



# COMMUTING TIPS

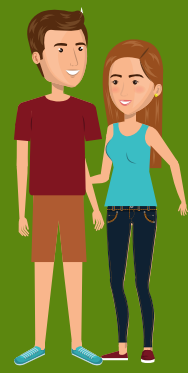
## AVOID RUSH HOUR



Nobody likes traffic; get to school early or stay late to avoid wasting time sitting in traffic. While waiting for traffic to pass, get homework done at the library or tutoring center.

## CARPOOL WITH A BUDDY

With a buddy in the car, you can use the carpool lane to bypass traffic. It can also help you save money on gas while reducing your environmental footprint.



## LEAVE YOURSELF 30 MINUTES OF BUFFER TIME



Nothing makes a morning more stressful than getting stuck in traffic because of an accident or roadwork. Count on getting to school 30 minutes early to account for inconveniences like these. You can also check Google Maps before your commute to check for slow downs.

## USE ALTERNATIVE TRANSPORTATION

Investing in a light rail student UPASS can help you cut down on transportation costs. You can also take advantage of free services like the Orbit bus system or the ASU campus shuttles. Using alternative transportation also gets your hands off the steering wheel, allowing you to use your commute time as you see fit.



## BRING A BACKUP OUTFIT

Leave a formal outfit in your car for impromptu professional events. This is especially helpful if you have a long commute and know you won't have time to make it home to change.

## WATCH YOUR POSTURE

Sitting up straight while driving or using a seat accessory to help with posture can reduce back pain. It's important to start practicing good habits as early as possible.

