



NOMA NATION ORIENTATION SCHEDULE

FIRST YEAR

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

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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

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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!