. There may be some tough spots, but being an independent adult is mostly awesome.”
–Sarah W. ‘08

"[Join a kickball team! It’s become the newest craze for young professionals. The teams are co-ed, anyone can play kickball, and usually everyone goes out for drinks afterwards. It’s a great way to meet new people and make friends.”
–Andrea G. ‘05

"Two words: smile and Meliora.”
–Catalina B. ‘07