Noma Nation Orientation
First Year Student Schedule 23

**Tuesday, August 15th** - (for those living on campus only)

8:00am - 3:00 pm (At 3:30pm, Housing check in will move up to the REACH Office on the Student Center 3rd floor. For the remainder of the week. Orientation Check-in will resume on Wednesday morning at 7:30am in the Recreation Center Denali Gym)

REACH/ Noma Nation Orientation Check-in and Move-in Day
Trione Plaza, Green Music Center
SSU Housing welcomes you as you get ready to make SSU your new home! Come learn about what's to come and how to prepare.

7:30 am - 5:30 pm
Noma Nation Orientation Ask Me Anything Tent
Seawolf Plaza
Have a question during the day or need some help finding something? We have students and staff on hand to answer your questions!

4:30 - 6:30 pm
Dinner on your own
The Kitchens
You can feel free to go to The Kitchens (Student meal plans will be in effect/Parents can pay the per meal price of $15) or head out to one of our many and amazing community partner restaurants! Just be sure to be back in time for your building meetings at 6:30pm in the Student Center Grand Ballroom!

6:30 pm
REACH Building Meetings
Student Center, Grand Ballroom
All students that live on campus are required to attend one building meeting. This is a great time to meet your RA and REACH staff as well as learn about important housing policies and tips to make living on campus successful!
7:30 pm
Beyond The Brochure
Student Center, Grand Ballroom
Join us as we introduce you to the many ways that you can connect with others and make this place your home!

Wednesday, August 16th
7:30 - 9:00 am
Breakfast
The Kitchens
Join us in The Kitchens for an amazing array of culinary delights! We have all your breakfast favorites and more! Check out all the stations when you get there to make sure you know what they offer. Be sure to give yourself enough time to make it up to the ballroom this morning!

7:30 - 10:00 am
Orientation Check-in for Non Residential Transfers, First Time First Years, Parents and Families
Recreation Center, Denali Gym
We welcome our commuters and parents to check in for their orientations today! If you arrive late or have questions, stop by the Noma Nation Orientation Ask Me Anything Tent in the Seawolf Plaza for help

7:30 am - 5:30 pm
Noma Nation Orientation Ask Me Anything Tent
Seawolf Plaza
Have a question during the day or need some help finding something? We have students and staff on hand to answer your questions!

9:30 am
Noma Nation First Year Student Orientation Welcome
Student Center Grand Ballroom
Our official welcome to all new Seawolves and their families. (Parents and Families, to register for your Orientation, CLICK HERE)
10:15 am
The Ultimate Icebreaker!
Person Lawn
We invite all first time first year Seawolves to join us on the lawn for our Playfair Ultimate Ice Breaker. This event will bring the class of 2027 together for the first time and will help you get to know your fellow Seawolves in a fast paced, fun and entertaining way! Hold onto your hats Seawolves!

11:00 am - 1:00 pm
Lunch & Taking Care of Business
The Kitchens
Join us in The Kitchens for an amazing array of culinary delights! From salads, burgers, pizza, to breakfast items, vegetarian/vegan options, our mongolian grille, and of course dessert!, there is something for everyone!! Your nametag color will be your guide as to when your group eats today (your families and parents will be in your timeframe as well). For the rest of your lunch break, feel free to relax and meet new friends or get some campus business done.

1:00 pm
From Me to We
Weill Hall, Green Music Center
Welcome to the Sonoma State University community! Join us in exploring what it means to be part of a community and the opportunities you have to make a positive impact here at Sonoma State University.

2:00 pm
Creating Community and a Sense of Belonging at SSU and Beyond
Weill Hall, Green Music Center
In this presentation students will learn how the Seawolf Commitment Values inform the mission and purpose of the Office of Diversity, Equity and Inclusion and the Office for the Prevention of Harassment Discrimination. Students will also learn about resources, programming efforts, and initiatives provided by both offices.

3:00 pm
First Time First Year Student Panel
Weill Hall, Green Music Center
We know that students want to hear from students, so this is your chance to meet some current Seawolves who transferred to SSU. Don't be shy. Bring your questions.
4:30 pm
SSU 2023 Seawolf Family Photo
SSU Lakes
We always take time to commemorate big events on campus. This is your chance to be part of our SSU 2023 Seawolf Family Photo! Smile and say Cheese!

5:30 - 7:00 pm
Dinner
The Kitchens
Join us in The Kitchens for an amazing array of culinary delights! From salads, burgers, pizza, to breakfast items, vegetarian/vegan options, our mongolian grille, and of course dessert!, there is something for everyone!! Your name tag color will be your guide as to when your group eats for this meal. For the rest of your dinner break, feel free to relax and meet new friends before our first event of the year, Nook and Cranny!

7:00 - 9:00 pm
Nook and Cranny
Student Center/Recreation Center/Seawolf Plaza
Join us for this inaugural event designed to entertain, engage, create shared experiences and to provide you with an idea of what we do here at SSU! We will have things to do in every Nook and Cranny of the Student Center, including live music, trivia, crafts, lobovision SMASH fun, speed friending, food, games, Scavenger Hunt, and if you are looking, you can even find a job at this event! We can’t wait to meet you!

Thursday, August 17th
7:30 - 9:00 am
Breakfast
The Kitchens
Join us in The Kitchens for an amazing array of culinary delights! We have all your breakfast favorites and more! Check out all the stations when you get there to make sure you know what they offer. Be sure to give yourself enough time to make it over to the GMC this morning!

9am
Your Emotional and Mental Health
Weill Hall Green Music Center
More than ever before, we know that students are heading off to college with many anxieties about being away from home, finding their niche and figuring out how to manage their day to day stressors in healthy ways. Today, members from our Counseling and Psychological Services (CAPS) team will be on hand to help give you some tools that you might use to navigate the ups and downs of the coming year, as well as let you know the many resources we have on campus for you. You are not alone!
10:00 am
One Pill Can Kill
Weill Hall, Green Music Center
Michelle Leopold's beautiful boy died on November 17, 2019, in his dorm room at Sonoma State University, after ingesting a street pill that was a lethal dose of fentanyl. His unformed brain caused the neurons to search out a higher high after being introduced to cannabis at age 15 while in high school. He will forever be 18 years old, and their family's life has been irreparably changed by his cannabis use disorder and subsequent choices. Join us as we are introduced to Trevor and to this mother's (and too many other mother's) story, in the hopes that we will make better choices, watch out for one another, know the resources on campus and off, as well as learn how you can get Naloxone (& trained to use it) just in case you are faced with someone you know being in a similar situation.

11:00 am - 1:00 pm
Lunch on the Green
Weill Hall Lawn, Green Music Center
Because we are out at the Green Music Center for the day, we are bringing lunch to you! Grab your boxed lunch and join us on the back lawn where you can mingle with other student leaders, staff and new Seawolves, as well as visit the table for your Academic Schools or Departments to get any questions answers that you may have about additional advising, registration, or just to say hi!

1:00 pm
Empowering Seawolves!
Weill Hall, Green Music Center
Get ready to interact with a team of skilled performance facilitators and actor-advocates to explore topics that are both complex and sensitive. This will be a safe space for discussion; empowering all Seawolves to create their own social change, including bystander intervention knowledge and skill-building.

2:00 pm
Real Talk: Seawolves Talk about Consent and Sexual Assault
Weill Hall Green Music Center
Join our Seawolves to discuss what it's like being a student at Sonoma State University and consent culture.
3:00 pm
Seawolf Self Care Fair
SSU Lakes
At the end of this day, we wanted to give you the option of how you spent your time before dinner and Cultural Night. Options include staying to process as a group or individually with advocates and staff, going on a walk through the butterfly gardens, the Alumni and Holocaust remembrance groves, or taking part in some hands on activities like visiting our petting zoo, therapy dogs, journaling, yoga, plant flowers or just sit and enjoy time talking to others at the Duck Pond.

5:00 - 7:00 pm
Dinner
The Kitchens
Join us in The Kitchens for an amazing array of culinary delights! From salads, burgers, pizza, to breakfast items, vegetarian/vegan options, our mongolian grille, and of course dessert!, there is something for everyone!! Your nametag color will be your guide as to when your group eats for this meal. For the rest of your dinner break, feel free to relax and meet new friends before our first event of the year, Nook and Cranny!

7:00 - 9:00 pm
Culture Night on the Plaza
Seawolf Plaza
Join the HUB Cultural Center as we celebrate culture and community at the Seawolf Plaza Thursday Night Market. This is an opportunity for community gathering and celebration of culture through food, music and dance.

Friday, August 18th
7:30 - 9:00 am
Breakfast
The Kitchens
Join us in The Kitchens for an amazing array of culinary delights! We have all your breakfast favorites and more! Check out all the stations when you get there to make sure you know what they offer.

7:30 am - 6:30 pm
Noma Nation Orientation Ask Me Anything Tent
Seawolf Plaza
Have a question during the day or need some help finding something? We have students and staff on hand to answer your questions!
9:00 am
The GREAT Seawolf Search!
Seawolf Plaza
Work together with your new friends as we venture off into the Great Seawolf Search and you could win some cool new Sonoma Swag and prizes! Along the way you might learn a few new things about campus, create some community with your team and have some fun! Oh yea, and get your very first Noma Nation Gear!!!!

11:00 am - 1:00 pm
Lunch & Taking Care of Business
The Kitchens
Join us in The Kitchens for an amazing array of culinary delights! From salads, burgers, pizza, to breakfast items, vegetarian/vegan options, our mongolian grille, and of course dessert!, there is something for everyone!! Your nametag color will be your guide as to when your group eats today (your families and parents will be in your timeframe as well). For the rest of your lunch break, feel free to relax and meet new friends or get some campus business done.

11:30 am - 12:30 pm
Academic Meetings with School
Arts & Humanities: Warren Auditorium, Ives 101
School of Business & Economics: Stevenson Hall 2nd floor
Education: Stevenson 1108
Science & Tech: Darwin Lobby
Social Sciences: Stevenson 1400
Undeclared: Cooperage 2
Making connections with your faculty is so key to your success in college. This open house meet and greet is an opportunity for students to meet administrators, faculty, and staff within your school and get the lay of the land in your school. If you are undeclared (that’s our biggest major), we’ve got faculty and staff for you to meet as well who can help you to navigate SSU and help you to find your major!

12:00 - 2:00 pm
Seawolf Club and Campus Resource Fair
Seawolf Plaza
Studies show that students who are engaged in clubs, campus activities, and their academic departments are shown to be more successful! Come meet and learn about on-campus clubs/organizations and how you can get involved!
2:00 - 4:00 pm
Love Your Library
Schulz Library
Explore, discover, and find your favorite study spot! Visit the Jean & Charles Schulz Information Center for an informal introduction to services offered in Sonoma State University Library, as well as other student resources housed in the Library. During Love Your Library, you are invited to wander the Library’s three floors, play games, meet students, faculty and staff that are ready to help you succeed by offering places to study, one-on-one-research assistance, connecting you to resources you need, and so much more. We also are hosting a passport/scavenger hunt type of activity to help you find all the amazingness that the Library has to offer you. We look forward to getting to know you while you're here, and what better time to meet than at the open house? See you there!

5:00 - 7:00 pm
Dinner
The Kitchens
Join us in The Kitchens for an amazing array of culinary delights! From salads, burgers, pizza, to breakfast items, vegetarian/vegan options, our mongolian grille, and of course dessert!, there is something for everyone!! Your nametag color will be your guide as to when your group eats for this meal. For the rest of your dinner break, feel free to relax and meet new friends before our first event of the year, Nook and Cranny!

6:45pm
Potentia: New Student Welcome
Seawolf Plaza
Potentia means potential, but also is derived from the word power. This event is about celebrating the sun setting on one chapter of your life and rising on another! Celebrating the idea that with this new chapter, we have the potential to create and/or recreate ourselves and that the power of one, or of a community, to make change and affect the experience of others, is present. This event is about welcoming the new students to campus, but is also about our returning community members coming together with them to commit to Excellence, Integrity, Respect and Responsibility. Come As You Are, Leave A Seawolf

8:00 - 10:00 pm
Associated Students Productions present: DJ on the Green
Person Lawn
Associated Students welcomes you to the 2023-2024 school year! Kick it off at our first event, DJ on the Green. There will be a DJ, lawn games, art station with FREE swag, and color powder fun! For any questions or accommodations, please contact aspevent5@sonoma.edu.
**Saturday, August 19th**

9:00 am - 12:00 pm  
Associated Students’ JUMP Present: Sonoma Serves  
Seawolf Plaza (will move to Copeland Creek for the service work)

Join us to make an IMPACT by participating in Sonoma State’s largest service event of the year! TOGETHER, Sonoma State students and alumni will accomplish work projects that serve our campus and community. This Associated Students event is in partnership with SSU Alumni Engagement. Volunteers will receive free coffee, donuts, and SSU merchandise. Check in will begin at 9:00AM. Volunteers should bring sunscreen, water, comfortable clothes, and closed toe shoes. All work supplies will be provided. **To participate, you must register and complete the required waivers online by 12:00PM on Friday August 18th, 2023.** For any questions or accommodations, please contact asjump@sonoma.edu.

**Sunday, August 20th**

6:00 - 9:00 pm  
Associated Students Productions & Student Involvement Present: Big Nite 23 | 6:00PM-9:00PM | Parking Lot D & South Lawn

**Note: Week of Welcome Event**

SSU’s biggest event of the year is returning! This year we are throwing back to the original Big Nite by sticking to the Seawolf favorites; rides, music, food and more! Join us for carnival classics such as: authentic rides, mini golf, laser tag, and face painting. Then be sure to enjoy some free goodies like funnel cakes, Kona ice, and SSU swag! This is also a great chance to get connected. Make some friends on the DJ dance floor or check out the club fair!

Your SSU student ID gets you a Big Nite wristband for free access to all the rides and attractions. Due to the nature of the Big Nite event this is an SSU student event only.  
Contact mo.phillips@sonoma.edu for more information!