DRAFT BOOK

BLUEPRINT YOUR LEHIGH EXPERIENCE

LU

2022-2023 | VERSION 1.10

MY DRAFT BOOK

UNTIL NOW... your journey may have been outlined for you. You may have taken a predetermined path to arrive here at Lehigh.

But this journey is different. This journey is directed by you. The path is yours to create, a blank page full of countless possibilities. You decide what kind of relationships you want, how you will express your values and what success will look like for you. This booklet is yours to record your thoughts, ideas, notes and observations, which may come in the form of written words, doodles, sketches... whatever you conjure up with that creative mind of yours!

This is your opportunity to create your Lehigh experience. We want you to **DISCOVER** the Five Foundations and **EXPLORE** what they mean to you. We want you to **CONNECT** your ideas and experiences, and **APPLY** what you learn to real world issues and situations, but you won't have to do that alone. There are people here to help you design the best possible college and post-college experience. They are all around you – at your orientation, in the residence halls, in offices and student organizations across campus – in short, everywhere! Decide what skills you need to be successful and create your very own success team. Figure out who you want to be and where you want to go in life. Determine your path. Create YOUR bLUeprint to maximize your Lehigh experience.

Here are just a few of the resources and information you may find helpful to continue to return back to in this booklet:

- Orientation Information - Pages 2-10
- Residence Life - Pages 4-5
- NavigateLU - Pages 14-16
- Academic Calendar - Pages 22-41
- bLUeprinting - Pages 43-45

You'll use this booklet throughout your first year specifically during **Orientation**, **navigateLU**, in your **residence halls**, in various involvement opportunities such as clubs and organizations and when you attend programs during the **5x10**. So...the moral of this story is keep your Draft Book handy! You never know when you'll want to jot down a few notes in the moment.

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.

Crafting our Communities with Care

Our Lehigh community is made up of many. You will have the chance to contribute and actively participate in crafting your own communities here. We hope that you will intentionally support and uplift each other with care as you do!

What are you excited or nervous about?

-
-
-

Orientation Day 1 To-Do List:

- ❑ Set up/decorate my room
- ❑ Make a new friend
- ❑ Get my Orientation Leader's cell phone #
- ❑ Learn about safety protocols on campus
- ❑ 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:

RESIDENCE LIFE

Your Guide to Living @ Lehigh

STAFF RESOURCES

Gryphon: A peer student leader whose responsibility is to promote an inclusive, supportive, and engaging environment in your community

Name & Contact Information:

Head Gryphon: A returning gryphon who takes on additional responsibilities in your community, and provides additional support to all of the Gryphons

Name & Contact Information:

Area Supervisor: Your Assistant Director or Graduate Assistant
A live-in staff member who oversees the community, supervises the Gryphons, and can provide additional guidance and support

Name & Office Location:

COMMUNITY NOTES

Community Meetings
Important (and mandatory) meetings led by your Gryphon to share urgent information and discuss community needs/issues/expectations as needed

G-chats - An individual conversation with your Gryphon during the semester to check in and touch base

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 at all times.
- See the University Code of Conduct to learn about the rules, regulations, and sanctions for all students. See the General Provisions for Occupancy (GPO) to view the expectations for those residents living on-campus.

Look out for information about the Residence Hall Association as an immediate way to get involved in program planning and community advocacy!

Who do I call if I need help?

Gryphon On-Duty #:

LUPD #: 610-758-4200

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

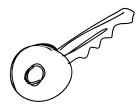
Who are three people I met at my first floor meeting I want to get to know better this semester?

-
-
-

Here are some questions I have for my Gryphon during my first G-Chat meeting:

-
-
-

Locked Out?



Monday-Friday:

7:00AM - 4:45PM:
Go to the IDEAL Office (corner of Taylor Street and University Drive) to borrow a temporary key

4:45PM - 8:00PM:
Contact LUPD

8:00PM - 7:00AM:
Call the Gryphon On-Duty

Saturday or Sunday:

Call the Gryphon On-Duty

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

Important Reminders

- ❑ I know how to get in touch with my Gryphon when needed
- ❑ 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 how to get more information about Hall Council

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.

Need Something Fixed in your Room?

- **Non-Emergency Maintenance**
  Fill out a work order at facilities.lehigh.edu
- **Emergency Maintenance:**
  8:15am-4:30pm: Call the Office of Facilities at 610-758-3940
  After Hours: Leave a message at 610-867-3326

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 (Christmas Saucon 135) by **4:00pm on Friday, August 26** 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
_____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
_____Office of Student Engagement
_____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

5X10

REFLECTION

#lehigh5x10

What are a couple places you'll likely return? Why?

-
-

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

ORIENTATION DAY 3 | #inclusiveLU

At Lehigh we care about your health, safety, and well-being

WHO or WHAT will guide my decisions at Lehigh?

-
-
-

There are many ways to manage your health and well-being.
How will you practice self-care?

(Commit to 3 acts of self-care that you will engage in this year.)

1.
2.
3.

If you need someone to talk to, try:

- **Speaking with your:**
  - → Orientation Leader:
  - → Gryphon:
  - → NavigateLU Faculty/Staff:
  - → Academic Advisor:
- **Signing up for a group workshop through UCPS**
- **Making an appointment for counseling**

Download the Hawkwatch App and click "Support Resources" to learn more about how you can find support all over campus.

This pledge is a personal commitment to help keep all people safe from sexual assault. It is a promise not to be a bystander to the problem, but to be a part of the solution.

I PLEDGE To RECOGNIZE that non-consensual sex is sexual assault. To IDENTIFY situations in which sexual assault may occur. To INTERVENE in situations where consent has not or cannot be given. To CREATE an environment in which sexual assault is unacceptable and survivors are supported.

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

GOVES
The Office of Gender Violence Education and Support

BTS
BREAK THE SILENCE
Peer Educators
Preventing Gender Violence through Health Sexuality

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?
- Where would you go or who would you contact at Lehigh if you have questions about sex/sexuality/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:

What does community at Lehigh mean to you?

During Orientation, you have heard what community means to faculty, staff, and other students at Lehigh. Now, it's your turn!

→ CRAFT YOUR COMMUNITIES AT LEHIGH

- ❑ Join a student organization
- ❑ Form a study group with classmates
- ❑ Meet with your NavigateLU collaborator
- ❑ Talk to people in your Residence Hall
- ❑ Attend a Lehigh After Dark (LAD) event
- ❑ Explore South Bethlehem with someone new
- ❑ Brainstorm your own ways!

1.

2.

3.

4.

5.

GET INVOLVED AT THE CLUB EXPO!

When: Monday, August 22nd @4:00 PM
Where: UC Front Lawn

The Club Expo is one 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.

Download your Event Mobile Pass
Use this to check in at Campus Events

1. Scan this QR code on your mobile device
2. Enter your credentials
3. Save pass to Apple Wallet or Google Play. (works better if you use your phone camera and not Snapchat)

Clubs I signed up for today:

- ❑
- ❑
- ❑
- ❑
- ❑
- ❑

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

Club/organization that Interested you the most:

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

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:
Location:

Class:
Time:
Location:

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

ABBREVIATION GUIDE

	Code	Meaning
Days of the Week	M	Monday
	T	Tuesday
	W	Wednesday
	R	Thursday
	F	Friday
	TR	Tues., Thurs
	MWF	Mon., Wed., Fri.
Academic Buildings	CU	Chandler Ullmann
	CX	Coxe Hall
	CO	Coppee Hall
	DR	Drown Hall
	FR	Fritz Lab
	HST	Health, Science & Technology Building
	LL	Lewis Lab
	MG	Maginnes Hall
	MO	Mohler Building
	NV	Neville
	MU	Mudd Building
	PA	Packard Lab
	RB	Rauch Business Center
	ST	STEPS
	WH	Whitaker Lab
	XS	Christmas Saucon Hall

Supplies Needed?

- ❑
- ❑
- ❑
- ❑
- ❑

MY WEEKLY SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00					
8:30					
9:00					
9:30					
10:00					
10:30					
11:00					
11:30					
12:00					
12:30					
1:00					
1:30					
2:00					
2:30					
3:00					
3:30					
4:00					
4:30					
5:00					
5:30					
6:00					

Fill in the weekly calendar above, or use Google Calendar 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: GOAL SETTING

Complete SMART goals on this page before Meeting 1

What will success look like to you? Academically? Socially?

S — SPECIFIC

How am I going to accomplish this goal?

M — MEASURABLE

How can you track your progress?

A — ATTAINABLE

Is this a manageable goal?

R — REALISTIC

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

T — TIMELY

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!

NAVIGATELU: MEETING 1

My faculty/staff collaborator is...

During NavigateLU, I will...

My first meeting is on...

PLAN

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

5x10's I might want to attend...

1.

2.

3.

4.

5.

What is 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 at least twice and meet with your Orientation group. The 5x10 (5 by 10) program is a part of NavigateLU to expose you to the multitude of opportunities that exist on campus and learn about yourself and the 5 Foundations for Student Success.

NAVIGATELU: 5X10 PROGRAMS

How can I search for events?

1. Log into "Connect Lehigh" and click on "LINC"
2. Click on "Events" on the top left of the page
3. Under categories on the left side of the page, filter by the category "5x10" or one of the 5 Foundations

How can I check what I've completed?

1. Log into Banner and click on Student Services
2. Click on "NavigateLU Progress"
3. Click on "Core Competency Progress"

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:

-
-
-

ACADEMIC AND TUTORING RESOURCES

CENTER FOR ACADEMIC SUCCESS

Group Tutoring:
Sign up for weekly 2 hour group tutoring sessions. Students are expected to attend on a regular basis after signing up.

Walk-in Tutoring:
Walk-in tutoring is available in Williams Hall 451. Come once or come every week!

Residential Tutoring:
Tutors will be available in first-year residence hall lounges to provide assistance in Chemistry and Calculus.

Peer Academic Coaching:
Peer Academic Coaches are undergraduate students who can assist you reach your definition of academic success through on-going conversation around study skills and by providing short-term accountability.

Academic Coaching and Educational Support (ACES)
ACES is a four-week, cohort based academic support program designed to help students reach their academic goals.

Williams Hall 301
intutor@lehigh.edu
610-758-5181
studentaffairs.lehigh.edu/success

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.

Drown Hall 110
incent@lehigh.edu
610-758-3098
studentaffairs.lehigh.edu/content writing-math-center

Highlight the resources that will enhance your success

Tutoring Sessions I want to attend:

SOUTH BETHLEHEM

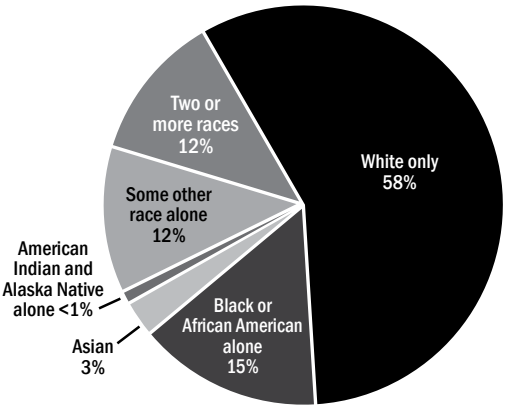
TOTAL POPULATION

12,730

MEDIAN AGE

31

RACE AND ETHNICITY BREAKDOWN



*Additional ACS data shows 45% of individuals in South Bethlehem identifying as Hispanic.

MEDIAN HOUSEHOLD INCOME

$35,668

Top 3 Industries

- Educational Services and Healthcare/Social Assistance
- Manufacturing
- Arts, Entertainment, and Recreation and Accommodation and Food Services

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

5,856 in Labor Force → 7% Unemployment

$27,950 Poverty Line for a family of four → 25% Families below poverty level

$13,590 Poverty Line for an individual → 29% Individuals below poverty level

*From the 2020 American Community Survey

How is Bethlehem and the surrounding area unique from where you are from?

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!

South Bethlehem

- Alexandra's Bistro
- Anna's Brick Oven Pizza
- Beyond Juice
- Cafe the Lodge
- Campus Pizza
- Casa de Campo
- Deja Brew
- Dinky's Ice Cream Parlor & Grill
- El Jefe's
- Flying V
- The Goose
- General Zapata
- Hi Pot
- Hummus House
- Jenny's Kauli
- Johnny's Bagels & Deli
- Kuki Chinese
- La Lupita
- Lehigh Pizza
- Lit Coffee Roastery and Bake Shop
- Molly's Irish Grille and Sports Pub
- Molinari's
- Mr. Lee's Noodles
- Nawab Indian Restaurant
- NYC Village Pizza
- Playa Bowls
- Roasted
- Rakki Ramen
- Southside 313
- Sotto Santi
- Shangwei Szechuan
- Thai Kitchen
- Twenty Four East
- Tulum
- Tasty China
- U and Tea
- Zest Bar and Grille

North Bethlehem

- Apollo Grill
- The Bayou
- Bethlehem Brew Works
- Billy's Downtown Diner
- The Brick
- Cachette Bistro & Creperie
- Edge Restaurant
- The Flying Egg
- Hotel Bethlehem
- Mama Nina's
- The Melting Pot
- Penn Pizza Bethlehem
- Tapas on Main
- Thai Thai II
- Touch Thai Restaurant
- Twisted Olive
- Urbano Mexican Kitchen & Bar
- VegOut Bethlehem
- The Wooden Match

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

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

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.

*Highlight the places you want to visit!

WITHIN WALKING DISTANCE FROM CAMPUS:

- Go to the Farmers Market Thursdays in Farrington Square
- 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 **discoverlehighvalley.com** 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
- **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

For more resources on getting to and from Lehigh visit studentaffairs.lehigh.edu/ofye and click on the resources link.

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 2:30 AM
- Saturday-Sunday:
  (1 Bus) 10:00 AM to 2:30 AM

TRANSLOC

TransLoc will be available for on-demand bus service to all of campus. Download the TransLoc App on your phone.

Hours of Operation:

- Monday-Friday:
  8:00 PM to 11:45 PM
- Saturday-Sunday:
  10:00 AM to 11:45 PM

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:
  (4 Buses) 6:30 AM to 8:00 PM
- Saturday-Sunday:
  No Service. *(TransLoc is available)*

Track buses in real time at: bus.lehigh.edu or download the HawkWatch App and/or the DoubleMap App on your phone for easy access to the Lehigh bus schedule and more!

AUGUST 2022

THE START OF YOUR LEHIGH ADVENTURE!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	1	2	3
7	8	9	10
14	15	16	17
21 **Orientation Day 4** 5x10 Week 1	22 **First Day of Classes** **Club Expo 4pm-6pm**	23	24 NavigateLU Sign-Up Due! Go Greek Event
28 5x10 Week 2	29	30	31

MY FIRST WEEK AT LEHIGH WAS...

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

Goals For the First Week

THURSDAY	FRIDAY	SATURDAY
4	5	6
11	12	13
18 **Orientation Day 1**	19 **Orientation Day 2**	20 **Orientation Day 3**
25	26 Last Day for Web Registration Simplify Your Semester Event	27

Things to do/ check out:

- Go to the Club Expo on Monday, August 22nd 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

One thing I learned so far...

Simplify Your Semester

Make a game plan for your semester goals, assignments & events!

Friday, August 26 from 1:30pm-4:30pm

Fairchild-Martindale Library First Floor Lounge

SEPTEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
4 CAMP HAWK	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28

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

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

Explore Your New Home!

Grab coffee or a meal somewhere new, take a walk on the Greenway or check out the Steel Stacks with a classmate.
(Visit pages 19 & 20 for more ideas)

HOW ARE YOU FEELING? Good OK Not Great

THURSDAY	FRIDAY	SATURDAY
1	2 Last Day to Add/Drop without a "W"	3
8	9 Last Day to Select or Cancel Pass/Fail CAMP HAWK	10 CAMP HAWK
15	16 **Family Weekend 9.16-9.18**	17 Lehigh Football First Home Game
22	23	24
29	30	

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.

What is one aspect of college you think you may need advice for?

Ask someone you meet for advice!

Tip:

ONE GOOD HABIT I'M STARTING IS...

OCTOBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
2 	3	4	5
9 	10 **Pacing Break**	11	12
16 	17	18	19
23 	24	25	26
30	31		

HOW DO YOU PRIORITIZE YOUR HEALTH & WELL-BEING?

THURSDAY	FRIDAY	SATURDAY
		1 Home Football Game vs. Monmouth
6	7 Mid Term Grades Due	8 Home Football Game vs. Fordham
13 **Founder's Day Weekend 10.13-10.16**	14	15
20	21	22 Home Football Game vs. Bucknell
27	28 Last Day to Complete 5x10s	29

Feeling sick?

- Take extra preventive actions to stop the spread of germs. Wash your hands, wear your mask, and maintain 6ft distance from others.
- Get your flu vaccine! Rite-aid, CVS, and Walgreens all offer flu shots daily. Most insurances accepted.
- Maintain a healthy lifestyle! Prioritize sleep, eat healthy, exercise, and drink lots of water.
- Schedule an appointment with the HealthCenter located in Johnson Hall.
- Visit **lehigh.edu/health** for more information or call 610.758.3870.

List some highlights from 5x10 programs *(i.e. learning about ____, etc.)*

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-
-

NOVEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		1	2
6	7	8 **Civic Engagement Day**	9
13	14	15	16
20	21	22	23 **Thanksgiving Break**
27	28	29	30

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:

THURSDAY	FRIDAY	SATURDAY
3	4 Last Day to Withdraw with a "W"	5
10	11	12 Home Football Game vs. Colgate
17	18	19 Lehigh-Lafayette Football Rivalry at Easton
24 **Thanksgiving Break**	25 **Thanksgiving Break**	26

Look out for fun de-stress events in November & December!

TO DO ITEMS BEFORE FINALS

- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑

DECEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
4	5	6 **Final Exams Begin**	7
11	12	13	14 **Final Exams End**
18	19	20	21
25	26	27	28

Final Exams Tip

Studying for all your final exams can get pretty stressful. Remember to take frequent study breaks, eat healthy meals, and get exercise. It's also important to get enough sleep rather than cram information the night before a final!

THIS SEMESTER TAUGHT ME...

WHERE DID YOU FIND COMMUNITY THIS SEMESTER? .....

THURSDAY	FRIDAY	SATURDAY
1	2 **Last Day of Classes**	3
8	9	10
15	16	17 **Final Grades Due**
22	23	24
29	30	31

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 did I reach my goals? why or why not?**

- **I would rate my effort**
  1 2 3 4 5 6 7 8 9 10
- **Next steps:**

JANUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1	2	3	4
8	9	10	11
15	16	17 Panhellenic Recruitment 1.17-1.22	18
22 IFC Recruitment Begins	23 **First Day of Class**	24	25 **Spring Club Expo**
29	30	31	

OVER WINTER BREAK I...

-
-
-

THURSDAY	FRIDAY	SATURDAY
5	6	7
12	13	14
19	20	21
26	27 Last Day for Web Registration	28

THIS SEMESTER I WANT TO KEEP...

-
-
-

THIS SEMESTER I WANT TO CHANGE...

-
-
-

JOIN US FOR A BONDFIRE!

Didn't find your crew yet? Think about joining us at Camp Hawk: Snowed In! More details will be shared this month on our social media & our website at **go.lehigh.edu/camphawk**.

Join Our Team!

The Office of First-Year Experience has a student staff of about 100 students who aid us in achieving our mission to provide support and resources for new students and their families. Learn more about the Orientation Leader & Camp Hawk Counselor roles & apply at **go.lehigh.edu/ofyeapply.**

FEBRUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
			1
5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	

Winter Fun in South Bethlehem

- Go Ice Skating at the Steel Ice Center
- Visit the ArtsQuest Center to see an Oscar-Nominated film or attend a concert
- Find the perfect study spot at our local Bethlehem Coffee Shops
- Try a new restaurant (See page 19 for suggestions)
- Immerse yourself in art at the Banana Factory
- Paint some pottery at Color Me Mine

OTHER IDEAS:

❑

❑

❑

THINKING AHEAD: Start thinking about roommate selection and what lifestyle/ habits are important for you to have in common with the person you live with.

THURSDAY	FRIDAY	SATURDAY
2	3 Last Day to Add/Drop without a "W"	4
9	10 Last Day to Select or Cancel Pass/Fail	11
16	17	18
23	24	25

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:

-
-
-

ACTION STEPS:

-
-
-

Center for Career & Professional Development

Career ready = life ready, below are career resources to get *you* started in your first year. Your career team offers support to help you get the most out of your Lehigh experience & beyond.

Handshake: Our central online career platform – resources on exploring careers, resumes, employer events, workshops & more. Visit: **lehigh.joinhandshake.com**

Career Lab: Our drop-in career Q&A hours. Get to know the career team, career tools, & opportunities that await you! Go to Handshake, Events, & search 'Career Lab' for details.

Connect: Lehigh Connects is an alumni/student online community with Lehigh alumni ready to connect. Talk to a career coach in Career Lab about how to use these connections to explore career options & more - visit **go.lehigh.edu/lehighconnects**

MARCH 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
			1
5	6	7	8
12	13 **Spring Break**	14 **Spring Break**	15 **Spring Break**
19	20	21	22
26	27	28	29

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...

THURSDAY	FRIDAY	SATURDAY
2	3	4
9	10 Mid Term Grades Due	11
16 **Spring Break**	17 **Spring Break**	18
23	24	25
30	31	

Get started on your fitness journey!
Fitness Self Assessment

- ❑ Identify your goals
- ❑ Identify potential obstacles
- ❑ Fitness activities I enjoy include...

Visit lehighsports.com/recreation to find out about Taylor Gym Fitness Center Hours, fitness classes, and more!

- ❑ 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!

APRIL 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
2	3	4	5
9	10	11	12
16	17	18	19
23	24	25	26
30			

GET OUTSIDE! Lehigh's campus is beautiful in spring. Go study outside, or take a study break and explore Bethlehem.

THURSDAY	FRIDAY	SATURDAY
		1
6	7	8
13	14 Last Day to Withdraw with a "W"	15
20	21	22
27	28	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!

Finals Preparation & To Do List:

- ❑
- ❑
- ❑
- ❑
- ❑
- ❑

SOPHOMORE YEAR IS AROUND THE CORNER...

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

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.

MAY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	1	2	3
7	8	9 **Final Exams Begin**	10
14	15	16	17 **Final Exams End**
21 University Commencement Ceremony	22	23	24
28	29	30	31

You've had a year in the Lehigh Community. How have you crafted your communities with care?

How have you been supported? What support might you need going into year 2?

YEAR 2 @LU

Follow @year2atlu on Instagram

for Sophomore events & resources to help you be successful in your second-year!

THURSDAY	FRIDAY	SATURDAY
4	5 **Last Day of Classes**	6
11	12	13
18	19	20 **Grades Due**
25	26	27

DONATE IT, DON'T DUMP IT!

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** or email **inmove@lehigh.edu** for more information!

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.

Class Name	# Credits	Grade	x Point value of grade	= Grade Points
English	3	A	4 points	12
Math 21	4	C	2 points	8
ENGR 97	2	B+	3.3 points	6.6
Physics 11 (With Lab)	5	A-	3.7 points	18.5
TOTAL	14			45.1

$$\frac{\text{Total Grade Points}}{\text{Total \# of Credits}} = \text{GPA} \qquad \frac{45.1}{14} = 3.22\ \text{GPA}$$

Point values for each grade are...

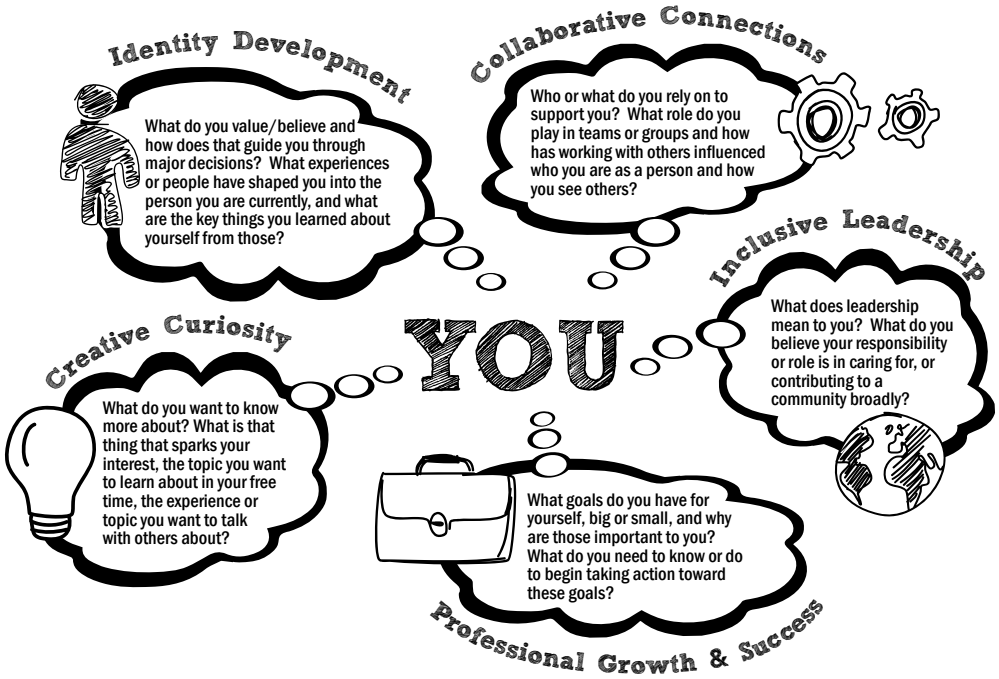
A 4.0
A- 3.7
B+ 3.3
B 3.0
B- 2.7
C+ 2.3
C 2.0
C- 1.7
D+ 1.3
D 1.0
D- 0.7
F 0

NOW IT'S YOUR TURN!

Class Name	# Credits	Grade	x Point value of grade	= Grade Points
TOTAL				

bLUeprinting

...start designing your Lehigh life today



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**.

NOTES

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

bLUeprint LEARNING CYCLE DEFINITIONS

Discover

verb | dis•cov•er | \dis-ˈkə-vər\

The First Phase is Discover.

Discover can defined as to learn or find out. Discover the way you have learned. Discover who you have been and what you have valued and believed. Discover the kinds of relationships you have. Discover who you have been as a member of a diverse community. Discover how you have approached professional growth and defined success.

Explore

verb | ex•plore | \ik-ˈsplȯr\

The Second Phase is Explore.

Explore can be defined as to learn about by trying it. Expand your learned approach, incorporating new learning styles and ways of knowing. Expand your sense of self, incorporating new possible values, beliefs, identities, and ways of being. Expand your approach to relationships, incorporating new communication styles and ways of relating. Expand your role in the community, incorporating principles of leadership, citizenship, service, ethical integrity, and social justice. Expand your approach to professional growth and success to be meaningfully successful at Lehigh.

Connect

verb | con•nect | \kə-ˈnekt\

The Third Phase is Connect.

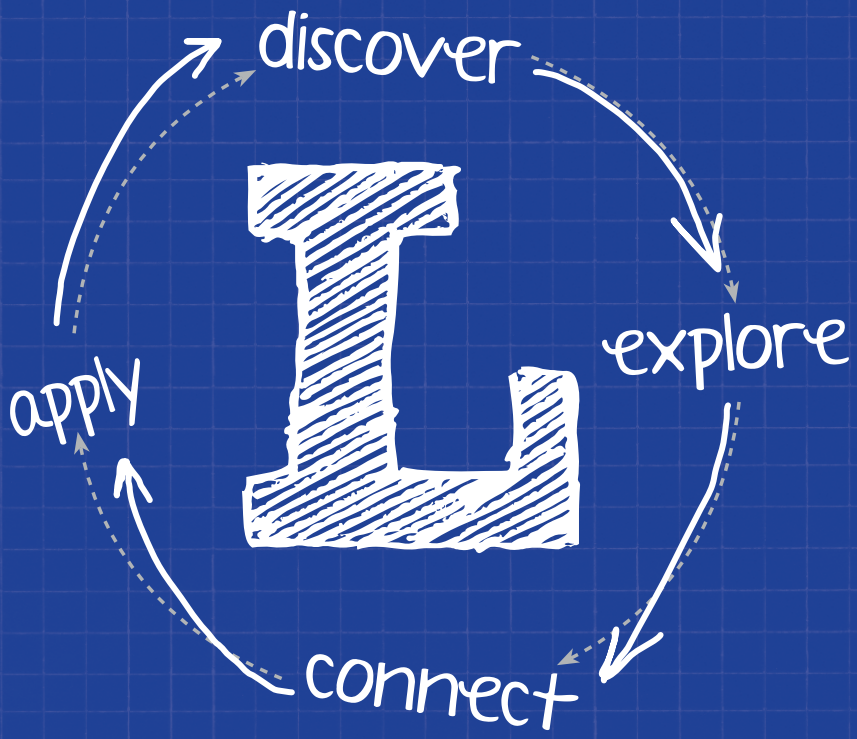
Connect can be defined as to bring together so that a real link is established. Connect your expanded learning approach, your expanded sense of self, your expanded approach to relationships, your inclusive leadership skills and outlook, and your approach to professional growth and success to academic and co-curricular learning.

Apply

verb | ap•ply | \ə-ˈplī\

The Fourth Phase is Apply.

Apply can be defined as to be applicable or relevant. Live out your new learning approach, your new sense of self, your new approach to relationships, your new inclusive leadership approach, and your new approach to professional growth and success at Lehigh and beyond.



THE DRAFT BOOK

IS A COLLABORATIVE EFFORT BY THE DEAN OF STUDENTS OFFICES

blueprint@lehigh.edu