



# NOMA NATION ORIENTATION SCHEDULE

TRANSFER

## Noma Nation Orientation Transfer Student Schedule 23

### **Tuesday, August 15th** - (for those Transfer students who are 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 - 9am**

**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 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 Transfer Student Orientation Welcome**

**Weill Hall, Green Music Center**

Our official welcome to all new Seawolves and their families. (Parents and Families, to register for your Orientation, [CLICK HERE](#))

**10:15 am**

**Advising & Transfer Center Welcome**

**Weill Hall, Green Music Center**

The Advising & Transfer Center welcomes you as you embark on your transfer student journey. Come learn about our services and how we can support your success at SSU.

**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**

**Creating Community and a Sense of Belonging at SSU and Beyond**

**Student Center Ballroom**

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

**2:00 pm**

**Making the most of your Transfer Student Experience featuring a Transfer Student Panel**

**Student Center Ballroom**

What makes a “successful” transfer student successful? What challenges do transfer students encounter? Come learn transfer student life hacks and how to make the most of your time at SSU. We also know that you 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 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 nametag color will be your guide as to when your group eats for this meal. For the rest of your 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!

**9:00 am**

**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.