

STUDENT SCHEDULE

August 19-23, 2026

CHANGING TIDES

CHRISTOPHER NEWPORT UNIVERSITY

WEDNESDAY, AUGUST 19

10 a.m. - 2 p.m.

Move-In

[First Floor, David Student Union](#)

Residential students will pick up their student ID and check-in with the Residence Life and Housing Administration Office **at the welcome desk on the first floor of the David Student Union** before proceeding to their residence hall.

5 - 7:30 p.m.

Dinner

[Regattas, David Student Union](#)

6:30 p.m.

CNH steps, Rita's Italian Ice

Please join a few Crew Leaders at the bottom of the Christopher Newport Hall steps to walk to Rita's. This event is open to all transfer students.

Please note this opportunity is self-funded.

8 - 10 p.m.

Fireside Lounge and Outdoor Games

[Plaza and York Street](#)

Join other new Captains for an evening of lawn games and hanging out at the firepits.

THURSDAY, AUGUST 20

8 - 9 a.m.

Check-In

[Breezeway, David Student Union](#)

8:30 a.m.

Campus Resources Tour

[Plaza](#)

Meet our Crew Leaders by the fountain in the Plaza to receive a campus tour where they will show you how to navigate academic buildings, highlight important campus resources, and show spaces to spend time in between classes.

9:15 a.m.

University Welcome

[Ballroom, David Student Union](#)

Your official welcome to the University outlining what is to come.

9:30 a.m.

Who We Are

[Ballroom, David Student Union](#)

Learn about CNU's values and history and what it means to be a member of our community of honor. This session will also talk through our values of mutual respect and free speech and inform you of your rights and responsibilities as a CNU student.

10 a.m.

The Academic Experience

[Ballroom, David Student Union](#)

Hear from members of the academic community about academic expectations and what resources are available to help students succeed in the classroom.

10:35 a.m.

Pillars to Success

[Ballroom, David Student Union](#)

Hear more about the "Four Pillars to Success" for your time at Christopher Newport. Learn about resources on how to study abroad, participate in research, find an internship, and serve the greater Hampton Roads community.

11:15 - 11:45 a.m.

Breakout Sessions

[David Student Union](#)

Finding your Community

[Crow's Nest, David Student Union](#)

Hear from our transfer students about their experiences at CNU and what made them stay.

Student Veteran Benefits and Resources

[Ballroom, David Student Union](#)

Learn more about University services to support student veterans.

11:45 a.m. - 1 p.m.

Lunch

[Regattas, David Student Union](#)

12:30 - 2:30 p.m.

Student Services Dessert Reception

[Second Floor, David Student Union](#)

Mix and mingle with representatives from offices around campus that provide student resources and opportunities.

1 - 2:30 p.m.

Major Meetings

[Various Locations](#)

If your major has a meeting, you will be notified at check-in for Changing Tides. Please plan to attend according to your primary major.

2:50 p.m.

Enrollment 101 and Accessing Online Resources

[Gaines Theatre, Freeman Center](#)

Learn more about how your first semester schedule was built, course registration and academic tools, and resources that will support your transition to CNU.

3:45 p.m.

Campus Preparedness

[Gaines Theatre, Freeman Center](#)

Hear from University Police and Emergency Management about ways to keep yourself and others safe on campus.

4:35 p.m.

Hazing Prevention Training

[Gaines Theatre, Freeman Center](#)

This session will cover hazing prevention training, which is required to participate in certain organizations at CNU.

5:15 p.m.

Campus Life

[Gaines Theatre, Freeman Center](#)

Learn about different opportunities to get involved on campus, such as student organizations, on-campus jobs, and more.

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5:45 - 7:30 p.m.

Dinner

Regattas, David Student Union

6 - 8 p.m.

Crew Leader Optional Activities

Various Locations

Join our Crew Leaders and other new students to enjoy various on-or-off-campus activities! Find out what campus and Newport News have to offer and meet new people. Activities will be provided at check-in.

8 - 10 p.m.

Library Game Night

Tribble Library

Join other students for an evening of games and activities at the Tribble Library.

FRIDAY, AUGUST 21

10 a.m.

Community of Scholars

Honor Convocation

Diamondstein Concert Hall

CNU's Honor Code is key to campus life. This formal ceremony is your official welcome to our academic community. Doors will open at 9:30 a.m. Students must be seated by 9:50 a.m. and dressed in professional attire.

11:45 a.m.

University Picnic and Bell Ringing

Freeman Center Field House
and Bell Tower

Join your classmates at the Field House for a picnic lunch and take the opportunity to ring the bell as you officially become a Captain.

1 - 1:30 p.m.

Breakout Sessions

Various Locations

Smooth Sailing

Jefferson, David Student Union

Transferring institutions or even returning to school after a period of time can feel overwhelming. Connect with staff resources to learn more about campus support, useful insight on campus life, and more.

Accessibility and Care Team Support

Washington, David Student Union

Learn about the process for requesting accommodations as well as resources for students with disabilities.

1:35 p.m.

Optional Tours

Plaza

Interested in finding exactly where your classes are? Learning a path from your residence hall or parking lot to your classes? Meet a Crew Leader in the Plaza and they will take you on a specific tour catered to you!

1:35 - 3:30 p.m.

Optional Advising Meetings

If you have not already scheduled time to meet with your academic advisor, either before Changing Tides or during this block, we encourage you to do so.

3:30 - 4:30 p.m.

Transfer Social

Crow's Nest, David Student Union

Join the transfer student organization, Transfer Link, at a social just for transfer students!

4:30 p.m.

Commuter Student Pool Tournament

Crow's Nest, David Student Union

Connect with fellow commuter students over a healthy competition! Stop by for a social where you can meet other commuters, chat with your transition coordinator, and learn about resources that will help you feel connected to the CNU community.

5 - 7:30 p.m.

Dinner

Regattas, David Student Union

8 p.m.

Movie Night: Superman

Gaines Theatre, Freeman Center

SATURDAY, AUGUST 22

**Please note, all activities are optional.*

A list of activities will be provided at check-in.

10 a.m. - Noon

Crew Leader Optional Activities

Various Locations

2 - 4 p.m.

Crew Leader Optional Activities

Various Locations

8 - 10 p.m.

DSU Takeover

Second Floor, David Student Union

SUNDAY, AUGUST 23

**Please note, all activities are optional.*

6 p.m.

CNU Photo

TowneBank Stadium

Join our newest Captains at the stadium to capture a CNU photo.

6:30 p.m.

Captains Kickoff

TowneBank Stadium

Bring your spirit and join us for this pep rally-style event to highlight our fall athletic teams, participate in various competitions and start the year off right!

8 - 10 p.m.

Light the Night

Great Lawn

A school wide celebration for the beginning of the fall semester with free merch, food, and fun!