



Upcoming Events

- **Saturday, Sept 21, 10AM-12:30PM – Kick-off the ArtLab: Opening Celebration.** Matter Tap Dance Company will give a kick-off performance, accompanied by a live jazz band. Have your portrait taken by OJ Slaughter, Boston-based photographer, and experience the ArtLab's sound studio and A*, the multi-channel art installation by Andy Graydon, Harvard Film Study Center Fellow. Visit artlab.harvard.edu/events for more opening events. ArtLab, 140 North Harvard St., Allston.



- **Wednesday, September 25, 6PM – Wildhood: Coming of Age on Planet Earth.** Adolescence is dangerous, difficult, and destiny-shaping for humans and other animals. In *Wildhood* (Simon & Schuster, 2019), Barbara Natterson-Horowitz and Kathryn Bowers address this question: Why do some adolescents safely, successfully, and independently enter the adult world, while so many others do not? The authors apply the results of their five-year study of wild animal adolescence to our species, presenting a new understanding of the dangers, stresses, and challenges we face on our journeys to adulthood. Geological Lecture Hall, 24 Oxford St.



- **Sunday, September 22, 8:30-10PM – BGLTQ+ Meet & Greet.** Your BGLTQ+/Gender & Sexuality Specialty Proctors are here to serve as resources for first-year students wanting guidance, information, and support pertaining to issues of gender, sexuality, and identity more broadly. Come say hello, and enjoy Insomnia Cookies. Friends and allies welcome! Straus Common Room.

BGLTQ+ MEET & GREET



- **Tuesday, September 24, 7-8:30PM – FLP Open Meeting: The History of Pasta & the Italian Identity.** Pasta seems to have always been an integral part of the Italian culinary landscape, determining Italianità, or what it means to be Italian. References to pasta-like foods have been recorded as early as Ancient Rome, but the road to becoming a culinary and cultural identity marker evolved slowly. Pasta did not fully consolidate as a source of national pride until the 20th Century. This talk, given by professor and culinary historian, Karima Moyer-Nocchi, examines how that evolution unfolded, the reasons it was stymied, and the context in which it finally became the leviathan centerpiece of the Italian table that it is today. This free event is hosted by the Food Literacy Project. Sign up at: bit.ly/FLPEvents. CGIS Knafel, Room K354.



- **Wednesday, September 25, 6-7:15PM – Candida Höfer: Turks in Germany 1979.** In one of her earliest series, renowned artist Candida Höfer (b. 1944), focused on “guest workers” who joined West Germany’s labor force after World War II. In this lecture, Höfer will discuss the photographic series, titled *Turks in Germany 1979*. Free admission; seating is limited. Tickets distributed beginning at 5:30PM at the Broadway entrance. One ticket per person. Harvard Art Museums, Menschel Hall, Lower Level.

- **Thursday, September 26, 5:30-7PM – Artist Talk: Josh Kline.** Artist Josh Kline will present an artist talk, in collaboration with the workshop, “Printing Roundtable.” Working primarily in sculpture, video, and installation, Josh Kline creates artworks and exhibitions that consider the ways in which our humanity has been transformed, commodified, and instrumentalized within neoliberal society. Generous support for Carpenter Center programming is provided by The Andy Warhol Foundation for the Visual Arts. Carpenter Center for the Visual Arts, 24 Quincy St., Level 3, Bookshop.



First-Year Arts



Meet Your 2023 First-Year Arts Council: Andrea Liu, Tzofiya Bookstein, and Soy Choi! Council members will be coordinating awesome arts events for the Class of 2023 throughout the academic year! Feel free to reach out with Arts Night ideas: firstyeararts@fas.harvard.edu. Also, the **First-Year Arts Room in Holworthy** is officially open! For swipe access, please write to the address above.

Tips on Interacting with Faculty outside the Classroom

1. Invite them to lunch! Your professors, TFs, coaches, academic advisers, and PAFs can all eat for free in Annenberg when accompanied by a student. Please have them sign in at the checker’s desk.



2. Let them know when you have a game, a play, or some other activity that they might enjoy attending.
3. Visit office hours to ask questions about classes, discuss concentration choice, or anything else on your mind.
4. If you have a conflict during the professor's posted office hours, email him or her to schedule an appointment.

Host Family Welcome Event



First-Year Experience Office

Morton Prince House
6 Prescott St.
Cambridge, MA 02138

Phone: 617-495-1574
Fax: 617-496-1624

Email: firstyear@fas.harvard.edu
Hours: Mon. - Fri., 9AM-5PM

Submissions

Please send submissions by
Tuesday at 9:00AM to:
yardnews@fas.harvard.edu or
bit.ly/YBsubmit.

Published Fridays.

Safety Notice

To contact an FYE representative in the event of a serious, non-academic emergency, please call your proctor, or the Harvard University Police at (617) 495-1212, or, on campus, 5-1212. Safety and other emergency messages are displayed as soon as possible on the News and Notices section of the College home page at www.college.harvard.edu.

Health & Wellness



Center for Wellness and Health Promotion Open House. Come learn about the health education resources on campus, and meet their staff. Enjoy snacks, crafts, and a free, 10-minute massage! For more, visit: wellness.huhs.harvard.edu. **Tuesday, September 24, 3:30-6PM, Center for Wellness & Mount Auburn Room, 2nd Floor, Smith Campus Center.**

Self-Love: Pleasure Physiology, Sex Toys, and Masturbation. Join the Office of Sexual Assault Prevention and Response (OSAPR) for this first conversation in a three-part series. **Wednesday, September 25, 7:30-9PM, Women's Center, Canaday Basement.**

Sex in the Dark: A Glow-in-the-Dark Sexpert Panel. Have your questions about sexual health and relationships answered by our panelists! Check out the Resource Fair for everything sexual health-related. **Thursday, September 26, 7-8PM (Resource Fair); 8-9:30PM (Q&A Panel), Smith Campus Center, Mt. Auburn Room.**



iHope Workshops to Help You Succeed at Harvard. HUHS has partnered with iHope, a network of licensed clinicians who provide phone- and video-based clinical services, to offer a series of workshops delivered through video conferencing. Each workshop combines group meetings and support with exercises designed to help you get healthy, stay healthy, and focus on things that are important to you. This fall: **Calming the Worried Mind; Mending Your Mood; Organizing for Academic Success; and When a Friend Needs Help.** For details, visit: huhs.harvard.edu/services/counseling-and-mental-health.



Contact Peer Counseling. Contact is non-judgmental, non-directive, confidential, undergraduate peer counseling. We're here to talk about any issue including LGBTQ identities, all sexualities, all genders, and all relationships. Drop in to chat, hang out, pick up some condoms, or browse our library of resources. No appointment necessary! Open seven days a week. **Drop-in Hours: 8-11PM, Thayer Basement B-04; Call-in Hours: 8PM-8AM, 617-998-6898.**

Resources for First-Years

First Year Fundamentals @ Lamont Library: Common Types of Sources for College Research Projects: An Introduction to Academic "Genres." Your first semester is all about cracking codes, including those related to the research projects you'll be assigned. What are the features of "scholarly" books? Does "data" mean numbers? What's common – and different – about research articles that are written from the perspective of the sciences, social sciences, and humanities? This interactive workshop will help you decode the kinds of knowledge "genres" you'll be encountering again and again as a student here. To sign up for either session (content is identical), visit: libcal.library.harvard.edu/calendar. **Mondays, September 23 or 30, 7:30-8:30PM, Lamont B30.**



Academic Resource Center (ARC) Workshops. The ARC, located at 1414 Mass. Ave., Floor 3R, offers workshops centered around building and strengthening the skills necessary to succeed academically. Sign up for any of the following at: academicresourcecenter.harvard.edu/workshops:

- **Understanding Your Syllabus.** Learn how to navigate your courses, and use the syllabus to plan your work. **Tuesday, September 24, 12-1PM, ARC, Room 382.**
- **Developing a Semester Plan.** Get help figuring out how to get it all done. **Thursday, September 26, 1-2:30PM, ARC, Room 382.**



Academic Advising Office Hours in the Advising Programs Office (APO). The APO offers daily (M-F) office hours for first-year students who would like to consult directly with a member of the APO staff for academic advising. Students interested in APO Office Hours can sign-up for an academic advising appointment at: advising.college.harvard.edu/first-year-advising-0.

Journal Project. The Journal Project encourages ongoing, reflective practice with first-year students. Class of 2023 participants receive a journal and regular prompts to reflect about their experience at Harvard. We know there are multiple ways, besides writing, for students to reflect – through art, movement, music, or spoken word, among many. The prompts and events are designed to invite moments of reflection in students' busy lives. Interested? Pick up a journal **Mondays-Fridays, 9AM-5PM, in the FYE Office (6 Prescott St.) or in University Hall (First Floor, center suite)**. For more, visit: fdo.fas.harvard.edu/journal-project.
Journal Project Prompt #2: Who are the people who brighten your day? How can you contact them when you need some light?



Language Tables at Annenberg. Whether you are a native speaker or new to a language, all first-year students are invited to join a Language Table at Annenberg. TAs, professors, preceptors, and graduate students will direct the conversations. No experience or course enrollment needed. Each language table will have a designated sign. Look for the language you want to speak, and enjoy the conversation! Tables will be held weekly until Monday, December 2. **Spanish: Mondays, 5-6PM; Italian: Tuesdays, 6-7PM.**