

THE

RED

AND

BLACK

BOOK



SCAN HERE

FOR EVEN MORE UC INFO + AN
INTERACTIVE VERSION OF THIS
BOOK WITH LINKED RESOURCES

WHAT'S INSIDE:

04

WELCOME TO UC: NEXT LIVES HERE

The SAC President's Welcome | Letter from President Pinto | UC History | The Old + The New

12

STUDENTS + THE BEARCAT EXPERIENCE

Co-op | Campus | Bearcat Pride | Athletics | Homecoming

30

DISCOVER CINCINNATI

The Student Alumni Council Top Ten

31

THE ALUMNI ADVENTURE

Letter from the Chief Alumni Officer | National Alumni Networks | Advice from Young Alumni



KATE HARTY

PRESIDENT OF THE STUDENT ALUMNI COUNCIL

On behalf of the Student Alumni Council, I present to you "The Red and Black Book." This book was designed by students to give you insight into UC's age-old traditions and help you navigate through the student experience. Wanting to know more about the 200+ years of history you are joining? Looking to get involved but don't know where to start? Exploring the city and want to know what spots to hit off-campus? Want advice from students who have been where you are right now? This book has all of this and more. All we ask of you is to be ready to take advantage of everything UC has to offer.

We could not be more excited to welcome you to the Bearcat family – now more than ever. Joining the Big 12 Conference, launching the Cincinnati Innovation District, and an array of multiple national rankings are just a few examples of the exciting era of UC which you are joining. Truly, Next Lives Here and you get to be a part of it. We hope this book helps show you just how special this university is. Your years ahead are sure to be filled with some of the most fun memories, the greatest role models and unmatched opportunities and we hope the information in this book can lead you to these things.

That said, "The Red and Black Book" is just the tip of the iceberg. This journey is yours. You get to create it. If you move forward with intention toward the things you care about, we guarantee you'll have some of the best years of your life. We challenge you to find a mentor, join an organization, go "all-in" and don't be afraid to fail. Your fellow Bearcats will always be here to pick you up and cheer you on as you move towards your goals.

Be Bold. Fight to the Finish. And remain ever loyal to the university we all call home. The Student Alumni Council wishes you the best on your journey and we are pleased to welcome you to the University of Cincinnati.

As always, Go Cats!



A LETTER FROM PRESIDENT PINTO



PRESIDENT PINTO

Dear Students,

Welcome to the University of Cincinnati, and congratulations on your arrival as Bearcats. Your journey has no doubt been one filled with excitement and challenges. You've picked an amazing time to attend UC. This is a wonderful community of people, and I hope you already feel at home on our campus.

You are our university's best example of what we mean by NEXT LIVES HERE. You are our next generation of talented leaders and change agents who will create the future — a future that will be shaped by your knowledge, values, ideas and strengths.

As you pursue your studies at UC, we want you to build an educational foundation that prepares you for a world of accelerating change and lifelong learning. That foundation includes hands-on learning, whether through co-op, internships, service to the community or interdisciplinary courses that focus on business and social issues that require creative problem solving. Through our Bearcat Promise, we want you to reach Commencement day on schedule, with a degree in one hand and a career plan in the other.



This booklet is filled with useful information for your life as a Bearcat. However, if you have questions or need assistance of any kind, please don't hesitate to ask our faculty and staff for help. We want you to flourish to your full potential — to build your "next." Again, welcome to the UC family. Have a great academic year!

Warmest regards,

Neville G. Pinto, President

@Prez_Pinto

1819

Cincinnati College and the Medical College of Ohio are founded, the predecessor schools to the University of Cincinnati.

1835

Famous Cincinnati physician Daniel Drake re-establishes the Cincinnati College, merging with the Cincinnati Law School.

1858

Land is donated to establish a university that would serve the City of Cincinnati.

1893

The university moves north from the edge of downtown Cincinnati to its present location near Burnet Woods.

1897

Red and Black are officially chosen as the school colors by the student body.

William McGuffey, author of the famous McGuffey Readers, is appointed president of the Cincinnati College.

1836

The University of Cincinnati is chartered.

1870

The cooperative education program is established by the Dean of the College of Engineering, Herman Schneider.

1906

TWO HUNDRED +

years of history + more to come!

1924

Nippert Stadium is dedicated on November 8 in honor of football player Jimmy Nippert, who died the previous year from complications relating to an injury sustained in UC's 1923 Thanksgiving Day game. UC has played continuously at this site since 1902, making it the fourth-oldest playing site and fifth-oldest stadium in college football.

1958-63

Basketball dominance! During this period, the UC Men's Basketball team appears in five consecutive Final Fours and three championship games, winning two national titles. Their record over this time span is an impressive 161-16.

2019

The University of Cincinnati celebrates its Bicentennial Year!

2019-21

Luke Fickell propels UC football back into the national spotlight as he coaches the Bearcats in back-to-back-to-back American Athletic Conference Championship games in 2019, 2020, and 2021, along with appearances in the 2020 New Year's Six Peach Bowl and 2021 Cotton Bowl Classic against the University of Alabama in the College Football Playoffs.

UC unveils a new master plan for the campus, which will transform the university into one of ten U.S. schools noted by Forbes for overall beauty.

1991

The university is named Ohio's twelfth state institution on July 1.

1977

Neville Pinto is named UC's 30th president.

2017

UC will officially join the Big 12 Conference.

2023

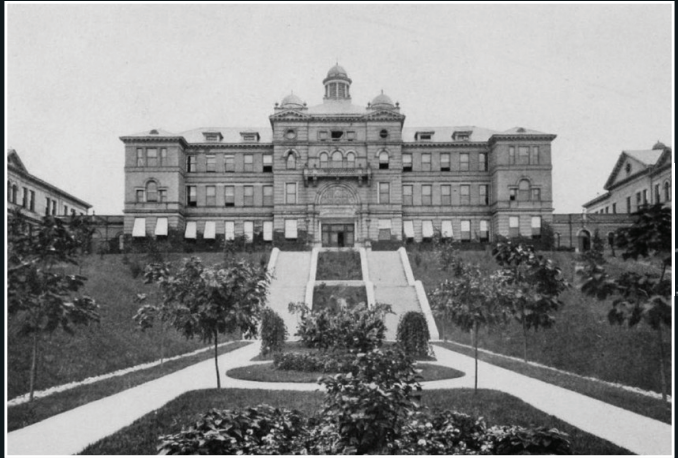
The Bearcats appear in two consecutive BCS Bowls, posting an impressive 23-4 record during the span under coach Brian Kelly.

2008-09

THE OLD

In 1894, the cornerstone of the original Arts & Sciences Hall was laid.

A year later, the building was complete and the basement would serve as the first home of the men's basketball team!



The old Lindner College of Business building provided a home for the college to grow. As more accolades have accumulated, discussion began about creating a new home that will continue to accelerate even greater growth.



In 2014, it was decided that Fifth Third Arena needed renovations to improve the fan experience, especially visibility in the arena.



THE NEW



In 1940, Arts & Sciences Hall was razed and rebuilt. Since 1950, Arts & Sciences Hall has stood as you see it today, with lions Mick and Mack continuing to guard the entrance.



The new Lindner building, opened for the Fall 2019 semester, is a place where business students and the college as a whole can thrive in ways that were not possible in the previous facility.



The renovated Fifth Third Arena was completed in 2018 and season ticket sales broke records. The new arena is beautiful and offers any Bearcat fan an amazing game experience.



STUDENT



LUKE BENSCOTER

*Finance & Insurance and Risk Management
Lindner College of Business*

Campus Must-Do: Make a lunch visit to Island Frydays! Best chicken wings this side of the Mississippi and wonderful staff to boot!

Favorite Memory: Rushing the field after the winning AAC championship. Celebrating the win with what felt like the

whole university was absolutely awesome!

Advice: Get involved! UC has an unbelievable student body with unique clubs and organizations at every turn. Put yourself out there and make the most of every moment!

KARRINGTON RAINEY

*Sociology, Communication Minor
College of Arts and Sciences*

Campus Must-Do: I believe every student should go to one free sports game! It's a great way to show UC pride! I like going to the baseball games and women's basketball games!

Favorite Memory: Winning Miss Kuamka 2022. It is a huge honor within the African American Cultural and Resource Center community, and it was a lot of fun. My favorite part was the talent show!



Advice: I would tell a student to take it one day at a time! If you make a mistake today, there is always tomorrow. It is important to not bring yesterday's problems into the present time. You cannot change the past, but you can change your future.



EXPERIENCES



JULIAN HILL

*Marketing & English: Rhetoric and Professional Writing
Lindner College of Business, College of Arts and Sciences*

Campus Must-Do: No person should leave UC without making a trip down to Findlay Market in OTR! That place is home to some of the best food you'll find in Cincinnati!

Favorite Memory: My favorite memory is from the Early Arrival Program I did with the African American Cultural and Resource Center. Getting to meet and interact with so many other Black students early was an amazing experience.

Advice: Throw your expectations out the door. Looking at every person, event, or opportunity with a blank slate can allow you to fully experience the moment!

KIARA GROSS

*Media Production, Communications Minor
College-Conservatory of Music*

Campus Must-Do: Go to the UC Homecoming Parade!

Favorite Memory: Going to the Deeters, which is the Video Production Club's awards ceremony, and watching the short films that I worked on with some of my best friends at UC!

Advice: Take advantage of the amount of resources on campus and get involved!



STUDENT



CLAIRE MINTON

Communication Design, French

College of Design, Architecture, Art, and Planning

Campus Must-Do: Find your favorite class at the Campus Recreation Center...mine are Zumba and Cycling!

Favorite Memory: Getting to know my best friends during long hours in the studio.

Advice: Do not be afraid to try something new – this is your chance to explore! Go to a club meeting, take advantage of leadership opportunities, and find friends with varied interests. That student org you've been meaning to check out might just become your new passion.

JAMAL PRACHA

Medical Sciences

College of Medicine

Campus Must-Do: Eat as many Chicken Shawarmas from Al-Madinah as possible! By far the best shawarma joint near campus!

Favorite Memory: Running late night Super Smash Bros with the boys and then trying to make my 8 a.m. the next day.



Advice: Don't be afraid to be ambitious! Whether you want to triple-major, start a new club on campus, or get your dream internship, it's all in your hands! UC is the perfect environment to push yourself to new heights!

EXPERIENCES



KIRA HOAK

Middle Childhood Education

College of Education, Criminal Justice, and Human Services

Campus Must-Do: Take your homework and go sit in Nippert Stadium to do it! Our field is open to all students so take advantage of the beautiful days to sit out there.

Favorite Memory: Rushing to the field after the UC-Houston game! Seeing all the school pride and everyone come together to cheer on our team was a once-in-a-lifetime experience!

Advice: When walking through campus, don't wear headphones! Look up and see your peers around you and maybe even give them a smile. :)

TAYLOR MORGAN

Biomedical Engineering

College of Engineering and Applied Science

Campus Must-Do: You have to try and find your favorite view of campus! Everyone has one whether it's from the top of Calhoun, or watching the sunset from Baldwin, or even just the view from hammocking on Sigma Sigma Commons!"

Favorite Memory: Traveling down to Dallas to watch the College Football Playoff game against Bama with friends I made through my years at UC, and just experiencing the feeling of community when cheering on the team.

Advice: Go to as many events as you can. UC is a great place to be and there are so many good opportunities if you push yourself out of your comfort zone. Also, go to Engineers Week banquet that CEAS Tribunal hosts ... It is open to any major and it is so much fun!



STUDENT RESOURCES

The next few pages contain some important Bearcat resources. Here they are, saved all in one place for you to reference as needed:

@UofCincy - The University's official Twitter account is a great place to find quick updates and important info. Follow them to get all the latest UC news right in your timeline!

One Stop - One Stop is your one-stop shop for anything and everything you might need, from registration to financial aid.

COVID Info - It will be important to stay up to date on the latest COVID guidelines for campus in order to keep all your fellow Bearcats safe and healthy. Look to UC's website for important guidelines and information.

Shuttle Tracker - Did you know UC has campus shuttles that can take you where you need to go? Use this app to learn about the different routes and get real-time updates on each shuttle's location.

Campus Life - If there's a place to find any resource or information you may need as a Bearcat on campus, this is it! Check out Campus Life online to find more on getting involved, campus resources and experiences, financial and academic help and so much more!

Student Activities + Leadership Development - UC offers hundreds of student groups that students can join, including fraternity and sorority life, college tribunals, spirit organizations, professional development groups, diversity activities, and more! Joining a student group is the best way to make friends and get involved, even virtually!



SCAN THIS QR
CODE TO VISIT THE
2022 RETURN TO
CAMPUS GUIDE!





African American Cultural & Resource Center (AACRC)

- The Center serves as a resource for enlightenment about the Black experience and has become a known resource for variety of organizations on campus and in the Greater Cincinnati community.

Accessibility Student Resources - Accessibility Resources leads the campus community in supporting students with disabilities by fostering an environment that places independence, inclusion and success at its core. We help provide a comprehensive collection of resources related to our office and accessibility for the UC Bearcat community.

Bearcats Pantry - The UC Bearcats Pantry provides free food, hygiene items, cleaning supplies, and professional clothing to students of all backgrounds with food and other insecurities. The pantry also provides meal vouchers that can be used at campus dining halls and To-Go Bags that can be conveniently picked up at locations across campus.



Center for Community Engagement (CCE) - The Center for Community Engagement (CCE) connects the Bearcat community to the Cincinnati community through community service. Students can find opportunities to participate in semester-long volunteer opportunities such as Bearcat Buddies, dive in to a one-time volunteer need, join together for a community impact day, or find ongoing volunteer opportunities in the community all year long!

Counseling & Psychological Services (CAPS) - Students and members of the UC community concerned about students have access to mental health crisis care and consultation 24 hours a day 7 days a week. After-hours crisis services provide care 24/7 while CAPS is closed for in-person services. You may call our direct number at 513-556-0648 and press 1 to speak with a counselor.



Ethnic Programs & Services (EPS) - The Office of Ethnic Programs & Services provides a culturally inclusive environment by enhancing the growth and development of underrepresented students through intentional programming, academic and community engagement, and the access of resources.

Fraternity & Sorority Life - The fraternity and sorority community at UC includes more than 3,200 students at our Uptown, Clermont, Blue Ash, and Medical campuses. The community currently consists of 45 chapters: 10 College Panhellenic Council (CPC) chapters + 1 associate chapter, 25 Interfraternity Council (IFC) chapters, 3 Multicultural Greek Council (MGC) chapters, and 6 National Pan-Hellenic Council (NPHC) chapters.

Gen-1 - Gen-1 is a groundbreaking University of Cincinnati program that is the nation's first living-learning community to focus on first-generation college students. The Gen-1 Program was established in 2008 and is a living and learning community that supports Pell-eligible, first-generation college students with a structured environment in which to live, learn, and work.

University Housing - Over 80% of incoming freshmen, plus many returning students, choose to live in University Housing! This is a great way to make a large university feel small.

LGBTQ Center - The Center is an inclusive campus community that welcomes people of all sexual orientations and gender identities and provides support, resources and advocacy. The Center facilitates LGBTQ visibility by promoting and enhancing understanding, acceptance, and awareness regarding LGBTQ issues.

Veterans Programs & Services - The Office of Veterans Programs & Services was founded to ensure that all individuals associated with the military that chose the University of Cincinnati would have a seamless transition from the Armed Forces to college.

UC Women's Center - The UC Women's Center is committed to the personal and professional growth of women and gender minorities by facilitating action, promoting intersectional justice, and fostering connections for all students. We strive to challenge gender inequities and advance the rights of women and gender minorities by elevating student activism and leadership through innovative and transformative programming.



MAIN STREET



CAMPUS RECREATION CENTER

UC's state-of-the-art Campus Recreation Center features weights, machines, a suspended track, lap pool, hot tub, basketball courts and more amenities for the UC community! After exercising, refuel at neighboring CenterCourt Dining Hall or Market on Main. Whether for leisure or intense exercise, utilizing the CRC will ensure that you stay in shape until you graduate!

@UCMainStreet - A college playground, busy walkway, regular chill spot and the heart of campus are all ways you could describe MainStreet. Located at the intersection of academic, athletic, retail and social areas of campus, MainStreet serves as a one-stop shop for a variety of staff and student needs, and is always bustling with activity. From spirit events to professional development and everything in between, every student will take advantage of this versatile portion of campus!

The background image shows a wide-angle view of a university campus. On the left, a historic brick building with a clock tower is visible. In the center, a modern, curved building with a grey facade and large glass windows is the Tangeman University Center. To the right, another modern building with a brick base and large windows is the Joseph A. Steger Student Life Center. A large, paved plaza with many students walking and sitting on steps is in the foreground. Two red callout boxes with white text are overlaid on the image, with white lines pointing to specific buildings. The first box points to the Tangeman University Center, and the second box points to the Joseph A. Steger Student Life Center.

TANGEMAN UNIVERSITY CENTER

Tangeman University Center, or TUC, is the heart of MainStreet. Situated between Nippert Stadium and Arts & Sciences Hall, this building is a beautiful, cohesive mix highlighting the old and new architecture of UC. Featuring a bank, movie theater, numerous restaurants, shops, study rooms and meeting areas, this historic building has something to offer every student throughout their experience!

JOSEPH A. STEGER STUDENT LIFE CENTER

The Steger Student Life Center is home to many programs and resources for student wellness, diversity and inclusion, leadership development and more. It is available to meet a wide range of needs for UC students

BEARCAT TRADITIONS

THE INSIDE SCOOP ON BEARCAT PRIDE

BEFORE THE GAME...

Before each home football game, alumni and students pop tents and light grills at the GRIDiron Tailgate on Sigma Sigma Commons. Come early to watch the UC Marching Band, Dance and Cheer teams, and Football team walk through the tailgate on their way to the stadium.

AT FOOTBALL GAMES...

At football games, look to the bottom of the student section to see the RallyCats leading the cheers. After each kickoff, shout N-A-T-I before the ball is caught.

On every touchdown we sing "Cheer Cincinnati" and the UC ROTC fires the gameday cannon. Cadets perform one push-up for every point the Bearcats currently have as the student section counts the push-ups.

Always wear black to UC football games unless instructed otherwise. Follow [@uofcincy](#) and [@gobearcats](#) on Twitter for updates, because some games are Whiteouts (wear white), "Ring of Red" (wear Red), or Stripe the Stands.

Be sure to clear the stairs of the Nippert Stadium student section just prior to game time. When the band arrives at the stadium they rush down the stairs to meet the drumline on the field.





AT BASKETBALL GAMES...

Before you head into Fifth Third Arena for a basketball game, grab an old News Record from your seat for the confetti toss! Tear up the paper and wait for the first Bearcats score to toss it in the air.

WHEN THE CATS PLAY AWAY...

RallyCats bus trips offer students exciting opportunities to cheer on the Bearcats! RallyCats takes multiple bus trips annually to nationwide destinations to support Bearcats Athletics at great rates.



ON FRIDAYS...

UC students are known for wearing their best Bearcat gear every Friday regardless of what season it is... so be sure to dress in your Red & Black to show your school spirit.

REGARDLESS OF THE SPORT...

Bearcats fans ALWAYS stay 'til the end of the game... and it's not over until the Alma Mater is sung! If we win, we sing "Cheer Cincinnati" and then the Alma Mater.



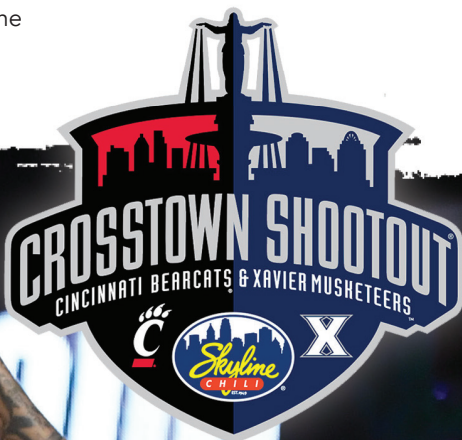
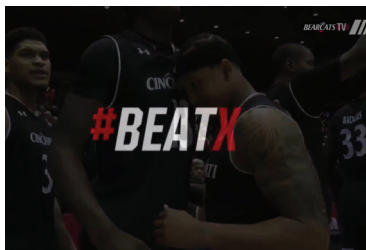
Regardless of the sport, make sure to check in on your Ruckus Rewards App to gain points for every Bearcats event you attend! These points can be exchanged for prizes, including free Bearcats gear, signed memorabilia, and more!

CROSTOWN SHOOTOUT

A CINCINNATI FACEOFF

The Crosstown Shootout is the annual game between our Cincinnati Bearcats and the Xavier University Musketeers. With UC and Xavier being separated by just 3 miles, it's one of the most intense arch-rivalries in the entire nation.

Cincinnati men's basketball leads in the all-time record, winning 51 times to Xavier's 38. The schools alternate as game hosts year by year; historically, the game has been played at six different venues.





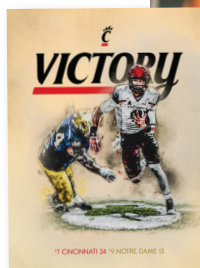
A SEASON FOR THE BOOKS

2021 BEARCATS FOOTBALL SEASON

In 2021, Coach Luke Fickell led the football team in a record-breaking football season that culminated with the No. 4 Cincinnati Bearcats appearing in the 2022 College Football Playoffs' Cotton Bowl Classic against the No. 1 Alabama Crimson Tide. While Alabama ultimately prevailed, the season united the entire UC community and further elevated UC's profile on the national stage.

Season highlights included:

- The biggest regular-season victory in program history – a 24-13 win at Notre Dame in front of a huge contingent of traveling UC fans.
- 12-0 regular season record, extending the Bearcats' home undefeated streak to 27 games across 5 seasons.
- First time hosting ESPN College GameDay on 2021 Homecoming weekend.
- 9 players selected in the 2022 NFL Draft, shattering the school record.



A quote from Coach Luke Fickell about the upcoming 2022 Football Season:

"I can't wait to run on to the field at Nippert Stadium to play in front of our fans and the unbelievable atmosphere they create each week. Every fall I get excited because each year is a new beginning. We had incredible success last season, but this is a new team and it will have a new personality with new leaders. I'm looking forward to seeing who emerges to take on those leadership roles as well as the growth the team will have from Week 1 to the end of the season. It's gratifying to know we will have the support of our university, students and fans every step of the way."

UC'S NEED TO KNOW TERMS & ABBREVIATIONS

INSIDER GUIDE TO THE "LINGO" FOR THE UNIVERSITY OF CINCINNATI

TUC - Tangeman University Center, locally known as "TUC," is your one-stop shop for the bookstore, Chick-fil-A, Board Game Club meetings on Wednesday Nights, and everything in between. Pronounced: "tee-you-see!"

Sigma Sigma - the abbreviated term for the large, beautiful green commons bordered by Morgens, Scioto and Marian Spencer Halls on the east and the Lindner College of Business on the west. Grab a frisbee or a hammock and enjoy!

Tender Tuesday - the infamous menu staple at the Marketpointe Dining Hall, it is a must-make weekly dining hall event!

Nipp at Night - Nippert, the beloved stadium in the center of campus, is an awesome place for spikeball, stair-running and much, much more! Be sure to grab some friends and have some fun under the sun or stars in our historic stadium.

OTG - abbreviation for our beloved Dining Hall, "On the Green," located right under Marian Spencer Hall.

SG - abbreviation for our undergraduate student government, this term right here is the key to making change all across campus! If your organization is seeking support or you are hoping to plan an event, be sure to reach out on CampusLink to find a student government representative who can help you!

Co-op - Short for "cooperative education," this might be UC's biggest claim, since co-op was invented at UC in 1906. It's an incredible opportunity spanning nearly every college at the university. With opportunities for resumé-building and professional networking all across the country, we have immense pride in this UC crown jewel.

PAC - UC's Programming and Activities Council has brought us big names like Noel Miller and Big Sean! With events, giveaways and happenings all throughout the year, be sure to tune in to some of the things they are bringing right to YOU, here on UC's campus!

CRC - short for the Campus Recreation Center, the CRC is an award-winning fitness facility featuring a lazy river, a climbing wall, an 1/8th-mile track suspended above 6 basketball courts, and a variety of other amenities for the UC community. The CRC is connected to the Center Court dining hall and Nippert Stadium, as well as its very own suite-style residence hall!

M.O.M. - abbreviation for Market on Main, UC's mini-grocery and convenience store located underneath the CRC residence hall in the heart of campus. Offering snacks, beverages, school supplies, and items for pain relief, coughs and more – basically, anything your mom might have back home!"



BEARCAT SONGS

ALMA MATER

Verse 1:

O Cincinnati, magic name,
I proudly to the world proclaim;
No sweeter word ever
 charmed my ear,
None to my heart was ever so dear,
A fountain of eternal youth, a tower
 of strength, a rock of truth.

Oh varsity, dear varsity, thy loyal
 children we will be,
Thy loyal, loyal children we will be.

CHEER CINCINNATI

Cheer Cincinnati, Cincy will win
Fight to the finish, never give in
 (Rah, Rah, Rah)

You do your best Cats,
we'll do the rest Cats,
 Onward to victory!

Go Red, Go Black, Go Bearcats!
 Fight! Fight! Fight!
B-E-A-R-C-A-T-S Go UC!

Cheer Cincinnati, Cincy will win
Fight to the finish, never give in
 (Rah, Rah, Rah)
You do your best Cats,
we'll do the rest Cats,
 Onward to victory!



University of Cincinnati.
Alumni Association

HOME⁶⁶COMING

Homecoming Weekend brings alumni and fans back to campus each fall for a full slate of events, culminating in the annual Homecoming football game. Weekend highlights include the Friday night Kickoff Party and Saturday Homecoming Parade, brought to you by the Student Alumni Council and UC Alumni Association. Celebrations conclude with the Homecoming Court Halftime Crowning Ceremony during the game. This year, Homecoming is slated for Saturday, October 8. Follow [@SACuc](#) and [@uofcincyalumni](#) on Twitter for up-to-date information on this year's festivities!



SIGMA SIGMA COMMONS

Between being an amazing hangout spot on nice days, hosting carnivals, concerts, tailgates, and much more, Sigma Sigma Commons is an essential (and beautiful!) part of campus. Many events take place here throughout the year, led by:

Sigma Sigma Carnival: Sigma Sigma Carnival is one of UC's largest ongoing events, dating back to 1940. Sigma Sigma Men's Honorary, which hosts the event, was founded in 1898. The men of Sigma Sigma created the carnival to replace the Junior Prom and celebrate all the student organizations that work hard throughout the school year.

Red & Black Bash: Red & Black Bash is a free annual concert held each fall during Welcome Weekend. Students pack Sigma Sigma Commons to celebrate the new school year and reunite with friends!

When events aren't happening, you can find students playing sports, lying in hammocks or studying on the steps between classes.



CINCINNATI + CLIFTON

Campus is a great place to be, but what makes it even better is the city it's surrounded by! Clifton alone has so much to offer, but when you travel around Cincinnati, you'll learn what a unique and special place it is. Whether you venture downtown for a Reds, Bengals or FC Cincinnati game, take a sunny day to walk to the zoo, or find yourself at a concert at Riverbend, there are so many memories to make and places to see.

THE SAC TOP TEN

The members of the Student Alumni Council compiled the following list of absolute must-do's in Cincinnati, Clifton and beyond. We hope that you take the time to experience as many of them as possible!

1. Sports of All Sorts: Reds, Bengals, FC Cincinnati, Western & Southern Open tennis tournament near Kings Island
2. Cincinnati Food: Skyline, Graeter's, LaRosa's
3. Smale Riverfront Park, Sawyer Point
4. Cincinnati Zoo & Botanical Garden
5. Fountain Square
6. Findlay Market, Over-the-Rhine
7. Newport on the Levee
8. Museums: Cincinnati Museum Center, Contemporary Arts Center, Art Museum
9. Concerts: Riverbend, Heritage Bank Center, Bogart's, CCM, Icon Music Center
10. Amusement Parks: Kings Island, Coney Island





JENNIFER HEISEY

Chief Alumni Officer

Welcome, New Bearcat!

On behalf of UC's 327,000+ alumni and 46,000+ current students, I congratulate you on joining the Bearcats family. As you begin your official UC career, we're pleased to provide you with your own copy of The Red & Black Book published by your fellow undergrads in the Student Alumni Council, the student organization affiliated with the UC Alumni Association. Full of UC history, fun facts and peer-to-peer advice, it's like a book version of "How to Be a Bearcat 101."

The Red & Black Book will help you learn the UC landscape and where you can find great opportunities to get involved, which is vital to making the most of this special time. When you fill up your student years by pursuing your passions in that way, you'll enrich your Bearcat experience, both here on campus and throughout your life. This book will help acquaint you with countless things to do, places to go, and groups to join. And that begins a natural chain of connected people, events and resources, because everything leads to something or someone else.

In that way, your UC network will grow and grow over the years — as extensive and powerful as you want it to be. The process is endless, and it starts now. Just use The Red & Black Book as a trusted resource, then see where your courage and curiosity lead you.

Again, welcome to the UC family. Enjoy every moment here, help keep UC's traditions alive, and remember that your UC Alumni Association is your lifelong partner in the journey.

Go Bearcats!





University of Cincinnati ALUMNI ASSOCIATION

The University of Cincinnati Alumni Association (UCAA) is the organization within the University of Cincinnati Foundation charged with supporting and connecting over 327,000 living alumni around the world. It does this in many ways, including through college alumni boards, young professional groups, and alumni networks in cities across the country. Annual experiences include Homecoming Weekend and Alumni Week, both great opportunities to connect with alumni of all ages.





Student Alumni Council



University of Cincinnati

SAC is the student arm of the UC Alumni Association. Founded in the 1980s originally as the Homecoming Committee, our relationship with UCAA has grown over the years. We work with them on all signature experiences and provide student feedback. Our primary projects throughout the year include The Red and Black Book (obviously), Dinner With Bearcats, and Homecoming! Follow SAC @SACuc!



NATIONAL ALUMNI NETWORKS

- Atlanta
- Boston
- Central Florida
- Charlotte
- Chicago
- Cleveland
- Columbus
- Dallas/Ft. Worth
- Dayton
- Denver
- Detroit
- Houston
- Indianapolis
- Los Angeles
- Milwaukee
- Nashville
- New York
- Northern New Jersey
- Philadelphia
- Phoenix
- Pittsburgh
- Portland
- San Diego
- San Francisco Bay Area
- Seattle
- Southeast Florida
- St. Louis
- Tampa
- Toledo
- Twin Cities
- Washington DC/Baltimore



The National Alumni Networks can be awesome resources and we encourage you to connect with them! Whether you're traveling, on co-op or an alumnus, check out the Alumni Association's website to find more information about the networks, including their locations, contact information and online groups.



ADVICE FROM



JUSTIN AUSTIN

Class of 2021

Clinical Research Coordinator for the Ohio State James Cancer Hospital / Genitourinary Team

Advice for New Bearcats: Put your fear aside. If I could do it all over again, I would never have waited as long as I did to get involved on campus. College is short and the memories you make are only as good as the risks you are willing to take.

CHARLIE MACKENZIE

Class of 2022

Product Marketing Analyst at Equinix in Chicago

Advice for New Bearcats: Get involved in a couple different organizations right when you get to campus! There's a lot of value in attending a large school like UC, but it can feel big especially in the beginning, and joining organizations is a great way to create a smaller community for yourself. There's an organization for just about anything on campus and it makes meeting people a ton fun.



ABBY MERZ

Class of 2021

Paid Social and Search at Empower Media Marketing

Advice for New Bearcats: Be involved – you will get the most out of your experience by being an active participant in everything you do – in class with your professors, group projects, student organizations, and more.”

YOUNG ALUMNI



MEGAN WIECHERS

Class of 2019

Full-time doctoral student studying nurse anesthesia at NKU; previously an ICU nurse at The Christ Hospital

Advice for New Bearcats: Get comfortable with being uncomfortable! Looking back, I found that my greatest and best experiences unfolded when I was pushed out of my comfort zone to join a new organization or meet new people.

MARTINA PINEDA

Class of 2019

Non-Profit Services Associate at Ignite Philanthropy

Advice for New Bearcats: You've got a fresh start here at UC, so make the most of it. Show up for yourself by being intentional and open with your involvements – do your best in your classes and dedicate time into building a support system. Lean into those leadership positions and be willing to learn.



ASHAY SHAH

Class of 2022

Investing Analyst at Alipine Investors

Advice for New Bearcats: Find a group of people in your classes or major and focus on spending time with them! Those are the friends that you'll study, struggle and celebrate with.

RED AND BLACK BOOK TEAM



Sam Speyer, SAC Advisor



Kate Harty



Ryan Hertlein



Megan Fein



Sophia Le



Rena Lenchitz



Shelby Metzler

It's *Skyline* Time!

CHILI®



THY LOYAL
CHILDREN
WE



WILL
BE