Noma Nation Orientation  
Parent & Family Schedule 23

**Tuesday, August 15th** - (Parents whose students are moving into the Residence Halls will check in for Orientation here - info will be with student packet)

9:00 am - 3:00 pm  
REACH Check in and Move-in Day  
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.

4:30 - 6:30 pm  
Dinner on your own  
The Kitchens or surrounding Community  
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 community partner restaurants! Just be sure to be back in time for your building meetings at 6:30pm in the Student Center Grand Ballroom!

**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 over to the Green Music Center 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 their 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 Parent Orientation Welcome
Person Theatre
Our official welcome to all our new Seawolves and their families. (Parents and Families, to register for your Orientation, CLICK HERE)

10:15 am
Your Student’s Emotional and Mental Health
Person Theatre
More than ever before, 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. We know that when our students are stressed, you, as parents and family members, are stressed. We want to give you some tools that you might use to help your student navigate the ups and downs of the coming year, as well as let you know the many resources we have on campus for you and your students.

11 am - 1 pm
Lunch & Parent Workshops (see below)
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!! Parents, your nametag color will be your guide as to when your group eats today (your Seawolves will be in your timeframe as well). For the rest of your lunch, feel free to go to a parent workshop, the bookstore, do some business with your Seawolves, or mingle with the other parents.

11:00 am & 12:00 pm
Spider Session: First Gen
Sonoma Valley Room, Student Center 2nd Floor
Calling all first-generation* families! As a First-gen Forward Institution, Sonoma State understands and supports the unique needs of our first-gen Seawolves. Join this session to learn about the resources available to support your student’s success at Sonoma State!
First-generation: A student whose parent(s)/guardian(s) have not completed a four-year degree.

11:00 am & 12:00 pm
Spider Session: Dean of Students - FERPA
Russian River Valley Room, Student Center 2nd Floor
The Family Educational Rights and Privacy Act (also known as FERPA) affords students certain rights concerning their student educational records. When a student reaches the age of 18 or begins attending a post-secondary institution, regardless of age, FERPA transfers the rights to the student. This limits the student's educational record information that may be released to third parties (including parents and guardians) without the student's permission. Sonoma State University fully complies with FERPA.
During this session with the Dean of Students, Dr. Ryan Jasen Henne, FERPA will be discussed in detail and how we are able to work with the student and their parent(s)/guardian(s), as well as how we use FERPA waivers as appropriate.

11:00 am & 12:00 pm
Spider Session: Disability Services for Students (DSS)
Alexander Valley Room, Student Center 2nd Floor
Join the Director, Brent Boyer, for a discussion on Disability Services for Students (DSS) at Sonoma State University.

1:00 pm
Summer Series Ask Me Anything Follow Up Panel
Person Theatre
You virtually met all of these presenters at the Ask Me Anything Series this past summer. Join us for any last minute questions and to meet them in person. Panelists will include REACH, Seawolf Service Center, Financial Aid, Culinary Services, the SSU Bookstore and Wolfbucks

2:00 pm
Student Health and Wellbeing Panel
Person Theatre
We take our student’s health and wellbeing very seriously. This panel will give you an opportunity to hear about some of the services and supports we provide our students. Panelists will include Rec Center, Police and the Health Center

3:00 pm
Parent Panel
Person Theatre
We know that parents have a lot of questions about things like should their student have a job in their first semester/year?, do you provide any monthly allowance? Or should we let them have the car? This is your chance to ask other Seawolf Parents what they would suggest.
4:30 pm
SSU 2023 Seawolf Family Photo
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 pm
SSU Parent Reception
Wine Spectator Center Patio
Now that the students are off and ready to start their SSU Career, we think it's a good time for you to relax and join other parents, campus staff and faculty as we celebrate you on a job well done in helping them to get here. Sponsored by the SSU Alumni Association and the SSU Parent & Family Association.