



New Student  
**WELCOME GUIDE**



[NorthernVermont.edu/Welcome](https://NorthernVermont.edu/Welcome)



**Northern Vermont**  
UNIVERSITY

+ + +

# Find your **direction.**

Orientation is the beginning of your Northern Vermont University-Johnson (NVU-Johnson) journey, and we hope it will be the first of many great NVU-Johnson traditions for you. Whether you are a member of the Class of 2023, a transfer student, or an Early College student, your experience at NVU-Johnson is yours to create.

Looking ahead, Fall orientation is three days of events, activities, and opportunities that will introduce you

to student life and resources here. Begin your journey by exploring all that this university has to offer. Try something new, form new friendships, explore the campus, and begin to discover NVU-Johnson. Connect!

This is a special community with so many opportunities for you. Take advantage of all Orientation has to offer as you begin your NVU-Johnson experience.

## **+** WELCOME! FROM THE FIRST-YEAR STAFF

**First Year Experience is here to help guide you through your first year at Northern Vermont University.** We do that by introducing you to the NVU community and inviting you to share your first-year experience with us. Our philosophy is simple, we see each and every student as an individual. We commit to providing you with opportunities and resources to make solid connections and grow roots in the NVU community.

We look forward to meeting and working with you this weekend and beyond. Come by the and see us anytime in Dewey Hall, room 164!

### **MARGO WARDEN**

Director of First-Year Experience  
[Margo.Warden@NorthernVermont.edu](mailto:Margo.Warden@NorthernVermont.edu)

### **EMILY NEILSEN**

Coordinator of FYE Events  
[Emily.Neilsen@NorthernVermont.edu](mailto:Emily.Neilsen@NorthernVermont.edu)

### **TAMMY JOHNSON**

Coordinator of FYE Support  
[Tammy.Johnson@NorthernVermont.edu](mailto:Tammy.Johnson@NorthernVermont.edu)



# Meet your advisors.



**Academic advising helps you identify education and life goals and keeps you on track with your classes.** You'll meet with your advisor numerous times during the academic year, starting at Fall Orientation, to talk about scheduling, course selection, the registration process, your academic progress, and any concerns you may have.



## **RUSS WEIS** | FIRST YEAR ADVISOR

Office: DEW 161 Phone: 635.1330  
[Russell.Weis@NorthernVermont.edu](mailto:Russell.Weis@NorthernVermont.edu)

"The only thing wrong with dreams is if you don't allow yourself to have any. Allow me the privilege of being your dream facilitator, if need be!"



## **LIZI LYON** | EARLY COLLEGE ADVISOR

Office: DEW 157 Phone: 635.1437  
[Elizabeth.Lyon@NorthernVermont.edu](mailto:Elizabeth.Lyon@NorthernVermont.edu)

"Do what you love. If you don't yet know what that is, you have four years (and beyond) to explore. Once you find your passion, use it to make the world a better place."



## **CAITLIN WILKINS** | FIRST YEAR ADVISOR

Office: DEW 162 Phone: 635.1306  
[Caitlin.Wilkins@NorthernVermont.edu](mailto:Caitlin.Wilkins@NorthernVermont.edu)

"If you're feeling lonely or just need to connect, come see us! Your advisor is here to help."



## **BRADY RAINVILLE** | ACADEMIC AND STUDY

AWAY ADVISOR  
Office: DEW 156 Phone: 635.1609

[Brady.Rainville@NorthernVermont.edu](mailto:Brady.Rainville@NorthernVermont.edu)  
"Take advantage of travel experiences while at Johnson and see the world!"

**SCAN QR CODE TO SCHEDULE AN APPOINTMENT WITH YOUR ADVISOR**

**RUSS**



**LIZI**



**CAITLIN**



**BRADY**



# Transfer Advising

**Advising and Registration Center**

Martinetti 114 | 635.1226

Lori Adams, our Transfer Credit Coordinator, works to get maximum transfer credit for your previous coursework and ensure that you can earn your degree in the least amount of time.

Planning the rest of your degree program takes two—you and your academic advisor. Your advisor can answer your questions about the NVU-Johnson degree and policy requirements.

Working closely with your advisor can make your transition to NVU a smooth one.

You have been assigned a faculty advisor in the department of your intended major. You can help by doing your part:

- Review your Transfer Credit Evaluation and Program Evaluation to identify any potential problems early on.
- Schedule an appointment with your advisor. Come prepared with questions and concerns.
- Ask your Orientation Leaders any questions that you may have about being a transfer student at NVU-Johnson.

# Meet your orientation leaders.



**Our team of Orientation Leaders (OLs)** and other upper-level student staff and volunteers have chosen to return early to ease your transition, welcome you to our community, and show you Northern Vermont University's exceptional opportunities.



## ANGELINA BECKETT

Lisbon, NH  
Psychology | 2020  
"Embrace what's uncomfortable, there isn't enough room inside your comfort zone for you to grow."



## CHRYSAL COX

Bennington, VT  
Undecided | 2021  
"If you're interested in something on campus, don't be afraid to go for it."



## PATRICK BELL

Charlestown, RI  
Journalism | 2020  
"Get to know faculty, staff, and other students on campus as they will help you on your path to achieving your goals."



## HEAVEN-LEIGH DERY

Shelby, OH  
History | 2021  
"These four years will pass by within a blink of an eye! Make each year as great as the last one! Try to get involved on campus, too; you'll never know what kinds of spectacular people/professors you'll meet!"



## ZOE CLARK

Oakland, NJ  
Elementary Education | 2022  
"Find people who make you love the person you are. Try new things and don't be afraid to leave your comfort zone. You learn the most about yourself from new experiences."



## ASHLEY DONAHUE

Johnson, VT  
Environmental Science | 2020  
"Always look for opportunities because they are all around you."



## ARTHUR CLAYTON

Lyme, NH  
Pre-Physical Therapy | 2022  
"Enjoy yourself, but make sure to show up to class."



## LILY DUNBAR

Craftsbury, VT  
Biology | 2019  
"Don't get bored! There are so many cool things on campus to take advantage of! Go climb, go watch the Creative Audience, go set up a hammock. You make your own experience."



## NERISSA COOLBETH

Hardwick, VT  
Childhood Education | 2020  
"Don't be afraid to ask for help. There are so many people here that are willing to do what they can to ensure your success!"



## ANAIS DUTTON

Randolph, VT  
Outdoor Education | 2020  
"Join a club, go to campus events, and/or be part of a team! That is how I met most of my friends!"



## KIMBERLY COTIGNOLA

St. Albans, VT  
Psychology | 2020  
"Take every week one day at a time."



## REBECCA FLIEDER

Atkinson, NH  
Journalism and Creative Writing | 2021  
"Everyone has a story that is worth listening to. Listen, and then demand the same respect in kind. Your stories are worth sharing. Your voice is worth being heard"



**DYLAN "SUNNY" GRIFFIN**

Bradford, VT  
Outdoor Education: Therapeutic  
Wilderness & Adventure | 2021  
"Create a 4-year plan with your  
advisor ASAP...15 for 4!"



**JANICE GRIGGS**

Morrisville, VT  
Psychology | 2022  
"Remember to focus on your mental  
health. Always put that first and don't  
be afraid to ask for help if you think  
you need it."



**JACK JEFFERDS**

Madison, WI  
Outdoor Education | 2022  
"Get involved as much as possible!  
You'll make great friends this way and  
expand your interests!"



**KAITLYN MURRAY**

Enosburg Falls, VT  
Childhood Education | 2021  
"Never be afraid to reach out and ask  
for help if you need it."



**LAWSON OUELLETTE**

North Thetford, VT  
Sports Management | 2022  
"Stay on top of your work! Don't be shy  
- people won't get to know you."



**CARLY PARKER**

East Burke, VT  
Childhood Education | 2020  
"Get to know your advisor so you  
feel comfortable asking them for help  
when you need it. Having a good  
relationship with your advisor helps so  
much, and makes your entire college  
experience easier."



**OLIVIA PAYETTE**

Woodbury, VT  
Interdisciplinary Studies | 2021  
"Get out! Meet new people and find  
time for yourself. Don't always stay in  
your room. Do your homework before  
it's due not the day it's due."



**HEATHER PERRY**

Richmond, VT  
Health Sciences & WAM | 2020  
"Don't be afraid to ask questions or  
ask for help. Make a connection with  
your advisor, mentor, professor, or  
staff."



**ISAIAH PERRY**

Brownington, VT  
Creative Writing | 2020  
"A college campus is a community  
of peers and it is a most comfortable  
environment when everyone makes  
an effort to be courteous to each  
other. My advice is to make friends  
and be considerate of the people  
around you."



**DANA PROUTY**

Bennington, VT  
Music Education/Performance | 2020  
"Be yourself, and you'll fit right in!"



**GRACE RITTER**

Mount Desert Island, ME  
Art Education | 2022  
"Put yourself out there. Try new  
things, meet new people, gain new  
knowledge. That's what we're here  
for!"



**MEGAN ROBERTS**

Windsor, VT  
Mathematics w/ Secondary Education  
Licensure | 2021  
"Get involved, learn to manage  
your free time wisely, have fun, and  
remember to always prioritize self-  
care."



**KAYLAH ROBERTSON**

Yulee, FL  
Inclusive Childhood Education | 2021  
"Do something new on campus  
because you can meet new people  
and find something that you might  
love. If you are feeling lost, there are  
so many people to help you."





**ISAAC ROBISON**

Weathersfield, VT  
Business Management | 2021  
"Don't be afraid to go outside your comfort zone."



**CATHERINE "CATIE" ROMAN**

Alexandria, NH  
Inclusive Childhood Education | 2020  
"Get involved on campus! You will meet friends you will have for the rest of your life once you get involved with activities in and out of the classroom!"



**AMANDA ROSALBO**

Randolph, VT  
Psychology | 2022  
"Try new things! It seems scary at the time, but I have met most of my friends and made so many great connections through getting out of my comfort zone."



**KATELYN SHAW**

Morrisville, VT  
Musical Theater and Theater & Drama | 2021  
"Don't be afraid to put yourself out there and pursue your dream!"



**TYHEE "TJ" TAYLOR**

Philadelphia, PA  
Business Sports Management | 2022  
"Stay on top of your school work, be a part of the school's society, and do not procrastinate."



**CONNOR WIER**

Feeding Hills, MA  
Outdoor Education | 2020  
"Brush twice a day, and do your homework."



**KARINA WILLIAMS**

Saranac Lake, NY  
Interdisciplinary Studies w/ a focus on Education | 2020  
"Keep your mental health in check and use the Wellness Center."



**WARREN YOUNG**

Mount Desert Island, ME  
History with Secondary Licensure | 2022  
"Connect with the campus community."



These students have a wide range of experiences. Get to know them.  
**Ask questions!**

# Meet your **First-Year Seminar** faculty.



**In these small, collaborative classes**, geared to first-year students, you'll be with peers who share your interests. It's a challenging but supportive environment to help you adjust to college-level academics and build bonds with your classmates through your first year of college.



## **LEILA BANDAR**

### **Art of the Social Imagination: Cultivating Skills to Work with Others**

Office: DEW 121 Phone: 635-1263  
[Leila.Bandar@NorthernVermont.edu](mailto:Leila.Bandar@NorthernVermont.edu)  
"Stress (discomfort) is a normal part of learning/trying something new -- imagine how many times you fell when you learned to walk."



## **ROSEMARY MODRY**

### **Journaling: Writing in New Territory**

Office: WLLC 324 Phone: 635-1264  
[Rose.Modry@NorthernVermont.edu](mailto:Rose.Modry@NorthernVermont.edu)  
"Do not be afraid to ask questions. Make sure to visit each of your professors during his/her/their office hours."



## **JEFF BICKERSTAFF**

### **Parental Advisory: 20th Century American Censorship**

Office: BEN 334 Phone: 635.1338  
[Jeff.Bickerstaff@NorthernVermont.edu](mailto:Jeff.Bickerstaff@NorthernVermont.edu)



## **BRAD MOSKOWITZ**

### **Deep Survival**

Office: BEN 328 Phone: 635-1423  
[Brad.Moskowitz@NorthernVermont.edu](mailto:Brad.Moskowitz@NorthernVermont.edu)  
"Take risks. Seek adventure. Eat good food. Drink clean water. Discover your connection with others and the natural world, and with a positive mindset, recognize that nothing is out of your reach!"



## **STEVE BLAIR**

### **Songwriting for Beginners: Finding Your Inner Dylan**

Office: DIB 211 Phone: 635.1314  
[Stephen.Blair@NorthernVermont.edu](mailto:Stephen.Blair@NorthernVermont.edu)  
"Create. Find your inner Dylan."



## **GREG PETRICS**

### **Mathematical Puzzles Through History**

Office: BEN 334 Phone: 635.1336  
[Gregory.Petrics@NorthernVermont.edu](mailto:Gregory.Petrics@NorthernVermont.edu)  
"Perseverance is the key to success."



## **KATHLEEN BRINEGAR**

### **Common Book for the Common Good**

Office: McClelland 109 Phone: 635-1472  
[Kathleen.Brinegar@NorthernVermont.edu](mailto:Kathleen.Brinegar@NorthernVermont.edu)  
"Own who you are. Recognize that everyone's college experience is different. Advocate for what you need as a learner and member of our campus community. We want you to feel safe, strong, and supported."



## **RICHARD SHANLEY**

### **Critical Thinking in an Age of Media Confusion**

Office: DEW 161 Phone: 888.2722  
[Richard.Shanley@NorthernVermont.edu](mailto:Richard.Shanley@NorthernVermont.edu)  
"Life is a Marathon. Success is measured one mile at a time."



## **SEAN CLUTE**

### **iMe: Reinventing Yourself in the Digital Age**

Office: BEN 334 Phone: 635.1496  
[Sean.Clute@NorthernVermont.edu](mailto:Sean.Clute@NorthernVermont.edu)



## **TYRONE SHAW**

### **DYSTOPIA: Cautionary Tales of a Nightmarish Future**

Office: WLLC 323 Phone: 635.1394  
[Tyrone.Shaw@NorthernVermont.edu](mailto:Tyrone.Shaw@NorthernVermont.edu)  
"Do not be reluctant to discuss problems you might be having in your courses. Know that here you are cherished."



## **ELIZABETH DOLCI**

### **Pretty or Nasty**

Office: BEN 327 Phone: 635-1482  
[Elizabeth.Dolci@NorthernVermont.edu](mailto:Elizabeth.Dolci@NorthernVermont.edu)  
"Engage, engage, engage. Talk to your professors. And challenge yourself!"



## **MARIS WOLFF**

### **If I Can't Dance - Keep Your Revolution!**

Office: BEN 334 Phone: 635.1318  
[Maris.Wolff@NorthernVermont.edu](mailto:Maris.Wolff@NorthernVermont.edu)



## **ELLEN HILL**

### **A Call to Action**

Office: DEW 171 Phone: 635.1439  
[Ellen.Hill@NorthernVermont.edu](mailto:Ellen.Hill@NorthernVermont.edu)  
"Be ready for a community brimming with opportunities! Welcome to the NVU family!"

# The Road Between Summer SOAR and Fall Orientation Checklist

## ❑ **The Common Book: Read. Reflect. Experience.**

Along with a copy of this year's Common Book, *Long Way Down*, by Jason Reynolds, you should have received a reading guide and an assignment card. These tools are provided to help direct your focus as you read. If you misplace them, please know they are also available on our website at [NorthernVermont.edu/Student-Life/First-Year-Experience/Johnson-First-Year/Common-Reading](http://NorthernVermont.edu/Student-Life/First-Year-Experience/Johnson-First-Year/Common-Reading).

More than 800 members of the NVU community, across both campuses, will be reading *Long Way Down* before Fall Orientation. If you need support or guidance, don't hesitate to reach out to the Office of First-Year Experience by calling 802-635-1474 or emailing [Margo.Warden@NorthernVermont.edu](mailto:Margo.Warden@NorthernVermont.edu) or [Emily.Neilsen@NorthernVermont.edu](mailto:Emily.Neilsen@NorthernVermont.edu).

**Be sure to bring your book, guide, and completed assignment card when you return to us in August!**

## ❑ **Information Literacy: Give the TILT a Whirl – It's required.**

NVU Johnson students must complete The Information Literacy Tutorial (TILT) and score 80% or higher on each of the accompanying quizzes in order to graduate.

You are registered for TILT: GRS 3000- NJ02 for the Fall 2019 semester! TILT and the quizzes are available to students on the VSC Canvas site beginning August 1st.

All students are expected to complete the TILT before returning to campus in August.

## ❑ **Campus Safety: CAMPUS CLARITY**

Student safety, on-campus and on-line continues to be a top priority for us at Northern Vermont University. To help provide a safe and healthy environment for you and your peers, all students are expected to complete an online education and prevention course entitled Think About It.

An email with a link to log into this course will be sent from Michele Whitmore, Associate Dean of Students by August 1st. Course completion takes approximately 2 hours.

Thank you for doing your part in helping to keep our NVU-Johnson community a healthy and safe environment in which to learn, live, work and develop.

You are expected to complete this course by Friday, August 16, 2019.

**For questions about the program, please contact: Michele Whitmore: Associate Dean of Students at [Michele.whitmore@NorthernVermont.edu](mailto:Michele.whitmore@NorthernVermont.edu)**

## ❑ **Immunization Requirement**

Vermont State law requires all students in post-secondary schools to be immunized prior to the academic year or semester in which they are enrolling.

Please submit your immunization form to the Johnson Wellness Center by August 23. Full details regarding this requirement can be found on your new student checklist.

**Questions? Contact The Wellness Center at 802.635.1265.**

## MAKING YOURSELF AT HOME AT NVU-JOHNSON

**What to bring? Where to park? Where to eat? ...and more!**

**Residential Students** [NorthernVermont.edu/Student-Life/Housing-and-Dining/Living-Johnson](http://NorthernVermont.edu/Student-Life/Housing-and-Dining/Living-Johnson)

**Commuter Students** [NorthernVermont.edu/Student-Life/Services/Information-Commuter-Students](http://NorthernVermont.edu/Student-Life/Services/Information-Commuter-Students)

## WE WANT TO HEAR FROM YOU!



### **Follow us on Facebook**

Connect with us for Orientation updates and stay in the know.



### **Follow us on Instagram**

Tag us and share your photos in your favorite NVU-Johnson gear.

# Orientation timeline and highlights

## FALL 2019 MOVE-IN DATES

|                              |                     |                        |               |
|------------------------------|---------------------|------------------------|---------------|
| <b>Fall Varsity Athletes</b> | Saturday, August 17 | 1 p.m. – 3 p.m.        | SHAPE         |
| <b>Bridge Students</b>       | Monday, August 19   | 8 a.m. – 10:30 a.m.    | Dewey 1867    |
| <b>Fall Orientation</b>      | Friday, August 23   |                        |               |
| <b>Residential Students</b>  |                     | 10 a.m. – 1 p.m.       | Dewey Commons |
| <b>Commuter Students</b>     |                     | 11:30 a.m. – 2:30 p.m. | Dewey Commons |

**\* Please check in and pick up your student ID as soon as you arrive. You will need your student ID to move into your residence hall.**

## FRIDAY

**10 a.m.**

### **Residential Student Check-In**

*Dewey Hall*

Please check in to receive an Orientation packet and information to move into your residence hall.

**11:30 p.m.**

### **Commuter Student Check-In**

*Dewey Commons*

**12 p.m.**

### **Lunch**

*Under the Tent*

Please check in to receive an Orientation packet. Lunch will be served until 2 p.m. Programming will begin at 3 p.m. in front of Dibden Center for the Arts.

**2:30 p.m.**

### **Family Farewells**

*On the Quad*

**3 p.m.**

### **NVU Community Gathering and Getting Down to Business**

The class of 2023 will gather in individual orientation groups and travel to Dibden for the official weekend kick-off. College officially begins.

**4:30 p.m.**

### **Residential Students Unpack, Unwind, and Settle In**

Use this time to return to your rooms to settle in a little bit more or stop by the small white tent on the Quad to join in some low-key activities. Orientation Leaders will be on hand to answer your questions. Floor meetings and dinners with your RA and floormates begin at 5 p.m.

### **Commuter Students Commuter Student Reception**

*Dewey Commons*

Join us for light snacks and the chance to get to know the many other transfer and freshman students who are commuting to NVU-Johnson. Learn about campus commuter resources from NVU staff and current students. Take the challenge to explore academic and co-curricular opportunities. Orientation Leaders will be there to take you on a guided walk of your Fall '19 class schedule and answer your questions. Dinner in Stearns is at 5 p.m.

If you made arrangements for overnight accommodations, you may move into your room at this time.

**5 p.m.**

### **Dinner/Floor Meetings**

*Residence Halls/Stearns Dining Hall*



## FRIDAY CONT.

**6:30 p.m.**

### **The NVU Connection – Campus Culture and Expectations**

*Dibden Center for the Arts*

We begin with a formal welcome by Dean of Students, Jonathan Davis, followed by:

**Wellness at NVU** – Meet Director Kate McCarthy and members of the Wellness staff. The Wellness Center is here for you! Their team offers many types of counseling, a relaxation room, light therapy, biofeedback, and occasional visits with therapeutic animals. They can also help you learn more about making medical appointments in Morrisville and can help connect you to the shuttle. Services are confidential and free.

**7 p.m.**

### **Last Call with Bill Ross –**

Bill Ross and Last Call will increase your awareness and sensitivity to tough issues, dispel myths, answer questions, and locate health and educational resources in the NVU-Johnson Community.

Bill has been with us for over a decade of orientations!

**8 p.m.**

### **Badger Bonfire and Candle Lighting**

*South Lawn*

Closing the day together, we will celebrate our common values and our individuality. Connection, s'mores, and tradition!

## SATURDAY MORNING

**9:45 a.m.**

### **Meet your Orientation Group**

*Dibden Center for the Arts*

**10 a.m.**

### **Community Meeting**

#### **Common Reading Initiative**

You will have the opportunity to discuss the themes and your impression of our Common Book – *Long Way Down*, in the supportive space of your small discussion group.

How to bring your best to the discussion:

1. Be prepared to offer your impression of the book. A sentence or two will do! What did you find interesting or new? Insights? Questions?
2. Complete the assignment card by selecting a touchstone, a theme, and at least one relevant passage.
3. Be prepared to read your passage and discuss the ways it connects to the theme you selected.
4. Bring your book and completed card to the group.

**11:30 a.m.**

### **Lunch**

*Stearns Dining Hall*



## SATURDAY AFTERNOON.....

**1 p.m.**

### **Meet your Orientation Group**

#### **An Engaged Community: The Orange Band Initiative (OBI)**

The OBI seeks to inspire conversations about the people, activities, and issues that matter to us.

“What’s your Orange Band?” That is the question and invitation to share what is important to you. Dance? Family? Athletics? Music? Social Issues?

Wear or display your Orange Band to spark conversation during Orientation and beyond. The OBI helps us do the good work of connecting with each other and with this campus. These connections help us to do the important work of building community.

**2:30 p.m.**

### **Get Out**

You have been working hard, so now is the time for some F-U-N! Explore the campus! Connect with students who share your interests! De-stress! Relax! Re-energize! Take a look:

Walk your Schedule · Creative Art and Jewelry Making · Bingo · Board Games · Tie Dye · Pool Time · Lawn Games · Badminton · Hammock Hang Out · Jam Session · Intro to Rugby · Slack Line · Ultimate Frisbee · FROLF · Pick-up Basketball · Explore the Walking Trails · And more!

Check out the Get Out Board in Stearns for details.

## SATURDAY EVENING.....

**5 p.m.**

### **Major Mixer Dinner**

*Stearns Dining Hall*

One of the most commonly asked questions during the first days of college is, “What’s your major?” Take this opportunity to meet students who are in your major or academic department. Grab your dinner, look for your Major Banner, take a seat at the table, and get to know your classmates. Joining you will be upperclassmen and recent graduates eager to give you the inside scoop!

**7 p.m.**

### **Saturday Evening Social Matt LaVore – Astonishment Artist**

*Dibden Center for the Arts*

Experience a miraculous world of magic, mind reading, and hypnosis from world class “Astonishment Artist” Matt LaVore. Don’t miss this unique and entertaining show that is sure to capture your attention and imagination!

**8 p.m.**

### **Big Tent Dance Party**

This is how we celebrate the last full day of Orientation! There is plenty of room under and around the tent to dance, chat, or just hang out! Create fun and lasting memories in our photo booth. Snacks and beverages provided.

**9:30 p.m.**

### **Late Night Movie**

*Stearns Cinema*

## SUNDAY MORNING.....

**9:45 a.m.**

### **Meet your Orientation Group**

*Dibden Center for the Arts*

**10 a.m.**

### **Community Meeting**

Greeting from President Elaine Collins

### **A Matter of Degree Professor Tyrone Shaw**

*Dibden Center for the Arts*

Back by popular demand! Associate Professor of Writing and Literature, Tyrone Shaw, will engage and inspire while sharing the insights he’s gleaned by reflecting on his own educational journey.

**Orientation Group Wrap-up and a Good Look Ahead!** Last Orientation gathering for the Class of 2023. Set your intentions and focus on the days ahead! What do you need to be ready for the first day of class and beyond?



## SUNDAY AFTERNOON

12 p.m.

### Lunch

*Stearns Dining Hall*

Campus offices are open and ready to help you with any additional business or questions.

After the scheduled programming in the morning, you will have the opportunity to get off campus. OLS will be available to guide, assist, and answer! This will be the time to walk your schedule, go for a hike, go into town for last minutes items, and continue mingling with the OLS and your peers.

**Stay tuned for Sunday evening events and activities.**

## MONDAY

### First day of classes!

Stop by the office of FYE in Dewey 164 if you need directions, information, encouragement, or a snack! The door is open, come on in!



## OPENING CONVOCATION AND COMMUNITY PICNIC

Tuesday, August 27 | 11 a.m. - 1 p.m.

**NVU-Johnson formally welcomes you into our academic community.** You will meet your Orientation Leaders at 11 a.m. in the Multi-Gym in SHAPE to process behind bagpipes towards Dibden where you'll be greeted by your faculty advisors, staff, and peers. After a brief welcome from the President and others, join us for a barbecue on the Quad. Note that during this time all classes will not be running so that all students and faculty are available for this event.

## WELCOME WEEK

We can't possibly cover all the things you need to know to be successful at NVU-Johnson during Orientation. That is why we have additional programming during the first week and throughout the first semester to help you acclimate to your new academic home.

**A full schedule of Welcome Week events will be provided at Fall Orientation.**

**REMINDER:** Please remember that you are required to attend an introduction to Creative Audience session during Welcome Week (see your Fall '19 schedule).



# Top Ten Tips

+ **Advice from 'experienced' NVU-Johnson students** – about the things that will help you not just survive, but thrive, in your years at NVU.

1

## GO TO ALL ORIENTATION EVENTS

This is the most fun mandatory event you will attend at college! Orientation is designed to help you transition to your new adventure at NVU. Don't miss out on making connections and hanging out with fellow classmates.

2

## GET ORGANIZED

Organization is essential for your academic success, emotional well-being and happiness. Use a planner, your phone, a big wall calendar or whatever works best to keep track of classes and assignment due dates. Fill out a Course Selection Worksheet to better visualize and plan when you'll study, participate in extracurricular activities, and rest.

3

## GO TO CLASS

Obvious, right? Perhaps, but sleeping in and skipping your 8 a.m. class may be tempting at times. Avoid the temptation! Besides learning important class material, attending class ensures that you receive vital information about what to expect on tests, changes to due dates, and other knowledge essential to your success.

4

## GET INVOLVED ON CAMPUS

For many of us, it takes time to create community and to feel we belong. In addition, a large number of new students experience homesickness. A solution? Join student organizations, clubs or teams. You'll make new friends, learn skills, and feel more connected on campus.

5

## STRIVE FOR GOOD GRADES

Set goals for yourself and then focus on achieving them. Reach out to your professors and take advantage of academic coaching and the library for extra help!





**6**

## **MAKE CONNECTIONS**

Take advantage of this small and interconnected community. Meet your floor mates and classmates. Get to know your advisor, your Residential Life staff, the faculty, and the offices around campus.

**7**

## **FIND A BALANCE**

College life is a mixture of social and academic happenings. Don't tip the balance too far in either direction.

**8**

## **BE PREPARED TO FEEL OVERWHELMED**

There's a lot going on in your life right now. Expect to have moments where it seems a bit too much. Be prepared to feel completely unprepared. The trick is knowing that you're not the only one feeling that way and there is always someone around to help you through it. We are here for you!

**9**

## **SEEK HELP**

Don't go it alone! There are people all over campus who are eager to listen and to help guide you. If you are sick or in need of mental health support, please take advantage of the Wellness Center. Connect with your advisor, who can help you with course conflicts, schedule changes, planning for degree completion and choosing majors and minors. Utilize Academic Support Services and the Office of First-Year Experience.

**10**

## **GO OUTSIDE**

Being in nature boosts your immune system, reduces stress, increases your ability to focus, and improves sleep. So take a break to get a good look at those beautiful mountains and breathe in that fresh, Vermont air.

# Campus Resources

## THE WELLNESS CENTER

**Office Hours:** Monday - Thursday: 9 a.m. - 12 p.m. and 1 p.m. - 4 p.m.; Friday: 9 a.m. - 12 p.m.

**Walk-in Hours:** Monday and Tuesday:  
1 p.m. - 4 p.m.; Wednesday - Friday:  
9 a.m. - 12 p.m.

**Phone 802.635.1265**

Located on the lower level of Senators Hall, the Wellness Center is accessible by separate entrance on the outside perimeter of the building facing the road and parking lot.

The college years are often a time of change and growth. When challenges present themselves, it is often helpful to talk to a caring, professional counselor. We offer free, confidential support and counseling to assist you with personal concerns, problems, or feelings as you transition to and through your new academic home.

### In addition to individual counseling we offer

- *A relaxation room AND a light therapy room where you can hang out and relax.*
- *Visits from therapeutic animals to help make you smile.*
- *Groups! This year our newest group is called "Managing Stress and Anxiety in College." Sign-ups will be available for this*

*group during the first week of school.*

- *Wellness-based activities such as, a weekly Positive Mantra Spinning Ride in SHAPE.*
- *Assistance with setting up medical appointments with our partner Morrisville Family Health Care and connecting you with transportation to Morrisville.*
- *Free condoms, dental dams, and female condoms.*
- *And much more!*

There is no issue too big or too small, and there is no appointment needed during our walk-in hours.

Please follow our Facebook page (Northern Vermont University–Johnson Wellness Center) for our walk-in hours, therapy dog visits and more.

### Tips from the Wellness Center

1. *Keep it simple.*
2. *Get help when you need it.*
3. *Create healthy boundaries with friends.*
4. *Get sleep!*
5. *Make time for self-care.*



From left to right: Dominique, Clinical Intern; John, Clinical Intern; Kate, Director; Carrie, Staff Assistant; Susan, Clinical Intern; Finn, Clinical Counselor

## ACADEMIC SUPPORT SERVICES

### DEWEY HALL

**Office Hours:** Monday - Friday: 9 a.m. - 4:30 p.m.

**Drop-in Coaching Hours:** Sunday - Wednesday:  
6 p.m. - 9 p.m.; No appointment needed.

**Phone 802.635.1259**

Academic Support Services is a haven of collaboration and support, offering the following:

- Academic coaching and tutoring to help you master the subject matter in your courses and take your academic writing to the next level;
- Instruction on improving your study and time management skills;
- Services for students with disabilities;
- Support for first-generation and low income college students.
- Summer Bridge Program – a five-day “pre-Orientation” program of academic support, skill development, and team building for eligible low-income and first-generation students.
- TRIO – national program partially funded by the U.S. Department of Education. As a TRIO participant, you receive support and guidance on all issues related to college life.

Other resources available: Computers in quiet study areas, study skills guides, financial aid advice... snacks!

## THE WILLEY LIBRARY

**Hours:** Monday - Thursday: 9 a.m. - 10 p.m. Friday: 9 a.m. - 4 p.m. Saturday: 12 - 5 p.m. Sunday: 1 - 9 p.m.

**Phone 802.635.1494**

**Email:** Reference-Johnson@NorthernVermont.edu

**Chat (online):**

Libraries.NorthernVermont.edu/Ask-a-Librarian/

### THE WILLEY – What’s in it for you?

#### The Space

- Four floors of welcoming spaces for collaboration and quiet study.
- Great views of campus and beyond.
- Full Wi-Fi coverage.
- Your home away from home!

### Resources

- Books, films, news, scientific research, and more in both digital and print formats.
- Computers for use and laptops for lending.
- Everything you need for academic research and entertainment!

### The People

- Friendly, professional staff to answer your research or IT-related questions.
- Unable to visit the Willey in person? No problem! You can call us, email us, or chat with us online.

## CAMPUS BOOKSTORE FAQs

**Hours:** Monday - Friday: 8:30 a.m. - 4:30 p.m.

**Phone 802.635.1233**

**Email:** 0272mgr@fheg.follett.com

Get your books. Use your books.

### Can I use my financial aid to buy books?

Yes! Once NVU has told the bookstore that you are eligible, you can charge textbooks and school supplies to your student account.

### Why rent my textbooks instead of buying them?

You can save a lot of money by renting your textbooks. You can still highlight and take notes in the books.

### What’s the Price Match program all about?

If you find the same book in the same condition directly sold and shipped from Amazon or Barnes & Noble, we will give you a bookstore gift card for the difference.

### I dropped a class and don’t need the books any more; can I get my money back?

We will refund all of your money until the end of the Add/Drop period, September 9. Textbooks purchased after that date need to be returned within two business days of original purchase for full refund. You must have the receipt and any new books still have to be in new condition.

### **Can I sell my books back at the end of the semester?**

Yes. However you will not receive full price for them. We will give you cash for your books based on their condition and the need for them in the bookstore. We will buy your books even if you did not rent/buy them from us originally.

### **What if I lose my rental book, or forget to return it?**

If you lose or damage the book, you have to pay the bookstore the difference between renting and purchasing the book. This needs to be done before the Friday of Exam Week (December 20). We remind you through email and phone calls to return your book(s) before you leave at the end of each semester. If you forget to do so, your credit card will be charged the full replacement cost, plus a 10% penalty fee.

### **What if I can't afford my book or course materials?**

Speak with your academic advisor or the Office of First-Year Experience to discuss options for obtaining materials required for your coursework.

## **CAREER & INTERNSHIP CENTER**

### **DEWEY HALL**

**Office Hours:** Monday - Friday: 8 a.m. - 4:30 p.m.

**Beth Walsh, M.Ed.,** Director of Career Development

**Phone:** 802.635.1377

**Email:** Beth.Walsh@NorthernVermont.edu

**Ellen Hill, M.Ed.,** Internship Coordinator

**Phone:** 802.635.1439

**Email:** Ellen.Hill@NorthernVermont.edu

It's never too early to start thinking about your career path! The NVU-Johnson Career & Internship Center offers the following:

- One-on-one appointments to discuss major and career choices, internship opportunities, resume and cover letter, setting career goals, and more
- Career exploration activities and a 4-year plan to keep you on track

- Career and internship fairs and events
- Mock interview experience
- Workshops on:
  - Building your resume
  - Finding a job or internship
  - Is grad school right for you?
  - Mastering the interview

## **PUBLIC SAFETY**

### **DEWEY HALL**

**Hours:** Monday - Friday: 10 a.m. - 4 p.m.

**On Call Hours:** 24 hours/day, 7 days/week!

**Phone** 802.635.1205

**Email:** JohnsonSafety@NorthernVermont.edu

Public Safety is here to help ensure a safe and secure environment for all NVU students. All public safety officers are trained and experienced in providing outstanding support and offering assistance with the following:

- Motor vehicle parking registration
- Lost-and-found
- Assistance in lockouts
- ID cards and keys
- Education and training on various security-related issues
- 24-hour security patrol of campus



## RECREATION AND FITNESS AT S.H.A.P.E.

**Hours:** Monday - Friday: 8 a.m. - 10 p.m. Saturday: 10 a.m. - 10 p.m. Sunday: noon - 10 p.m.

**Phone 802.635.1485**

SHAPE welcomes everyone of all fitness levels! Check out these opportunities for wellness, fitness, stress reduction, building community and connections:

- **Fitness Center** – Rowing machines – exercise bikes – weight machines – treadmills – large screen TV’s – air conditioning – and more!
- **Rock Climbing Wall** – Our rock climbing wall is a converted racquetball court filled with artificial rock walls and ropes providing an introduction to rock climbing. We have a dedicated staff who can teach you everything you’ll need to know to have fun and stay safe. And we can provide all the gear you need to climb. If you’re a curious newbie thinking that climbing is way too scary or dangerous – come and try it out! We promise you’ll have a great time.
- **Pool** – Swim for fitness or for fun! Or just splash around! Don’t feel like swimming? Our pool deck offers a unique and warm place to just hang out and take in the mountains and campus views!
- **Group Exercise Classes** – Yoga – spinning – aqua aerobics – Zumba! Did you know we work 30% harder when we work out with friends and have 100% more fun?! Check out our schedule in your Fall Orientation packet.
- **Intramurals** – Get psyched for some friendly competition in kickball, dodgeball, sand volleyball, inner tube water polo, and flag football! Check your Fall Orientation packet for our Fall Intramurals menu and sign up information.

Six reasons you should be part of intramurals fun:

1. Friends
2. Relaxation
3. Exercise
4. Fun
5. Involvement
6. Belonging





**DO  
NORTH.**

[NorthernVermont.edu](http://NorthernVermont.edu)



**Northern Vermont**  
UNIVERSITY

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