



Welcome Week

Christopher Newport University

August 18 – 25, 2019



Enjoy your first full week on campus as a Captain! Reach out to any of the navigators or your resident assistant (RA) with questions regarding the schedule or campus life. There are many chances for you to enjoy fun and relaxing events, but take breaks when you need it and get excited for new next few weeks ahead. If you are unsure of things you could be doing, check out the last page for a helpful list. If you are a fall varsity athlete or a member of the Marching Captains, please refer to the schedule provided by your coach/band director.

Events highlighted in:

- **RED** are **required** for all students.
- **BLUE** are **required** for all students, but at **individualized** times (you should have received emails for them).
- **GREEN** are tailored towards specific groups.

Students must have their student ID at all times to access their buildings, rooms and meals

Follow us on Facebook at **CNU Class of 2023** and on Instagram at **@CNU2023** for the latest updates.

Saturday, August 17

8 a.m. – 5 p.m.	Move-in: Welcome home, Captains!	Residence Halls
11 a.m. – 2 p.m.	Lunch <i>Students: all meals are included with your Welcome Week dining meal plan throughout the week. Guests may purchase meals at the dining halls.</i>	Commons & Regattas
5 – 7 p.m.	Dinner	Commons & Regattas

Sunday, August 18

10 a.m. – 2:30 p.m.	Captains Launch Program <i>Mandatory for those in the program; you should have received an email from the Center for Academic Success.</i>	Gaines Theatre
10:30 a.m. – 2 p.m.	Brunch	Commons & Regattas
3 – 4 p.m.	Building-Wide Meeting <i>Potomac River North Hall</i> -----Gaines Theatre <i>Santoro Hall</i> -----Diamonstein Concert Hall <i>York River East & West Halls</i> -----DSU Ballroom	
4 – 5 p.m.	Hall Meeting – Residential Students	Residence Halls
4 – 5 p.m.	Commuter Connections	3rd Floor Luter Atrium

5:15 – 6:15 p.m.	<p>Learn about resources available to you as a commuter student, get your student ID and receive your Welcome Week meal plan and schedule.</p>	DSU Washington Room
5 – 7 p.m.	<p>First-Generation College Student Connection <i>Calling all first-generation college students! Join current students, faculty, staff and alumni that share being the first in their families to attend a four-year college or university. We celebrate this milestone with you and your family.</i></p>	Commons & Regattas
7 – 8 p.m.	<p>Welcome Week Opening <i>Time to kick off Welcome Week and get a preview of what's to come! *chance for giveaways*</i></p>	Diamonstein Concert Hall

8 – 10 p.m.	<p>Fun & Games Stop by any of these fun events to get to know some of your peers in a fun and engaging way!</p> <p><i>Sand + S'mores</i> ----- JR Courts <i>Bubble Ball</i> ----- The Great Lawn <i>Outdoor Rec Night</i> ----- The Great Lawn <i>Trivia *prizes available</i> ----- DSU Ballroom <i>Round 1: 8 p.m., Round 2: 9 p.m.</i> <i>Painting – New Room Décor!</i> ----- Freeman Aux Gym</p>	
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Monday, August 19

7:30 – 8:45 a.m.	<p>Breakfast</p>	Commons & Regattas
9 – 10 a.m.	<p>Charting a Successful Academic Course <i>Hear about the many resources available to you through the Center for Academic Success, such as the Alice K. Randall Writing Center, one-on-one academic coaching, workshops on study strategies, tutoring services and much more. *chance for giveaways*</i></p>	Diamonstein Concert Hall
10 – 10:45 a.m.	<p>Major Selection <i>Hear from the Center for Career Planning (CCP) and learn how they can help you explore major and career options, find on-campus employment and how internships can set you up to earn 29 percent more in your first job out of college. Learn how to live the CCP's tagline, "You Get Jobs by Talking to People."</i></p>	Diamonstein Concert Hall
11 a.m. – 1 p.m.	<p>Lunch</p>	Commons & Regattas

1 – 2 p.m.

Academic Dean's Addresses & Registration 101

The deans of each academic college/school will welcome you to Christopher Newport. Select the school or college based on your academic area of interest. Also, learn the ins and outs of registering for classes.

College of Arts and Humanities	-----	Peebles Theatre
College of Natural and Behavioral Sciences	-----	Diamonstein
College of Social Sciences	-----	Gaines Theatre
Luter School of Business	-----	DSU Ballroom

2 – 3 p.m.

Various Academic Department Open Houses

Visit an academic department that interests you! Feel free to stop by during the hour for a meet-and-greet with faculty from each of the departments.

College of Arts and Humanities

English	-----	McMurrin 210
History	-----	McMurrin 305
Music	-----	Ferguson A183
Philosophy and Religion	-----	McMurrin 262
Theater and Dance	-----	Ferguson T107

College of Natural and Behavioral Sciences

Mathematics	-----	Luter 372
Physics, Computer Science and Engineering	-----	Luter 221
Pre-Health	-----	Forbes 1022
Psychology	-----	Forbes 2070E

College of Social Sciences

Communication	-----	Luter 269
Economics	-----	Luter 243
Political Science	-----	McMurrin 360
Military Science	-----	Luter 264
Sociology, Social Work and Anthropology	-----	DSU Madison Room

Luter School of Business

Luter School of Business	-----	Luter 121
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All departments are open to anyone interested in learning more. If you do not see your preferred department, feel free to explore another area that interests you.

3 – 5:30 p.m.

Core Adviser – Group Meetings

Meet with your core adviser, learn about our advising process, and schedule an individual meeting time for later this week. Your core adviser has emailed your meeting time and location.

Various Locations

5:15 – 6 p.m.

Resource, Support and Accommodations

All students seeking an accommodation or who are interested in the process and resources offered must attend this informative session.

DSU Washington Room

5 – 7 p.m.

Dinner

Commons & Regattas

7 – 8:30 p.m.

Cometry

Diamonstein
Concert Hall

Entertaining comedic performance about similarities, habits and traits we all share, but that often go unnoticed.

8:30 – 10 p.m.

Library Game Night

Join the Tribble Library staff for fun activities and games you never thought you would be able to do in a library!

Paul & Rosemary Tribble
Library

Tuesday, August 20

7:30 – 9 a.m.	Breakfast	Commons & Regattas
8 – 9:20 a.m.	Cometry – Debrief <i>Come discuss your thoughts about the previous night's event. Open to the first 50 students who signed up last night.</i>	Luter 121
8:30 – 9:15 a.m.	Yoga on the Great Lawn <i>Start your day off energized and refreshed with our first ever Yoga on the Great Lawn!</i>	The Great Lawn
9:30 – 11:30 a.m.	Amazing Race: Christopher Newport Edition <i>Work with your hall mates to learn about campus history, locate resources and participate in campus traditions through interactive missions. Awards will be given to the most successful teams!</i>	Various Locations
11:30 a.m. – 1:30 p.m.	Lunch	Commons & Regattas
12:45 – 1:45 p.m.	PLP Foundations Meeting <i>This meeting is mandatory for students in the President's Leadership Program. PLP has emailed your specific meeting location to you.</i>	Gaines Lobby
2 – 3 p.m.	Keeping Your Community Healthy and Safe <i>Learn how to keep yourself and your community healthy and safe. *chance for giveaways*</i>	Diamonstein Concert Hall
3 – 6 p.m.	Small Group Session 1 <i>Join your navigators for a student-to-student discussion about the ins and outs of college life, how to access new technology and start your academic success off right.</i>	Various Locations
3 – 6 p.m.	Center for Academic Success – Open Hours <i>Drop in so the university fellows can assist you with registering for workshops, completing the tutor orientation module or applying for an academic coach.</i>	Luter 105
3– 5 p.m.	Center for Career Planning – Open Hours <i>Career Planning staff will help you create you resume or provide feedback on how to strengthen your existing resume before the on-campus job fair next week. Resumes are required for applying for campus employment opportunities.</i>	Luter 109
3:30 – 5:30 p.m.	Fitness Classes <i>3:30 – 4:30 p.m.: #GetFitCNU – an interactive physical activity session that will also describe ways to alleviate stress 4:30 – 5:30 p.m.: Zumba</i>	Freeman MPR – 1 & 2
5 – 7:00 p.m.	Dinner	Commons & Regattas
7 – 9 p.m.	True to Life <i>Delve into the college experience with this engaging and memorable performance by True to Life.</i>	Diamonstein Concert Hall

Wednesday, August 21

7:30 – 8:45 a.m.

Breakfast

Commons & Regattas

Session Times:

9 – 9:25 a.m.

9:30 – 9:55 a.m.

10:00 – 10:25 a.m.

Campus Engagement Interest Sessions

Choose three organizations and departments you would like to hear more about! Please note that many of these organizations will be at the Involvement Fair on Friday, September 6 if you would like any further information or want to talk with them more directly.

Anchor Organizations:

Campus Activities Board MCM 160

Plans events of campus ranging from films, speakers, festivals and more

The Captain's Log MCM 200D

Provides up-to-date coverage through a weekly newspaper and CNU TV

Interfraternity Council MCM 112

Council of recognized male social fraternities

National Pan-Hellenic Council MCM 114

Council comprising historically African-American fraternities and sororities

Panhellenic Conference MCM 101

Council of recognized social female sororities

REACH MCM 260

Facilitate service opportunities for students during academic breaks

Residence Hall Association MCM 162

Plans programs and advocate for the needs of residential students

Student Diversity & Equality Council MCM 216

Promotes an inclusive campus through advocacy, outreach and programs

Student Assembly Luter 121

Provides a voice for all students to affect positive change on campus

Student Honor Council Luter 142

Promotes and upholds the Honor Code through programming and decision-making in the conduct process

Student Involvement Opportunities:

Club Sports & Intramurals Forbes 1022

Learn about the many ways Recreation Services sponsors a wide array of exciting sports and activities to help you stay active after class

Fitness Classes & Opportunities Forbes 3012

Hear about the resources available through the fitness center

Music Ensembles Forbes 2090

Hear about the array of options to get involved in music while on campus

Friends in Fellowship Forbes 3014

A Christian women's group hosted by Rosemary Tribble, first lady of Christopher Newport University. It is a wonderful opportunity for young women to build and expand friendships and become part of a loving and supportive community. The group meets on a weekly basis.

Emerging Leaders MCM 262

Explore aspects of leadership and personal development focusing on the ideas of personal strengths and abilities, developing self-leadership and becoming an actively engaged citizen.

Continued on the next page...

	<i>The Four Pillars</i>	MCM 312
	Center for Community Engagement <i>Learn how to find service opportunities in Newport News</i>	MCM 360
	Center for Career Planning <i>Learn about tips for creating a strong user profile in your Handshake account to be successful in finding and securing on campus employment. Resources on how to strengthen your first resume will also be provided.</i>	MCM 362
	Office of Undergraduate Research and Creative Activity <i>Come hear about how to get involved in research on campus and how to start thinking about your own potential products</i>	MCM 164
	Study Abroad <i>Hear about many of the opportunities you have as a student to go abroad</i>	
10:30 a.m. – 2:30 p.m.	Small Group 2 <i>Check in with your navigator and continue to discuss transitioning to college life! See email for time and locations.</i>	Various Locations
11:30 a.m. – 1:30 p.m.	Lunch	Commons & Regattas
12:30 – 2:30 p.m.	CNU's Got Talent Auditions <i>We want to see what you've got! Show us your best talent. Come audition on Saturday night. Please bring everything you need to audition, including instruments, props etc. Auditions will also be offered on Friday, August 23.</i>	Gaines Theatre
3 – 4:30 p.m.	Be the Change Featuring first lady, Rosemary Tribble <i>Students are encouraged to "Be the Change" and "Restore the Joy." Hear from staff and peers about how Christopher Newport combats sexual violence, provides resources to students and supports survivors.</i>	Diamonstein Concert Hall
5 – 7 p.m.	Dinner	Commons & Regattas
7 – 8 p.m.	Hall Meeting – Residential Students	Residence Halls
7 – 8 p.m.	Commuter Connections	3rd Floor Luter Atrium
8 – 10 p.m.	Movie on the Lawn <i>Tag along with Beca and the rest of the Barden Bellas as they learn to navigate college for the showing of "Pitch Perfect" on the Great Lawn!</i>	The Great Lawn
8 – 10 p.m.	Rec Night <i>Come to the Freeman Center to enjoy some lawn games, to include Kanjam, basketball and more!</i>	Freeman Center Fieldhouse

Thursday, August 22

7:30 – 9 a.m.	Breakfast	Commons & Regattas
7:30 a.m. – noon	Day One of Service <i>Sponsored by the Center for Community Engagement, students who have registered in advance will meet at the Concert Hall and then travel to various community partners. Transportation and breakfast are provided. Mandatory for those in the President's Leadership Program.</i>	Diamonstein Concert Hall
9 – 10 a.m.	Fitness Class Cardio, Crunch and Core Fusion <i>A combination of cardio kickboxing, Latin dance, muscle work w/ assorted weights and abs/back work, concluding with a relaxing stretch.</i>	Freeman MPR – 1
10 – 11 a.m.	Newport News 101 <i>Learn about Newport News and how to give back to your community with the Center for Community Engagement. Required for those not attending Day One of Service. *chance for giveaways*</i>	Peebles Theater
11:30 a.m. – 1:30 p.m.	Lunch	Commons & Regattas
2 – 4 p.m.	Wellness Fair <i>Visit an array of organizations and gain valuable information about keeping yourself healthy – mind and body – throughout the school year.</i>	Tribble Plaza
2 – 5:30 p.m.	Core Adviser – Individual Meetings <i>You will sign up for a 15-minute session with your adviser. When you are not meeting, feel free to check out our list of things to do!</i>	Various Locations
3 – 5 p.m.	Center for Career Planning – Open Hours <i>Continued open hours from Tuesday.</i>	Luter 109
5 – 7 p.m.	Dinner	Commons & Regattas
6 – 7 p.m.	Out-of-State Student Social <i>Join some of our current students and university fellows for an ice cream social to meet others from out-of-state and learn about resources available to you while being farther away from home.</i>	Freeman 201
7:30 – 9 p.m.	Capture the Sail <i>This is our fun twist on the classic game Capture the Flag. The Class of 2023 will be head-to-head in this epic game. Grab your friends and head to the JR Field!</i>	JR Field
9 p.m. – midnight	Shop 'til You Drop @ Target <i>Target is throwing a college shopping event just for you! Shop for last minute essentials, stock up on snacks, find organization solutions for your home away from home – and grab a swag bag filled must-have goodies. Bring old friends, meet new ones and join in on the fun. Plus, get free rides to and from Target. The buses run throughout the night starting at 9 p.m.</i>	Luter Parking Lot (Lot D)

Friday, August 23

7:30 – 9 a.m.	Breakfast	Commons & Regattas
10 a.m. – 11:30 a.m.	Community of Scholars Convocation <i>This formal academic ceremony is your official welcome to our academic community and community of honor. This is a student event only and not open to the public. Business professional attire is required. Doors open at 9 a.m. Students must be seated in the Concert Hall no later than 9:45 a.m.</i>	Diamonstein Concert Hall
11:30 a.m. – 1:30 p.m.	Convocation Picnic & Bell Ringing <i>Do not miss out on your first (and second to last) chance to ring the bell in the Clock Tower! Perfect time to snag a picture and show your Captain pride.</i>	The Great Lawn
1 – 5 p.m.	Core Adviser – Individual Meetings <i>Continued from yesterday's individual meetings – be sure to note when you signed up for your appointment.</i>	Various Locations
2 – 4 p.m.	CNU's Got Talent Auditions <i>Come show us your talent! This is your last chance to sign up to perform in the talent show Saturday night.</i>	Gaines Theatre
5 – 7 p.m.	Dinner	Commons & Regattas
8 – 11 p.m.	Let the Good Times Roll! <i>Enjoy a fun time involving nighttime roller skating, games and more!</i>	Tribble Plaza

Saturday, August 24

All Day	Use the day to explore Newport News! <i>See list on the last page for ideas of activities to do around campus and in the community.</i>	Newport News
10:30 a.m. – 2 p.m.	Brunch	Commons & Regattas
5 – 7 p.m.	Dinner	Commons & Regattas
7 – 8:30 p.m.	CNU's Got Talent <i>The annual talent show is here! Come out and support your fellow Captains as they show off their best skills.</i>	Diamonstein Concert Hall

9 – 11:30 p.m.	CAB Presents... "Captain Marvel" <i>Join Captain Marvel as she tries to defeat the Skrulls with help from Nick Fury, while dealing with her unknown past and discovering her superpowers.</i>	Gaines Theatre
9 – 11 p.m.	Fun & Games <i>Board Game Night</i> ----- <i>Karaoke</i> ----- <i>Food Bar</i> ----- <i>A Game of Sardines</i> -----	Freeman 101 Freeman 201 Freeman 202 Tribble Plaza

Sunday, August 25

10:30 a.m. – 2 p.m.	Brunch	Commons & Regattas
4 – 5 p.m.	Hall Meeting	Residence Halls
4 – 5 p.m.	Commuter Connections	3rd Floor Luter Atrium
5 – 7 p.m.	Dinner	Commons & Regattas
7:30 – 10:30 p.m.	Light the Night <i>The tradition continues! Celebrate the start of the academic year with your fellow Captains by lighting up the Great Lawn.</i>	The Great Lawn

Looking for things to do? Want to explore your new home away from home?

- Find your mailbox on the second floor of the David Student Union.
- Find where all your classes will be. Ask your navigator/RA if you are lost.
- Go to the Noland Trail – wear comfortable shoes and take a water bottle.
- Register your fingerprint at the Freeman Center gym for easy entrance next time you want to go.
- Take a walk around campus – sunsets are beautiful here.
- Check out a local business
 - Azzurri's, Pelican's Snoballs, Subway Station and Rita's are all great places to start.
- Play basketball, cornhole, volleyball or kickball at the JR Courts
 - You can check out supplies from the James River Hall front desk.
- Walk to Lion's Bridge
 - Go around sunset for an even more spectacular view.
- Check out the Peninsula Fine Arts Center.
- Go get your parking pass in the parking deck during business hours (Monday – Friday, 8 a.m. – 5 p.m.).
- Rent a plot in the community garden, link below:
 - <https://interweb.cnu.edu/sustainability/community-garden/>
- Check out the Mariner's Museum – free entry for students.
- Take a look at the shows that the Ferguson Center will be hosting throughout the semester. You can purchase tickets at the ticket office at the Ferguson Center. Be sure to bring your student ID.
- Look around the library to scope out your favorite study spot for the semester.
- Look on the Compass for clubs and organizations that you may want to be interested in
 - This can help when you go to the Involvement Fair on September 6.
- Start a movie night with your hallmates.
- Register your bike with the University Police.
 - Bicycle registration is available at University Police headquarters located at 12270 Warwick Blvd., 24 hours a day, 365 days a year. Simply stop by with your bicycle to register or call them at (757) 594-7777 for more information.
- Purchase some swag at the Captain's Locker.
- Get your ticket for Preacher Lawson coming to the Ferguson Center on September 5 by visiting:

https://docs.google.com/forms/d/e/1FAIpQLSeuqtWsi2LHi9avx5vekCymCS_4eAmH8xYB0Sfnmoe8epp_Q/viewform