

# STUDENT SCHEDULE

# SETTING SAIL

## DAY ONE

**8 a.m.**

Check-in, York River Hall

**9 a.m.**

**Campus Welcome**

Fieldhouse, Freeman Center

Your official welcome to CNU from University leadership!

**9:50 a.m.**

**Captain 101**

Gaines Theatre, Freeman Center

Learn what you can expect from your Setting Sail experience and Crew Leader.

**10:30 a.m.**

**Crew Time - Getting to Know You**

Crew Time Room

Get to know your Crew Leader and fellow crew members.

**11:30 a.m.**

**Lunch**

Commons

**12:45 p.m.**

**Campus Life**

Gaines Theatre, Freeman Center

Living on campus? Commuting? Want to get involved on campus? Hear from campus partners about life in the residence halls and opportunities and resources available to you at CNU.

**1:45 p.m.**

**Breakout Session One**

Various locations

*\*Open to parents/guests*

**Silver, Blue and You**

Freeman 101, Freeman Center

**Smooth Sailing**

Freeman 102, Freeman Center

**Finding Your Community**

Freeman 201, Freeman Center

**Marching Captains Interest Session\***

Freeman 202, Freeman Center

**The 411 on the 757**

Gaines Theatre, Freeman Center

**Varsity Athletics\***

Ballroom, David Student Union

**2:30 p.m.**

**Crew Time - Campus Life**

Crew Time Room

Dive into opportunities to get involved outside of the classroom, such as student organizations, service, on-campus employment, internships, research and study abroad.

**3:45 p.m.**

**Breakout Session Two**

Various locations

**Silver, Blue and You**

Freeman 101, Freeman Center

**Smooth Sailing**

Freeman 102, Freeman Center

**Finding Your Community**

Freeman 201, Freeman Center

**Honors Program**

Freeman 202, Freeman Center

**The 411 on the 757**

Gaines Theatre, Freeman Center

**Icebreaker Challenge**

Great Lawn

**4:30 p.m.**

**Crew Time - Leadership Challenge**

Fieldhouse, Freeman Center

Compete in a "Crew vs. Crew" challenge that will encourage leadership and team development with your fellow Captains.

**5:30 p.m.**

**Dinner**

Commons

**7:15 p.m.**

**Crew Show**

Gaines Theatre, Freeman Center

Sit back and relax as the Crew Leaders share some tips about college and what it means to be a Captain.

**8:30 p.m.**

**Evening Activities**

Various Locations, Freeman Center

**Canvas Painting & Friendship**

**Bracelet Making**, Auxiliary Gym

**Open Gym**, Fieldhouse

**Fireside Lounge**, Freeman Courtyard

**Nintendo Switch Games**, Freeman 101 and Freeman 102

**Just Dance**, Freeman 201

**Karaoke**, Fieldhouse



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## DAY TWO

**7:30 a.m.**

**Breakfast**

Regattas, David Student Union

**8-8:45 a.m.**

**Optional Breakout Sessions**

Various locations, David Student Union

*\*Open to parents/guests*

**Pillars to Success\***

Ballroom

Hear from Study Abroad, the Office of Research and Creative Activity, and the Centers for Community Engagement and Career Planning about opportunities to enhance your experience outside of the classroom.

**Accessibility and Care Team Support\***

Washington

Learn about the process for requesting accommodations for students with a diagnosed disability, enhanced student support and case management, and confidential support for complainants and respondents in the University's Title IX process.

**9 a.m.**

**Officially a Captain**

Gaines Theatre, Freeman Center

Receive your first semester schedule and learn about the academic curriculum from the Office of the Registrar and the Center for Career Planning.

**9:50 a.m.**

**Crew Time - Academic Focus**

Gaines Theatre, Freeman Center

Talk with your Crew Leader about academic life and work with IT Services to set up your account.

**11 a.m.**

**Community of Honor**

Fieldhouse, Freeman Center

The Honor Code is key to campus life. Learn about our community of honor and our expectations to live an honorable life.

**Following the Closing**

**Residence Hall Showrooms:**

There will be a showroom available in both York River and Potomac River halls for you to see during your time on campus. These rooms will be available from 12-1:30 p.m.

**Captains Card Photos**

Incoming students are required to submit a photo for their student identification card by July 31, 2025. If you would like to take your photo at the conclusion of Setting Sail, the Welcome Center at the David Student Union will be open to take photos until 5 p.m.

**President's Leadership Program (PLP) Students**

PLP students staying for Leadership Adventure need to eat lunch before check-in. Lunch is provided at Regattas for PLP students. Guests are able to join their students for lunch at Regattas, but will need to pay for lunch separately. Check-in for Leadership Adventure will begin at 2 p.m. on the first floor of the David Student Union.

*Please note that there are no sessions for guests during Leadership Adventure. Student pickup at the conclusion of Leadership Adventure will be at Gaines Theatre in the Freeman Center from 11:30 a.m.-12 p.m. Parking will be available in Lot B, the visitor lot.*

## BREAKOUT SESSIONS

**Silver, Blue & You** — We have a lot of fun traditions at CNU! Come learn about some of those traditions and how you can make the most of your time as a Captain.

**Smooth Sailing** — College can be stressful and it's important to take care of yourself. Come to this session to learn different ways to stay healthy and take care of your wellbeing during college!

**Finding Your Community** — Learn about various opportunities, organizations and support available to help you find your place on campus.

**Marching Captains Interest Session** — Interested in joining the Marching Captains? Learn more about this opportunity by attending this breakout!

**The 411 on the 757** — Welcome to the 757! There are a ton of fun things to do, service opportunities and great places to eat in the local community. Come learn more about the area and how to make this your home away from home!

**Varsity Athletics** — Are you playing a varsity sport at CNU? Hear from our Athletics staff about life as a college athlete and the support available to you during your time here.

**Honors Program** — If you are going to be in the Honors Program, you will want to attend this session to learn more about program requirements and opportunities.

**Icebreaker Challenge** — Don't see a breakout you're interested in? Meet some of your peers through engaging games!