

# 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 and thriving relationships take attention and care. Students are encouraged to reflect on helpful and harmful connections, establish personal needs and boundaries, and practice demonstrating empathy in their care for self and others.



### CRITICAL CONSCIOUSNESS

is about acknowledging, questioning and challenging structural inequities and understanding diverse perspectives. We encourage students to reflect and empower them to become active citizens who engage in collaborative efforts to make positive change in their communities.



### 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 professional staff member who oversees the residential area, 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 make 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.

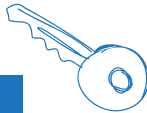
LUPD: Available 24/7  
610-758-4200

## FLOOR MEETING NOTES

### LOCK YOUR DOOR

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

### Locked Out?



#### Monday-Friday:

##### **8:00AM - 8:00PM:**

Contact LUPD

##### **8:00PM - 8:00AM:**

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!

### Floor Meeting Action Items

- ☐ 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](http://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



To recognize harmful norms that escalate into sexual harm and to identify how I've perpetuated them.

To intervene in situations where consent has not or cannot be given.

To join in the conversation about collective responsibility and therefore, collective action in preventing sexual violence.

To create an environment in which survivors are supported and sexual harm cannot be normalized.

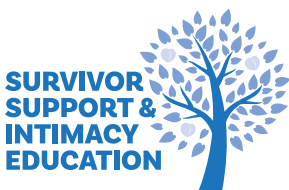
Sign here: \_\_\_\_\_

### 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



**WHO or WHAT will guide my decisions at Lehigh?**

- 
- 
- 

## **BUILDING A LEHIGH FOR EVERYONE**

**with the Office of Inclusive Excellence and Belonging**

**As you think about transitioning from high school to Lehigh University, what are some of your concerns or worries?**

- 
- 
- 



**Why did you make those assumptions about the facilitator? Get curious with yourself! How can you limit making assumptions and create space for more curiosity?**



# 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!

### Ideas for Crafting your Communities at Lehigh

- ☐ Join a student club
- ☐ Form a study group
- ☐ 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
- ☐
- ☐

### How will you manage your health and well-being and practice self-care this year?

- 1.
- 2.
- 3.



**Download the Hawkwatch App and click "Support Resources" to find support all over campus.**

# FIRST DAY OF CLASSES

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

## MONDAY SCHEDULE

Class:

Time:

Location:

Class:

Time:

Location:

Class:

Time:

Location:

Class:

Time:

Location:

## ABBREVIATION GUIDE

	Code	Meaning
Days of the Week	M	Monday
	T	Tuesday
	W	Wednesday
	R	Thursday
	F	Friday
	TR	Tues., Thurs
Academic Buildings	MWF	Mon., Wed., Fri.
	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



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

### 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
<b>TOTAL</b>	<b>14</b>			<b>45.1</b>



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

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
<b>TOTAL</b>				

# ACADEMIC AND TUTORING RESOURCES

## ACADEMIC SUCCESS AND WRITING CENTER

- **Group tutoring** offers a weekly opportunity to meet with your tutor and peers.
- **Individual tutoring** allows you to meet one-on-one with a tutor.
- **Walk-in tutoring** is available for Math, Chemistry, Economics, Engineering, and Physics courses. No appointment is needed.
- **Residential tutoring** staff will be available in first-year residence hall lounges to provide assistance in Chemistry and Calculus.
- **Writing tutoring** is available for any kind of writing at any stage in the writing process.
- **Peer Academic Coaches** are undergraduate students who can assist you in reaching your definition of academic success through on-going conversations 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, study skills, and writing.
- **Online Resources** are available on our website.

**Williams Hall & Drown Hall**  
**intutor@lehigh.edu**  
**610-758-5181**  
**studentaffairs.lehigh.edu/success**



## MATH STUDY/HELP CENTER

The Math Study/Help Center is open to anyone during the weekdays and appointments are not needed. The schedule is posted on the Mathematics Department's website at [math.cas.lehigh.edu/math-study-help-centers](http://math.cas.lehigh.edu/math-study-help-centers)

**Chandler-Ullmann 300**

*Highlight the resources that  
will enhance your success*



# GET INVOLVED AT THE CLUB EXPO!

When: Monday, August 25th @4:00 PM (Rain Date: 8/26)  
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](https://lehigh.campuslabs.com/engage/organizations)

# CAREER AND FUTURE READY

The **Lehigh360 Database** allows you to sort through the many signature, high-impact opportunities available to you at Lehigh. These opportunities are designed to help you take what you are learning in the classroom and immediately apply it to the real world. Gain experience in:

- **Research**
  - **The Arts**
  - **Entrepreneurship**
  - **Global & Cross Cultural**
  - **Leadership Development**
- **Creative Inquiry**
  - **Community Engagement**
  - **Work-Integrated Learning**
  - **Peer Mentoring**



Visit the **Lehigh360** database to learn more!

High-impact programs I may be interested in...	Application Timeline
1.	
2.	
3.	

## Key Resources from The Center for Career and Professional Development

### Career Lab

Staffed by trained peer Career Fellows, this is your go-to spot for help with:

- ☐ Creating your first college-level resume
- ☐ Searching for internships and experiential learning opportunities
- ☐ Making a LinkedIn profile
- ☐ Exploring career paths—and so much more

No Appointment Needed. Just walk in!  
Mon - Fri | 11 AM - 4 PM  
Maginnes 500 (Career Center)

### Career Portfolio

Design a step-by-step professional development action plan tailored to your school year and individual goals. This online tool helps you:

- ☐ Reflect on your academic and career goals
- ☐ Discover relevant resources
- ☐ Track your progress and professional development

Start your first-year checklist today!  
[go.lehigh.edu/careerportfolio](https://go.lehigh.edu/careerportfolio)

**Visit Handshake for on-campus jobs, work-study, and major and career exploration resources!** Resources are available to help you connect industries and job roles to your individual values, interests, strengths, and preferences.  
[go.lehigh.edu/handshake](https://go.lehigh.edu/handshake)

# 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 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?



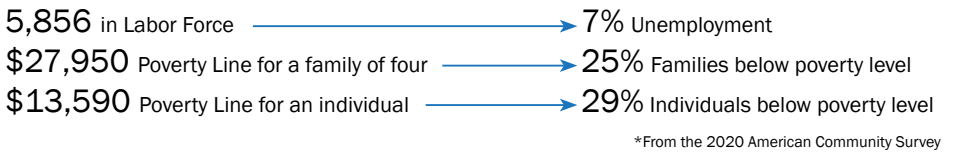
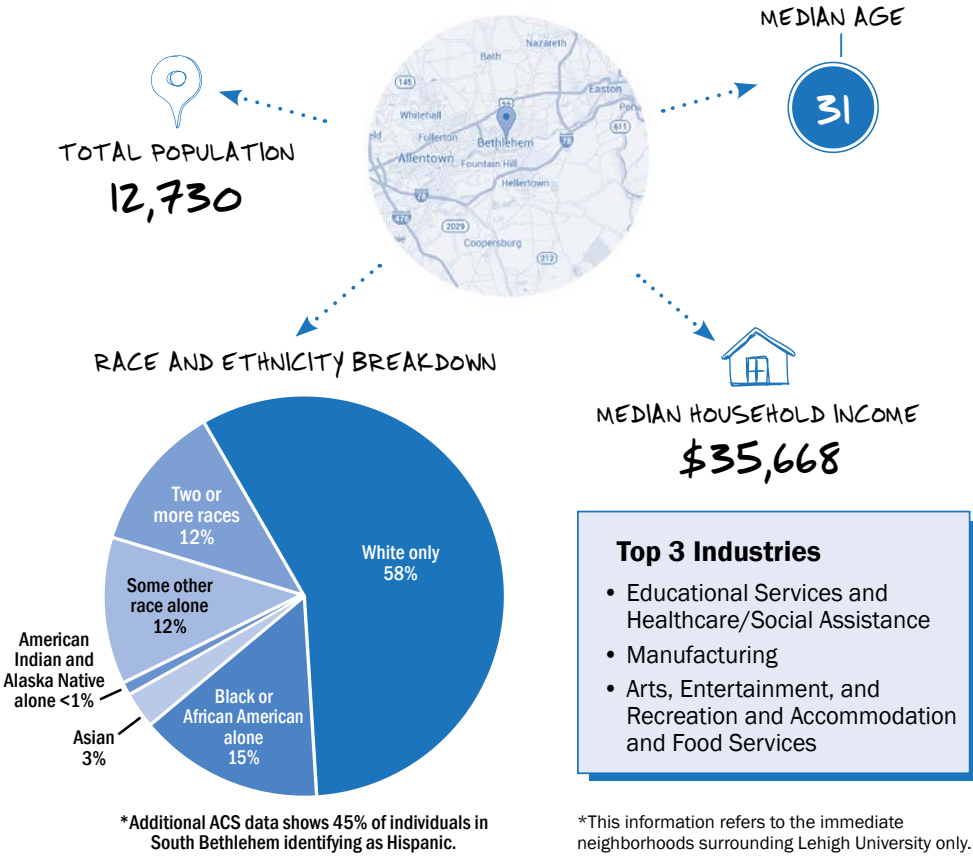
REFLECT

**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



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

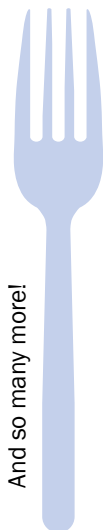
# HUNGRY FOR MORE?

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
- Deja Brew
- Donerd's Donuts
- El Jefe's
- Flying V
- The Goose
- Hi Pot
- Hocaa Bubble Tea
- Johnny's Bagels & Deli
- King Wing
- La Kang Chicken and Rice
- 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
- Pokémoto
- Rakkii Ramen
- Roasted
- Saxbys
- Shangwei Szechuan
- Sizzling Bites Halal Grill
- Southside 313 Bar & Grille
- Sotto Santi
- Tasty China
- The Taste Smokers
- Tulum
- Twenty Four East
- U and Tea
- Wondaffle
- Wonder Kitchen
- Zest bar+grille



## North Bethlehem

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

# 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
- 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 concert at SteelStacks (\$) (Some concerts are free!)

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.*



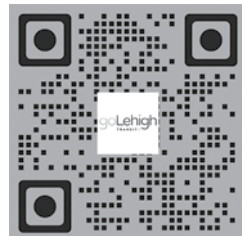
## ON-CAMPUS TRANSPORTATION

### LEHIGH UNIVERSITY TRANSPORTATION OFFICE



*Visit [transportation.lehigh.edu](https://transportation.lehigh.edu) for bus routes, bus stops, tracking information, accessibility services and more.*

Track buses in real time at: [bus.lehigh.edu](https://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 2025

THE START OF YOUR  
LEHIGH ADVENTURE!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
17	18	19	20
24 Orientation Day 4  5X10 Week 1	25 First Day of Classes Club Expo 4pm-6pm	26	27  Glow Greek Event
31  5X10 Week 2			



## THINGS TO DO/CHECK OUT:

- Go to the Club Expo on Monday, August 25th and join clubs that interest you (Rain Date: Tuesday, August 26th)
- Get to know your residence hall and the people on your floor
- Walk around campus and familiarize yourself with building locations



### Pro Tip:

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

## GOALS FOR THE FIRST WEEK



## WHAT CLASS ARE YOU MOST LOOKING FORWARD TO?

THURSDAY	FRIDAY	SATURDAY
21 <b>Orientation Day 1</b>	22 <b>Orientation Day 2</b>	23 <b>Orientation Day 3</b>
28	29 Last day for online registration without instructor permission @4:45pm Simplify Your Semester Event	30 Lehigh Football First Home Game vs. Richmond

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!  
**You Got This!**

MY FIRST WEEK AT LEHIGH WAS...

### Simplify Your Semester

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

**Friday, August 29  
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 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<div>5x10</div> <div>Week 2</div>	1	2	3
<div>7</div> <div>5x10</div> <div>Week 3</div>	8	9	10
<div>14</div> <div>5x10</div> <div>Week 4</div> <div>CAMP HAWK</div>	15	16	17
<div>21</div> <div>5x10</div> <div>Week 5</div>	<div>22</div> <div>Common Hour Exams</div> <div>9.22-10.2</div>	23	24
<div>28</div> <div>5x10</div> <div>Week 6</div>	29	30	



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

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



### 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 21 & 22 for more ideas)*

THURSDAY	FRIDAY	SATURDAY
4	5 Last day to add online with instructor permission; last day to drop online without a W	6 Home Football Game vs. Sacred Heart
11	12 Deadline to select or cancel Pass/Fail grading 	13 
18	19	20
25	26 <b>Family Weekend 9.26-9.28</b>	27 Home Football Game vs. Penn



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.


ONE GOOD HABIT I'M STARTING IS...



# OCTOBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<div>5x10</div> <div>Week 6</div>			1
5 <div>5x10</div> <div>Week 7</div>	6	7	8
12 <div>5x10</div> <div>Week 8</div>	13 Pacing Break	14	15
19 <div>5x10</div> <div>Week 9</div>	20	21	22
26 <div>5x10</div> <div>Week 10</div>	27 Common Hour Exams 10.27-11.6	28	29

- One 5x10 I attended that taught me something new was...
- Something I want to learn more about is...



## FALL FUN IN BETHLEHEM! (SEE PAGE 22 FOR MORE IDEAS)



THURSDAY	FRIDAY	SATURDAY
2	3	4 Panhellenic & IFC Preview Days Home Football Game vs. Yale
9	10 Mid Term Grades Due	11
16	17	18
23	24	25 Home Football Game vs. Fordham
30	31 5x10 Requirement Due	

- 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](http://lehigh.edu/health) for more information or call 610.758.3870.

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



# NOVEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
2	3	4 Civic Engagement Day (No Classes)	5
9	10 Spring Registration Period 11.10-11.13	11	12
16	17	18	19
23	24	25	26 Thanksgiving Break
30	<div>LEHIGH TRADITION</div> <p>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 &amp; so much more!</p>		

## THINGS I'M GRATEFUL FOR THIS MONTH:

THURSDAY	FRIDAY	SATURDAY
		1 Home Football Game vs. Georgetown
6	7 Last Day to Withdraw with a "W"	8 Home Football Game vs. Holy Cross
13	14	15
20	21	22 Lehigh-Lafayette Football Rivalry @ Easton, PA
27 Thanksgiving Break	28 Thanksgiving Break	29

TO DO ITEMS  
BEFORE FINALS

☐
☐
☐
☐
☐
☐

WHAT IS THE DIFFERENCE BETWEEN  
INEQUALITY AND INEQUITY?



# DECEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	1	2	3
7	8	9 Final Exams Begin	10
14	15	16	17 Final Exams End
21	22	23	24
28	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
4	5 Last Day of Classes	6
11	12	13
18	19	20 Final Grades Due
25	26	27



### 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 2026

## IMPORTANT DATES

**January 13-18, 2026** - Panhellenic Recruitment

**January 18, 2026** - Interfraternity Council  
Recruitment Begins

**January 19, 2026** - First Day of Class

**January 30, 2026** - Last day to add online with  
instructor permission / to drop online without a W

**February 6, 2026** - Deadline to select or cancel  
Pass/Fail grading

**March 6, 2026** - Midterm grades due

**March 9 - March 13, 2026** - Spring Break

**April 10, 2026** - Last Day to Withdraw with a W

**April 13 - 16, 2026** - Summer/Fall Registration

**May 1, 2026** - Last Day of Class

**May 5 - 13, 2026** - Final Exam Period

**May 16, 2026** - Grades Due

**May 17, 2026** - 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 21 for suggestions)

- 
- 
- 

### THIS SEMESTER I WANT TO KEEP...

- 
- 

### THIS SEMESTER I WANT TO CHANGE...

- 
-



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 habits or practices are helpful and harmful for your well being? What do healthy boundaries look like for yourself and those you interact with? How do you handle conflict? What does it look like to have empathy for yourself and others?



## CRITICAL CONSCIOUSNESS

Have you personally observed or learned about any inequities in social, political and economic systems?

What would it look like to question or challenge an inequitable system in a way that aligns with your values? How will you create spaces where different perspectives are encouraged? How will you collaborate with others to challenge inequities 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.



# THE PRINCIPLES OF OUR EQUITABLE COMMUNITY

Lehigh University is first and foremost an educational institution, committed to developing the future leaders of our changing global society. Every member of our community has a personal responsibility to acknowledge and practice the following basic principles:

- We affirm the inherent dignity in all of us, and we maintain an inclusive and equitable community.
- We recognize and celebrate the richness contributed to our lives by our diverse community.
- We promote mutual understanding among the members of our community.
- We confront and reject discrimination in all its forms, including that based on age, color, disability, gender identity, genetic information, marital status, national or ethnic origin, political beliefs, race, religion, sex, sexual orientation, socio-economics, veteran status, or any differences that have been excuses for misunderstanding, dissension, or hatred.
- We affirm academic freedom within our community and uphold our commitment to the highest standards of respect, civility, courtesy, and sensitivity toward every individual.
- We recognize each person's right to think and speak as dictated by personal belief and to respectfully disagree with or counter another's point of view.
- We promote open expression of our individuality and our differences within the bounds of University policies.
- We acknowledge each person's obligation to the community of which we have chosen to be a part.
- We take pride in building and maintaining a culture that is founded on these principles of unity and respect.