Welcome to COUGAR COUNTRY

chatham UNIVERSITY

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NEW & TRANSFER STUDENT ORIENTATION
AUGUST 24-28, 2016
7 Wellness Dimensions

New & Transfer Student Orientation is based on the 7 Dimensions of Wellness. You will find that sessions and programming during your time at Chatham focuses on the idea of being balanced. Learn about the dimensions below and watch for the icons throughout the schedule and fall calendar!

**Physical Wellness**: Fitness & exercise; diet & nutrition; sexual health; sleep hygiene

**Emotional Wellness**: Developing sense of self (values, purpose, expectations, goals); recognize and share a wide range of feelings with others in a constructive way (communication).

**Intellectual Wellness**: Expanding perspectives of the world; critical thinking; exploring new challenges; embracing lifelong learning, contributing to society in meaningful ways

**Social Wellness**: Interactions with others; meaningful relationships; balance with academic/professional responsibilities

**Spiritual Wellness**: Exploration of spiritual self (religion, higher power, values, ethics, morals)

**Environmental Wellness**: Living in harmony with the earth; exploring concepts of a sustainable lifestyle

**Diversity and Social Justice**: Examining one’s own biases; exploring, appreciating and experiencing various cultural traditions, practices, values and issues; Strengthening social responsibility; working as an individual or group toward positive change

Move-In Day: Wednesday, August 24

New Student Move-In
8:00-11:00 a.m., Residence Halls
Let our Cougar Carries help you get settled into Cougar Country!

Pizza Lunch & Room Set-Up
11:00 a.m.-1:00 p.m., Residence Halls
Enjoy a slice or two of pizza with your new residence hall community while getting settled into your room! (Students only. Friends and family are invited to the AFC for lunch.)

Parent Orientation & Lunch
Noon-4:00 p.m., Athletic & Fitness Center (AFC)
These sessions will provide information about various Chatham offices, opportunities and resources.

Free Time
1:00-4:45 p.m., Residence Halls
Take time to set up your room, make a few last minute runs to Target, or explore campus!

Chatham Choir Voice Placement & Rehearsal
1:00-3:30 p.m., James Laughlin Music Center
Calling all singers! Try out to be a part of the Chatham Choir.

Student Meet-Up
4:45 p.m., Residence Halls & Carriage House
Meet up with your RA or Commuter Leader prior to heading to the Opening Speaker. Residence Hall Students - meet on your floor. Commuter students - meet in the Carriage House.

Orientation Check-In
Required for all new students
5:00-5:30 p.m., Outside the Chapel
Stop by before you attend the Orientation Welcome to receive your welcome bag, name tag and other important orientation information.

Orientation Welcome
Required for all new students
5:30-6:30 p.m., Chapel
Join us for the official opening of Orientation. Parents and family members are welcome.

Family Dinner
6:30-7:30 p.m., Quad
Come together with your family and friends for dinner to kick-start your orientation and your college career!

SAA Ice Cream Social
7:00-7:30 p.m., Quad
Enjoy a refreshing treat and meet some of your current SAA alumni member.

Residence Hall & Commuter Meeting
Required for all new students
7:30-8:30 p.m., Residence Halls & Carriage House
Resident Students, meet with your Graduate Residence Director & Resident Assistants to learn about important dates and the RHA. Commuter students, come together to meet each other and staff that will be available to help you while you’re here at Chatham.

Orientation Group Meeting
8:30-9:00 p.m., Various Locations
Meet your Orientation Leader and the other students in your Orientation Group. Locations will be provided at your Residence Hall & Commuter Meeting

Cougar Peer Leaders present Dive-In Movie
9:00-11:00 p.m., Athletic & Fitness Center (AFC)
Head to the AFC to meet the Chatham Cougar Peer Leaders! Enjoy a dive-in movie featuring Monsters University, mocktails, and much more. Locker rooms will be open for students who need to change on-site.
Cougar Day: Thursday, August 25

**Breakfast**
8:30-10:30 a.m., Anderson Dining Hall

**Cardio Bootcamp**
9:30 a.m., AFC Dance Studio
A fusion of traditional callisthenic and body weight exercises that includes an intense cross-training and total-body workout.

**Yoga by the Pond**
9:30 a.m., Anne Putnam Mallinson ’61 Pond
A system of exercises for mental and physical health.

**AFC Tour**
10:00 a.m. & 11:00 a.m., Athletic and Fitness Center
Take this half hour tour with our AFC staff to learn your way around the AFC including the fitness center, pool, climbing wall, locker rooms, and more.

**Rock Climbing & Open Swim**
10:00 a.m.-Noon, Athletic & Fitness Center (AFC)
Rise and shine! The AFC is open and ready to help you maintain your physical wellness. Stop by the fitness center to get your cardio in or join us at the rock climbing wall. We’ll also have the pool open for you to get in some laps before the start of the day.

**Changing Times, Steady Choices Meet Up**
10:45 a.m., Various
Meet your orientation leader at your group meet-up site and head over to the event together.

**Changing Times, Steady Choices**
Required for all new students
11:00 a.m.-12:30 p.m., Eddy Theatre
College is an important transition; one where understanding your own core beliefs, attitudes and values is important to establishing who you are as a person. During this engaging and interactive program students will discuss social pressures, gender stereotypes, unrealistic sexual expectations and the role of alcohol surrounding hook-up culture as well as other topics relevant to transitioning to a college campus. This program will educate the audience on how to identify predatory behaviors in others, understand affirmed consent to sexual activity as well as how to intervene and support members of the Chatham community.

**Lunch**
12:30-1:30 p.m., Quad (Rain Location: AFC)
Sit with your Orientation Leader to dine and discuss the days events.

**Afternoon Break Activity**
1:30-2:00 p.m., Various
Need a break? Get yourself re-energized with one of these afternoon activities: Frisbee on the Old Quad, play volleyball by the pond or adult coloring books in the Carriage House

**Commuter Community @ the Carriage House**
1:30-2:00 p.m., Carriage House
Come recharge at the Commuter Community lounge in the Carriage House with snacks, refreshments, space to rest and time to catch up with your fellow commuters. Sponsored by the Commuter and Transfer Peer Network.

**SDE 101, 1st Class**
Required for all first-year students
2:00-4:00 p.m., Various
Meet your orientation leader and head to your first SDE 101 class where you will meet your instructor and start preparing for the term.

**What You Need to Know About Being a Chatham Transfer Student**
Required for all new transfer students
2:00-4:00 p.m., Sanger Lecture Hall (Coolidge)
It may not be your first time attending college but there are still many things to learn about Chatham. This is an opportunity for you to meet with fellow students and Chatham staff and to learn how to make the most of your time at Chatham.
Jamie Washington: Diversity & Inclusion
Required for all new students
4:15-6:00 p.m., Eddy Theatre
Women, People of Color, LGBT, and other historically excluded populations often deal with tension of being “too much or not enough.” There are often conflicts amongst leaders with very little understanding or skill in how to manage them. This session is designed to address the work needed to address internalized oppression and horizontal prejudice and hostility.

Dinner & Small Group Breakout Discussions
6:00-7:30 p.m., Quad (Rain Location: AFC)
Continue the conversation in small groups over dinner.

Drum to your own beat
7:30-9:30 p.m., Quad
Join Jim Donovan of the band Rusted Root for a creative friendship-building drum circle that you’ll never forget.

Karaoke
9:00-11:00 p.m., Carriage House
Show off your talent and join us for a night of Karaoke in the Carriage House! Food, music and prizes will be available.

Year One, Day One: Friday, August 26

Breakfast
8:30-10:30 a.m., Anderson Dining Hall

Computer Distribution Session I
8:30-10:00 a.m., Woodland Hall
Head to Woodland Hall for your MacBook distribution. Check your nametag for your distribution time.

Commuter Community @ the Carriage House
9:00 a.m.-Noon, Carriage House
Need a place to take a break throughout the morning? Stop by the Carriage house for some refreshments and space to relax while hanging out with your fellow commuter students. Sponsored by the Commuter and Transfer Peer Network.

Advising Check-In
9:00 a.m- Noon, Various Faculty Offices
Stop by your academic advisor to check on your schedule, learn how you can get involved, or say hello. This event is optional for students who would like to talk with their academic advisor.

Information Sessions
9:00 a.m.-Noon, Various classrooms
Choose from a variety of sessions to learn about the many opportunities available to the Chatham community. See your Guidebook App for a complete listing.

Pathways to Nursing Orientation
10:00 a.m.-Noon, Falk 220
Meet with faculty and staff from the Pathways to Nursing program to hear important information about the program and to meet other students who are new to the program.

Computer Distribution Session II
10:30 a.m.-Noon, Woodland Hall
Head to Woodland Hall for your MacBook distribution. Check your nametag for your distribution time.

Academic Department Lunch
Noon, Various
Meet your orientation leader at your designated site to walk over to lunch together.
**Academic Lunch**  
**Required for all new students**  
12:15-1:45 p.m., Athletic and Fitness Center (AFC)  
Lunch with current students and faculty members from your department along with a review of advising procedures and academic policies.

**Cougar Career Launch**  
**Required for all new students**  
1:45-5:30 p.m., Depart from the AFC  
Students will engage in experiential learning through site visits to local Pittsburgh companies including: UPMC Rooney Sports Complex, PNC Park, Center for Organ Recovery, the YWCA and more! Meet with local alumni and community partners to learn more about their company.

**Welcome Aboard Dinner**  
5:30-7:00 p.m., Athletic & Fitness Center (AFC)  
Career Development overview including kick-off of Welcome Aboard mentorship program. Includes presentation by alumni. Join your fellow classmates, OLs, RAs, and Chatham alumni to learn more about Chatham traditions.

**Meet up for Shabbat Service**  
6:45 p.m., Meet in the Lobby of the AFC  
Please attend the Welcome Aboard dinner and then meet with an Orientation Leader to walk or take a bus to a local Shabbat service.

**Fall Serenade**  
7:00-8:00 p.m., Gregg House  
Get a first look at the President’s house and learn the alma mater.

**Glow Dance Party**  
8:30-11:00 p.m., Mellon Board Room  
Come have fun dancing the night away at Chatham’s Glow Party. Be sure to wear florescent and/or white to light up the room! We will have the glow sticks and highlighters waiting!

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**Community Day:** Saturday, August 27

**Breakfast, Community Service Opening**  
Arrive by 8:15 a.m., AFC

**Community Service**  
9:00 a.m.-Noon, Depart from the AFC  
Start your Chatham experience by giving back. Enjoy a morning of service with upper class students, faculty, and staff.

**Lunch**  
Noon-1:30 p.m., Anderson Dining Hall  
After a fulfilling morning of service, take a break for a delicious lunch.

**Snapchat Scavenger Hunt**  
1:30-2:30 p.m., across campus  
Follow ChathamUSnaps on Snapchat, get clues and search the campus for prizes.

**Free Time**  
1:30-4:45 p.m.  
Explore campus, take a trip to Target, or hang out with friends.

**On-Campus Eden Hall Meet-Up**  
4:45 p.m., Various  
Meet your Orientation Leader at your designated site to depart for Eden Hall Campus.

**Commuter Eden Hall Meet-Up**  
5:45 p.m., Dairy Barn  
Driving directly to Eden Hall Campus? Meet at the Dairy Barn Café before heading to dinner.
Dinner and Concert at Eden Hall
6:00-8:00 p.m., Eden Hall Campus
Built as the first academic community in the world for sustainable living, learning and development, the Eden Hall Campus is a self-sustaining facility dedicated to environmental and socially responsible design and technology. Enjoy a farm-fresh dinner.

Experience Eden Hall Campus
8:00-10:00 p.m., Eden Hall Campus
Enjoy a variety of activities while exploring Eden Hall! Check out the Barazzone Center for yard games, arts and crafts, boards games, and a video game tournament on the big screen!

Traditions Day: Sunday, August 28

Breakfast
9:00-11:00 a.m., Anderson Dining Hall

Guided Meditation
9:30 a.m., Anne Putnam Mallinson ’61 Pond
Learn what mindfulness is and how meditation can benefit you at Chatham!

Multi-Faith Service Shuttles
9:00 a.m.-Noon, Various
Check out Guidebook for more information on shuttle transportation or walking groups to various religious services in the Pittsburgh Area.

Neighborhood Excursions
10:00 a.m.-12:45 p.m., Various
Get out and explore everything that Pittsburgh has to offer! Check Guidebook for meet up locations.

Esprit de Corps: Veterans Brunch
11:00 a.m.-Noon, Anderson Dining Hall, PCW Room
Military veterans are invited to brunch to meet new & returning student veterans as well as faculty & staff that have served in the armed forces. Information about programs, amenities, and services available to veterans will be available.

Gateway Student Orientation
Required for all new Gateway students
Noon-4:00 p.m., Library LCC2
Gateway students will receive a separate schedule of events. This required orientation will cover the basics and provide Gateway students with an opportunity to meet one another.

Residence Hall Apt/Floor Gatherings
Required for all students living on campus
1:15-2:15 p.m., Residence Halls
Meet with your Graduate Resident Director & Resident Assistants to learn about important dates & RHA Elections.

All On-Campus Resident Meeting
Required for all students living on campus
2:15-3:15 p.m., Athletic and Fitness Center
Meet the staff of Residence Life & Student Activities! Learn how you can be a great resident and find out about resources.

Class Meetings & Photos
Required for all students
3:15-3:45 p.m., AFC
Find out about the class structure and learn about class elections/initiatives.

Opening Convocation
Required for all students
4:00-5:00 p.m., Chapel
Enjoy the traditional opening of the academic year.

Global Focus Picnic: Year of Canada
5:00-7:00 p.m., Quad
Enjoy great food and activities with students, faculty, and staff as we kick-off the 2016 Global Focus year.
Join us on Twitter and Instagram!!
Follow Chatham @chathamu
Follow Dean Waite @zwaite
Dean Waite will be offering contests throughout orientation!

Join us on Snapchat!!
Follow Chatham @chathamusnaps

#Chatham140
Don’t forget to use this # anytime you post a photo from the 140 Things to do @ Chatham list! The complete list is in your student handbook.