bLUeprint’s 5 FOUNDATIONS For Student Success

**CREATIVE CURIOSITY** | #curiousLU
Ask big questions, seek mindful solutions, and develop an overall inquisitive outlook on the world.

**IDENTITY DEVELOPMENT** | #whoamILU
Continue to develop into your own unique person, become grounded in your multiple identities, and live out your carefully chosen values and beliefs.

**COLLABORATIVE CONNECTIONS** | #connectLU
Learn to build positive relationships and engage in dialogue, utilizing your personal values and inquisitive outlook as a guide.

**INCLUSIVE LEADERSHIP** | #inclusiveLU
Make decisions, take action, and contribute positively to your communities in ways that are purposeful, socially just, and built on integrity.

**PROFESSIONAL GROWTH and SUCCESS** | #successLU
Utilize your intellectual passions and talents to create and enact a personal definition of success that positively represents you, your profession, and your communities.

*We are thrilled to be a part of your design team as you sketch your way to success.*
ORIENTATION DAY 1
#connectLU

What are you excited or nervous about?

☐ Setup/decorate my room
☐ Make a new friend
☐ Get my Orientation Leader’s cell phone #
☐ Grab some friends in your hall and go to the Residence Hall Rally
☐ Head to Hawk’s Fest for food, giveaways, and fun

What are 3 fun facts about yourself that you can share with others?

1. 

2. 

3.
bLUeprint is...

It will help me be successful by...

ACADEMIC ADVISING PREP

What are some academic goals you want to accomplish?

- □
  
  
  
- □
  
  
  
- □
  
  
  

What do I plan to study?

- □ Major ..............................................................
- □ Minor ..............................................................
- □ Interests .............................................................
- □ Specific Courses .............................................

Questions/concerns to ask my college representative about courses, schedule, etc.

- □
  
  
  
- □
  
  
  

CONTACT INFORMATION

Academic Advisor:

- □ Office Location:
- □ Email:
- □ Times Available:


CAMPUS RESOURCE TOUR

Choose one track, go to each of the locations listed, and have an Orientation Leader or staff representative initial this page at each location. Each office will be hosting introductions to their offices and services beginning at 12:30pm and ending at 3:00pm.

Once you have visited each of the offices in a given track, write a short reflection on the next page explaining how each office relates to the respective foundation and how it will be beneficial for you during your time at Lehigh.

You should then bring your Draft Book with the completed reflection to the Office of First-Year Experience (University Center 112) by **4:00pm on Friday, August 30** to receive 5x10 Foundation credit for your track.

**TRACK 1: CREATIVE CURIOSITY**
- Zoellner Arts Center Performances and Resources
- Linderman Library Special Collections
- Baker Institute for Entrepreneurship and Wilbur Powerhouse & Design Labs
- Lehigh University Art Gallery
- The SOuRCe: Student Organization Resource Room

**TRACK 2: IDENTITY DEVELOPMENT**
- Counseling & Psychological Services
- Health Advancement & Prevention Strategies
- Office of Gender Violence Education & Support
- Title IX Coordinator
- Health & Wellness Center

**TRACK 3: COLLABORATIVE CONNECTIONS**
- Community Service Office
- Student Affairs and Dean of Students
- Disability Support Services
- Office of Fraternity & Sorority Affairs
- University Police

**TRACK 4: INCLUSIVE LEADERSHIP**
- The Pride Center for Sexual Orientation and Gender Diversity
- Center for Gender Equity
- Office of Multicultural Affairs
- The Dialogue Center
- Study Abroad/UN Partnership/Global Union

**TRACK 5: PROFESSIONAL GROWTH & SUCCESS**
- Center for Career & Professional Development
- Center for Academic Success
- Office of Student Conduct
- Lost & Found
- Writing and Math Center
What are a couple places you’ll likely return? Why?

What is one place you did not visit today, but will in the future?
RESIDENCE LIFE:

Your Guide to Living @ Lehigh

RESOURCES

**Gryphon:** mentor and leader whose job it is to promote an inclusive, supportive, and engaging environment on your floor

Name & Contact Information: 

**Head Gryphon** - peer educators and mentors for all the Gryphons, think of them like a team captain for the Gryphons

Name & Contact Information: 

**Assistant Director** - live-in professional Staff who oversees the community, supervises all the Gryphons, and can assist you in your transition to Lehigh

Name & Contact Information: 

Who do I call if I need help?

Gryphon on Duty #: 

LUPD #: 

*Remember:* Gryphons are On-Duty 8:00PM-8:00AM on weekdays and 24/7 on weekends

COMMUNITY

Community Meeting - mandatory meetings led by your Gryphon to bring the community together

G-chats - an individual conversation with your Gryphon twice a semester to check-in

*Remember: you can talk to your gryphon any time!*

Pay attention to information from your Gryphon about programs and events that happen in your residence hall throughout the semester!

Important Policies

- You must be 21 to be in possession of or consume alcohol.
- You are responsible for your behavior and the behavior of your guests.
- See the Code of Conduct to learn about University Rules, regulations, and sanctions. See General Provisions for Occupancy (GPO) to view the rights of all residents and the expectations for all residents occupying University Residence Halls.

Who do I call if I need help?

Gryphon on Duty #: 

LUPD #: 

*Remember:* Gryphons are On-Duty 8:00PM-8:00AM on weekdays and 24/7 on weekends
How will I make the most of my residence hall community?

- 
- 
- 

Something I want to ask my Gryphon...

- 
- 
- 

Locked Out?

**Monday-Friday:**
8:00AM - 5:00PM:
Go to the IDEAL Office (corner of Taylor Street and University Drive) to borrow a temporary key
5:00PM - 8:00PM:
Contact LUPD
8:00PM - 8:00AM:
Call the Gryphon On-Duty

**Saturday or Sunday:**
Call Gryphon on duty (phone number posted in your building).

The first lockout is free of charge.
*There will be fees for subsequent lockouts, so remember your key when you leave your room!

**Important Reminders**

- I added the Gryphon On-Duty number in my phone
- I added the LUPD number in my phone
- I have joined my floor’s GroupMe
- I know the important dates to get involved in Hall Council
- I know how to get in touch with my Gryphon when needed

**Remember:** Lock your door when you are not in your room and when you are sleeping. The most common incidents happen because someone left their door unlocked.
How will you become a part of Lehigh’s community?

Complete the following “I am” statements with characteristics, roles you might have, social identities, or activities you participate in.

Example: I am Muslim. I am creative. I am the first of my family to go to college. I am a soccer player.

I AM...

I AM...

I AM...

I AM...

I AM...

REFLECT

What’s a commitment you can make to our Lehigh community?

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CONSENT IS...

- It sounds enthusiastic, affirmative, positive, specific, sexy
- It looks like a head nod, a smile, a gesture, a wink, a thumbs up
- It smells like pheromones, sweat, lotion, eau de toilette, skin
- It tastes like mouth-watering, chocolate, guacamole, spicy, pizza
- It feels like you're sober, safe, butterflies in your stomach, a cozy sweater, complete

SEX COMMUNICATION AGREEMENT

- Describe what it would look like for you to give consent and how would you communicate that to a partner?

- What signs would you look for to know that you don’t have or can't get consent from a partner?

- How would you intervene as a bystander in an incident of gender violence?

I ________________________________ pledge that as a Lehigh student, I will talk about sex with potential partners, only engage in consensual sex, not violate Lehigh's policies regarding sexual misconduct, and will intervene in situations of gender violence.

Signature: ________________________________
WHO or WHAT has influenced my decision-making?

- 
- 
- 

Has this lead to positive and/or negative experiences?

- 
- 
- 

WHO or WHAT will guide my decisions at Lehigh?

- 
- 
- 

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**MY SUCCESS NETWORK**

Orientation Leader: .................................................................

Gryphon: .................................................................

NavigateLU Faculty/Staff: .................................................................

Academic Advisor: .................................................................

**OFYE:**

Stefanie Burke
Assistant Dean of Students
610-758-1300

**Academic Transitions:**

Katie Robinson
Assistant Dean of Students
610-758-5181
GET INVOLVED AT THE CLUB EXPO!

When: Monday, August 26th @4:00 PM
Where: UC Front Lawn

The Club Expo is one of the biggest events of the entire year with dozens of student organizations, local groups, and community businesses featured. It is a great way to connect your values and interests to the many opportunities at Lehigh.

Clubs I signed up for today:

Club/organization that interested you the most:

What do you hope to gain from getting involved on campus?

List some people you talked to today so you can reach back out later!

Visit lehigh.campuslabs.com/engage/organizations or sign into LINC to view the full Club and Organization Directory.
FIRST DAY OF CLASSES

Get yourself organized! The first week of classes is a chance to start good habits early on.

MY SCHEDULE

MONDAY

Class:
Time:
Location:

Class:
Time:
Location:

Class:
Time:
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Class:
Time:
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Class:
Time:
Location:

What class do you think will be the most challenging? The most interesting?


ABBREVIATION GUIDE

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<th>Code</th>
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Fill in the weekly calendar above to get yourself organized from the very beginning! Use the empty spaces to write in events or meetings (ex. Club Expo, meeting with advisor, etc).

I’m nervous about...  I’m excited to...
NavigateLU

NavigateLU is a 10-week program where you will set goals, develop an action plan, and take the crucial first steps along your pathway to success. You will meet individually with a faculty/staff member twice and meet with your Orientation group.

The 5x10 (5 by 10) program is a part of NavigateLU to help you get acclimated to Lehigh and expose you to the multitude of opportunities that exist on campus. The programs must be in at least three of the Five Foundations of Student Success.

You can find all of the 5x10 program options listed on LINC! We will continue to add programs through the end of September.

**PLAN**

Which one of the Five Foundations do you relate to the most? Why?
(See page 1 for foundation descriptions)

1.  
2.  
3.  
4.  
5.  

You have the opportunity to complete two of your 5x10 programs during Orientation on **Friday, August 23**.

1. The Campus Resource Tour (see page 4)
2. 5x10 Symposium (see page 30 of the Orientation Times)
How can I check what I’ve completed?

1. Log-in to “Connect Lehigh” (connect.lehigh.edu/app/login) and click on “LINC.”
2. Click on the Account Icon in the top right corner of the page.
3. Click on “Paths.” This page will show you your progress, including everything you have attended and items that are still missing.
4. For more information, please reference the 5x10 Guide for First-Year Students on our website!

Which programs did I attend?

REFLECT

Something new I learned about myself through 5x10 programs:

- 
- 
- 
- 

Something new I learned about my peers through 5x10 programs:

- 
- 
- 
- 

Something new I learned about Lehigh through 5x10 programs:

- 
- 
- 
- 

Something I still want to learn more about:

- 
- 
- 
-
Create SMART goals for your first year!
What will success look like to you? Academically? Socially?

**NavigateLU: GOAL SETTING**

**S**pecific
How am I going to accomplish this goal?

**M**easurable
How can you track your progress?

**A**ttainable
Is this a manageable goal?

**R**ealistic
Do you have the ability and resources to reach your goal?

**T**imely
When will you reach your goal?

**FALL SEMESTER GOALS**

☐ ............................................................................................................................

☐ ............................................................................................................................

☐ ............................................................................................................................

☐ ............................................................................................................................

**SPRING SEMESTER GOALS**

☐ ............................................................................................................................

☐ ............................................................................................................................

☐ ............................................................................................................................

☐ ............................................................................................................................

Resources needed to achieve these goals

What barriers might prevent you from achieving these goals? How will you overcome them?

- •
- •
- •
- •

Remember to step back and celebrate your successes!
ACADEMIC AND TUTORING RESOURCES

CENTER FOR ACADEMIC SUCCESS

provides peer tutoring and study skills assistance free of charge.

- **Weekly Tutoring Sessions**
  Sign up for these weekly 2 hour sessions that are free and include a variety of courses. Students are expected to attend on a regular basis after signing up

- **Walk-in Tutoring**
  (no sign-up required). Held in the Center for Academic Success in Williams 451. Walk-in Sessions are open to all students. Come once or come every week!

<table>
<thead>
<tr>
<th>Williams Hall 301</th>
<th><a href="mailto:intutor@lehigh.edu">intutor@lehigh.edu</a></th>
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<tbody>
<tr>
<td></td>
<td>610-758-5181</td>
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<td></td>
<td>studentaffairs.lehigh.edu/success</td>
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MATH STUDY/HELP CENTER

No appointment needed. Come by to receive help in a specific math course.

| Chandler-Ullmann 300 |

WRITING AND MATH CENTER

Schedule a 30 minute appointment or check out their online resources.

<table>
<thead>
<tr>
<th>Drown Hall 110</th>
<th><a href="mailto:incent@lehigh.edu">incent@lehigh.edu</a></th>
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<tr>
<td></td>
<td>610-758-3098</td>
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<td>studentaffairs.lehigh.edu/content writing-math-center</td>
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</table>

RESIDENTIAL STUDYING & TUTORING (RST)

RST weekly sessions encourage students to work collaboratively with peers. Tutors are present during sessions and will answer questions and help guide learning as needed. A number of courses are being tutored in various first year residence halls!

**Calculus and Chemistry Tutoring**
Sundays through Wednesdays 8pm-10pm

<table>
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<th>WHERE</th>
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<tr>
<td><strong>Dravo</strong> - B213 study lounge</td>
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<td><strong>M&amp;M</strong> - 3rd floor study lounge</td>
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<tr>
<td><strong>Upper Cents</strong> - McConn building, 1st floor study lounge</td>
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<td><strong>Lower Cents</strong> - Palmer Building, 1st floor quiet study lounge</td>
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<td><strong>Richards</strong> - 1st floor study lounge</td>
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<td><strong>Taylor</strong> - blue lounge</td>
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<tr>
<td>Visit studentaffairs.lehigh.edu/content/residential-studying-tutoring to find the most up to date information.</td>
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</tbody>
</table>

Highlight the resources that will enhance your success.
TOTAL POPULATION
12,392

RACE AND ETHNICITY BREAKDOWN

- Hispanic or Latino: 30%
- White: 57%
- Black or African American: 6%
- Asian: 4%
- American Indian/Alaska Native: 1%
- Other: 2%

MEDIAN AGE
29

MEDIAN HOUSEHOLD INCOME
$35,336

Top 3 Industries
- Educational, Health and Social Services
- Manufacturing
- Retail Trade

*This information refers to the immediate neighborhoods surrounding Lehigh University only.

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*This information refers to the immediate neighborhoods surrounding Lehigh University only.

9,950 in Labor Force → 8% Unemployment
$24,600 Poverty Line for a family of four → 14% Families below poverty level
$12,060 Poverty Line for an individual → 23% Individuals below poverty level

*From the 2015 American Community Survey
HUNGRY FOR MORE?

Looking to venture out of Lehigh Dining food? Visit the amazing restaurants located in South and North Bethlehem!

*Highlight the places you want to try or have tried already!

All of these locations are listed in a general order of proximity. All the South Bethlehem restaurants are within a walkable distance.

**South Bethlehem**
- Johnny’s Bagels & Deli
- Tulum
- Roasted
- VegOut
- The Goose
- Thai Kitchen
- NYC Village Pizza
- Tasty China
- Sotto Saini
- La Lupita
- Molly’s Irish Grille & Sports Pub
- Subway
- Alexandra’s Bistro
- Nawab Indian Restaurant
- General Zapata
- Campus Pizza
- Jenny’s Kauli
- Rakkii Ramen
- Zest Bar & Grill
- Anna’s Brick Oven Pizza
- Lehigh Pizza
- ShangWei Szechuan
- Domino’s Pizza
- Twenty Four East
- Kuki Chinese
- U & TEA
- Hot Plate Soul Kitchen
- Beyond Juice
- Playa Bowls
- Southside 313 Bar & Grill
- Molinari’s
- El Jefe’s Taqueria

**North Bethlehem**
- Hotel Bethlehem
- The Flying Egg
- Tapas on Main
- Cachette Bistro & Creperie
- Thai Thai II
- Urbano Mexican Kitchen & Bar
- Mama Nina’s
- Touch Thai Restaurant
- Apollo Grill
- Edge
- Twisted Olive
- The Brick
- The Melting Pot
- Billy’s Downtown Diner
- Penn Pizza Bethlehem

What is one new type of cuisine you might try while in Bethlehem?

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________

How has food played a role in your culture or upbringing?

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

— 19 —
EXPLORE THE VALLEY!

Below are some opportunities to learn more about the South and North Bethlehem Area. Some items may require you to purchase tickets or use personal funds. These events are denoted by the $ symbol.

WITHIN WALKING DISTANCE FROM CAMPUS:

• Attend a community festival like Celtic Classic or Oktober Fest
• Visit the shops and restaurants located on Main Street in North Bethlehem with friends
• Attend First Friday Events happening the first Friday of every month in South Bethlehem
• Attend a Banana Factory class ($)
• Go to a concert at Godfrey Daniels
• Take in a show at the Touchstone Theater ($)
• Walk the full length of the Greenway in South Bethlehem
• Take a class at ArtsQuest ($)
• Go on a North Bethlehem Ghost Tour ($)
• Visit the Moravian Bookstore on North Side
• Tour the Sun Inn ($)
• Watch the “Rise and Fall of Bethlehem Steel” video at ArtsQuest ($)
• Attend a performance at Zoellner Arts Center
• Volunteer at a service event, such as Spooktacular
• Head to Mountaintop to bike or hike the trails
• Take a walk on the Hoover-Mason Trestle
• Go to a free concert at SteelStacks

Visit southsideartsdistrict.com for South Bethlehem resources.
Visit discoverleh.org for even more adventures in Bethlehem and beyond!

Nearby events you heard about and want to attend:

1. 
2. 
3. 

Fun facts you learned about Bethlehem:

1. 
2. 
3.
HOW TO GET AROUND

OFF-CAMPUS TRANSPORTATION

 FREE weekend shuttle bus service to the Lehigh Valley Mall and Walmart (sponsored by Student Engagement). studentaffairs.lehigh.edu/activities/shuttlebus

 Enterprise CarShare - rent cars by the hour or by the day! enterprisecarshare.com/lehigh

 Zimride by Enterprise - an online ride-matching service connecting people headed to the same area. zimride.com/Lehigh

 Lehigh and Northampton Transportation Authority (LANTA) - free with your Lehigh ID!

 Trans-Bridge Lines - Travels daily from Bethlehem Transportation Center to New York City, JFK Airport and Newark Airport. They also have weekday service to Philadelphia.

 Greyhound - Travels from the Allentown Bus Station to a multitude of far destinations

ON-CAMPUS TRANSPORTATION

LEHIGH UNIVERSITY BUS TRANSPORTATION SERVICES

 PACKER EXPRESS
  Use this bus to travel around the Asa Packer Campus and Sayre Campus. The route travels around academic buildings, residential halls, and Greek Chapters.

  Hours of Operation:
  • Monday-Friday:
    (1 Bus) 6:30 AM to 8:00 PM
  • Saturday-Sunday:
    Not in service

Zagster Bike Sharing Program
bike.zagster.com/lehigh/

 CAMPUS CONNECTOR
  Use this bus to travel around Asa Packer Campus, Sayre Campus, Mountaintop Campus, and Goodman Campus. The route travels to every Lehigh transit stop possible. It travels around academic buildings, residential halls, Greek Chapters, Iacocca Hall, Building C, IMBT Labs/ATLSS, and Goodman Stadium.

  Hours of Operation:
  • Monday-Friday:
    (5 Buses) 6:30 AM to 8:00 PM
    (2 Buses) 8:00 PM to 2:30 AM
  • Saturday-Sunday:
    (2 Buses) 10:00 AM - 2:30 AM

Track buses in real time at: bus.lehigh.edu or download the LehighU Live App and/or the Hawkwatch App on your phone for easy access to the Lehigh bus schedule and more!
**Things to do/check out:**

- Go to the Club Expo on Monday, Aug. 26th and join clubs that interest you
- Get to know your residence hall and the people on your floor
- Walk around campus and familiarize yourself with building locations
- Attend your first Lehigh Football game at Goodman Stadium on Saturday Aug. 31st
  
  
  
  

**Pro Tip:**

Get to the Club Expo early with an empty stomach and a big bag!

**AUGUST 2019**

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<td>25 Orientation</td>
<td>26 First Day of Class Club Expo 4pm-6pm UC Front Lawn</td>
<td>27</td>
<td>28 NavigateLU Sign-Up Duel</td>
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**MY FIRST WEEK AT LEHIGH WAS...**

**ONE THING I LEARNED SO FAR...**
### SEPTEMBER 2019

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<td>Last Day to add without instructor permission</td>
<td>Labor Day - Classes Held</td>
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<td>6 Last Day to add/drop without a &quot;W&quot;</td>
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**Get Started on the Right Foot!**

**Nervous about your first round of Common Hour exams?**

**Tip:** Visit page 17 to learn about Academic & Tutoring Resources!

**A majority of first-year students report difficulties with time management.**

**Tip:** Write down all of your assignments, quizzes, and exams with due dates on your calendar to plan ahead for busy weeks! You can do this on electronic applications like Google Calendar to easily plan out your days at the tip of your fingers.

---

**Don’t forget to attend NavigateLU meetings and 5x10 programs!**

Visit LINC to view all offered 5x10 events and track your progress.

---

**ONE GOOD HABIT I’M STARTING IS...**
Feeling sick? —

- Take extra preventive actions to stop the spread of flu germs
- Get your flu vaccine! Rite-aid, CVS, and Walgreens all offer flu shots daily. Most insurances accepted.
- Maintain a healthy lifestyle! Wash your hands, prioritize sleep, eat healthy, exercise, and drink lots of water.
- Schedule an appointment with the Health Center located in Johnson Hall.

Visit lehigh.edu/health for more information or call 610.758.3870.

NavigateLU Reminder
Your first 10 weeks at Lehigh are coming to an end...don’t forget to complete your NavigateLU requirements!
- Faculty/staff meetings
- Peer leader meetings
- 5x10 programs

List some highlights from these programs (i.e. making a close friend, learning about ____, etc.)

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# NOVEMBER 2019

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<td>26 Last Day for Hourly Exams</td>
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## LEHIGH TRADITION

During the week of the Lehigh-Lafayette Rivalry, our campus bleeds brown and white! Remember to wear your Lehigh gear and look out for the numerous signs around campus.

## Academic Success Tip

After Thanksgiving Break, there is only one week left of classes before final exams. Make sure to spend time reviewing your notes to help the information stick over the long break!

## THINGS I’M GRATEFUL FOR THIS MONTH:

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## TO DO ITEMS BEFORE FINALS

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Look out for fun destress events in November & December!
### Things to do before you leave campus:

- Unplug all electronic devices in your room.
- Clear out any snacks/food that may spoil.
- Make sure to take your room key and Lehigh ID home with you.
- Lock up your room! Store any valuables in a safe place.

### THIS SEMESTER TAUGHT ME...

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### Final Exams Tip

Studying for all your final exams can get pretty stressful. Remember to take frequent study breaks to eat healthy meals, take a walk, or to clear your head. It’s also important to get enough sleep rather than cram information the night before a final!
### January 2020

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**Important Contacts**

- **Academic Life & Student Transitions** 610.758.4159
- **Center for Gender Equity** 610-758-6484 • incge@lehigh.edu
- **Chaplain’s Office** 610-758-3877 • incha@lehigh.edu
- **Counseling and Psychological Services** 610.758.3880 • incso@lehigh.edu
- **Disability Support Services** 610.758.4152 • indss@lehigh.edu
- **Health and Wellness Center** 610.758.3870 • inluhc@lehigh.edu
- **Registration & Academic Services** 610.758.3200 • ras@lehigh.edu
- **Office of Gender Violence Education and Support** 610.758.1303 • ingves@lehigh.edu
- **Office of Multicultural Affairs** 610.758.5973 • inmca@lehigh.edu
- **Office of the First-Year Experience** 610.758.1300 • fye@lehigh.edu
- **Student Affairs** 610-758-3890 • instuaff@lehigh.edu
- **The Pride Center** 610-758-4574 • pridecenter@lehigh.edu

---

**OVER WINTER BREAK I...**

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- •

**THIS SEMESTER I WANT TO KEEP...**

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- •
- •

**THIS SEMESTER I WANT TO CHANGE...**

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- •
- •
Your CCPD career team has the resources to help you get the most out of your Lehigh experience and beyond. Stop in today to choose the tools that work best for your career journey.

**Join Handshake:** A centralized online platform for all things career - resources, jobs & internships, and more. Create your profile and explore: lehigh.joinhandshake.com.

**Visit Career Lab:** Stop by Monday - Friday, 10AM - 3PM, MG 500 for our walk-in hours. Get to know the center, career coaches, and all of the career tools, assessments, and opportunities that await you!

**Connect:** Learn from alumni who have gone before you, Lehigh Connects, is an alum-to-student individual mentoring platform with over 2000 Lehigh alumni available by phone, messaging, Skype, or in person.

Visit [careercenter.lehigh.edu](http://careercenter.lehigh.edu) for more information!

---

**Center for Career & Professional Development**

**My Summer Plans**

It’s a great time to start thinking about what your summer plans will be. Looking for a summer job, taking classes, finding an internship? Start planning now!

**Ideas:**

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**Action Steps:**

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### MARCH 2020

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#### Get started on your fitness journey!

**Fitness Self Assessment**

- □ Identify your goals ..........................................................
  ..........................................................................................
- □ Identify potential obstacles .............................................
  ..........................................................................................
- □ Fitness activities I enjoy include...
  
  · ....................................................................................
  · ....................................................................................
  · ....................................................................................
- □ Schedule time in your day for exercise (Can you find 30 minutes? Mark it in your calendar!)
- □ Need accountability? Consider group exercise, a workout partner, or even a dance club!
- □ Visit lehighsports.com/recreation to find out about Taylor Gym Fitness Center Hours and a full lineup of fitness classes!

---

#### SPRING BREAK

Whether you are going back home, staying on campus, or traveling somewhere with family or friends, it is important to stay safe over spring break! Remember to be smart and make positive decisions.

#### OVER SPRING BREAK I...

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-29-
Class registration for your fall semester of sophomore year can seem stressful. Make sure to receive your registration pin from your academic advisor and ask questions about your chosen major and/or minors if you have any!

*SOPHOMORE YEAR IS AROUND THE CORNER...*

While the campus might be familiar, your second year will be full of new opportunities and challenges. Think about...

**HOW DO YOU THINK YOUR SOPHOMORE YEAR MIGHT BE DIFFERENT?**

- Selecting a major - who/what are your resources?
- Classes different or more challenging?
- What study skills and time management skills do you want to try?
- Getting more or less involved in clubs or leadership roles? Map this out!
- New roommate or residence hall? Living with friends can be both fun and sometimes challenging! Set some expectations in advance.
As the year comes to an end, it’s time to move out of your residence hall. Every year, Lehigh’s Community Service Office (CSO) collects a multitude of items that will be sold at the Great South Side Sale in June to benefit children and youth programs in South Bethlehem.

**What you can donate:** Clothing and linens, appliances, rugs, cleaning supplies, unopened food, office supplies, furniture, etc.

**Where:** All items/boxes can be placed in the designated area in your residence hall lounge.

Visit [lehigh.edu/moveout](http://lehigh.edu/moveout) for more information!

---

**DONATE IT, DON’T DUMP IT!**

Can you believe it? Your first year at Lehigh is officially coming to an end.

Take a step back to reflect on some of your favorite memories from this year:

- 
- 
- 

**ONE PIECE OF ADVICE THAT I WOULD TELL MY PAST SELF IS...**
**Calculate Your Grade Point Average**

Use this sample chart as an example to fill out yours below! This will help you understand the grades you need to get the GPA you want.

<table>
<thead>
<tr>
<th>Class Name</th>
<th># Credits</th>
<th>Grade</th>
<th>x Point value of grade</th>
<th>= Grade Points</th>
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<tbody>
<tr>
<td>English</td>
<td>3</td>
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<tr>
<td>Math 21</td>
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<td>C</td>
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<td>ENGR 97</td>
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<td>B+</td>
<td>3.3 points</td>
<td>6.6</td>
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<tr>
<td>Physics 11</td>
<td>5</td>
<td>A-</td>
<td>3.7 points</td>
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<td><strong>TOTAL</strong></td>
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\[
\text{Total Grade Points} \quad \frac{= \text{GPA}}{\text{Total # of Credits}} \quad \frac{45.1}{14} = 3.22 \text{ GPA}
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Point values for each grade are...

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<th>Point Values</th>
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**NOW IT’S YOUR TURN!**

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bLUeprinting  
...start designing your Lehigh life today

**Identity Development**
What do you value/believe and how does that guide you through major decisions? What experiences or people have shaped you into the person you are currently, and what are the key things you learned about yourself from those?

**Collaborative Connections**
Who or what do you rely on to support you? What role do you play in teams or groups and how has working with others influenced who you are as a person and how you see others?

**Creative Curiosity**
What do you want to know more about? What is that thing that sparks your interest, the topic you want to learn about in your free time, the experience or topic you want to talk with others about?

**Inclusive Leadership**
What does leadership mean to you? What do you believe your responsibility or role is in caring for, or contributing to a community broadly?

**Professional Growth & Success**
What goals do you have for yourself, big or small, and why are those important to you? What do you need to know or do to begin taking action toward these goals?

---

**bLUeprinting ...in 3 easy steps:**

1. Talk about you...use bullets, write sentences, draw pictures, copy song lyrics—if you can think of a way to capture and express YOU then that is the right way to bLUeprint.

2. Use the above sentences as prompts, or don’t...these are just teasers to get you thinking about what could be key reflections on what has shaped who you are.

3. YOU DO YOU...bLUeprinting is all about you. There is no one way to construct a bLUeprint, each one is unique, just like you are uniquely you and no one else. Make it your own!
CREATE YOUR OWN....
LEHIGH bLUeprint

Design something unique or go online and create your digital bLUeprint at: bLUeprint.lehigh.edu.