

WELCOME WEEK



Here's What You Need to Know:

We hope you enjoy your first full week on campus as a Captain! Your schedule is designed to mimic an academic week and is unique to you. You will have some sessions with small groups, some with your entire class, some optional, and plenty that are fun! There is a lot going on, so plan ahead, get organized, take breaks when you need it, and get excited for your semester.

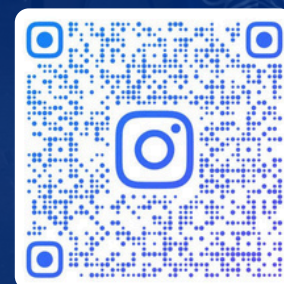
Follow the schedule key to know what is required, as we will be taking attendance at various events throughout the week. Your Crew Leader will help you plan out your week during your first Crew Time on Sunday afternoon.

If you are unsure of things you could be doing as you settle in, check out the "Daily Checklist" for things to do. Also included is a helpful list of programming over the first six weeks of the semester.

Please reach out to your Crew Leader or your RA with questions regarding the schedule or campus life!



For Important Event Status Updates (location, weather, etc.) please follow:

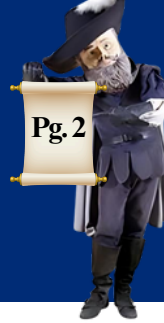


@CNU.2028

← Scan this code!



Dining Info



Each incoming student is provided a specific **Welcome Week** meal plan. This is **NOT** the same meal plan as you have selected for the academic year. Your **Welcome Week** meal plan begins during brunch on **Saturday, August 17** and runs through brunch on **Saturday, August 24**. This plan includes all meals throughout that timeframe. Your meal plan for the semester will begin with dinner on **August 24**. Dining dollars associated with your semester meal plan are not available during **Welcome Week**.

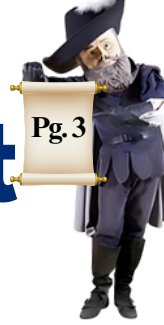
DINING HALL HOURS

Friday, August 16	Dinner	4:30pm - 7:30pm	Regattas
Saturday, August 17	Brunch Dinner	10:00am - 2:00pm 4:30pm - 7:30pm	Commons & Regattas
Sunday, August 18	Brunch Dinner	10:00am - 2:00pm 4:30pm - 7:30pm	Commons & Regattas
Monday, August 19	Lunch Dinner	10:30am - 2:00pm 4:30pm - 7:30pm	Commons & Regattas
Tuesday, August 20	Lunch Dinner	10:30am - 2:00pm 4:30pm - 7:30pm	Commons & Regattas
Wednesday, August 21	Lunch Dinner	10:30am - 2:00pm 4:30pm - 7:30pm	Commons & Regattas
Thursday, August 22	<div style="background-color: yellow; padding: 2px;"> Grab & Go Breakfast <i>*For students attending Day One of Service</i> </div> Lunch Dinner	7:00am - 8:00am 10:30am - 2:00pm 4:30pm - 7:30pm	Regattas Commons & Regattas
Friday, August 23	Lunch Dinner	11:00am - 12:30pm 4:30pm - 7:30pm	Freeman Fieldhouse Commons & Regattas
Saturday, August 24	Lunch Dinner	10:00am - 2:00pm 4:30pm - 7:30pm	Commons & Regattas



Your Daily Checklist

Sunday, August 18



Meet your Resident Assistant (RA) and someone new on your hall

Review the Undergraduate Course Catalog in preparation for your Core advising group meeting. cnu.edu/public/undergradcatalog/

Check out IT Services – located in the Tribble Library 24/7 Room. Remember to visit help.cnu.edu for any tech needs or questions!

If not yet completed, log into your Perspectives account to complete modules 1-4 in preparation for your Monday & Wednesday Crew Times. Check your email from Eduflow for more information.

Add your Welcome Week schedule to your Google calendar, set up reminders and set your alarm for the week! For questions, your Crew Leader will help during your Crew Time.

Schedule of Events Key



• **RED** events are required for all students and attended together as an entire class.



• **GREEN** events are required small group sessions with individualized times and locations.

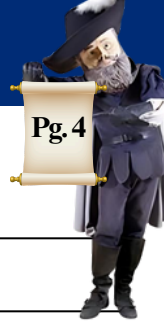


• **YELLOW** events are required for specific populations.



• **BLUE** events are fun opportunities for you all to socialize with other members of the Class of 2028!

*Attendance will be taken with small group and select events throughout the week.



Time

What

Where



9:45am - 1:00pm

Launch - Experience Day

Experience Day is an interactive in-person event that will give Launch students essential tools, resources, and connections to succeed in their journey at Christopher Newport. If you are participating in Experience Day, you will have received an invitation from the Center for Student Success.

Gaines Theatre



1:30pm - 1:45pm

President's Welcome

This is your official welcome into the CNU community from President William G. Kelly.

Diamonstein Concert Hall



1:45pm - 2:15pm

Welcome to CNU

Orientation and Student Involvement staff will kick off Welcome Week with a review of the schedule, important notes, and a re-introduction to your Crew Leaders.

Diamonstein Concert Hall



2:15pm - 3:15pm

Welcome Home - Your New Community

Meet the teams in Residence Life & Housing Administration and the Center for Honor Enrichment and Community Standards to learn about the support available during your time living on campus. It is important that you are familiar with the expectations of your new community, university policies and procedures, how to engage with others, as well as how to seek support and assistance along the way.

Diamonstein Concert Hall



3:15pm - 3:45pm

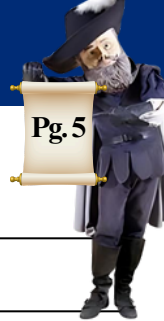
Class of 2028 Picture

Join the Class of 2028 for your class picture! This picture will be a great way to look back at where you started when you are participating in commencement!

Great Lawn

Welcome Week Day 1

Sunday, August 18



Time

What

Where



A 4:00pm - 4:50pm
B 5:00pm - 5:50pm

Crew Time: Welcome from Your Crew Leader

Welcome to CNU! During this time your Crew Leader will review your individual Welcome Week schedule, work to add events to your Google Calendar, set expectations, and help you get to know your Crew for the week.

Crew Time
Classroom
Location
See page 24



7:00pm - 7:50pm

Hall Meeting or Commuter Connections

Meet with your Resident Assistant or OSI Coordinator to learn more about community expectations, resources, and opportunities for the year.

On-campus Students:
Your Residence Hall
Commuting Students:
Freeman 202



8:00pm - 10:30pm

Freeman Center Takeover

Laser Tag and Inflatable Activities - Field House
Open Gym (basketball, volleyball, etc.) - Aux Gym
Casino Night with prizes - Freeman 101
Custom Personalized CNU Home Signs - Freeman 102

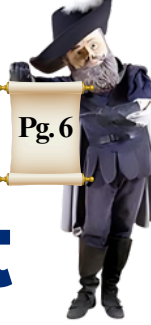
Freeman Center





Your Daily Checklist

Monday, August 19



Add the 2028 first year calendar to your Google Calendar



Get your parking pass at the Parking Services Office, located in the Ferguson Parking Deck during business hours (M-F from 8:00am - 5:00pm).



Head down to Lions Bridge after your last session to watch the beautiful sunset over the James River.



Check out the Tribble Library to scope out your favorite study spot for the semester.



Sign Up for your Core Advising 1 on 1 meeting during your group session this afternoon. Remember to bring your laptop to that session during the week!

Schedule of Events Key



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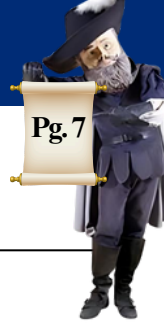


• **YELLOW** events are required for specific populations.



• **BLUE** events are fun opportunities for you all to socialize with other members of the Class of 2028!

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Time

What

Where



8:30am - 9:30am

Academic Dean's Address

The Deans of each academic college/school will welcome you to CNU. Select the college or school based on your academic area of interest. The Registrar's Office will also talk through the registration process and add/drop period.

College of Arts & Humanities:

Forbes 1022

College of Natural and Behavioral Sciences:

Diamonstein Concert Hall

College of Social Sciences:

Peebles Theatre

Luter School of Business:

Gaines Theatre

Undecided Area of Interest:

Torggler 102



9:45am - 11:00am
11:15am - 12:30pm

Core Advisor Group Meeting

Meet with your Core Advisor to learn about our advising process & relationship, navigating your undergraduate catalog and more. Your Core Advisor will email your specific time and location for this meeting.

See Individual
Schedule



1:00pm - 1:50pm
2:00pm - 2:50pm

Crew Time: Perspectives

Join Student Affairs staff as we debrief and discuss the Perspectives lessons you completed online. Through the exploration of psychology, we break down where our values and worldviews come from in order to engage in constructive dialogue with our peers and the greater community.

Crew Time
Classroom
Location

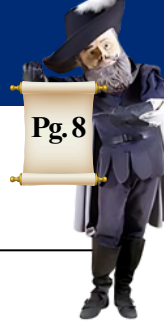


3:30pm - 4:20pm
4:30pm - 5:20pm

Intro to College Learning

The Academic Prep Session "Intro to College Learning" focuses on your ownership of your academic trajectory within your liberal arts and sciences education. You will consider essentials such as differences between high school and college learning and how to respond to feedback as you prepare, discern, and navigate toward success.

See Individual Schedule



Time

What

Where



6:30pm - 8:00pm

Playfair

Join your fellow classmates for a giant interactive ice breaker!

Fieldhouse



8:30pm - 9:30pm

Torggler Code

Join your classmates for a fun scavenger hunt in the galleries of the Torggler Center!

Torggler Center



8:30pm - 10:30pm

Open Rec Night

Come out to play pickup basketball, volleyball, and various other sports and games with your classmates!

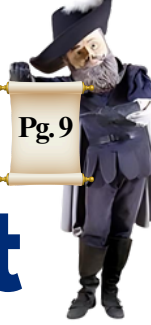
Fieldhouse and Aux Gym





Your Daily Checklist

Tuesday, August 20



Attend the Wellness Fair in the DSU Breezeway from 11:45am – 1:30pm for some free swag and great information!



Sign up for CNU Alert at cnualert.info and add CNU Police to your phone at (757) 594-7777.



Register your bike with the CNU Police Department – Bicycle registration is available at the University Police headquarters. Simply stop by with your bike to register or call (757) 594-7777.



Grab some new friends and head to JR Court to play basketball, cornhole, or volleyball.



Start a movie night and invite your hallmates!

Schedule of Events Key



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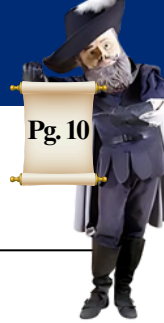


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• **BLUE** events are fun opportunities for you all to socialize with other members of the Class of 2028!

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Time

What

Where



8:00am - 9:00am

President's Leadership Program Foundations Meeting

The foundations meeting provides a general overview of programmatic and academic requirements of the program. Students will also sign their program contract. *This session is mandatory for all students in the PLP.*

DSU Ballroom



9:30am - 10:30am
10:45am - 11:45am

Crew Time: Getting to Know Campus

Take a tour around campus with your Crew Leader and learn important tips and tricks to help you navigate campus life!

Check with your
Crew Leader!



11:45am - 1:30pm

Wellness Fair

Visit an array of organizations and departments to gain valuable information about keeping yourself healthy - mind and body - throughout the school year.

Plaza



1:30pm - 2:20pm
2:30pm - 3:20pm

Crew Time: Navigating Personal Challenges

With your crew and Student Affairs staff, come talk about ways to manage the change and discomfort that comes with transition. From shifting relationships, to developing your purpose and understanding your "why," let's help make CNU your home away from home.

Crew Time
Classroom
Location



Time

What

Where



A 3:30pm - 4:45pm
B 5:30pm - 6:45pm

Bystander: Presented by The Hook Up

An engaging discussion that "pulls back the covers" on hooking up, clarifies when it's actually sexual violence, and prepares bystanders to recognize predatory behavior (and stop it).

Diamonstein
Concert Hall

3:30pm: *Crews 1-19 A*
5:30pm: *Crews 1-19 B*



7:00pm - 9:00pm

Crew Leader Optional Activities

Join our Crew Leaders and other freshman to enjoy various on or off campus activities! Find out what campus Newport News has to offer and meet new people!

See page 23



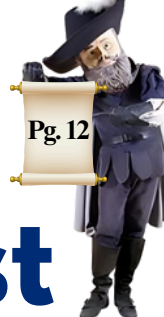
8:00pm - 10:00pm

Welcome Party

Come party with other members of the Class of 2028 and current students at this club style event, featuring DJ Jiggs.

Studio Theatre





Your Daily Checklist

Wednesday, August 21



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.



Take a walk around campus to locate where all of your classes are held to make your first week less stressful!



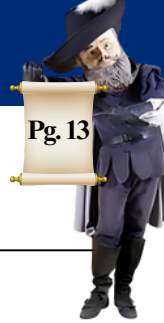
Check out the Mariner's Museum – free entry for CNU students!

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Time

What

Where



6:30am - 7:30am

Wednesday Walk with the President

Join President Kelly for a morning walk around campus!

Plaza



9:00am - 10:15am
10:30am - 11:45am

Students Rights & Responsibilities

This required session will talk through our value of mutual respect and inform you of your rights and responsibilities as a student of CNU. This includes hazing prevention training required to participate in certain organizations.

9:00am: **York West:**
Gaines Theatre
Potomac North and South & Commuters:
DSU Ballroom
10:30am: **Santoro:**
Gaines Theatre
York East:
DSU Ballroom



A 1:00pm - 1:50pm
B 2:00pm - 2:50pm

Crew Time: Perspectives 2

Join Student Affairs staff as we debrief and discuss the Perspectives lessons you completed online. Through the exploration of psychology, we break down where our values and worldviews come from in order to engage in constructive dialogue with our peers and the greater community.

Crew Time
Classroom
Location

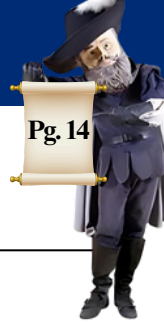


3:30pm - 5:00pm

Keeping Your Community Healthy and Safe

Hear from our University Police, Emergency Management, and Title IX Office about ways to keep yourself, and each other, safe on campus. Trigger Warning - This session will include a training on Active Shooter situations.

Diamonstein
Concert Hall



Time

What

Where



6:00pm - 7:00pm

Hall Meeting or Commuter Connections

Meet with your Resident Assistant or OSI Coordinator to learn more about community expectations, resources, and opportunities for the year.

Residential Students:
Your residence hall floor
Commuter: Crow's Nest



7:30pm - 8:30pm

GRIT for College Students

Discover the characteristics of grit during this engaging presentation about enduring challenges and what it looks like to think big picture to maintain long-term focus and always make your future bigger than your past.

Diamonstein
Concert Hall



8:30pm - 10:30pm

Open Rec / Intramural Tournaments

Get a team together to compete in one of our many intramural tournaments!

Fieldhouse
and Aux Gym





Your Daily Checklist

Thursday, August 22



Create an account on The Compass and check out some student organizations you hope to talk to at the Involvement Fair on Friday, August 30.

Create a Handshake account to look for on-campus jobs.

Log on to Scholar to find your class syllabi. Bring one to your afternoon Semester Planning session to add your assignments for the year to your planner.

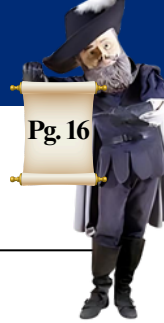
Check out the exhibits in the Torggler Fine Arts Center.

Make sure you have your outfit ready to go for the Community of Scholars Honors Convocation in the morning. Business professional attire is required for attendance.

Schedule of Events Key

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Time

What

Where



7:30am - 12:30pm

Day One of Service

Start the semester by getting to know more about the greater Hampton Roads community through service to others. Required for students in the President's Leadership Program and those who signed up for the activity. Please arrive by 7:20am to check in. *Sponsored by the Center for Community Engagement*

Diamondstein
Concert Hall
and Lobby



8:00am - 12:00pm

Core Advisor Meetings

Meet with your Core Advisor to learn about our advising process & relationship, navigating your undergraduate catalog and more. Your Core Advisor will email your specific time and location for this meeting.

Core Advising
Individual
Locations
(schedule with your
Core Advisor)



10:00am - 12:00pm

Crew Leader Optional Activities

Join our Crew Leaders and other freshmen to enjoy various on or off campus activities! Find out what campus and Newport News have to offer and meet new people!

See page 23

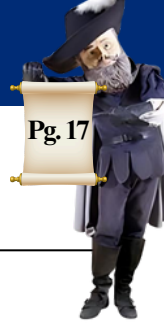


1:30pm - 2:20pm
2:30pm - 3:20pm

Academic Skills & Support

This academic prep session builds on the intro to college learning by reviewing essential time management, organization, and study skills and resources. You will consider your approach to your own success and resources to help along the way.

See
Individual Schedule



Time

What

Where



3:30pm - 5:00pm

Department Open Houses

Take some time to visit offices of your various interests, both from an academic area of interest to ways to engage on campus!

Various Locations
See page 25



5:00pm - 7:00pm

Crew Leader Optional Activities

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See page 23



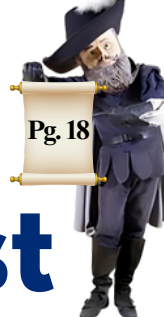
8:00pm - 10:00pm

Library Game Night

The Tribble Library has been transformed for one night only into a game night paradise. Come check it out!

Tribble Library





Your Daily Checklist

Friday, August 23

Today is a day of campus traditions... sign the honor code, receive your penny, and ring the bell.





While you are all dressed up, take pictures with your new friends (and send some back home to family who would love to see what you have been up to!).

Get ready to show your school spirit! Head to the Captains Locker to purchase some CNU Swag.

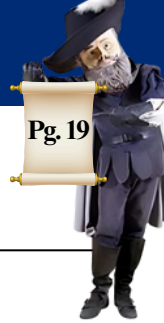
Grab a friend and head to Rita's Italian Ice or Tropical Smoothie for a sweet treat!

Take some time this weekend to explore Newport News, bike around campus, or take a walk on the Noland Trail.

Schedule of Events Key

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Time

What

Where



9:45am - 11:30am

Community of Scholars Honor Convocation

This formal ceremony is your official welcome to our academic community and community of honor. Here, you will formally sign the honor code and receive your penny. *Business professional attire is required. Doors open at 9:15am. Students must be seated no later than 9:45am.*

Diamonstein
Concert Hall



11:45am - 2:00pm

Welcome Picnic and Bell Ringing

Join your classmates in the Fieldhouse for a picnic lunch. This is also your chance to ring the bell! You won't get another opportunity until Commencement to ring it, so take advantage of this CNU tradition!

Fieldhouse and
Bell Tower



12:30pm - 5:00pm

Core Advisor Meetings

Meet with your Core Advisor to learn about our advising process & relationship, navigating your undergraduate catalog and more. Your Core Advisor will email your specific time and location for this meeting.

Core Advising
Classroom
Location

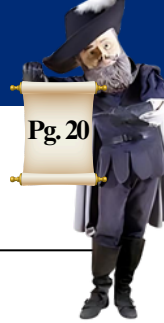


1:30pm - 3:30pm

Figuring Out Your Puzzle: Mapping Your Degree

Interested in diving deeper into how you can plan out your courses for the next several years based on your areas of interest? Come work with our Crew Leaders and the Office of the Registrar to see how you can map out your courses, factoring in the pre-requisites and liberal learning requirements. Drop in during this time as you are able.

DSU
Washington
and Jefferson



Time

What

Where



- A 4:00pm - 4:50pm
- B 5:00pm - 5:50pm

Crew Time: Planning for Your Semester

Dive into your new syllabi to look ahead at your semester, work now to get organized and put assignments & deadlines in your calendar or planner. You will review CNU Live and Scholar during this session. **Be sure to bring a copy of any syllabi that have been posted (or your laptop and we will help you find it) along with a planner or computer depending on what you prefer to use.**

Crew Time
Classroom
Location



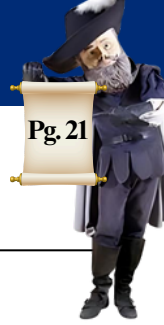
8:00pm - 10:00pm

Glow Arcade

Come out and join the Campus Activities Board for a fun night full of glow-in-the-dark mini golf, cornhole, air hockey, arcade games, and more with your new classmates!

Plaza
Rain Location:
Aux Gym





Time

What

Where



11:00am - 1:00pm

Crew Leader Optional Activities

Join our Crew Leaders and other freshmen to enjoy various on or off campus activities! Find out what campus and Newport News have to offer and meet new people!

See page 23



3:00pm - 4:30pm

Involvement Interest Sessions

Come here from our anchor organizations about opportunities that you can get involved on campus

McMurrin
See page 26



5:30pm - 7:30pm

Identity Organization Open House

Take this opportunity to mingle with executive board members from our identity-based organizations. There will be representatives from our Student Diversity and Equality Council, Latino Student Association, First-Gen Captains, and many more!

DSU
Washington
Room



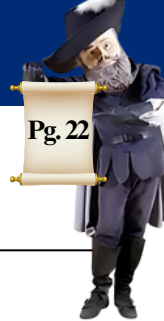
8:00pm - 10:00pm

Movie Night

Grab a blanket and pillow and join us for a special screening of Inside Out 2!

The Great Lawn
Rain Location:
Fieldhouse





Time

What

Where



7:30pm - 10:00pm

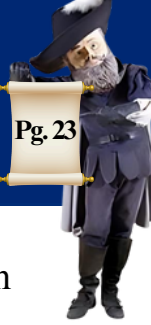
Light the Night

Join the campus community for this tradition! Presented by the Student Government Association, this semester kickoff event will feature special guest speakers.

The Great
Lawn



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!

**Tuesday,
August 20**

7:00pm - 9:00pm

Crew 12 JB: Pickleball | Eyre Tennis Courts

Crew 11 Lydia: Tropical Smoothie run | Meet in front of the Freeman Center

Crew 6 Audrey: Coloring | Luter 121

Crew 5 Andrea: Walk to Rita's | Meet in front of the Torggler (Look for the glass domes!)

**Thursday,
August 22**

10:00am - 12:00pm

Crew 17 Grace: Karaoke | Crows Nest

Crew 9 Caleb: Pickup Basketball | Basketball court outside of James River Hall

Crew 2 Jimmy & Crew 10 Gianna: Board Games | Einstein's

**Thursday,
August 22**

5:00pm - 7:00pm

Crew 8 Mac: Volleyball | Sand volleyball court outside of James River Hall

Crew 15 Sam & Crew 18 Kaitlyn: Walk the Noland Trail | Meet at Tribble Plaza

Crew 4 Emma: Board Games & Billiards | Crow's Nest

Crew 13 Aqua: Walk to Village Thrift | Meet in the David Student Union Breezeway (First floor)

**Saturday,
August 24**

11:00am - 1:00pm

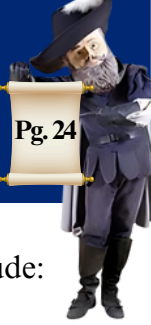
Crew 7 Lara: Pendant Flag Making | Crow's Nest

Crew 3 Emma: Palette Cafe & Tour the Torggler Exhibits | Torggler Fine Arts Center

Crew 19 Hannah: Board & Card Games | Tribble Library

Crew 16 Sophia & Crew 1 Trent: Bracelet Making | Frobes 1022

Small Group Locations

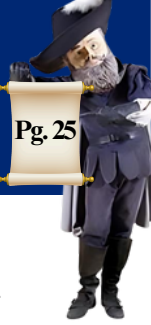


Below are the locations of all small group meetings based on your Crew Number. These sessions include:
Welcome from Your Crew Leader, Navigating Personal Challenges,
Perspectives and Planning Your Semester

Crew 1	McMurrans 114	Crew 8	Luter 216	Crew 15	Forbes 2070 A
Crew 2	Luter 137	Crew 9	Luter 242	Crew 16	Forbes 2070 C
Crew 3	McMurrans 160	Crew 10	McMurrans 360	Crew 17	Forbes 2070 D
Crew 4	McMurrans 162	Crew 11	Luter 264	Crew 18	Forbes 2070 E
Crew 5	McMurrans 164	Crew 12	Luter 269	Crew 19	Forbes 2074
Crew 6	McMurrans 310	Crew 13	Forbes 2014		
Crew 7	McMurrans 212	Crew 14	Forbes 2015		



Department Open Houses



Academic Department

Location

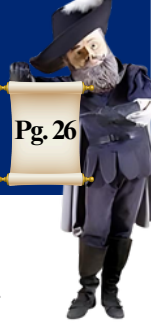
Teacher Preparation -----	McMurrin 260
English -----	McMurrin 210
Fine Art & History -----	Torggler Fine Arts Center
History -----	McMurrin 305
Performing Arts -----	Peebles Theater and T107
Philosophy and Religion -----	McMurrin 262
Mathematics -----	Luter 350
Molecular Biology and Chemistry -----	Forbes 3023
Physics, Computer Science, and Engineering -----	Luter 321
Pre-Health -----	Forbes 1022
Psychology -----	Forbes 2070D
Political Science -----	McMurrin 362
Leadership and American Studies -----	Luter 242
Military Science -----	McMurrin 112
Sociology, Social Work, and Anthropology -----	Luter 170
Luter School of Business -----	Luter Hall Lobby

Campus Resources Department

Location

Center for Career Planning	Christopher Newport Hall 305
Center for Community Engagement	David Student Union 180
Center for Student Success	Christopher Newport Hall 124
Counseling Services	Freeman Center 2nd Floor
Office of Research and Creative Activity (ORCA)	Tribble Library 230
Orientation & Student Involvement	David Student Union 330
President's Leadership Program	David Student Union 3127 (Stud. Affairs)
Residence Life & Housing Administration	David Student Union 3125
Study Abroad	David Student Union 180

Involvement Interest Session



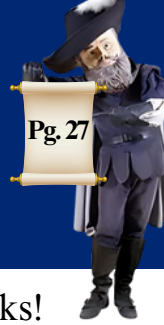
Involvement

Location

Campus Activities Board	NMCM 101
Student Diversity and Equality Council	NMCM 114
Interfraternity Council (Social Fraternities)	NMCM 164
Panhellenic Council (Social Sororities)	NMCM 210
National Pan-Hellenic Council (Historically Black Fraternities and Sororities)	NMCM 212
Residence Hall Association	NMCM 216
Student Honor Council	NMCM 260

Your First Six Weeks

Save the Dates!



Mark your calendars now! Here are some events taking place over the next few weeks! Keep an eye out for more details in the Campus Announcements and on The Compass.

August 25	Light the Night
August 27	Multicultural Welcome Reception and President's Desserts
August 28	LGBTQ+ Welcome Reception and President's Desserts
August 29	First Generation Welcome Reception & Thursday Night Trivia
August 30	CAB Welcome Back and Fall Involvement Fair
August 31	Greekstock and DSU Takeover
September 3	Study Abroad Showcase
September 4	All Greek Info Session
September 5	Discover & Serve Newport News Fair
September 13	Study Abroad Fair
September 13	DSU Takeover
September 13-15	Family Weekend
September 17	CNU Idol
September 21	CAB Tie Dye-versity
September 22	Women's Leadership Summit
September 24	Fall Job & Internship Fair
September 27	CAB & Rec Services Cornhole Tournament
September 28	SGA Day of Service
October 4	CAB Fallfest
October 4-5	Castaway: First Year Student Retreat
October 8	Firside Lounge
October 10	Don't Stress with SDEC
October 11	Mental Health Check with SDEC

Calendar of important dates and events for your First Year.



Sign up for an Engagement Meeting!

