

Laurier Student Life



Orientation Week Video

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Welcome to the Laurier Student Life workshop! Today we're going to be talking about some of the changes you'll face when you're entering university, what you should expect in your first few weeks here, and some of the great stuff available to you at Laurier and in the Kitchener Waterloo community.

MOVING IN



LABOUR DAY

A Typical Move-In Day

- 8:00 – Arrive at Laurier – follow volunteers' directions for parking
- 8:15 – Go to registration first
- 8:45 – Then drive to residence
- 8:47 – Swarmed by volunteers! (who will begin unpacking your car and move you in)
- 10:00 – Meet your residence life Don
- Spend time with family and friends; explore campus; have lunch; get anything else you'll need
- 3:00 – Say goodbye; first residence life floor meeting

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Move-in day is an exciting and nerve-wracking time – try to stay positive! It can be very busy because first year students from both UW and Laurier will be moving in. In order to avoid some of the wait time, it's best to get here as early as you can. When you get here, you'll be swarmed by groups of student volunteers who are there to help you move in and take care of you throughout the week. They will direct you straight to registration, where you'll get a laundry bag full of information and free stuff, your O-Week wristband, and if you're living in residence, your residence keys. You'll need your wristband to get into every O-Week activity so don't cut it off!

You'll have some time in the afternoon to spend time with your family and friends, get lunch and explore the campus.

At 3:00 that afternoon, your family and friends will need to leave because that's when your first community meeting will begin. If there's anything you need to pick up or buy, get that before 3:00 pm. In this meeting, you'll learn the residence rules and be given your Residence Handbook- read through this book because these are the rules you're going to have to follow for the next 8 months.

Remember, you'll never have another first day of university, so try to make the most of it! ☺

Move-In Tips

- Don't over pack!
- Bring food with you – it's a long weekend, and stores won't be open
- Don't pack items that aren't allowed
 - Candles
 - Halogen lamps
 - Subwoofers
 - Your own appliances and furniture
 - Beer bottles
- Residence items list

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When you come to residence, don't bring everything you own. There won't be room for it in your room, and packing only what you need will make life much easier. You can always pick up more stuff from home at another time.

Remember that this year, move-in day is on the long weekend – so stores won't be open. If there are supplies you'll need (including snacks), you should bring them with you.

It's also important not to bring things that aren't allowed in your residence building. These include: candles, halogen lamps, sub-woofers, your own appliances and furniture, beer bottles, any illegal items, or alcohol if you're under 19. Check the residence life website for a complete list of what you should bring and what you should leave at home.

Orientation Week



What is O-Week?

- Why should you participate?
 - Connecting to the Laurier community – socially and academically
 - Meeting new people
 - Learning your way around campus
- Alternative O-Week

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Orientation Week is a springboard to life and learning at Laurier. It'll help you connect to your faculty and academics and to the Laurier community, and your peers. The week includes academic sessions, a faculty orientation, social activities, games, team competitions and "Shinerama," Laurier's fundraiser for Cystic Fibrosis.

Over 600 volunteers have committed to being part of the Orientation team! Each residence floor and off-campus student community will be assigned a colour team with a pair of volunteer Ice Breakers (aka "Breakers"). Ice Breakers are upper-year students who will lead you through the week, so feel free to ask them any questions you have! They're trained and knowledgeable, so don't be shy. The entire week is a competition between the four colour teams in different events and team spirit. You'll get more details about O-Week once you arrive in September.

A lot of students make close friends during O-Week, and it's a great way to get to know your floor mates because of all of the things you'll do together. Your floor will also be matched up with a floor from another residence so you can get to know people in other residences. If you are not living on campus you will still be part of a group of LOCUS students who will be paired up with another group!

You can also check out Alternative O-Week, which is run by LSPIRG (a research group on campus). Their sessions and workshops are a fun way to explore diversity and equality on campus, and meet some great people.

It is important to remember that this will be your only O-Week, so make the most of it!

Well-Being

If you're feeling ill or overwhelmed...

- There are many people on campus who are here to help you
- Don't do anything that makes you uncomfortable
- Look after yourself/take breaks when you need them

- Residence Life – Don
- Icebreaker
- ERT – Emergency Response Team

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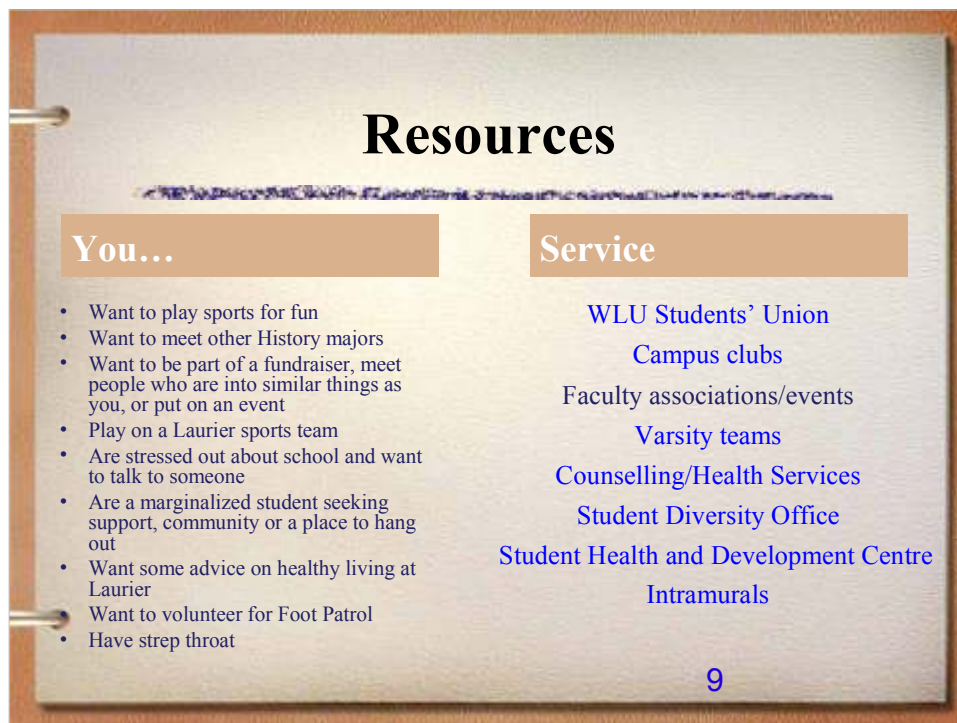
Everybody at O-Week is in the same boat as you, so rest assured you're not alone. There are plenty of resources to help you if you're feeling overwhelmed, ill or homesick. Even after the excitement of O-Week, these resources will still be available to you!

Remember that you don't have to do anything that makes you feel uncomfortable. And if you're feeling unwell, it's okay to take a break. If you need other support, either during or after O-Week, there are plenty of resources available to you.

However, if you need some support particularly during O-Week, your Icebreakers, your residence Don and ERT (the Emergency Response Team) are all there to help you out.

RESOURCES @ WLU





See if you can match up the WLU service to why you might want to seek it out! You can pause this presentation to go through them yourself, and then check and see if you matched them up correctly.

Lets go through them now. Remember that these are only a small portion of the services on campus, and that most of the scenarios we're discussing represent only a portion of what each services does at Laurier.

If you want to play sports for fun, you could look into Intramural sports teams. Intramural teams can also exist within residences, so if you're a student living on campus, you can participate as part of your residence life.

If you want to meet other History majors you could check out the Faculty associations or events associated with the history department. This applies for any major. Many departments have socials and meetings for their students to get to know each other and their profs.

If you want to be part of a fundraiser, meet new people who are into things similar to you, or put on an event, Campus Clubs is a great place to look. They have over 120 clubs you can join that do everything from socials to fundraisers, to discussion groups to campaigns. And you can always start your own!

If you would like to play on a Laurier sports team, you can check out the Varsity teams. Of course, you can also become a part of an Intramural team.

If you are feeling stressed out about school and want to talk to someone, Counselling Services is a great resource. They have people who are there to listen and who are great at helping you navigate the stress of school or anything else that may come up in your life.

If you are a marginalized student on campus seeking support, community or a place to hang out, you could check out the Office for Student Diversity. They have lots of great organizations like the Women's Centre, Association of Black Students, Rainbow Centre and Aboriginal Student Services (among others) that can be a support and a great place to get involved and make friends.

If you want some advice on healthy living at Laurier, check out the Student Health and Development Centre. They have programs and resources about great ways to live up to your potential at Laurier.

If you want to volunteer for Foot Patrol, check out the WLU Student's Union. Foot Patrol is one of the services they offer on the campus.

Lastly, if you have strep throat, Health Services is there to support you. All you need is your health card to check in and start feeling better.

Other Opportunities

- Get Involved Fair – check out campus clubs
- Join up early - volunteers are hired in September
- If you are looking for a job, check out WLUSU's and Career Services' websites

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A great way to connect on the campus is through volunteering. Laurier has very high rates of volunteerism. It's a good way to find out what you're passionate about outside of class, to meet new people and develop new skills. Generally volunteers are hired in early September. You can check out the volunteer fair during O-week to find out about different volunteering opportunities.

Check out campus clubs – there are tons of clubs for every interest and pursuit, and if you can't find one for you, you can form your own!

There are also many jobs available on campus with the Student Union called WLUSU and with numerous departments on campus that are posted on the career services website. Working on campus is a lot more convenient as it is easier to work around your class schedule and eliminates any commute.

RESIDENCE LIFE & LOCUS



For Those Living In Residence

- Get involved in residence
- Residence Life Don
 - Live-in mentor, resource, activity planner
- Rules and expectations
- Don't go home every weekend
- Residence Virtual Tour

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Living in residence can be an incredible experience, but always remember, it is what you make of it. The best piece of advice we can give to you is to be excited about the residence you're in, whether or not it's your first choice. Being active within your residence is a great way to get involved in extra-curriculars and to meet other people.

If you're living in residence, it will be your home for your first year here at Laurier. One of the most valuable resources in your residence will be your don. Your don is an upper-year student who goes through a very selective interview process, and a week of full-time training before you arrive. Dons are a good source of information if you have questions or concerns, and they will help you adapt to university life. Dons live in residence with you, and they plan different activities for your community and your whole building. Your don is there for you, so use him or her!

One thing that residence life stresses is that you are an adult and that you are responsible for your own actions. Your don will cover all of the rules and expectations on move-in day, so don't be intimidated, but be sure to listen and learn the rules so you are able to go through your first year contributing to your residence in a positive way.

While it might be tempting, going home every weekend can actually work against you because a lot of activities happen on the weekends, so staying in Waterloo is a great way to meet people and develop friendships.

A Quick Word About...

- Living Arrangements After 1st Year
 - Don't choose your roommates in October!
 - Apartments/houses will always be available
 - Take your time to choose a suitable living arrangement

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Although this is a topic that you may not think will come up very quickly, many first-year choose their housemates/roommates for second year before midterms of their second semester at Laurier! Our advice: Don't choose your roommates in October! Housing will always be available, and it is perfectly okay to wait until January or February to look for a place or sign a lease. Get to know your floor mates and others that you have become friends with in order to determine who you can live with enjoyably and peacefully, and trust yourself to know what's best for you.

If You Don't Live In Residence

- LOCUS – Laurier Off-Campus University Students
- Each student belongs to a 'Community/Floor' – a virtual residence
- LOCUS Off-Campus Advisor
 - Mentor, resource, activity-planner

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LOCUS stands for Laurier Off-Campus University Student. About 20% of Laurier first-year students don't live in residence. This doesn't mean our off-campus students won't have the same supports that the students in residence have access to. Each LOCUS student is assigned a 'community' similar to a residence floor, with other LOCUS students, and paired with an off-campus advisor. The off-campus advisor is a resource and activity-planner for the first-year students. Each LOCUS off-campus advisor is extensively trained and is a great connection to campus life and resources.

Travel Tips

- Use the Foot Patrol Walksafe program to get to and from campus at night
- Explore on-campus parking options early
- Your OneCard is your bus pass, and your 'key to the city'



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Chances are you will have a night course at some point in your university career. Foot Patrol, a free volunteer-run service that can walk you to and from campus at night. If you live more than 2 km away from campus, they have a van to drive you home.

Student parking on campus is very limited, so it's best to leave your car at home. If you're thinking of bringing your car, do however explore your parking options first. If you can, use public transit.

Your OneCard is your 'key to the city' which acts as your bus pass. The #7 bus route will take you most places you need to go, and there's lots to check out in Waterloo.

K-W Beyond Laurier



Break Out of the Laurier Bubble!

- Explore, see the sites, and discover the hot spots
- Don't stay on campus all of the time
- Respect the surrounding community

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Waterloo is a great city, and we encourage you to explore it as much as you can. As great as Laurier is, it's only a couple of blocks within a much larger area, so don't be afraid to leave campus.

You'll be living in Waterloo for your university career, so it pays to treat it with respect. Get to know your neighbours!

K-W Is A Great Community!

- There are so many things to do!
 - Oktoberfest
 - Centre in the Square
 - Perimeter Institute
 - Maxwell's Music House
 - Kitchener Rangers hockey team
 - Shopping: Waterloo Town Square & Conestoga Mall
 - Waterloo Park & Petting Zoo
 - Kitchener & St. Jacobs farmers markets
 - For more info: www.explorewaterlooregion.com

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We live in a student-centered city, and the night life is very student-friendly. Within walking distance of the campus, there are lots of events and activities to attend! If you hop on the bus, you can explore even more that K-W has to offer.

Click the link in this slide for more information on some of the great things to do in the area.

HEALTHY ACTIVE LIVING



At university, you'll both work hard and play hard. There are a lot of things pulling at you, and it's easy to neglect your health.

You'll Be More Effective If...

- You eat a healthy, balanced diet
 - Student Food Bank
<http://waterloo.wlusu.com/services/foodbank.htm>
- You stay active
 - Use the Athletic Centre – it's free!
- You keep a regular sleep schedule
 - All-nighters aren't your friend!
- Take care of yourself
 - Mentally and emotionally

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If you're eating a healthy, balanced diet you will feel better and have a better chance at succeeding academically. When you're studying for exams or have a lot of papers due, it's easy to fall into the trap of eating junk. You'll have more energy to study if you're eating well. Taking time for meals will give you a much-needed study break and help you focus. Energy drinks and fast food might be convenient, but they won't help you out academically.

Laurier can accommodate any dietary needs such as gluten-free, vegan, Halal, and Kosher. If you have special dietary needs, talk to Food Services. Remember that every school's meal plan is different, so make sure you're familiar with how the OneCard money system works. It's easy to forget what you spend your OneCard money on, so be aware of your spending – the little things add up.

A great resource provided by the Student's Union is the Student Food Bank. If you're running out of money and need some help, you can access it through the student union website. They cater to dietary needs as well. Visit www.wlusu.com for more information.

It's easy to get caught up in your studies, but remember to take time to be active. There are lots of opportunities to stay fit on campus, and there's something for all fitness levels and interests. Intramurals and pick-up games happen all the time, and the gym is free for all students. Check out the Athletic Complex- It's free and your OneCard acts as your pass.

Sleep is essential for you to function well both in and out of class. Keep a steady sleep schedule, and avoid all-nighters if you can.

As busy as your schedule gets it's important to take time for yourself. Know your limits – it's okay to relax when you need to, and it's okay to say 'no' to new commitments.



Summing Up

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Realities of Student Life

- There is no “trick” to university
 - Everyone’s experiences are different
- Being connected to your community will enhance your experience
- Keep things balanced

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There is no “trick” or “short cut” to university. Everyone’s experiences are different, and there is no one thing we can tell you that will make your university experience a success. University is a lot like a roller coaster – there will be high points and there will be low points. Just remember there is always a way to get help, both academically and personally. And the best way to succeed is to live a healthy, balanced lifestyle, which means taking time to both work and relax.



Thank You!

Any Questions?

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If you have any questions, check out our website at www.wlu.ca/headstart. Or contact by email at headstart@wlu.ca.