## NOMA NATION ORIENTATION SCHEDULE
### AUGUST 15 - 20

### Friday
- **7:30 - 9:00 AM**
  - Breakfast
  - The Kitchens
- **9:00 AM**
  - Your Emotional and Mental Health
  - Weill Hall, Green Music Center
- **10:00 AM**
  - One Pill Can Kill
  - Weill Hall, Green Music Center
- **11:00 AM - 1:00 PM**
  - Lunch & Taking Care of Business
  - The Kitchens
- **1:00 PM**
  - Empowering Seawolves!
  - Weill Hall, Green Music Center
- **2:00 PM**
  - Real Talk: Seawolves Talk About Consent and Sexual Assault
  - Weill Hall, Green Music Center
- **3:00 PM**
  - Seawolf Self Care Fair
  - SSU Lakes
- **5:00 - 7:00 PM**
  - Dinner
  - The Kitchens
- **7:00 - 9:00 PM**
  - Culture Night on the Plaza
  - Seawolf Plaza

### Saturday
- **9:00 AM - 12:00 PM**
  - Sonoma Serves
  - Seawolf Plaza & Copeland Creek
- **6:00 - 9:00 PM**
  - Big Nite
  - Parking Lot D & South Lawn

### Sunday
- **6:00 - 9:00 PM**
  - Love Your Library
  - Schulz Library
- **5:00 - 7:00 PM**
  - Dinner
  - The Kitchens
- **6:45 PM**
  - Potentia: New Student Welcome
  - Seawolf Plaza
- **8:00 - 10:00 PM**
  - DJ on the Green
  - Person Lawn

###Tu**:
- **8:00 AM - 3:00 PM**
  - REACH Check-In & Move-In Day
    - Trione Plaza, Green Music Center
- **7:30 AM - 5:30 PM**
  - Noma Nation Orientation
    - Ask Me Anything Tent
    - Seawolf Plaza
- **4:30 - 6:30 PM**
  - Dinner On Your Own
  - The Kitchens
- **6:30 PM**
  - REACH Building Meetings
  - Student Center, Grand Ballroom
- **7:30 - 9:00 PM**
  - Beyond the Brochure
  - Grand Ballroom

### Wed**:
- **7:30 - 9:00 AM**
  - Breakfast
  - The Kitchens
- **9:00 AM**
  - Noma Nation Transfer Student Orientation Welcome
  - Weill Hall, Green Music Center
- **10:15 AM**
  - Advising & Transfer Center Welcome
  - Weill Hall, Green Music Center
- **11:00 AM - 1:00 PM**
  - Lunch & Taking Care of Business
  - The Kitchens
- **1:00 PM**
  - Creating Community & a Sense of Belonging at SSU and Beyond
  - Student Center Ballroom
- **2:00 PM**
  - Making the Most of Your Transfer Student Experience featuring a Transfer Student Panel
  - Student Center Ballroom
- **4:30 PM**
  - SSU Seawolf Family Photo
  - SSU Lakes
- **5:30 - 7:00 PM**
  - Dinner
  - The Kitchens
- **7:00 - 9:00 PM**
  - Nook & Cranny
  - Student Center/Recreation Center/Seawolf Plaza

### Thu*: REQU**
- **7:30 - 9:00 AM**
  - Breakfast
  - The Kitchens
- **9:00 AM**
  - Your Emotional and Mental Health
  - Weill Hall, Green Music Center
- **10:00 AM**
  - One Pill Can Kill
  - Weill Hall, Green Music Center
- **11:00 AM - 1:00 PM**
  - Lunch on the Green
  - Weill Hall Lawn, Green Music Center
- **1:00 PM**
  - Empowering Seawolves!
  - Weill Hall, Green Music Center
- **2:00 PM**
  - Real Talk: Seawolves Talk About Consent and Sexual Assault
  - Weill Hall, Green Music Center
- **3:00 PM**
  - Seawolf Self Care Fair
  - SSU Lakes
- **5:00 - 7:00 PM**
  - Dinner
  - The Kitchens
- **7:00 - 9:00 PM**
  - Culture Night on the Plaza
  - Seawolf Plaza

### Fri*: OPT**
- **7:30 - 9:00 AM**
  - Breakfast
  - The Kitchens
- **7:30 AM - 6:30 PM**
  - Noma Nation Orientation
  - Ask Me Anything Tent
  - Seawolf Plaza
- **9:00 AM**
  - The GREAT Seawolf Search!
  - Seawolf Plaza
- **11:00 AM - 1:00 PM**
  - Lunch & Taking Care of Business
  - The Kitchens
- **11:30 AM - 12:30 PM**
  - Academic Meetings with School
    - Arts & Humanities Warren Auditorium, Ives 101
    - Business & Economics Stevenson Hall 2nd Floor
    - Education Stevenson 1108
    - Science & Technology Darwin Lobby
    - Social Sciences Stevenson 1400
    - Undeclared Cooperage 2
- **12:00 - 2:00 PM**
  - Seawolf Club & Campus Resource Fair
  - Seawolf Plaza