

140 THINGS TO DO WHILE AT chatham UNIVERSITY

Chatham Traditions

- Attend the annual Ice Cream Social during Orientation.
- Get inspired at Opening Convocation
- Grab a plate at the Global Focus picnic.
- Mix with alumni at the New Student Ice Cream Social.
- Get scared experiencing Halloween Dinner.
- Create a unique concoction at Mocktails.
- Put on your Chatham sweatshirt for the Harvest Fun Fest and Family & Friends Weekend.
- Dream about beating the Seniors in the Battle of the Classes.
- Take up the challenge of Song Contest.
- Break bread with your neighbor and show gratitude at Harvest Dinner.
- Go sledding down Chapel Hill.
- Get into the season with Candlelight, Chatham Eggnog, and the Holiday Ball.
- Cut the rug at the Spring Formal.
- Release your inner rock star at Lip Sync (Airband).
- Celebrate the end of the academic year at Closing Convocation.
- Volunteer for Bucket and Blossom Day and take in the Maypole Dance at University Day.
- Join your friends and classmates at the Moonlight Breakfast.
- Celebrate your accomplishments at Senior Dinner and during Senior Week.
- Don't get bad luck – wave at Andrew Mellon's picture before midterms and finals to do well!

Explore Pittsburgh

- Use your Chatham ID to ride the Port Authority Transportation system for free. Even if you get lost, you'll be sure to find something new!
- Wake up early and eat at Pamela's for breakfast.
- Eat at Primanti Brothers restaurant (slaw and fries on a sandwich – a must have!)
- Pay a museum a visit: Andy Warhol Museum or Carnegie Museum of Art and Natural History.
- Fly a kite, watch a summer movie, or go ice-skating at Schenley Park.
- Craving a late night meal during the week or weekend? We dare you to finish a large order of fries at the O!
- Go around the world by experiencing the nationality rooms at the Cathedral of Learning.
- Check out the Greek Food Festival.
- Go see classic movies and grab a Mexican Coke at the Row House Cinema in Lawrenceville! There is a different theme for the movies each week, so don't miss them!
- Scope out the Strip District – wake up early on a Saturday morning for a Farmer's Market run or enjoy an evening of nightlife fun.
- Get lost in the art exhibitions at the Mattress Factory.
- Pick a park, any park: Frick, Highland, North, or Schenley, and relive your favorite childhood activities.
- Take a moment to stop and smell the roses (and a ton of other amazing flowers) at Phipps

- Conservatory.
- Build your own time machine and go back in history! Or just go visit the Heinz History Center.
- Tour Italy locally and feast at Little Italy Days in Bloomfield or your favorite local pizza place.
- Head to PPG Place every winter to learn about holiday traditions from around the world.
- Grab a friend and your thinking cap to explore the Carnegie Science Center.
- Visit Point State Park and see the fountain.
- Drive to Station Square and board the Just Ducky boat tour to enjoy a city adventure.
- Show your Chatham ID and ride the Incline at Station Square for free.
- Get dressed to the nines and see a play or musical downtown in the Cultural District.
- Experience the rides at Kennywood or splish splash at Sandcastle.
- Capture the Black & Gold spirit at a Steelers, Pirates, or Penguins game!



Live the Good Life – keeping your personal wellness in check is a snap when you get involved!

Be Inclusive (Diversity and Social Justice)

- Participate in a Global Mixer.
- Attend a cultural event at Dean Waite's home.
- Introduce yourself to the Director of Multicultural Affairs and learn about new events happening on campus.
- Help to plan a celebration during one of the many multicultural awareness months (Hispanic, Native American Indian, Black History, Jewish, or Asian Pacific).
- Go to a LGBTQ History Month event.
- Experience a women's monthly celebration event (Women of Color HERstory or Women's History).
- Even if you are not a business major, there are plenty of reasons to visit the Center for Women and Entrepreneurship and learn about a program or activity to get involved in.
- Have a dream! Attend the MLK Breakfast and participate in the MLK Day of Service.
- Think globally by experiencing a Global Focus event.
- Attend the Vagina Monologues or donate to their sponsored cause of the year.
- Share and hear stories of personal triumph by attending Take Back the Night.
- Do you care about your campus and your school in general? Attend a Chatham University Student Government, Graduate Student Assembly, or Chatham Activities Board meeting! Voice your opinion and be heard.

- Join in on conversation hours with our international students.
- Attend a cultural festival in Pittsburgh.
- Do something for someone else by participating in Community Service Day. You never know how it will help you in return.
- Cultivate your civic identity by taking part in the W.O.W. (Women of the World) Leadership Retreat at Eden Hall Campus and/or E.L.I. (Emerging Leaders Institute).
- Learn about diversity by attending an Office of Multicultural Affairs Diversity Dialogues event.
- Be counted and let your voice be heard by voting in campus, local, state, and national elections.
- Run for office in Chatham Student Government or another student organization you love!
- Utilize Chatham to master a foreign language.
- Dust off your passport and get ready to Study Abroad.

Be Grateful (Emotional)

- Say hello to everyone you see.
- Give one of the many Chatham kids a high five.
- Keep a gratitude journal where you write down one good thing every day—even the stressful days!
- Call a friend or family member and say, "I love you!" They would love to hear from you!
- Promote and participate in Therapy Dogs.
- Thank the heroes and heroines who work behind the scenes in Facilities, housekeeping, and landscaping.

70. Center yourself and prepare to reflect on your life's journey thus far by walking through Jessica's Labyrinth.
71. Save a life – donate blood in between classes at the Chatham University Blood Drive.
72. Not always a fun event, but always an experience – do one thing that scares you.
73. Now this is a real challenge – stop using your cell phone for one day and enjoy the differences that day brings you.

Be Green (Environmental)

74. Use a Chatham water bottle and eliminate plastic water bottles from your life.
75. Grab a Tree Guide from Student Affairs and enjoy walking through Chatham's arboretum or over 115 different varieties of trees on Shadyside Campus.
76. Rent a bicycle from Chatham Bike Works.
77. Donate to the Green Fund to bring Chatham one step closer to being entirely carbon-neutral.
78. Carpool, bike, or walk to campus.
79. Walk on the Rachel Carson Bridge at Ninth Street.
80. Enjoy a meal by Slow Food US and learn what the international Slow Food movement is all about.
81. Participate in Recyclemania.
82. Take part in a sustainability workshop or program at Eden Hall Campus.
83. Participate in the Work and Pick program over the summer at Eden Hall Campus.
84. Ride to an off-campus event in the Chatham van or shuttle.

85. Bike or walk the Eliza Furnace Trail.
86. Visit the Rachel Carson Homestead.
87. Visit the East End Food Co-Op, Pittsburgh's only consumer-owned natural food store.
88. Learn what Biophilia is and discover One Planet Living and the Cascadia Living Building Challenge.

Be Inquisitive (Intellectual)

89. Really get to know your surroundings by reading up on and learning the history and backgrounds of a couple of the Chatham buildings.
90. Did you know we have a beautiful Art Gallery right on campus? Scout out the next opening!
91. Need to know the real story about what's going on at Chatham instead of the rumors? Read the *Chatham Post*.
92. With over 91,000 titles available, stop by the Jennie King Mellon Library and check out a book!
93. Grab your resume and your smile to participate in a career fair.
94. Take the first steps to becoming truly world ready by attending the Student Activities Fair and joining a group.
95. Participate in the many personal and leadership development programs we provide, such as the Financial Wellness workshop.
96. Do more than just come by and say hello; share a campus life issue and a solution with your Dean of Students.

97. Better yourself academically and personally by attending a counseling, library, or PACE Center program.
98. Practice the art of networking and invest yourself in the city through meeting a local Pittsburgh leader or entrepreneur.
99. Take the extra step to prepare for your life after Chatham by visiting Career Development before your senior year.
100. Schedule a meal with a campus administrator and learn from their life experiences.
101. Expand your mind and your transferrable skill set at an internship.
102. Don't just pay Chatham, let Chatham pay you by becoming an official employee through student employment.
103. Get the most out of your education and take an elective with a professor just because you heard they're amazing.
104. Take a course that has nothing to do with your major. It might change your life – and your major!
105. Enjoy starting and completing your integrated capstone seminar, a true rite of passage!

Be Fit (Physical)

106. Wake up early and enjoy a healthy brunch at Anderson.
107. Enjoy a relaxing time on the Quad.
108. Get familiar with the great outdoors of Chatham University by walking or running the Chatham Mile Loop.

109. Spend a day taking advantage of what the Athletic and Fitness Center has to offer. With our track, swimming pool, basketball court, and rock wall, there is something for everyone to enjoy!
110. Eat something different every week. Who knows, you may like it!
111. Attend a fitness class at the AFC.
112. Experience our outdoor pool by swimming at Eden Hall Campus. There are even shuttles that will take you and your friends on Saturdays during the summer!
113. Show off your athletic and competitive side by participating in an intramural event.
114. Go old school and enjoy vintage duckpin bowling at Eden Hall Campus. Don't forget to pick up the pins after each roll.
115. Create/join a Chatham team to walk, run, or bike for a cause in a charity race.
116. Move towards a healthier lifestyle by taking a wellness course.

Be In Touch (Social)

117. Follow the University, Dean of Students, and Athletics Department on Twitter, Instagram, and Snapchat! @ChathamU, @ZWaite, @ChathamCougar, @Chathamusnaps
118. Grab your camera and submit a photo of the week to myChatham for everyone to see.
119. If you need a little push and fun to make it to the weekend, attend a Chatham After Hours or Student Organization Night event.

120. Have you seen your professor in the dining hall, the gym, or even off campus? Well, say hi and have a conversation with them!
121. Fill out an e-mail survey for your chance to suggest cool new campus events and win fabulous prizes!
122. Say thank you to as many Chatham student-athletes as possible for representing Chatham Athletics.
123. Invite the important people you miss most during the school year to attend and enjoy Family and Friends Weekend.
124. Drop by to say hello and introduce yourself to your academic dean.
125. Cheer on the Cougars at an athletic event!
126. Do the next best thing to participating in a Chatham sport – go to a tailgate!
127. Support your fellow actors and actresses by attending a Drama Club event.
128. Become a Chatham idol – be a regular at Open Mic Night or the Talent Show.
129. Personify the Chatham spirit of Cougars past and present by wearing the Carson costume at a Chatham event.

Be Centered (Spiritual)

130. Learn more about the beliefs of other members of the Chatham community.
131. Attend a Multi Faith Council lunch to learn more about the spiritual organizations Chatham partners with to provide events.

132. Attend a Multifaith Dialogues event to engage in discussion about different belief systems.
133. Party in the Sukkot hut with Chabad at Chatham to learn more about this Jewish tradition!
134. Learn more about the beliefs and traditions of Islam over a delicious meal by attending the Muslim Student Association's annual Eid dinner.
135. Try meditation (for free!) by visiting Open Night Mondays at the Pittsburgh Shambhala Center on North Highland Ave.
136. Hear stories from the many different faiths represented on Chatham's campus at our annual Candlelight ceremony.
137. Visit St. Anthony Chapel in Troy Hill to see their life-size statues and what some call the largest public reliquary in the world.
138. Enroll in a philosophy class to take a deeper look at your personal ethics and values.
139. Commune with the peace and quiet of nature on the wooded hiking trails at Eden Hall Campus.

And don't forget...

140. Enjoy the many events Chatham and Pittsburgh have to offer, then report your activities to Student Affairs.