



*Welcome to*  
**COUGAR COUNTRY**

**NEW & TRANSFER  
STUDENT ORIENTATION  
AUGUST 20-24**

# 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 20

## Scholars Welcome

**9:00-10:00 a.m., Kresge Atrium, Science Complex (Buhl Hall)**

This reception will provide Chatham Scholars and their family the occasion to hear more about academic opportunities at Chatham, as well as meet other entering scholars and their families.

## New Student Move-In

**10:00 a.m.-2:00 p.m., Residence Halls**

Let our Cougar Carriers help you get settled into Cougar Country!

## Pizza Lunch

**Noon-1:30 p.m., Residence Halls**

Enjoy a slice or two with your new residence hall community! (*Students only*)

## Placement Testing

**Noon-5:00 p.m., Library**

Students who have not taken their placement exams will complete them during pre-scheduled time.

## Chatham Choir Auditions

**1:00-4:00 p.m., James Laughlin Music Center**

Calling all singers! Try out to be part of the Chatham Choir. (*Optional*)

## Meet your OL's & RA's and Room Set-Up

**1:30-3:00 p.m., Residence Halls**

Orientation Leaders and Resident Assistants will be making their way around the halls introducing themselves and help answer any questions you may have.

## Out-of-State Student Session

**2:00-3:00 p.m., Fickes Hall**

Show your state or country pride by wearing your favorite team sport jersey or any other state pride clothing.

## Target Shopping Shuttles

**3:00-5:00 p.m., Depart from Chapel**

Use this opportunity to get off campus or do some last minute shopping at Target! (*Optional*)

## Dinner on Quad and Family & Friends Farewell

**5:00-6:30 p.m., Quad (Rain Location: AFC)**

Come together with your family and friends for one last dinner before the start of your college career!

## “Look Up” with Dean Waite

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

Ever notice how everyone has their head down looking at their cell phone! Dean Waite will talk about the importance of “Looking up” especially during orientation!

# Welcome Day: Thursday, August 21

## All Student Check-in and Meet your OL

10:00 a.m., AFC Gym

## All Student Welcome University Brunch

10:30 a.m.-Noon, AFC Gym

Enjoy our official University Welcome! Meet President Barazzone and the Orientation Leaders. Learn about the seven dimensions of wellness with speaker Kathy Parry Gilen.

## Student Employment & Volunteer Fair

Noon-1:00 p.m., Quad

Learn how to get involved with on-campus employment and off-campus volunteer opportunities.

## Behind the Scene Tour of Chatham

1:00-2:00 p.m., Depart from Chapel

Find out the great spots to study, fun places to hang out, learn where your classes are before the first day, etc. Please bring your class schedule. *Don't forget to stop at the bookstore to pick up your books or purchase Chatham swag!*

## Information Sessions

2:00-3:20 p.m., Falk Hall

Pick the sessions that best meet your needs!

Learn from faculty, staff, and students on how to best succeed at Chatham. Be sure to watch for the wellness icons to choose a balanced selection!

### Session Block 1: 2:00-2:20 p.m.



#### Do I owe you money? (F216)

Learn about scholarships and other opportunities from Financial Aid.



#### How to navigate my account! (F217)

Explore how to set up your payment plan and navigate the portal from Student Accounts & Registrar.



#### Empower the inner you (F218)

Meet the staff from the Center for Women's Entrepreneurship and Pennsylvania Center for Women and Politics.



#### Eating healthy in the Cafeteria & on a budget! (F010)

Connect with the team from Student Health & Wellness and learn how to eat healthy in the cafeteria. Also learn how to make your meals fit on a budget!



#### Get Involved!! (F220)

Learn how to develop your co-curricular transcript and about awesome opportunities coming up this fall term!

## Session Block 2: 2:30-2:50 p.m.



### Do I owe you money? (F216)

Learn about scholarships and other opportunities from Financial Aid.



### How to navigate my account! (F217)

Explore how to set up your payment plan and navigate the portal from Student Accounts & Registrar.



### Where is the grub? (F218)

Discover when, where, and how to eat from Parkhurst.



### Do I really have to study?!? (F220)

Learn about study skills and resources that the Programs for Academic Confidence and Excellence (PACE) have to offer.



### Get Active!! (F010)

Meet the Athletic & Fitness Center staff to learn about all the amazing opportunities and ways you can be active. This will include info on workouts, outdoor recreation activities, fitness classes, and intramurals.

## Session Block 3: 3:00-3:20 p.m.



### Do I really have to study?!? (F220)

Learn about study skills and resources that the Programs for Academic Confidence and Excellence (PACE) have to offer.



### How to be Sustainable at Chatham (F216)

Learn about sustainability at Chatham and how you can contribute!



### Get Involved! (F217)

Learn how to develop your co-curricular transcript and about awesome opportunities coming up this fall term!



### Where is the grub?! (F218)

Discover when, where, and how to eat from Parkhurst.



### Meditation & Mindfulness (F010)

Learn what mindfulness is and how meditation can benefit you at Chatham!

## Wellness Fair

3:30-5:00 p.m., AFC

Learn and experience the Seven Dimensions of Wellness. Visit stations to participate in fun activities such as yoga, meet therapy dogs, enjoy smoothies, get your BMI, learn how to creatively decorate your residence hall, and much more. All students will complete a punch card and receive their own tumbler to use at the water stations across campus!

## Dinner and Show

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

First-year, transfers, Gateway, and commuter students – dine with us while seeing how steeped in traditions we are! Enjoy a performance about Chatham Traditions and start building your Cougar pride!

## Fall Serenade

7:00-8:00 p.m., Gregg House

Get a first look at the President's house and learn the alma mater.

## Stuff an Animal

8:00-10:00 p.m., Residence Halls

Commuter location: Woodland Lounge

Get to know your roommates and others living in the residence hall. (Optional)

# Academic Day: Friday, August 22

## Breakfast

8:00 a.m., Anderson Dining Hall

## Gateway Student Breakfast

8:00 a.m., Anderson Dining Hall

Calling all Gateway students! Join Dr. McGreevey for a special breakfast just for you! Connect with your peers and learn about all the great programs and services for gateway students.

## Academic Welcome!

9:30 a.m.-10:00 a.m., Eddy Theatre

Learn how Academic Affairs can support you.

## Community Service Preview

10:00-10:15 a.m.

Learn how your involvement creates a meaningful impact!

## Registrar & Campus Safety

10:20-10:40 a.m., Eddy Theatre

Learn about FERPA and campus security from the Chief Aubrecht.

## SDE 101 Meeting

10:45 a.m.-Noon, Depart from Eddy Theatre

Have your first class meeting and learn more about SDE 101.

## Transfer Student/ Gateway Student Social

10:45 a.m.-Noon, Café Rachel

Mix and mingle with other Gateway and Transfer Students. Free coffee on us!

## Academic Department Lunch

Noon-1:30 p.m., Various Locations

Lunch with current students and faculty members from your department!

## OL Time – 6 Weeks & 7

## Dimensions to Cougar Success

1:35-2:25 p.m.

Spend time with your OL and learn about great events during the first six weeks of school to help you adjust to life at Chatham.

## Take the First Steps to Your Future!

2:30-5:00 p.m., Mellon Board Room

Meet the Career Development staff and learn what you can do now to build your future! Group times listed on name tag.

## Advising Appointments

*(by appointment only)*

2:30-5:00 p.m., Various Locations

Students who have not scheduled their fall classes will meet with their advisor. Advising time and location listed on name tag.

## World Readiness and Professionalism (W.R.A.P.) Mentorship Program

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

Come meet alumni and community members who could be your mentor. Learn what mentorship is and opt into great programs happening during the fall.

## Mellon Madness

8:00 p.m., Mellon Center

Head to Mellon for a variety of fun! Enjoy a casino for a chance to win prizes and musical performer Jeff LeBlare! *(Optional)*

# Community Day: Saturday, August 23

## Community Service Morning

**8:30 a.m.-Noon, Depart from AFC Patio**

Start your Chatham experience by giving back. Enjoy a morning of service with upper class students, faculty, and staff at Millvale Park.

## BBQ at Millvale Park

**Noon-5:00 p.m.**

Enjoy lunch and fun activities after a morning of giving back!

## Dinner

**6:00-8:00 p.m., Anderson**

## Movie Under the Stars: *Blended and Maleficent*

**8:30 p.m., Quad**

Bring a blanket and relax with your new roommate and friends! Enjoy two great movies! *(Optional)*

# Traditions Day: Sunday, August 24

## Computer Distribution

**9:00 a.m.-Noon, Eddy Theatre**

Meet with IT to receive your computer and learn about how IT can support you.

## Residence Hall/Apt Floor Gathering

**1:30-2:15 p.m., Various Halls**

Meet with your Graduate Resident Director & Resident Assistants to learn about important dates & RHC Elections.

## Commuter Student Meeting

**2:00-3:00 p.m., Mellon Board Room**

Connect with other commuter students and learn more about services for you!

## All On-Campus Residence Meeting

**2:15-3:00 p.m., AFC Gym**

Meet the staff of Residence Life and Student Activities! Learn how you can be a great resident and get connected with resources.

## Class Meeting and Photo

**3:00-3:45 p.m., AFC**

Meet your class leadership, learn about class initiatives and start brainstorming for upcoming traditions including Mocktails and Battle of the Classes!

## Opening Convocation

**4:00-5:00 p.m., Chapel**

Enjoy the traditional opening of the academic year!

## Global Focus Picnic: Year of Southern Africa

**5:00-6:00 p.m., Quad**

Enjoy great food and activities with students, faculty, and staff as we kick-off the 2014 Global Focus Year!

# 2013 Orientation Leaders



**Join us on  
Twitter and Instagram!!**

Follow Chatham @chathamu  
Follow Dean Waite @zwaite

Dean Waite will be offering contests throughout orientation!