

DRAFT BOOK

bLUeprint your Lehigh Experience

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 how you will make an impact in the community. This booklet is yours to record your thoughts, ideas, notes and observations, which may come in the form of written words, doodles, sketches...whatever makes sense for you!

This is your opportunity to create your 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.

You'll use this book throughout your first-year specifically, and we hope it will be a helpful tool in the start of your bLUeprint journey. Find moments to pause. Think about what you've learned from the everyday experiences. Utilize the Five Foundations to challenge yourself, think about who you are, and who you want to be.

bLUeprint's



5 FOUNDATIONS



CREATIVE CURIOSITY

encourages exploration of new ideas and concepts. Students are empowered to take control of their own learning, and develop the skills necessary to be lifelong learners and innovative problem solvers.



SELF CONCEPT

encourages students to strengthen self-worth by understanding their own identities and values and expressing oneself authentically.



HEALTHY CONNECTIONS

begin with taking care of yourself. Students are encouraged to reflect on their healthy and unhealthy connections, work to identify their own personal needs and boundaries, and understand that for relationships to thrive they take attention and care.



CRITICAL CONSCIOUSNESS

is the ability to understand and analyze societal structures and systems of oppression, and to take action towards social change. We encourage students to recognize and challenge the ways in which systems can perpetuate inequality, injustice and oppression.



STRATEGIC ADAPTABILITY

recognizes that students are navigating in constantly changing environments. Students are encouraged to build skills in problem-solving, flexibility, and decision making by learning from failures and taking risks.

ORIENTATION DAY 1



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 more about health, safety & wellbeing on campus
- Head to the Lehigh After Dark events for food, giveaways, and fun!
-
-
-

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

1.

2.

3.

ORIENTATION DAY 2



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:

Area Supervisor - Your Assistant Director:

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 help build community by making connections with other residents, share information and discuss community needs.



G-chats - An individual conversation with your Gryphon during the semester to check in and touch base. Your Gryphon will reach out to schedule a time to meet with you.



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.
- Remember that Lehigh is a tobacco and smoke free campus. This includes electronic smoking devices.

General Provisions for Occupancy (GPO)



University Code of Conduct



Note: If you have a roommate, you will fill out a roommate agreement together within the first 4 weeks of the semester.



Who do I call if I need help?

The Gryphon On-Duty number:

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

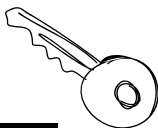
LUPD: Available 24/7
610-758-4200

- Have I met someone so far that I want to make a point of trying to get to know better?
- What do healthy relationships look/sound/and feel like within our community?
- What are some expectations I have for myself and the other members of our new community?
- Do I know what to do if I have a conflict with one of my fellow community members?
- What are some questions I have for my Gryphon during our first G-Chat meeting?

LOCK YOUR DOOR

The most common incidents happen because someone left their door unlocked.
Keep your room secure when you are sleeping or out of your room.

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 find out when a Gryphon is hosting an event

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

Lehigh proudly participates in the national It's On Us campaign



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.

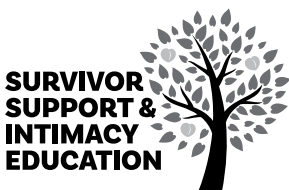
I PLEDGE to RECOGNIZE that non-consensual sex is sexual assault. To **IDENTIFY** situations in which sexual assault may occur. To **INTERVENE** in situations where consent has not or cannot be given. To **CREATE** an environment in which sexual assault is unacceptable and survivors are supported.

CONSENT COULD...

- Sound enthusiastic, affirmative, positive, specific, sexy
- Look like a head nod, a smile, a gesture, a wink, a thumbs up
- Smell like pheromones, sweat, lotion, eau de toilette, skin
- Taste like mouth-watering, chocolate, guacamole, spicy, pizza
- Feel like you're sober, safe, butterflies in your stomach, a cozy sweater, complete

“Lack of sex education leaves young adults without the appropriate language to discuss sex and negotiate consent. Young adults are synthesizing many nuanced factors as they navigate intimate relationships and sexual encounters. The current study highlights the potential value that may be found in teaching young adults how to openly and honestly discuss sex and consent. College students are aware of the issue of consent. Despite this, they continue to rely on nonverbal cues, which leave them particularly vulnerable to miscommunication. Although students are aware of what constitutes sexual consent, they still struggle with the value of verbally asking for consent. When students can explicitly discuss sex with partners, it not only leaves them less vulnerable to potential assault; it also affirms their partners’ desires and humanity.”

DeSipio, B. E., & Pallotti, C. (2023). Sex Communication: The New Consent Education. *Journal of Student Affairs Research and Practice*.



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 sexual misconduct?
- Where would you go or who would you contact at Lehigh if you have questions about sex/sexuality/sexual misconduct?
- As a new Lehigh student how could you contribute to creating a sexually safe and survivor supportive community at Lehigh?

I _____ pledge that as a Lehigh student I will: talk honestly about sex with potential partners; only engage in consensual sex; not violate Lehigh's sexual misconduct policy; intervene in harmful situations; and believe and support survivors of gender based violence."

Signature:



Sex Communication
Workshops at Lehigh

ORIENTATION DAY 3



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.**

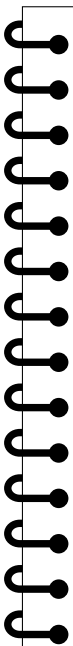
ORIENTATION DAY 4



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 coach
- 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.

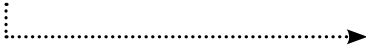
2.

3.

4.

5.

FIRST DAY OF CLASSES



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

My Schedule

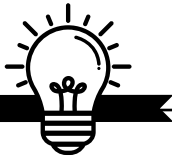
MONDAY

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	BI	Business Innovation Building
	CU	Chandler Ullmann
	CX	Coxe Hall
	CO	Coppee Hall
	DR	Drown Hall
	FR	Fritz Lab
	HE	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 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...

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



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

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				

ACADEMIC AND TUTORING RESOURCES

CENTER FOR ACADEMIC SUCCESS

- **Group tutoring** offers a weekly opportunity to meet with your tutor and peers.
- **Walk-in tutoring** is available in Williams Hall. Come once or come every week!
- **Residential tutoring** staff will be available in first-year residence hall lounges to provide assistance in Chemistry and Calculus.
- **Individual tutoring** allows you to meet one-on-one with a tutor.
- **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 success workshops** are available on a regular basis to help you develop and enhance your metacognition and study skills.
- **The Study Group program** facilitates connections between students who are seeking to form a study group. Simply fill out the form on our website to access the list of participants and start your study group today!

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. The schedule is posted on Mathematics Department's homepage at math.cas.lehigh.edu

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

GET INVOLVED AT THE CLUB EXPO!

When: Monday, August 26th @4:00 PM (Rain Date: 8/27)
Where: Clayton UC Flagpole and Memorial Walkway

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?



Scan to view the full Club
and Organization Directory.
or visit lehigh.campuslabs.com/engage/organizations

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 SUCCESSSES!

NAVIGATELU: MEETING 1

My faculty/staff coach 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...



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.

NAVIGATELU: 5X10 PROGRAMS

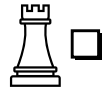
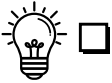
How can I search for events?

1. Log into “Connect Lehigh” and search for “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 “Connect Lehigh” and search for “LINC”
2. Click on your personal icon in the top right corner
3. Click on “Paths”

Which programs did I attend?



REFLECT

**What foundation have I learned the most from?
I learned...**


**What foundation do I want to explore more in the spring semester?
I want to learn...**

Notes

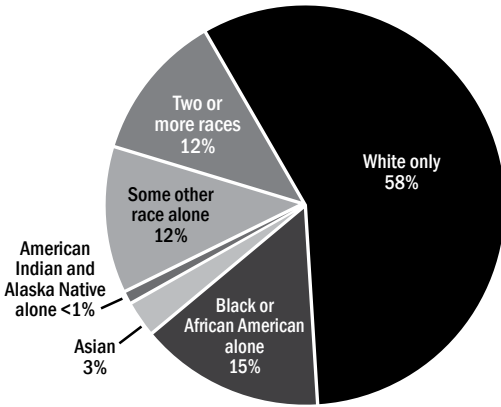
SOUTH BETHLEHEM


 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?

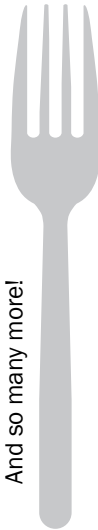
HUNGRY FOR MORE?

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
- Cafe the Lodge
- Campus Pizza
- Casa de Campo
- Cheesy Charlie
- Couchpota.doh! Kitchen
- Deja Brew
- Donerd's Donuts
- El Jefe's
- Flying V
- General Zapata
- The Goose
- Handheldz
- Hi Pot
- Hocaa Bubble Tea
- Johnny's Bagels & Deli
- King Wing
- La Lupita
- Lehigh Pizza
- Lit Coffee Roastery and Bake Shop
- Molly's Irish Grille and Sports Pub
- Mr. Lee's Noodles
- Nawab Indian Restaurant
- NYC Village Pizza
- Playa Bowls
- Rakkii Ramen
- Roasted
- Saxbys
- Shangwei Szechuan
- Sizzling Bites Halal Grill
- Southside 313 Bar & Grille
- Sotto Santi
- Tasty China
- Toastique
- Tulum
- Twenty Four East
- U and Tea
- Wonder Kitchen
- Zekraft



And so many more!

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
- Randevoo (Inside of Lost Tavern Brewing)
- The Melting Pot
- 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 (\$)
- Take the “Rise and Fall of Bethlehem Steel” tour (\$)
- 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 Involvement).
- **Lehigh and Northampton Transportation Authority (LANTA)** - free with your Lehigh ID!
- **Trans-Bridge Lines** - Travels daily from Bethlehem Transportation Center to New York City and Newark Airport.
- **Greyhound** - Travels from Allentown to a multitude of far destinations

For more resources on getting to and from Lehigh visit the OFYE's Getting to and From Lehigh page.

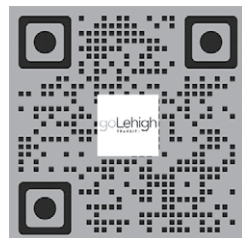


ON-CAMPUS TRANSPORTATION

LEHIGH UNIVERSITY TRANSPORTATION OFFICE



Visit transportation.lehigh.edu for bus routes, bus stops, tracking information, accessibility services and more.



Track buses in real time at: bus.lehigh.edu or download the goLehigh TRANSIT App on your phone for easy access to the Lehigh bus schedule and more! Scan the QR code to download from the Google Play Store or the Apple App Store.

AUGUST 2024

THE START OF YOUR
LEHIGH ADVENTURE!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
18	19	20	21
25 Orientation Day 4 5x10 Week 1	26 First Day of Classes Club Expo 4pm-6pm	27	28 Go Greek Event



THINGS TO DO/CHECK OUT:

- Go to the Club Expo on Monday, August 26th and join clubs that interest you (Rain Date: Tuesday, August 27th)
- Get to know your residence hall and the people on your floor
- Walk around campus and familiarize yourself with building locations



GOALS FOR THE FIRST WEEK

WHAT CLASS ARE YOU MOST LOOKING FORWARD TO?

THURSDAY	FRIDAY	SATURDAY
22 Orientation Day 1	23 Orientation Day 2	24 Orientation Day 3
29	30 Last day for online registration without instructor permission Simplify Your Semester Event	31

How are you feeling about your first week at Lehigh? Excited? Nervous? Anxious? All of the Above? However you are feeling, you are not alone. Remember all of the resources you learned about during Orientation, and all of the faculty, staff, and peers that are here to help! (page 8)

You Got This!

MY FIRST WEEK AT LEHIGH WAS...

Simplify Your Semester

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

**Friday, August 30
from 1:30pm-3:30pm**

Fairchild-Martindale
Library First Floor Lounge
(LTS Circle)

Have Dining & Meal Plan Questions?

Visit the Lehigh Dining Website for:

- First-Year FAQs
- Special Dietary Need options/ Meet with the on-campus Registered Dietitian
- See what locations are currently open
- And more!



SEPTEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1 5x10 Week 2	2	3	4
8 5x10 Week 3	9	10	11
15 5x10 Week 4 CAMP HAWK	16	17	18
22 5x10 Week 5	23 Common Hour Exams 9.23-10.3	24	25
29 5x10 Week 6	30		

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)

THURSDAY	FRIDAY	SATURDAY
5	6 Last day to add online with instructor permission; last day to drop online without a W	7 Lehigh Football First Home Game vs. Wagner
12	13 Deadline to select or cancel Pass/Fail grading CAMP HAWK	14 CAMP HAWK
19	20 Family Weekend 9.20-9.22	21 Home Football Game vs. Princeton
26	27	28 Home Football Game vs. Bucknell

ONE GOOD HABIT I'M STARTING IS...

ONE THING I LEARNED SO FAR...

Nervous about your first round of Common Hour exams?

Tip: Visit page 13 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.

OCTOBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
		1	2
6 5x10 Week 7	7	8	9
13 5x10 Week 8	14 Pacing Break	15	16
20 5x10 Week 9	21	22	23
27 5x10 Week 10	28 Common Hour Exams 10.28-11.7	29	30

Career ready = life ready! Below are two of the many 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.

FALL FUN IN BETHLEHEM! (SEE PAGE 20 FOR MORE IDEAS) ↘

THURSDAY	FRIDAY	SATURDAY
3	4	5
10	11 Mid Term Grades Due	12
17	18	19
24	25	26 Home Football Game vs. Fordham
31		

- Volunteer at Spooktacular
- Check out Oktoberfest at the Steel Stacks
- Go on a ghost tour of North Bethlehem
-
-

.....
Feeling sick?

- Take extra preventive actions to stop the spread of germs. Wash your hands, and consider wearing a mask to protect yourself and others.
- Get your flu vaccine! 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 Health Center located in Johnson Hall.
- Visit lehigh.edu/health for more information or call 610.758.3870.

.....
WHAT ARE 3 WAYS YOU WILL PRIORITIZE YOUR SELF-CARE THIS MONTH?
.....



NOVEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
3	4	5 Civic Engagement Day (No Classes)	6
10	11 Spring Registration Period 11.11-11.14	12	13
17	18	19	20
24	25	26	27 Thanksgiving Break

LEHIGH TRADITION

During the week of the Lehigh-Lafayette Rivalry, our campus bleeds brown and white! Remember to wear your Lehigh gear and get excited for Bed Races, Banners, Ecoflame & so much more!

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
	1 5x10 Requirement Due	2
7	8 Last Day to Withdraw with a "W"	9
14	15	16 Home Football Game vs. Colgate
21	22	23 Lehigh-Lafayette Football Rivalry at Home
28 Thanksgiving Break	29 Thanksgiving Break	30

TO DO ITEMS
BEFORE FINALS

-
-
-
-
-
-

WHAT IS THE DIFFERENCE BETWEEN
INEQUALITY AND INEQUITY?



DECEMBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1	2	3	4
8	9	10 Final Exams Begin	11
15	16	17	18 Final Exams End
22	23	24	25
29	30	31	

Look out for
fun de-stress
events
in December!

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!

WHERE DID YOU FIND COMMUNITY THIS SEMESTER?

THURSDAY	FRIDAY	SATURDAY
5	6 Last Day of Classes	7
12	13	14
19	20	21 Final Grades Due
26	27	28



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?

THIS SEMESTER TAUGHT ME...

SPRING 2025

IMPORTANT DATES

January 15 - 20, 2025 - Panhellenic Recruitment

January 19, 2025 - Interfraternity Council Recruitment Begins

January 20, 2025 - First Day of Class

January 31, 2025 - Last day to add online with instructor permission / to drop online without a W

February 7, 2025 - Deadline to select or cancel Pass/Fail grading

March 7, 2025 - Midterm grades due

March 10 - March 14, 2025 - Spring Break

April 11, 2025 - Last Day to Withdraw with a W

April 14 - 17, 2025 - Summer/Fall Registration

May 2, 2025 - Last Day of Class

May 6 - 14, 2025 - Final Exam Period

May 17, 2025 - Grades Due

May 18, 2025 - Undergraduate Commencement Ceremony

After a year in the Lehigh community, how have you crafted your communities with care?

One piece of advice that I would tell my past self is...

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)
- Paint some pottery at Color Me Mine
-
-

THIS SEMESTER I WANT TO KEEP...

-
-

THIS SEMESTER I WANT TO CHANGE...

-
-

YEAR2@LU

Follow the Year2@LU
Instagram



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

How do you think your sophomore year will be different?

Which foundation do you think you'll grow in next year?

Here are some things to think about as you prepare for sophomore year...

Declaring Your Major

What classes you have enjoyed the most in your first year at Lehigh? Connect with the Center for Career & Professional Development to do more career exploration, talk to Lehigh people in particular fields, and explore more about your strengths and interests.

Getting Involved

It can be hard to get involved in everything you wanted to during your first year, but you still have the chance to explore. Check out LINC for different clubs you can join when you come back to campus in the fall.

Engaging with the Community

South Bethlehem is our home and we hope you get to explore it even more and continue to be good neighbors! Get started through the Community Service Office or explore the SouthSide Arts District!

New Roommate

Time to re-adjust and set new expectations. Living with friends can be fun and can also be challenging. Be sure to discuss expectations with your new roommate(s) so that you all can start off on the right foot.

Utilize your Campus Resources

Lehigh's campus is full of different resources that want to help each and every student, so continue to take advantage of them during your sophomore year!

Attend Looking Forward to Year2@LU in April for more!

Create your bLUeprint



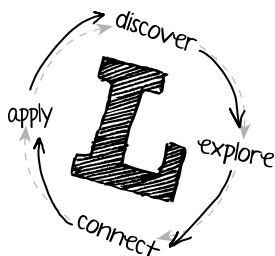
HEALTHY CONNECTIONS

Who are you surrounded by when you feel your best? What about your relationships energize you or hold you back? What does it look like to have empathy for yourself and others in a relationship? What boundaries will be helpful to set for yourself and future relationships?



CRITICAL CONSCIOUSNESS

How have your perspectives and ideologies been challenged since you came to Lehigh? What privileged or oppressed identities that you hold have impacted you here at Lehigh? How will you engage in your community and contribute to a socially just world?



CREATIVE CURIOSITY

What are you passionate about? What's something new you've tried since coming to Lehigh? How do you expose yourself to new ideas? If you could solve one big, real-world problem, what would it be?



SELF CONCEPT

What are your values? What experiences and identities have shaped you? In what spaces and with whom do you feel you can be your most authentic self? How will your decisions align with your values?



STRATEGIC ADAPTABILITY

What makes you feel grounded? What is a challenge you've faced? How did you react and move forward when that challenge presented itself? How will you navigate the unknown and/or failure?

IS THERE A RIGHT WAY TO BLUEPRINT?

No! The questions above are meant to spark some thought. Don't feel confined to this page. Use your ideas and style to come up with something that represents you.

bLUeprint
LEHIGH UNIVERSITY

Notes



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.

CREATE YOUR OWN....

bLUeprint

SEE PAGE 36
FOR PROMPTS
TO GET YOU
STARTED!

Write, draw, or find a unique way to capture and express who you are and your journey learning in the 5 Foundations.



Notes

Important Contacts

Academic Life & Student Transitions

610.758.4159 • inacsup@lehigh.edu

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

Office of the First-Year Experience

610.758.1300 • fye@lehigh.edu

Office of Multicultural Affairs

610.758.5973 • inmca@lehigh.edu

Office of the Registrar

610.758.3200 • ras@lehigh.edu

Office of Student Involvement

610.758.6670 • insi@lehigh.edu

Office of Survivor Support & Intimacy Education

610.758.1303 • inssie@lehigh.edu

Student Access and Success

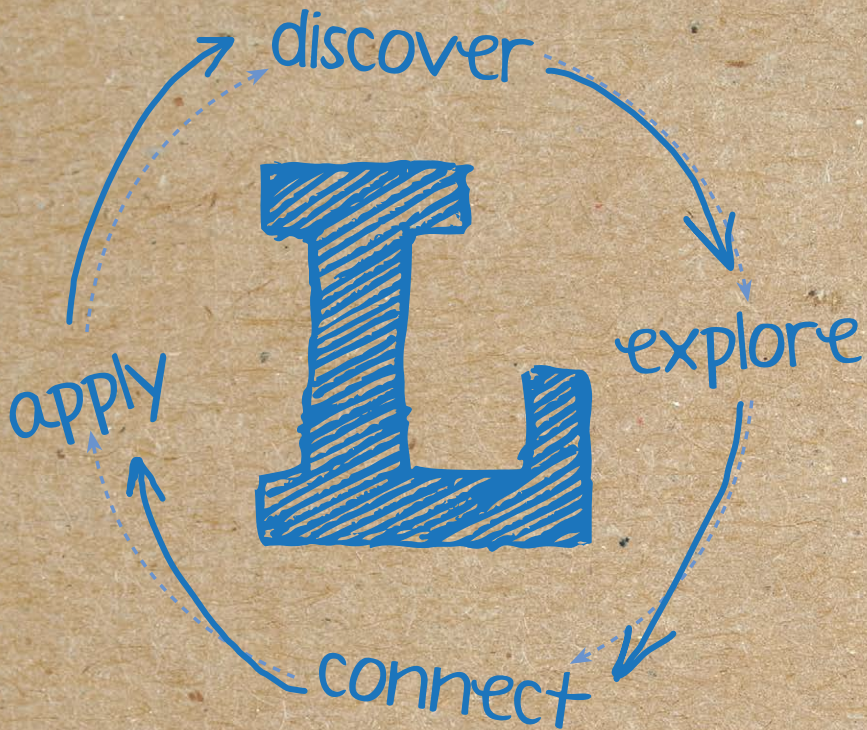
610.758.3034 • inlusas@lehigh.edu

Student Affairs

610.758.3890 • instuaff@lehigh.edu

The Pride Center

610.758.4574 • pridecenter@lehigh.edu



Discover each of the Five Foundations, **Explore** what they mean to you, **Connect** your ideas and experiences, **Apply** what you learn to real world issues and situations