Travelling around Chicago
- The trains really aren’t as scary as they might seem. And you have a UPass that makes every trip free so take advantage of that!
- If you don’t have someone with you on your trip at least make sure someone knows where you are and when you should be back.

Food:
- Cafecito: Open late with great sandwiches and coffee.
- Jewel Osco: The closest grocery store. Right off of Grand or Roosevelt on the red line.

Events:
- Visiting Artist lectures: Take advantage of these, they are incredibly helpful (and free).
- First Fridays are great ways to browse Exhibit Openings around the City all in one night

Take a Break.
- It’s important to remember to give yourself time off every once in a while (away from the books and the art materials (and possibly even away from Netflix)).
- It’s also good to sleep sometimes. Even when you have a lot of work to do.

Arts & Culture
- The Museum of Contemporary Art is free to SAIC students and there is new work almost every month
- Going to Navy Pier to watch the sunrise is one of the most motivational ways to start your day, and it can actually make your day feel less exhausting despite getting up early.

Hi I’m Eala. This is going to be my 3rd year at SAIC working towards a BFA in Studio. My focus is in the Fiber and Material Studies Department creating soft sculpture. I come from Allentown, PA.