

CHRISTOPHER NEWPORT UNIVERSITY

WELCOME WEEK

SCHEDULE



CHRISTOPHER NEWPORT UNIVERSITY

ORIENTATION &
STUDENT INVOLVEMENT

CHRISTOPHER NEWPORT UNIVERSITY

WELCOME TO YOUR FIRST WEEK AS A CAPTAIN!

Get ready to dive in because your first full week on campus is officially here! We've designed the schedule to mimic an academic week. It features a mix of small-group sessions, class-wide activities, and plenty of fun to help you find your rhythm.



Look in your Admitted Student System for your personalized schedule, which includes all required events that you have to attend!



Use the Schedule Key to identify mandatory events. Note: we will be taking attendance throughout the week!



Your Crew Leader will help you map everything out during your first Crew Time on Sunday.

There is a lot happening, so stay organized and plan ahead! Most importantly, take breaks when you need them and get excited for the journey ahead.

DINING INFO

Each incoming student is provided a specific Welcome Week dining plan. This is NOT the same dining plan as you have selected for the academic year. Your Welcome Week dining plan begins with lunch on Saturday, August 15 and runs through brunch on Saturday, August 22. This plan includes all meals throughout that timeframe. Your dining plan for the semester will begin with dinner on August 22. Dining dollars associated with your semester dining plan are not available during Welcome Week.

SATURDAY, AUGUST 15TH	Lunch Dinner	11:00am - 1:30pm 5:00pm - 7:30pm	Regattas & Commons
SUNDAY, AUGUST 16TH	Lunch Dinner	11:00am - 1:30pm 5:00pm - 7:30pm	Regattas & Commons
MONDAY, AUGUST 17TH	Lunch Dinner	11:00am - 1:30pm 5:00pm - 7:00pm	Regattas & Commons
TUESDAY, AUGUST 18TH	Lunch Dinner	11:00am - 1:30pm 5:00pm - 7:30pm	Regattas & Commons
WEDNESDAY, AUGUST 19TH	Lunch Dinner	11:00am - 1:30pm 5:00pm - 7:30pm	Regattas & Commons
THURSDAY, AUGUST 20TH	Lunch Dinner	11:00am - 1:30pm 5:00pm - 7:30pm	Regattas & Commons
FRIDAY, AUGUST 21ST	Convocation Picnic Dinner	11:45am - 2:00pm 5:00pm - 7:30pm	Freeman Fieldhouse (Lunch) Regattas & Commons (Dinner)
SATURDAY, AUGUST 22ND	Lunch Dinner	11:00am - 1:30pm 5:00pm - 7:30pm	Regattas & Commons
SUNDAY, AUGUST 23RD	Lunch Dinner	11:00am - 1:30pm <i>Semester dining plans start</i>	Regattas & Commons

TIPS & TRICKS

During Welcome Week, you'll have the opportunity to do tons of things! To make sure you're making the most of your time and having the best experience possible, here are some things to keep in mind.

- Find your classes! When you have free time, explore the academic buildings to locate your first semester classes.
- Pick up your mailbox key from the mail room, located on the 2nd floor of the David Student Union. Open M-F from 8:00am - 5:00pm.
- Log on to Scholar to find your class syllabi!
- Explore Captains Connect! Look for the clubs and orgs you're interested in joining before the Involvement Fair.
- Take some time to explore Newport News! Go to the mall, walk the Noland Trail, or try some local restaurants!

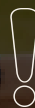
SCHEDULE KEY



Events for specific populations of students.



Choose your own adventure! Tons of choices, completely optional.



Required events that are attended by all students.



Required events that have individualized times and locations.

WELCOME WEEK DAY 1

Sunday, August 16

11:00 a.m. - 12:30 p.m.

Residence Halls or
DSU Plaza

CAMPUS TOURS

Meet in front of your residence hall or the DSU Plaza for a guided campus tour.



1:00 p.m. - 1:45 p.m.

Diamonstein Concert Hall

WELCOME TO CNU!

Kick off Welcome Week with Orientation and Student Involvement staff!



1:45 p.m. - 2:45 p.m.

Diamonstein Concert Hall

WELCOME HOME: YOUR NEW COMMUNITY

Connect with ResLife and CHECS to learn about campus support & expectations.



3:00 p.m. - 3:50 p.m.

or

4:00 p.m. - 4:50 p.m.

Crew Time Room

CREW TIME 1: WELCOME BACK

Reunite with your Crew Leader and look ahead at the rest of Welcome Week. Check your individual schedule for the time and location.



WELCOME WEEK DAY 1

Sunday, August 16

5:00 p.m. - 7:30 p.m.

Commons and Regattas

DINNER

Eat dinner in one of our dining halls!



6:30 p.m. - 7:30 p.m.

Residence Hall or
Freeman 201

HALL MEETING

Meet your Resident Assistant (RA) on your residence hall floor.

COMMUTER MEETING

Meet the Student Transition Coordinators in Freeman 201.



7:30 p.m. - 10:30 p.m.

Freeman Center

FREEMAN TAKEOVER

Head to the Freeman Center for a variety of activities including crafts, inflatables, and more!



SCHEDULE KEY



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Required events that are attended by all students.



Required events that have individualized times and locations.

WELCOME WEEK DAY 2

Monday, August 17

8:30 a.m. - 9:30 a.m.

Various Locations

DEAN'S ADDRESS

Meet the Dean of your college and learn resources available to support your academic success.



10:00 a.m. - 10:50 a.m.

or

11:00 a.m. - 11:50 a.m.

Various Locations

PERSPECTIVES 1

Dive deeper into mastering constructive dialogue and peer conflict. Check your individual schedule for the time and location.



11 a.m. - 1:30 p.m.

Commons and Regattas

LUNCH

Eat lunch in one of our dining halls!



12:30 p.m. - 1:30 p.m.

or

1:45 p.m. - 2:45 p.m.

Various Locations

CORE ADVISOR GROUP MEETING

Meet with your core advisor to learn about the advising process. Check your email for specifics from your Core Advisor.



3:00 p.m. - 3:50 p.m.

or

4:00 p.m. - 4:50 p.m.

Various Locations

INTRO TO COLLEGE LEARNING

Learn how to take ownership of your academic trajectory within your liberal arts education. Check your individual schedule for the time and location.



WELCOME WEEK DAY 2

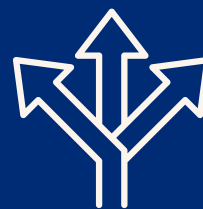
Monday, August 17

5:00 p.m. - 7:00 p.m.

Commons and Regattas

DINNER

Eat dinner in one of our dining halls!



7:00 p.m. - 9:00 p.m.

Diamonstein Concert Hall

RISK MANAGEMENT

Experience interactive, real-life scenarios that help you recognize and respond to situations involving safety, consent, hazing, and more while learning about campus policies, resources, and ways to support yourself and others.



SCHEDULE KEY



Events for specific populations of students.



Choose your own adventure! Tons of choices, completely optional.



Required events that are attended by all students.



Required events that have individualized times and locations.

WELCOME WEEK DAY 3

Tuesday, August 18

9:00 a.m. - 9:50 a.m.

or

10:00 a.m. - 10:50 a.m.

Crew Time Room

CREW TIME 2: SEMESTER PREPARATION

Prepare for the semester with your Crew Leader! Check your individual schedule for time and location.



11:00 a.m. - 1:30 p.m.

Commons and Regattas

LUNCH

Eat lunch in one of our dining halls!



1:15 p.m. - 2:45 p.m.

Residence Halls or
DSU Plaza

CAMPUS TOURS

Meet in front of your residence halls or the DSU Plaza for a guided campus tour.



2:45 p.m. - 3:15 p.m.

or

3:30 p.m. - 4:00 p.m.

Various Locations

FINANCIAL LITERACY

Attending CNU may be your biggest academic and financial commitment to date and the Office of Financial Aid wants to ensure you have the information you need for a successful first year.



3:00 p.m. - 5:00 p.m.

Various Locations

CREW LEADER OPTIONAL ACTIVITIES

Join Crew Leaders and other new students for a fun social activity! See page 18 for details.



WELCOME WEEK DAY 3

Tuesday, August 18

5:00 p.m. - 7:30 p.m.

Commons and Regattas

DINNER

Eat dinner in one of our dining halls!



8:00 p.m. - 10:00 p.m.

Studio Theatre
Ferguson Center for the Arts

CLUB CNU

An exciting evening of music, dancing,
and mocktails at this signature
Welcome Week event.



8:00 p.m. - 10:00 p.m.

Torggler Center for
the Arts

TORGGLER TAKEOVER

Take a relaxing break in the Torggler
while doing arts and crafts and
completing a scavenger hunt within the
art galleries!



SCHEDULE KEY



Events for specific
populations of students.



Choose your own adventure! Tons
of choices, completely optional.



Required events that are
attended by all students.



Required events that have
individualized times and locations.

WELCOME WEEK DAY 4

Wednesday, August 19

6:30 a.m. - 7:30 a.m.

DSU Plaza

WEDNESDAY WALK W/ THE PRESIDENT

Join President Kelly for a morning walk around campus!



10:00 a.m. - 10:50 a.m.

or

11:00 a.m. - 11:50 a.m.

Various Locations

PERSPECTIVES 2

Dive deeper into mastering constructive dialogue and peer conflict. Check your individual schedule for the time and location.



11:00 a.m. - 1:30 p.m.

Commons and Regattas

LUNCH

Eat lunch in one of our dining halls!



12:00 p.m. - 2:00 p.m.

Great Lawn

Rain Location: DSU Breezeway and Atrium

WELLNESS FAIR

Visit various organizations and departments as you explore the eight dimensions of wellness.



WELCOME WEEK DAY 4

Wednesday, August 19

2:00 p.m. - 3:45 p.m.

Crow's Nest

COMMUTER MEETING & SOCIAL

Meet and mingle with other commuters and learn more about opportunities on campus!



2:45 p.m. - 3:45 p.m.

Peebles Theatre

PLP FOUNDATIONS

Get a general overview of President's Leadership Program requirements.
Required for PLP students.



4:00 p.m. - 5:00 p.m.

Diamonstein Concert Hall

KEEPING OUR COMMUNITY HEALTHY AND SAFE

Learn how to keep yourself and others safe on campus. *Trigger Warning - This session will include a training on Active Shooter situations.*

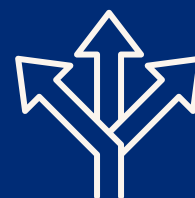


5:00 p.m. - 7:30 p.m.

Commons and Regattas

DINNER

Eat dinner in one of our dining halls!



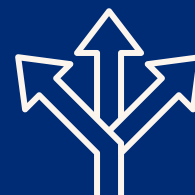
8:00 p.m. - 10:00 p.m.

Plaza and York Street

Rain Location: Freeman 101 and 102

FIRESIDE LOUNGE

Sit back, relax, and enjoy some outdoor games by the fire!



WELCOME WEEK DAY 5

Thursday, August 20

7:15 a.m. - 12:30 p.m.

Diamonstein Concert Hall

DAY ONE OF SERVICE

Serve the greater Hampton Roads community at numerous service sites.
Required for PLP students.



8:00 a.m. - 12:00 p.m.

Various Locations

CORE ADVISOR

INDIVIDUAL MEETINGS

Sign up for an individual time with your Core Advisor. They will provide the location.



10:00 a.m. - 12:00 p.m.

Various Locations

CREW LEADER OPTIONAL ACTIVITIES

Join Crew Leaders and other new students for a fun social activity! See page 18 for details.



11:00 a.m. - 1:30 p.m.

Commons and Regattas

LUNCH

Eat lunch in one of our dining halls!



1:00 p.m. - 2:30 p.m.

Various Locations

REQUIRED MAJOR MEETINGS

Visit academic departments and meet faculty and staff. Check individual schedule for time and location



WELCOME WEEK DAY 5

Thursday, August 20

3:00 p.m. - 3:50 p.m.

or

4:00 p.m. - 4:50 p.m.

Various Locations

ACADEMIC SUPPORT & SKILLS

Learn to build essential skills needed to succeed in the classroom. Check individual schedule for time and location.



5:00 p.m. - 7:30 p.m.

Commons and Regattas

DINNER

Eat dinner in one of our dining halls!



6:00 p.m. - 8:00 p.m.

Various Locations

CREW LEADER OPTIONAL ACTIVITIES

Join Crew Leaders and other new students for a fun social activity! See page 18 for details.



8:00 p.m. - 10:00 p.m.

Tribble Library

LIBRARY GAME NIGHT

Play mini golf, board games, scavenger hunts, and much more!



WELCOME WEEK DAY 6

Friday, August 21

10:00 a.m. - 11:45 a.m.

Diamonstein Concert Hall

COMMUNITY OF SCHOLARS HONORS CONVOCATION

Sign the honor code and receive your penny!
Business professional required. Doors open at
9:30 a.m., students must be seated by 10 a.m.



11:45 a.m. - 2:00 p.m.

Freeman Center
Fieldhouse and Belltower

PICNIC/BELL RINGING

Ring the bell and join your classmates in
the Fieldhouse for a BBQ lunch!



12:30 p.m. - 5:00 p.m.

Various Locations

CORE ADVISOR INDIVIDUAL MEETINGS

Sign up for an individual time with your Core
Advisor. They will provide the location.



1:30 p.m. - 3:00 p.m.

Center for Academic Success
Christopher Newport Hall First Floor

MAPPING YOUR DEGREE

Come work with our Center for Academic
Success Peer Mentors and the Office of the
Registrar to map out your courses for your time
at CNU.



3:00 p.m. - 3:50 p.m.

or

4:00 p.m. - 4:50 p.m.

Various Locations

CREW TIME 3: BEING YOUR BEST SELF

Learn about the importance of wellness
during college. Check individual schedule for
time and location.



WELCOME WEEK DAY 6

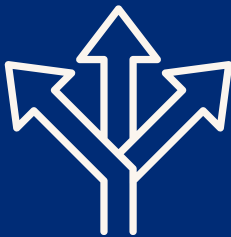
Friday, August 21

5:00 p.m. - 7:30 p.m.

Commons and Regattas

DINNER

Eat dinner in one of our dining halls!

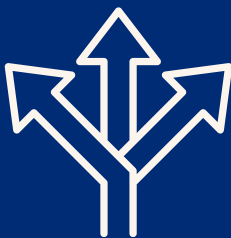


8:00 p.m. - 10:00 p.m.

Gaines Theatre

MOVIE NIGHT

Sit back, relax and enjoy some popcorn while watching Superman!



SCHEDULE KEY



Events for specific populations of students.



Choose your own adventure! Tons of choices, completely optional.



Required events that are attended by all students.



Required events that have individualized times and locations.

WELCOME WEEK DAY 7

Saturday, August 22

10:00 a.m. - 12:00 p.m.

Various Locations

CREW LEADER OPTIONAL ACTIVITIES

Join Crew Leaders and other new students for a fun social activity! See page 18 details.



10:00 a.m. - 2:00 p.m.

Commons and Regattas

BRUNCH

Eat brunch in one of our dining halls!



2:00 p.m. - 4:00 p.m.

Various Locations

CREW LEADER OPTIONAL ACTIVITIES

Join Crew Leaders and other new students for a fun social activity! See page 18 for details.



5:00 p.m. - 7:30 p.m.

Commons and Regattas

DINNER

Semester dining plan officially starts along with normal dining hall hours.



8:00 p.m. - 10:00 p.m.

David Student Union

DSU TAKEOVER

The Campus Activities Board presents a complete takeover of the DSU! Bring your friends and have fun!



WELCOME WEEK DAY 8

Sunday, August 23

6:00 p.m. - 6:30 p.m.

Towne Bank Stadium

CLASS PHOTO

Join together and take your official Class of 2030 photo!



6:30 p.m. - 8:00 p.m.

Towne Bank Stadium

CAPTAINS KICKOFF

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!



8:00 p.m. - 10:00 p.m.

Great Lawn

LIGHT THE NIGHT

Join the CNU community as we celebrate the start of a new school year with food, games, and free merch!



CREW LEADER OPTIONAL ACTIVITIES

Below are the locations where Crew Leaders will be hosting activities that anyone can attend! Go and meet other members of your class and see what campus has to offer!

**TUES.
18TH
3PM-5PM**

Cailyn - Rita's Run | Meet in Plaza
Hayley - Chalk Drawing | York Street
Brandon - Spike Ball | York Lawn
Konner - Poker & Card Games | Freeman 101

**THURS.
20TH
10AM-12PM**

Sarah - Campus Scavenger Hunt | Meet in Plaza
Paige M & Paige K - Bead Crafts | Freeman 102
Emmett - Poke Run | Meet in Plaza
Carleigh - Village Thrift Trip | Meet in Plaza

**THURS.
20TH
6PM-8PM**

Nylah - Whale Tea Trip | Meet in Plaza
Veronica - Karaoke | Crow's Nest
Julian - Volleyball | JR Courts
Caden - Kickball | York Lawn

**SAT.
22ND
10AM-12PM**

Bailey - Card Making | DSU Washington
Sophia - CNU Bingo | Freeman 101
Trinity - Canvas Painting | Freeman 102
Meghan - Lion's Bridge Walk | Meet in Plaza

**SAT.
22ND
2PM-4PM**

Gissele - Basketball Tournament | JR Courts
Tamir - 4 Square | York Street
Cooper - Noland Trail Hike | Meet in Plaza
Emily - Freshman Bingo Card Making | Freeman 101