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What to do in orientation

Orient Telecoms PLC : Second Price Monitoring Extn Orient Telecoms PLC : Price Monitoring Extension Orient Telecoms PLC : Result of Meeting Orient Telecoms PLC : Second Price Monitoring Extn Orient Telecoms PLC : Price Monitoring Extension Orient Telecoms PLC : Notice of GM Orient Telecoms PLC : Second Price Monitoring Extn Orient Telecoms PLC : Price Monitoring Extension Orient Telecoms PLC : Half-year Report 2020 Orient Cement to acquire 26% stake in AMPSolar Systems Injury concerns for Leyton Orient ahead of Harrogate clash Orient Telecoms PLC : Result of AGM Orient Telecoms PLC : Notice of AGM Orient Telecoms PLC : Annual Financial Report University is about way more than classroom learning. It's also about making memories and experiencing new things, and Orientation is the first step in doing just that. Orientation is a university's way of welcoming you to campus and setting you up for success. You'll learn about available resources, get a feel for campus, and make some memories, too! Interested in learning more about this incredible experience? Read on to learn what Orientation has to offer and what some current students loved the most about it. The dean of arts gets a picture with first-year students during Orientation. Ease into university life Coming to university is a new experience for most people. Your daily schedule may be different than what you're used to, and you may be in a city you're unfamiliar with. Since Orientation takes place before classes start, you'll have a head start on meeting new people, learning about the university and city, and getting acquainted with your roommates. I didn't meet my two roommates until Orientation. They were both in different programs than I was, so it was nice to spend time getting to know them before classes began. More stories about being a Waterloo student • You're in! Time to start thinking about where you'll live in September • Questions to ask on a campus tour • Getting connected with faculty societies Learn what it means to be a Warrior Water, water, water! Loo, loo, loo! Orientation will quickly introduce you to all things Waterloo and teach you what it truly means to be a Waterloo Warrior. Learn what makes Waterloo great and experience the Warrior spirit. Quick tip: Black and Gold Day (black and gold are our school colours, FYI) is one of the most spirited Orientation events. Attend if you can, and get ready to be #UWaterlooProud. Orientation leaders are upper-year students who are great resources for getting the inside scoop on student life. Use your time with them to ask any questions you may have. If you're looking for a place to get your favourite food, a club to join, somewhere to study, or the best places to shop, ask! Leaders are always happy to share tips and advice! Resources upon resources Did you know the university offers supports for basically everything? From helping you adjust to a new environment to helping you go from an 80% to a 90% on an essay, the University is here to help. Take some time at Orientation to get a sense of what resources are available. You never know when you might end up needing them! Orientation is also a great chance to chat with advisors before classes start and get answers to any questions you have about academics. Advisors are around during Orientation and are ready to answer your questions. Get familiar with your new home Orientation will help you get familiar with campus. You'll get a sense of where your classes will be and you can even start to check out study spots and coffee shops! Remember those Orientation leaders I mentioned earlier? They're also great at helping you adjust to life on campus. As upper-year students, their insights can help you find the closest bank machine, the fastest way to get from your residence to class, or how to avoid the rain or snow using indoor pathways. In my first year, I had a class that should have only been a 10-minute walk from my residence. But because I didn't know the best route, I spent nearly 20 minutes getting to this class every morning. It wasn't until the end of the term that I realized I could have been saving myself so much time. Learn from my mistakes, and ask upper-year students if you're unsure of anything. Learn more about what university has to offer by checking out these other links Clubs at Waterloo Waterloo Beyond academics at Waterloo Waterloo has over 6,000 new students every year who come from all around the world. Orientation is a great way to start to meet people and make new friends! Keep in mind that everyone at Orientation is in a similar situation. Most people won't know anyone else, and they're likely looking to make some new friends, too. Strike up a conversation with someone and you may be surprised at how well you hit it off! A lot of my friends that I met at Orientation are still some of my best friends today. - Nathan When I came to university, Orientation helped me to meet some other first-year students and to begin feeling at home. Making connections helped me to settle in before classes. Who doesn't like seeing a familiar face on the first day of classes when you're trying to find somewhere to sit? Have some fun! There's plenty of fun to be had during Orientation. Whether you prefer low-energy activities like watching a play (make sure you check out Single and Sexy!) or you're ready to cheer your heart out at a football game (go to Black and Gold Day!), you'll find something that you'll enjoy. My favourite things about Orientation were the exciting and fun activities that leaders had planned for us. I enjoyed Waterloo Park day where we played many games and got to know many people. - Aujas My favourite thing about Orientation in first-year was learning the Secret Science Dance. - Jocelyn All activities at Orientation are completely voluntary. If there's something you're not into, don't stress! You can still have a great time at Orientation without participating in every activity. Start your university experience off with a bang! Hopefully by now you realize just how much Orientation can do for you. Between educating you about resources you may need, teaching you about what it means to be a Waterloo Warrior, sparking some friendships, and more, Orientation sets you up for a successful university experience. Hope to see you there! Advice from current students Make sure they know who will be handling their orientation on the first day. Ideally, this person will be waiting to greet the new hire when they arrive, but if not, at least they'll know who to ask for. If you want to take this a little further, help them connect on social media beforehand. 2. Tell them what to wear. Save them the embarrassment of showing up in the wrong clothes on the first day. Let them know what clothes they'll need to wear or bring to the job orientation. You can help them to prepare by sharing your company's dress code policy. 3. Tell them what to bring. Find some way of letting them know what they'll need for the first day. If you provide everything, let them know that too. 4. Know how the job supports the company mission. Even the most basic jobs contribute to the overall purpose of the organization in some way. Let your new hires know what the mission of your company is, and connect their job to that mission. Employees who have a strong overall sense of purpose connected to their jobs are easier to retain, happier, more forward-thinking, and optimistic. You can get new hires started with a sense of purpose on the first day by explaining exactly how their job fits into the big picture. Don't make someone spend their first day filling out stacks of forms. It's a terrible, boring way for someone to get a first impression of what it's like at their new job. You can save time, money, and trees by scanning the paperwork and emailing it to them. If that doesn't work for you, just give them a packet to take home and fill out. Have a question? CONTACT US! We have moved things online so you can enjoy orientation safely from home. Orientation is a suite of intentional programming designed to enable a welcoming and positive transition for students' personal, academic, and social success. This is accomplished through a series of virtual webinars, community-building sessions, and presentations from faculty, staff, and peers. How to Attend A Message from Dr. Craig Stephenson, President and CEO of Centennial College. Resources to Discover We know that you play a key role in your student's college journey, so we've gathered up our most important information for you to help your student succeed. Parents an Supporters Learn More Have a question? Contact UsContact Us Resources / Campus Life Spread the Knowledge. Share. Freshman orientation programs vary widely among colleges. Some schools provide a one-day crash course in campus life; other schools invite students to a week-long schedule of activities just before the school year begins. Additionally, some schools may be holding their entire orientation virtually, while some may have a mix of in-person and online activities. No matter what's in store for your orientation, keep these tips in mind to get the most out of the experience. Generally, freshman orientation programs are designed to help ease your transition from high school to college. Most programs are designed to help new students: Get to know their way around campus Learn about services and resources provided by the college Sign up for clubs and activities Register for fall classes Complete necessary paperwork Take placement tests Find out the school's latest COVID-19 protocols And, since you'll go through orientation with your fellow freshmen (who, like you, probably won't know anyone), it's one of the best opportunities at college to meet people. 2. Complete any "pre-orientation" tasks Colleges usually post a pre-orientation "checklist" on their websites, or they might send information about orientation to you via email. Complete and return any documents your college has asked for in advance, such as immunization records or proof of citizenship, roommate questionnaires, registration for placement tests, and any orientation "homework" they might have sent or suggested for you. Especially for the online portion of the orientation, make sure you have all the necessary orientation apps and login information ready ahead of time. 3. Review the course catalog Some orientation programs include registering for classes and meeting with an academic advisor. Before orientation, take a look at the course catalog and write down the classes you want to take, plus any questions you might have about degree requirements or your academic plan. Make sure you know how to contact your advisor after orientation ends, as you might think of more questions later. Don't forget to check which classes are being held virtually and which classes are being held in person when reviewing the course catalog – and when eventually creating your schedule. 4. Stick to the program Some parts of orientation might not be mandatory, but most college advisors encourage students to attend the entire program. Whether in-person or online, a session that sounds uninteresting might contain information about resources or services that you didn't know existed (or know you needed), or be the place where you connect with a future friend. Most likely, the agenda will include "icebreaker" events meant to help you get acquainted with other freshmen. Attend these, too–no matter how silly they might sound. While you might cringe at the idea of participating in a scavenger hunt tied to another student or playing "2 Truths and a Lie" with people you hardly know, these events are designed to put everyone in the same awkward situation, facilitate conversation, and forge friendships. 5. Take notes You'll be getting a lot of information about campus resources – such as health services, academic advising, financial aid, and resident life. Take notes, collect or take pictures of any handouts you're given, and keep the information accessible. A service or program that seems irrelevant to you today might be something you need in the future. 6. Prepare a list of questions to ask Your orientation can be one of the most convenient times to interact with your college community, so take advantage of it. The upperclassmen, staff, and faculty working at orientation are prepared to answer your questions and are usually eager to help you. Write down any burning questions that you might have in advance so you don't forget to ask them. To get an idea of some questions to ask, see 19 Questions to Ask at Freshman Orientation. 7. Learn your way around Freshman orientation is about "orienting" you to campus life – and to the campus itself. If you have your class schedule, find out where your classes are and how long it will take to walk from class to class (or from your dorm to class, or from the dining hall to the library, etc.). You'll be much less harried on your first day. If your orientation is online, make sure you attend a virtual tour of the campus. 8. Be friendly and flexible While you might not become best friends with anyone you meet at orientation, do your best to be open-minded, polite with everyone, and make a good first impression. You just never know who you'll end up sitting next to in class or who might be a hall-mate in your dorm. From the day you accept an offer to the day you graduate the Student Life team provides orientation and transition programming to support you on your journey. Whether you're studying online or in-person, take these opportunities to meet your faculty, connect with other students, get important information about services and supports at the college to guide your success, and learn about all the awesome ways to get involved to make your experience an enriching one. The GBC Orientation Experience There are many parts to orientation and what is relevant to each student and their needs varies. Pay attention to communications sent to you from the college, your academic area, or any specific student group you may be a part of. It's worth paying attention as these will increase your chances of success and offer you additional supports. We've put together five pages to help you navigate your journey at the college. Each page has content and tasks around that part of your orientation experience and your time as a student. Select the tab below to find out a bit more. Higher education is steeped in traditions. Students belt out fight songs during sporting events, toss their caps on commencement day, and guzzle gallons of coffee when studying for exams. But before all this, they're inducted into their institutional communities through orientation. This year, we have to plan for the tradition of orientation looking... well, untraditional due to COVID-19. For most institutions, that means going virtual. One usual first step when planning any annual program is to examine how it was previously executed. We hope to learn from mistakes and capitalize on triumphs. But that can't really work for virtual orientation. So, what can you do? How can you build a virtual orientation program from the ground up when the ground is so unsettled? My Presence co-workers and I came up with some ideas. They're not prepackaged solutions, as we believe that you ultimately know what's best for your unique population of students. Rather, these are nine approaches worth considering to help you begin re-envisioning orientation for the web and ultimately, to help your new students envision their lives as engaged leaders. We know that crafting a virtual orientation won't be easy nor seamless. But we also know that student affairs professionals are a highly adaptable bunch. Many of you already helped pave the way for your institutions and your students in transitioning to online semesters. We're optimistic that you'll do a formidable job meeting this challenge, too. (Important note: before we jump in, Orientation is a habit of considering learning outcomes when planning any campus program. You let the question of "what do we want students to learn from this?" guide your direction. So, do this with virtual orientation. What do you want students to learn as a result of it? What is the purpose of the orientation experience? Essentially, Why does your institution even bother holding one?? Focusing on the why can also be quite motivating as you put the work in to execute your plans. Remind yourself that, even when it's virtual, orientation isn't just another task for students to complete; it's essential to their college experience, and more broadly, to their personal growth. You, dear orientation planner, will be the coach at the start of the race, leading the way along the mysterious virtual learning pathway. 4. Incorporate learning outcomes To build that path, here are some learning outcomes to consider aspiring toward, as pulled from the orientation websites of institutions across the country. As a result of orientation, students will: be knowledgeable about at least one department location and contact information so that future questions may be directed appropriately (SUNY Cortland) be able to articulate academic policies and procedures critical to their academic success (Fort Lewis College) understand the transitional issues (social and academic) they may encounter during their first year and how to manage them (California Polytechnic State University) feel confident and excited about their decision to attend the institution (Indiana University East) be aware of campus social expectations and community standards (The University of Central Florida) learn the importance of curricular and co-curricular involvement to their success as a student and as a future professional (The University of Northern Iowa) become familiar with the institution's history, traditions, buildings, and future of the college community (The University of Bridgeport) examine how drug- and alcohol-related decisions can impact their future at the institution and beyond (Stevenson University) I know that the temptation to refer to "how we normally do it" will be strong. But consider how that approach may hold you back, enforcing restrictions and barriers that no longer apply – not only because your campus has gone digital but because the needs of today's students are different from ever before. 5. Foster social connections Beyond the tangible things you want students to learn – such as which campus services are available, who their academic advisor is, and how to join a student organization – consider the emotional experiences you want them to have. Orientation is an intensely social experience, with many opportunities for relationship-building. In fact, I'd venture to guess that the social aspect is many students' favorite part. So, in addition to learning outcomes focused on academics and co-curricular involvement, consider also asking yourself and your planning team: How can we help students build connections to form the basis of friendships? How can we help students find both like-minded peers and peers who will positively challenge their worldviews? How can we help students build and expand upon their social, relationship-building, and networking skills? How can we foster micro-interactions outside the bounds of highly structured programs? Many of my most cherished memories from my own undergraduate orientation are not of official events nor structured discussions led by well-trained orientation leaders. Rather, they're of unexpected social interactions with my peers, experiences we created together all on our own. Now, with the move to online, your students won't be able to randomly bump into a soon-to-be friend in their residence hall, have a delightfully awkward conversation in a lunch line, or find themselves in an impromptu game of frisbee golf on the quad. But you can at least set the stage for random social interactions. Consider hosting events in which students will be paired with one another based on academic interests, geographical locations, or something frivolous that's sure to be a conversation starter – such as their responses to a Buzzfeed quiz or their stance on Hawaiian pizza. You can also set up calls for students to chat over breakfast, lunch, dinner, or dessert. Or invite them to watch a movie together. Your orientation leaders might be your best natural resources for guiding such moments. They can facilitate small group discussions, organize movie nights, or simply be ready to play light friendship matchmaker. Think simple and unstructured. Though you may adore icebreaker questions, team-building activities, and webinars with minute-by-minute agendas, you can refrain from working these into every orientation offering. Students need a break sometimes. They need chances to simply connect with each other, unprompted. Remember: it doesn't have to have structure to have meaning. 6. Account for distractions Your students will be battling outside distractions that your campus bubble would normally block out. Students may have a younger sibling clamoring for a look at the screen, a dog whining for a walk, or parents arguing in the next room about financial burdens – not to even mention obnoxious web pop-ups and social media alerts digging all day long. (Sorry, telling students to silence their cell phone and close extra web browsers won't be a cure. Do you always listen to such instructions?) You and your orientation programming team need to account for this. It would be dangerously naive to think that all eyes, ears, and minds will be on you even if all students are indeed logged onto Zoom. Here are some ways to address it: Double down with matching visual and audio elements. Share slide screens highlighting a speaker's key points and re-emphasize written questions by vocalizing them. This will also make your programs accessible to students with visual or hearing impairments, along with those experiencing certain internet access challenges. Include a summary at the end of each session, complete with hyperlinks to campus resources, allowing students to catch up on what they might have missed. You can also send this out via email afterward. Coach all presenters on speaking slowly and enunciating. It's simple but vital. Occasionally turn off the chat function. You might not be able to control students' text messages or email inboxes, but at least you can control a wee bit of the messaging that might distract them. Just don't overdo this to the point of stifling students' growing sense of community. And make sure that, even with the chat down, students have a way of posing questions to the presenters and alerting monitors of technology failures. No matter what, students will still face distractions. Note that I don't say "here's how to fix it." You can't; sorry. But you can at least manage it, giving students tools to focus on the present and to remember what they learned in the future. 7. Connect with families You hopefully already understand the importance of seeing students' families as allies in student success. But now, due to social distancing, harnessing families' support may be more important than ever before – as more students are seeing their families every day. And even the most well-intentioned and experienced family members may be clueless about how to support their students in this new reality. Perhaps they've sent a relative off to college before, but they probably sent them off to campus, not to their bedroom or home office. So, keep in mind that all families will need extra support. They'll need guidance in helping their students emotionally, academically, and even with technology. In addition to your usual family orientation programming, consider offering webinars and presentations about online learning, digital engagement, and at-home study habits. Emphasize online mental health counseling, peer tutoring, academic advising, and other services offered by your institution to help students adjust to college life. Educate families on the signs that their student may be struggling – in regards to their academics, mental health, or social life – and provide tips for intervening. Perhaps a virtual resources fair or a Q&A with a professional rep from each office would be appreciated by families. Above all, help families figure out how to support students through these tough, bizarre times. Remember: This is new for them too. 8. Offer a mix of live and on-demand programming Do you want students to engage with content like it's an athletic championship or like it's streaming TV? In other words, do students need to watch your content live or will it be accessible on-demand? A major pro of live sessions is that they create a shared experience. Students can write comments and respond to one another, chime in via audio or video, and feed off of each other's energies. They can feel connected to their peers thousands of miles away, knowing that they're all watching the same thing at the exact same moment. On the other hand, on-demand programming surpasses livestreaming in its flexibility. Students won't have to ignore an urgent phone call, pass up on a much-needed family dinner, or attend to a sick housemate's needs due to a scheduled orientation session. They can schedule orientation around their external responsibilities and build in mental health breaks at their own discretions. Oh, and students living in different time zones from your campus (including international students) won't have to wake up at 4am for a bystander intervention course or sit through a lunch and learn at midnight. True, you can combine the best of both worlds by inviting students to choose their own adventure: Either attend a program live or watch a recording of it later. But beware of accidentally giving students who go for the watch-it-later option a disadvantage. Don't, for example, allow only the live viewers to ask questions, win prizes, or get first dibs at signing up for classes. Make sure the on-demand experience is equally wonderful. You wouldn't want students to start off several steps behind before they arrive on campus. 9. Gamify it Gamifying your programs is about way more than making your programs fun; gamification adds a sense of urgency, competition, and self-improvement which motivates students to participate. Consider: Would you enjoy a trivia night in which a host merely listed off a bunch of facts? I doubt it. The challenge – of guessing the answers – is what makes it so engaging, and perhaps more importantly, it makes the answers much more memorable. You don't have to be an avid gamer or a chess wizard to work gaming elements into your programs. But don't just take my word for it; Presence recently hosted a Happy Hour webinar in which #SA pro and gamification champion Alex Barkley demonstrated many easy, yet compelling, gamification ideas. Check out it here. And here's a bonus idea for our campus partners: You can gamify the entire orientation experience, building direct connections between each activity! Chat with your Happiness Expert about incorporating digital incentives, points, and levels into your programs in order to guide students along intentional, customizable learning pathways – which students can later show off via SmartTranscripts. We know that virtual orientation isn't ideal. But with hard work, creativity, and intentionality, you can delight students with a surprisingly fulfilling experience. Students will build relationships with their peers, become unofficial experts on campus services, and develop a dynamic affinity for your institution. All of this will heighten their chances to stay engaged, persist, and graduate on time. What other virtual orientation ideas or questions do you have? We'd love to hear from you at @HelloPresence. P.S. We have more posts planned soon to dive deeper into this topic. So watch this space or subscribe (via the button below) to be alerted whenever new content is shared. And if you're looking for some more virtual programming inspiration, check out our 53 ideas here. We've also built a COVID-19 resources page just for #5Apros like you!

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