Find Your Place, Find Yourself

By Nick Yang ’21

Congratulations! You made it! Getting into Lehigh is no easy feat. Your hard work up until this point has certainly paid off. But don’t stop there! The next four years at Lehigh will certainly challenge you; however, coming here may just be the best decision you ever make.

As you probably already know, your class is unique. You are coming fresh into a Lehigh lifestyle that no one has seen before. Yes, we will all have to wear masks. Yes, we will all have to continue to practice social distancing. This new way of living will probably be different from what you were expecting when you applied here. We will all need to adapt to new rules and new standards. But if I’ve learned one thing about Lehigh, it’s that we know how to adapt.

Over the past three years that I’ve been a student here, I’ve picked up on a few tips that have really helped me. I want to share this advice with you because I wish I had known these things when I first came to Lehigh.

First, Lehigh has hundreds of clubs and organizations on campus. From Student Senate to Greek Life and club sports teams — even being on the OFYE staff! You are free to join as many or as few clubs as you’d like. While there are plenty of ways to get involved, I’ve most enjoyed finding a few things that I am truly passionate about and got even more involved through leadership roles. You have a couple of years to get involved, so try some things out and discover what you like. But remember, these years go by fast.

On another note, remember why you came here. Yes, college is a once-in-a-lifetime experience, and Lehigh has many things to offer. However, we attend college to get an education. Making school a priority early on can create good habits, build a strong academic foundation, and give you the confidence to excel here in the coming years.

Okay, so academics are important... But what about everything else? Well, the world is your oyster! Take the time to try new things. Remember that everyone is in the same boat as you: in an unfamiliar and unknown world. It’s okay to try something for the first time and be bad at it! I learned this after joining the club water polo team my first year having zero previous swimming experience. I was by far the worst member on the team, but met tons of new, friendly faces and had a blast! That’s the beauty of college. You can try something, mess up, then try it again, mess up, and no one will judge you because we’re all in the same boat.

Try new things is a quintessential aspect of a fun and exciting college experience, but so is finding your own interests. It is easy to compare your lifestyle or achievements to other students. Don’t! Each and every student is uniquely different from everyone else. A group of friends in your residence hall may have completely different interests from you, and I encourage you to go out and explore what campus has to offer, and not just to do something just because everyone else is.

This last one is the one that I personally find most difficult: accept your failures. Accept your mistakes and learn from them. Things aren’t always going to be perfect and work out for you. Remember that every mistake you make can help you get one step closer to who you want to be. I know, easier said than done. The best thing to do is to accept mistakes you might make, learn from them, and bring whatever you’ve got to move forward. People will admire you for that, and you’ll thank yourself for it, too.

Now, take a second to go back several months to the moment you got that Lehigh acceptance letter in the mail, opened it up and realized that you made it -- that you got in. The moment where a new door opened up, leading to an endless array of other doors and possibilities. Carry that moment, that pride, that challenge with you to wherever you go, because these will be some of the best years of your life.
LEHIGH BUCKETLIST

1. Go to the Club Expo! It’s the best way to get involved and you get a lot of free stuff!
2. Chicken Finger Fridays! The most delicious way to start the weekend!
3. Bed Races! One of Lehigh’s most fun traditions preparing for the big game against Lafayette!
4. Quest! What is better than great music while finally enjoying some great weather?
5. Meet some local shop owners and artists.
6. Spin on the Frictionless Chairs in STEPS.
7. Order from the secret menu at The Goose!
8. Check out the view of the Valley from the lookout Tower at Iacocca Hall.
9. Complete the Turkey Trot (without losing your lunch.)
10. Go to an event at the President’s House!
11. Attend a guest lecture or performance.
12. Watch the sunrise at Lookout Point.
13. Volunteer at Spring Fling and Spooktacular.
14. Explore the statue garden!
15. Go to athletic events.

“Bed Races” is a tradition that was started over 100 years ago.

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Dear First-Years

Kyra Dimaranan ’21

This probably wasn’t the first year of college you were expecting. The summer after senior year of high school feels filled with endless waiting: for freedom, for college adventures, and to find your new batch of forever friends. Maybe your friends a year or two older than you have come home for Thanksgiving or winter breaks filled with stories that begin with “You’ll never believe what I did!” and end with “I can’t wait to go back,” clearly changed from the person they were when they packed up their car in August. The thought of their experiences not being similar to yours probably didn’t even enter your mind, until it became a very real future. Although your experience might look different than you anticipated, I urge you to not be discouraged — but instead, to look at this year as an opportunity unlike any other.

Take this chance to get to really know yourself. What is it you truly care about? What is it you want to do? What are things you’ve done because they’re convenient or easy, but not necessarily because you like it? First-year students can experience a lot of pressure to get everything figured out as soon as possible, and though very few actually ever have it all figured out, it seems like everyone does. With limited activities on campus, maybe this becomes the year that we stop putting so much pressure on ourselves to be perfect, and allow ourselves to get used to the process of growth.

Take this chance to become a better neighbor. People rarely want to go through tough things alone. Building a strong community, especially in a time that can feel isolating, is so important. Spend time with the members of your residence hall, clean collective spaces, and perform actions that will benefit everyone — even if they require a bit of extra effort on your part. Be accepting of others and their differences, because we are all part of the same community even if we’ve come from different places. Practice collective care, because no matter how it may seem, everyone is struggling with something, and all our actions affect each other. Look out for one another, and even when things return to “normal,” that sense of community will stay and strengthen us overall.

Lastly, take this chance to become resilient. It’s easy to sit around and be upset about things that are changing; it’s a lot harder to not let that consume you, and to choose to find happiness even in the hardest of situations. College is four years — try your best to make the most of your first year, but if it’s not what you expected (and it’s okay if it isn’t), there is so much more to come. This is your first year; not your last. Be ambitious, be excited, and be hopeful not just for the 2020-2021 school year, but for your entire Lehigh experience.
Hi first-year students! First, I would like to say a HUGE congratulations on getting through these tough couple of months and getting into Lehigh! I know the world seems to be in full chaos, and taking on your first semester of college might seem a bit tough right now, but Lehigh is here to support you in everything you do, and I'm here to give you some helpful tips. First off, my name is Clarissa Chun, and I am a rising junior in the College of Arts and Sciences, majoring in Psychology with a minor in Health, Medicine, and Society. When I was a first-year student, I was extremely nervous about how do I meet new people? Where are the resources I need to get involved? Well, I have (almost) everything you need to know!

Lehigh gives students numerous opportunities to get involved and meet new people, whether that be through clubs and organizations, Greek Life, work-study, or campus events for all students. I’m telling you right now; Lehigh has EVERYTHING you could ever want to do, and there are so many ways to get involved on campus, as well as in the local Bethlehem community. However, I know it can be hard to find these opportunities on your own. So, my first tip for you: attend the club fair! During the first week of classes, Lehigh has a club fair where every club and organization gives you information on their group and how to join. There are SO MANY clubs to choose from, like Outing Club, Rowing, dance teams, Cheese Club, and so much more, and you can win prizes (which is a huge plus)! If you’re trying to get involved in the South Bethlehem community, try volunteering at some events with the Community Service Office (CSO)! It’s so easy to sign up, and it’s a very rewarding Experience. Even if you don’t want to, volunteer, try exploring the South Bethlehem community with some of your friends! There’s great places to eat, like The Goose and Deja Brew, and fun activities like Color Me Mine. If you want to get involved in a work-study position, try attending the work-study fair the first week of school and see if there’s something you would want to be involved in. I’ve worked at Taylor Gym (Lehigh’s Gym on campus) since my first semester at Lehigh, and it’s been such a rewarding experience, and you can learn great leadership skills and meet new people!

During my first year at Lehigh, I didn’t take advantage of the opportunities given to me. I didn’t join any clubs, and was only involved in my work-study at Taylor Gym. However, once I decided to become an Orientation Leader my second-semester first-year, I came to the realization that I needed to get involved, and take advantage of being at Lehigh. I joined the Residence Hall Council, Swing Dance Club, Eco-Rep Leadership Program, Hawkrathon, Orientation Leader, Peer Health Advisor, volunteered off-campus with the CSO, became a manager at Taylor Gym, and am a member of Kappa Alpha Theta. I know that seems like a lot (which it is… I like being busy), but I’m here to emphasize that everyone’s Lehigh experience is different. Some people like to be very involved, some join athletics and Greek Life, and some just want to be involved with one or two organizations. Don’t compare your experiences with other people (which I’m guilty of) because Lehigh has tons of unique opportunities to suit your interests and lifestyle. Just make sure to try new things, and don’t be afraid of putting yourself out there! If you’re having trouble finding things to do, always feel free to contact your Orientation Leader, because we’re here to help you through any troubles you have at Lehigh! You can also reach out to numerous other people on campus, like your Gryphon and advisor. I wish you luck during your first year at Lehigh, and make sure to take advantage of all opportunities given to you.

Good luck and Go Lehigh!
Ideas and Success: Lehigh Entrepreneurship

By Tyler Schmid '21

Congratulations for making it through the long journey of high school and moving on to your college career at Lehigh! Our entire campus welcomes you and we hope that you can make Lehigh your home away from home. One way to do that is by having new experiences that will expose you to new people, ideas, and opportunities. Here at Lehigh, getting experience in entrepreneurship is a great way to meet new people, gain access to some of Lehigh’s many resources, and potentially start a business for yourself.

Lehigh has a plethora of opportunities for students to take advantage of if you are seeking a path into the entrepreneurship realm. A great first step is to talk to the staff at Lehigh’s Baker Institute for Entrepreneurship. Baker Institute’s goal is to inspire and enhance students’ ideas and help them bring their ideas to fruition by fostering entrepreneurship, creativity, and innovation.

Baker hosts events throughout the entire year that are free to all students such as the Hatchery, Eureka pitch nights, Lehigh Silicon Valley, the startup job fair, and Creativate. Baker’s Pitch Night is similar to Shark Tank and allows students to pitch their ideas to local entrepreneurs and alumni for the chance to win cash capital and insight. The startup job fair allows students to link with local startups if they want to work with a new company across any field. This is also a great way to make connections and potentially find an internship opportunity or job.

Lehigh Silicon Valley is a three credit course through Lehigh in California where students get to travel to the center of entrepreneurship, Silicon Valley, and work with Lehigh alumni to learn new skills and meet new people. These events help students who are in the beginning stages of their entrepreneurial journey, as well as those who are already further along. Baker offers a wide array of programs.

Students can also embark on the undergraduate entrepreneurship minor, which teaches students what they need to know whether they aim to start their own business, non-profit, or just because they want to learn more about being an entrepreneur. Be sure to talk with your advisor if you are interested in pursuing the entrepreneurship minor.

Lehigh is extremely supportive of young entrepreneurs and wants to see its students succeed in any of the paths they plan to take. We all wish you good luck and lots of success throughout your Lehigh Journey, and we’re always here to support you along the way.

THINK LIKE AN ENTREPRENEUR

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LEHIGH 5X10 SYMPOSIUM

Friday, August 21, 3:30pm - 4:30pm

Don’t miss this opportunity to hear a Lehigh University professor speak on a topic of their interest and to complete one of your 5x10 requirements! See page 22 or Guidebook for the complete list of topics.
Welcome Class of 2024!

Welcome to Lehigh! The next four years will be an exciting time for you, as you embark on your journey to becoming a well-rounded, career-ready professional. The Center for Career & Professional Development is here to support you on this path.

Global Social Impact Fellowship (GSIF)

The Global Social Impact Fellowship (GSIF) is open to students from all colleges and majors. GSIFs spend a year working on real, impactful projects, focused on addressing sustainable development challenges in low-income countries.

Applications open Oct. 15
Program runs January - December 2021

Academic Integrity
We expect that all students will act in a manner that reflects personal and intellectual honesty.

Respect for Others
We expect that all students will act in a civil manner that reflects maturity, social responsibility, & respect.

Respect for Property
We expect that students will treat the property of Lehigh University and others with the same respect that they would ask others to show them.

Respect for the Lehigh University Community
We expected that students show respect for the faculty, staff, community members, and administrative processes.

Respect for Self
We expect students will act in a manner that respects their own health and safety.

Respect for the Law
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Where do you start?
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As a member of the Class of 2024, you have millions of combinations of academic majors and minors, professional opportunities, student organizations, and Lehigh connections to choose from. Some of you will become marketing majors who represent your peers on Student Senate. Others will study chemical engineering and represent Lehigh in the Patriot League. And some of you will dedicate yourselves to anthropology while becoming leaders in Greek organizations. With so many possibilities, how can you find your one in millions?

Fortunately, Lehigh gives all first-year students a place to start when answering this question. Using what’s known as your bLUeprint, you can chart out a path for your Lehigh journey based on your personal goals and values. bLUeprint builds on the Five Foundations for Student Success: Identity Development, Collaborative Connections, Inclusive Leadership, Professional Growth & Success, and Creative Curiosity. Each of the Foundations captures an important part of life at Lehigh. Exploring each one can help you transition into the Lehigh community and begin to build your unique version of the Lehigh experience and beyond.

I changed my major three times as a first-year. I tried out athletics, did research in a department I didn’t end up joining, and signed up for so many clubs that I had to spend an afternoon unsubscribing from all the mailing lists. At one point, I made an entirely new group of friends when I realized I didn’t get along with my initial ones. While I learned a ton during my first year, I didn’t really know what I wanted to get out of my time at Lehigh until I spent more time thinking about my bLUeprint. It was by attending 5x10s, which are short programs designed to spark thought about the Five Foundations, and speaking with my Faculty/Staff Collaborator from NavigateLU, which is a program that all first-years use to complete the transition to Lehigh, that I really took control of my Lehigh experience. Now, as I enter my fourth and final year, I look back with confidence that I made the most of my time here.

So look out at the millions of possibilities with excitement! You are entering a truly special time in your life. No one’s Lehigh journey is the same, but everyone is in it together. Throughout all the highs and lows, the challenges and struggles, the joys and celebrations, the friendships and heartbreaks and moments of pride—throughout all your time between the top of the Mountain and the North Side of Bethlehem—remember that you are a part of a community evolving to support you. Use resources like bLUeprint to the fullest extent and be confident as you make your own path. After all, it's one in millions.

LEARN MORE ABOUT CREATING YOUR OWN LEHIGH bLUeprint ON PAGE 29 OF YOUR DRAFT BOOK!
Camp Hawk is a weekend getaway in the Poconos for first-year students. At Camp Hawk, everyone will enjoy meeting new people, having engaging conversations, and participating in activities similar to what one may have at camp. Who doesn't love a good campfire with s’mores? In addition to this, students will be divided into teams to compete head to head in a multi-stage competition. This competition includes riddles, team-building activities, relay races, and brainteasers. After this, there is some free time where students can kayak, or play games like volleyball or basketball.

Not only is Camp Hawk a fun weekend experience, it also is a great opportunity to get away for a bit. Starring college is fun and exciting, but sometimes all these new experiences can be a little overwhelming. This is totally normal, we have all been there! Camp Hawk is an excellent opportunity to get off campus and take a break from all these new experiences. At Camp Hawk, you get an opportunity to relax and enjoy your weekend in a new place.

I attended Camp Hawk as a first-year student and loved every second of it. I truly thrived. I got to meet so many new people and enjoyed participating in so many different activities. I also loved being outside for the weekend. Something about it was so relaxing and wholesome for me which made the whole experience 10 times greater. I came into the trip excited to have a good time, but I never would have guessed I would have left this trip with so many new good friends.

We would love to have you participate in Camp Hawk 2020. We’re still assessing exactly what Camp Hawk will look like and when to host it, but we are so excited to find a safe way to help you make these connections, learn more about Lehigh and yourself, and enjoy the outdoors.
Join Break the Silence Peer Educators!

Break the Silence (BTS) is a student-run peer education organization whose mission is to spread awareness about gender violence including sexual assault, intimate partner abuse, stalking, sexual exploitation, and sexual harassment and to prevent gender violence through healthy sexuality education. BTS offers programs and events on campus, provides initial support and resources to students affected by gender violence; and challenges the culture that perpetuates gender violence.

Applications are due September 30th and can be found at Lehigh.edu/go/bts

BTS is a project of:

GVES
The Office of Gender Violence Education and Support
610-758-1303 | gves@lehigh.edu

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Lehigh Epitome
Yearbook

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The Epitome, Lehigh’s yearbook, is looking for motivated, passionate students to join our team.

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To join the Epitome staff, please apply at go.lehigh.edu/epitome

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on campus or remote...
the Pride Center is always here for YOU!

Study Buddies
Game Nights
Movie Nights
Student Senate is Here for You

Eve Freed ’21

There’s a lot going on in the world right now - this is when we look to strong and compassionate leaders to help guide us through these twists and turns. But what if you could be one of those leaders?

Student Senate is an organization dedicated to creating lasting impact and change on Lehigh’s campus and the surrounding Bethlehem community. This student government is comprised of sixty undergraduate student leaders who commit themselves to bettering all aspects of the Lehigh experience. When I first joined Student Senate in my sophomore year, I would have been shocked to learn that as a senior, I would fill the role of President of the organization. But my Lehigh journey led me here, and who better to explain this organization to you than the one who leads it?

Student Senate is the voice of the study body. This means that we are here to listen to your ideas, needs, and concerns. Then we work alongside administrators to create the change that is necessary to ensure that every student’s experience here at Lehigh is safe, healthy, and fulfilling. To accomplish the tremendous task of making a lasting impact, Senators serve on a committee that each focuses on a different aspect of Lehigh life. Two committees focus primarily on the management of Lehigh clubs: the Allocations committee and the Club Affairs committee. The other committees address campus issues through the planning and implementation of events, initiatives, and campaigns. These committees are: Student Outreach, Diversity and Inclusion, Facilities and Services, Bethlehem Outreach, and Health, Safety and Wellness.

In order to make sure that we have an organization that is representative of the Lehigh population, Senate is divided into constituencies that are based on residency and involvement at Lehigh: athletes, Greek members, and on- and off- campus students. This way, senators are able to communicate with those they represent, and bring the needs of their community directly to the entire senate. Most importantly for you, we have a fifth constituency: first-year students. We look to these first-year student senators to bring fresh, new perspectives of Lehigh life to Senate.

As we all know, Lehigh’s going to look different this year. More than ever, Senate will be playing a strong role in how student voices are represented to the administration. Each committee will face new obstacles and challenges as the COVID-19 situation evolves. Senate also has a mission to foster a diverse, inclusive, and equitable community. This means we have a commitment to prioritize the black voices in our community as they have been underrepresented in the past. We have an incredible responsibility this year, but I know Lehigh senators are resilient and have an immense amount of passion for this school.

Remember when I suggested that you could be one of these student leaders? Now that you know what kind of responsibility a student senator has, you might be thinking: that’s a lot of give, where’s the gain? Being a part of Senate is a way to make an impact on campus, but it’s also a way to make an impact on your own growth as a leader. You become much more connected to the Lehigh community, and you have the opportunity to learn about the ins and outs of the place you’ve decided to call home for the next four or five years. Joining Senate has been one of the most impactful experiences I’ve had at Lehigh - the people of this campus are one of my priorities, and it’s made me a more compassionate and confident leader.

I hope that this article informed you of all the ways that Student Senate is here for you, and maybe even convinced you to give this organization a try yourself. The world needs leaders, and there’s no better opportunity than right now. If you have any questions or concerns, please reach out to me - you can find me at eaf221@lehigh.edu.
Go-getters put ideas into action, creating change that has impact on our communities and our world. Lehigh President John D. Simon ’19P hosts straight-up, no-nonsense conversations with leaders on the forefront of change.

lehigh.edu/gogetters

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Creating Community on Campus

By Tracy Zhang ’23

Welcome first year students! Get ready to embark on a worthwhile journey filled with newfound freedom, responsibilities, and growth. Going into college can be such a stressful yet exciting time in one’s life. Therefore, it is completely understandable to be nervous and have butterflies in your stomach the night before college starts. As a student who has recently completed my first year and currently entering my second year at Lehigh, I had so many worries about making friends, fitting in and not being able to find a community. I am Asian American and before coming to Lehigh, I came from the largest high school in New York City (the student body population was around the same size as Lehigh’s) where a majority of the students were minorities. I was afraid that I would not fit in and feel welcome because, compared to my high school, Lehigh was less diverse.

With the introduction of a new college and the increase in student class size, there has been an increase in diversity at Lehigh in recent years. Lehigh accommodates and provides many resources for minority students to feel included and a part of the community. At Lehigh there are a variety of different forms of diversity on campus. A great way to meet other people who have similar experiences, interests and goals are through clubs. Lehigh offers over 100 clubs and organizations of various focuses. These include cultural organizations, sports clubs, and professional development organizations. A cultural organization I found a community in was Asian Cultural Society. In this organization, I was able to connect with many people with a similar cultural background as me, and was able to learn more about my culture. Moreover, I was able to meet and learn from people with different cultural experiences. Another community I found membership in is the dance community. I am a part of a hip-hop dance club called Bad Company. The thing I admire about the dance community at Lehigh is that it is made up of so many people of different backgrounds joined through our love of dance. If you are not able to find a club that brings you a sense of belonging, that is okay because you can always start your own club!

Lehigh offers many programs that strive to cultivate a sense of community within underrepresented backgrounds. Lehigh University Student Scholar Institute (LUSSI) is dedicated to providing resources and a sense of belonging to first generation students and underrepresented minorities. I have many friends who are a part of LUSSI and the program has helped them fill out financial forms, develop career goals and find a connection with people in different or similar backgrounds.

A student living on campus can choose between regular housing and themed housing. Last year, I chose to live in the STEM themed housing which was located in Taylor House. My themed housing experience allowed me to meet a variety of people with different backgrounds all interested in STEM. There were many events held in the building that allowed residents to bond with each other. Through themed housing I was able to meet some of my closest friends at Lehigh. As a first year, you can choose between 8 different themed housing options. These include: Arts Alive, CHOICE, first gen, Global Lehigh, Live.Learn.Serve., Outdoor Adventure, STEM and Umoja.

With an increase in diversity on campus, it is imperative for a campus to actively provide an inclusive environment for all – and the students play just as much of a role in creating that environment as the administration. Finding a community where you feel like you belong does have its challenges and will not happen the instant you arrive on campus. However, once you do find community, you are able to create so many rewarding and worthwhile experiences. There is no clear path to finding your community, but if you are open to meeting new people and you are true to yourself, you will surely be on your way!
Health and wellness is one of the top priorities here at Lehigh. To ensure that you successfully transition to life on campus, we want to help people form positive habits that you can implement in order to live a healthy and active lifestyle, both in your time here at Lehigh and beyond. It is common for people to wait until they begin experiencing negative “symptoms” before deciding that it’s time to make healthier choices—but we’re not going to let that happen to you!

Exercise:
Club sports teams are one way for you to get active and meet some new people. They often meet at Taylor Gym, the home to many of Lehigh’s recreational activities. It is there that you will also find the Welch Fitness Center, which includes facilities like swimming pools, basketball and racquetball courts, and a rock-climbing wall -- just to name a few. For those who enjoy exercising in a more structured environment, there are also fitness instructors at Taylor Gym who host a variety of group classes that range from Circuit Training to Power Yoga.

However, we do understand that your time is limited, so it's important to understand that any physical activity is better than no physical activity. If you find that you're too busy to join a club sport or to make it to a fitness class, try to take short walks in between study sessions to get your blood flowing. Asa Packer Campus, with all of its hills and steps, will help to keep you honest!

Nutrition:
This is an aspect of health that is often overlooked. For some first-year students, college is the first time in their lives that they are responsible for deciding when, where, and what they will eat for all of their meals. Forming healthy eating habits can play a big role in the prevention of illness down the road. Fortunately, both Lehigh and the South Bethlehem community are home to a plethora of options that can satisfy all of your dietary needs and preferences.

You'll learn more about the specifics of those options throughout the orientation process, so I'm going to focus on a few factors to consider when choosing which foods to eat. The first is protein: many foods that are considered to be tasty have ample amounts of carbohydrates or fats in them, which are necessary—but some of them may lack protein. Be sure to include healthy sources of protein in your diet, whether that be from eggs, poultry, fish, or dairy products. Some plant-based options for protein include beans, nuts, and whole grains. Another important factor to include produce: try to consume fruits and/or veggies at every meal! Fruits and veggies are loaded with micronutrients—necessary vitamins and minerals—that will give you energy and boost your mood so that you can ace those exams. Lastly, be sure to drink enough water! This is another task that many people struggle with, and a lot of ill feelings can be attributed to dehydration.

Additional tips:
Aside from staying physically active and making healthy eating choices, it is incredibly important that you be sure you are getting enough sleep. Sleep lost from staying up late to finish a paper or cram for an exam can have a much worse impact on performance than that extra hour or two spent working can make up for. Do your best to stay on top of your assignments and work commitments to ensure you can get enough sleep every night. Adequate rest is possibly the most underrated key to success in college, so make sure you get enough of it!

COVID-19:
Although the university has been very diligent in communicating the importance of adhering to the guidelines put forth by the CDC to prevent the spread of the COVID-19 virus, we’d like to briefly touch on it here as well. Wearing a face covering, washing your hands, and participating in social distancing efforts will help to protect other people as well as yourself in these uncertain times. The more careful we are now, the more fun we can have when it’s finally safe for Lehigh to resume all of its programs!

We hope that some of these tips will help you to have a positive and successful transition to Lehigh during this upcoming year. If you have any questions or concerns about caring for your health at Lehigh, feel free to reach out to anyone on the OFYE Staff and they will be able to point you in the right direction.
What is RHA?
The Residence Hall Association (RHA) is comprised of the Executive Board and 13 Residence Hall Councils (RHCs) across Lehigh University’s campus. RHA’s goal is to improve the quality of life in all Lehigh University Residence Halls through social and educational programming, leadership development, and student advocacy. Some of our activities and work that we do:

- Fall Kickoff Rally
- Late Night Breakfast at Rathbone
- Terror Behind the Walls • Color Me Mine
- Support of other clubs and organizations
- Philanthropic work
- Student Advocacy Meetings

What is RHC?
Residence Hall Councils (RHC) are smaller executive committees that oversee aspects of community development and student advocacy within one of the 13 residence halls here on campus. The group consists of 5 executive members that meet weekly to discuss pressing issues within their communities and plan events to help foster a sense of belonging for all students who reside in the hall. Some of the things that the executive board does for their community are:

- Community Gatherings
- Game Nights • Town Hall Meetings
- Advocate for improvements to Residence Halls

Keep an eye out for Official Lehigh Surveys!
The Office of Institutional Research and Strategic Analytics (OIRSA) collects and disseminates information about Lehigh University. As part of this work, OIRSA sends surveys to gather data on students’ experience. Responses to student surveys are used to inform decision-making and help Lehigh continue to grow and improve.

To learn more about the surveys administered at Lehigh, visit [OIRSA.Lehigh.edu/survey-services](http://OIRSA.Lehigh.edu/survey-services).

You can contribute to the Lehigh Community by sharing your experience via Official Lehigh Surveys!

Invitations will come via email as an “Official Lehigh Survey.” If you have any questions about taking a survey or whether it is legitimate, please email us at inOIRSur@Lehigh.edu.
Are you wondering if you’re ready for college writing? Or feeling intimidated by research papers?

The International Center for Academic and Professional English (ICAPE) can help multilingual speakers of English succeed in first-year writing classes. We specialize in helping English language learners and international students.

- Free one-on-one tutoring for multilingual writers.
- One-credit recitation sections where students can ask questions about English grammar, American rhetorical conventions, academic genres and the writing process in a small class setting. ENGL 026 is the recitation section for ENGL 001, and ENGL 096-019 is recitation section for BUS 003.
- Workshops and more!

global.lehigh.edu/cape
Exploring the Off-Campus Bethlehem Community

Kate Glasser '22

Welcome to Lehigh! You are a part of the Lehigh family, but you are also now a member of the Bethlehem community! Some of my best memories over the past few years have been exploring the surrounding city I call my home-away-from-home. In addition to everything that is offered on our campus, take time to venture out and try something new.

Coming into college, I had no idea how many amazing food options were available in our neighborhood. South Bethlehem is filled with incredible restaurants and opportunities to try a variety of food. Some great places include El Jefes for customizable burritos and rice bowls or U & 'Tea for Chinese food and bubble tea! Don’t forget to grab a coffee from some of our coffee shops such as Deja Brew, Lit Roastery, and Saxby’s. One of my favorites is Roasted on W. Fourth Street for brunch!

In addition to the endless food options, there are tons of activities you can do with your friends. A great place to hang out is the Bethlehem Greenway located just a few blocks off campus - it’s about 2 miles long and is great for exercise or eating outside with friends. Another place to explore is the North Side! It’s a great downtown area with cute shops and restaurants. Just a few miles up the road, the Promenade Shops of Saucon Valley has an AMC movie theater and stores for shopping.

Get involved! The Community Service Office is always setting up opportunities for Lehigh students to volunteer and get to know South Bethlehem. My favorite event I’ve attended is Broughal Bowling where Lehigh students pair up with middle school students, help them do some school work, and go bowling afterward. There are so many amazing opportunities to get involved and truly become a part of the neighborhood we live in.

Make the most of your time in Bethlehem, and take every opportunity to explore the city and try new things! You are going to find your own favorite food and coffee spots, in addition to your favorite places to meet up with friends. No matter what your interests are, there is something for you in Bethlehem!
The ‘One-a-Day’ Method to Self Care
By Alaina Brotman ’21

Welcome to Lehigh! As an incoming first-year student, there is so much to look forward to. For many, the most exciting part of college is the opportunity to “find yourself” with the immense amount of freedom that you now have. That being said, with this freedom comes great responsibility. There is beauty in all of the options you have at Lehigh: choosing classes, the people you hang out with, and clubs you want to be involved in. If I have learned one thing at Lehigh, it is that there is always an event to attend, more studying to be done, or an opportunity to get ahead. It is an incredible feeling to have a busy schedule, find new activities, and meet new people. However, when you add on academics, getting enough sleep, and challenges life may throw your way – you might begin to feel overwhelmed.

In college, you begin to feel the direct impact of all your choices, so it’s important to learn how to make the most of your time here and figure out what works best for you.

As college students, we find ourselves constantly socializing and learning. But if you want to be the best version of yourself, you have to make time for yourself (and that is not selfish). Even if you are excelling in every way possible, the constant “Go, go, go!” is exhausting. In order to continue to thrive and truly enjoy your time at Lehigh, you have to give yourself time to reflect and enjoy these experiences. It is okay to be alone and relax. You do not need to be studying every free second of your day or be constantly surrounded by friends. It is okay to say “no” to take some time and do something you enjoy.

Self-care means the practice of taking action to improve one’s health (physical or mental). This can take shape in many different forms, and everyone has to learn what works best for them. When people traditionally think of practicing self-care, many think it is selfish or only treating yourself – such as getting a pedicure. However, self-care varies for everyone, depending on what relaxes them.

My version of practicing self care is what I call the “one a day” method (and no, this does not mean only one cup of fruits and vegetables a day). This means I do one thing every day that I truly love. When I practice self-care, it is adaptable, depending on my current needs and listening to my body. Some days my “one thing” can be making an extravagant egg breakfast, or treating myself to ice cream at The Cup in the middle of studying. Other days it can be going for a walk to the Southside, listening to music in my room, or binging Netflix.

I am a firm believer that you should always be chasing or doing something you are passionate about. However, that is easier said than done. There may be difficult or boring tasks that must be accomplished to get to where you want to be. All of these steps are crucial, and this newfound freedom means you do need to act like an adult. My one a day perspective gives me something to look forward to when waking up for class early on a Monday, or during hours of studying. Some days you may need to indulge multiple times (and that is okay), or some days you may not even need the “one a day” reminder because you are already doing it! That is the best part of my method, because doing something I love every day has become a habit. I have begun to incorporate it into my weekly routines. For instance, my one a day on Thursday is climbing the Taylor Gym rock wall or on Sunday, it is splurging on Thai take out with my roommates. This gives me something to look forward to throughout long hours of classes and studying.

Finding what makes you happy is not the same for everyone, but countless studies have shown that self-care is critical for your mental well-being, physical well-being, and ultimate success. Self-care should not be seen as a chore, but it is only for you. Any method of self care is useful and these same strategies can be used far beyond college. You might as well create a toolbox to find some of your passions now.

Struggling to find a “one a day” to make your life more enjoyable? Lehigh has tons of opportunities ranging from workout classes and meditation rooms at Taylor Gym, to extracurriculars that can be found at the club fair. You may find a new activity, such as bee keeping, that you genuinely love. Lastly, embrace the opportunity to experiment to find what works for you! Something that may seem minor to most, such as watching the sunset, can completely change your perspective for the day and give you a chance to step back and reflect on your experiences.
Lehigh’s commitment to student success extends outside of the classroom with over 1,000 students participating in research each year -- highlighting the importance of enhanced critical thinking, analysis, and communication skills. Research at Lehigh strives to explore new possibilities, connect disciplines in unprecedented fashions, tackle the most challenging questions, and empower communities. The university offers ample research opportunities for students across all academic disciplines, including the ability to conduct research under a faculty mentor, self-direct an independent research project, or work within a Lehigh founded research organization.

When it comes to getting involved in research at Lehigh, it’s as easy as finding what aligns with your passions and ignites your curiosity. Students can explore faculty led research projects on the university's website and search for research projects by department and/or academic discipline. Lehigh’s five colleges also provide an array of programs that enable students to undertake their own research, independent study, or capstone project and to receive grant funding for these unique projects. In addition to these research opportunities, Lehigh has founded several research centers and institutes that encourage students to apply for life-changing educational experiences and create a world-wide impact.

If students have questions pertaining to what research opportunity aligns best with their interests and future goals, academic advisors and professors can provide insight and help them form connections with other faculty members. Whether it’s researching ways to use nuclear fusion as a potential energy source or developing a metric to forecast pitchers’ future success, research at Lehigh helps students fulfill their curiosities, make an impact, and grow as an individual.

Research Opportunities at Lehigh

By Sher Scott '22

Lehigh has single stream recycling on campus - be sure to remove food residue and empty liquids before placing your recyclables in the recycling bin.

You can conserve energy by using cold water when doing laundry. Almost 90% of energy consumed by washing machines goes to heating the water!

Save money and generate less waste by bringing a reusable mug and water bottle with you on campus.

The Club Expo is an opportunity to learn more about student organizations and campus offices at Lehigh! This year’s Expo will be taking place virtually on Monday, August 24th from 4:30PM-6:00PM. More information with how to access the expo will be available soon.

Follow The Office of Student Engagement on Instagram for Club Expo updates and other involvement opportunities!
Interested in becoming a Division I Athlete?
Consider joining Lehigh Rowing!
No rowing experience necessary
- Join the ultimate team sport
- Develop physically & mentally
- Build a championship culture
- Cultivate your leadership skills
- Compete at the highest levels in the classroom, on the water, and community at large

To learn more please contact:
- Brian Conley
- Steven J
- Karen A.
  - Head Coach
  - 610-758-4511
  - btc210@lehigh.edu
- Alex Urbanik
- Steven J
- Karen A.
  - Assistant Coach
  - 610-758-6614
  - sau216@lehigh.edu

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Coming into Lehigh, I had no solid idea of what I wanted my college experience to look like. I knew that I was going to be majoring in biology, but that was pretty much it. Looking back now, I can appreciate how my Lehigh experience has been shaped by other Lehigh students and alumni who have been able to guide me along the way. One specific aspect of my journey that I definitely did not see coming was my Study Abroad program.

Last summer, I spent the whole month of July in Paris, France on a Lehigh Summer Study Abroad program — and it was one of the best decisions I've made. I didn't know anything about the abroad programs Lehigh had, let alone a summer program. I honestly wasn't even looking into studying abroad until I talked to some upperclassmen. They proclaimed that studying abroad, although it being difficult to leave Lehigh and the U.S., was something they would recommend to everyone and would do over and over again.

Now, I wasn't sure I would be able to do the whole semester abroad because I consider myself more of a homebody, and that's when I discovered the summer programs. There were so many options to look at (which I loved, but that was stressful), whether it be a Lehigh run program or an outside program that Lehigh partners with. After searching through all the programs and what they had to offer, I decided to go with the "Lehigh in Paris" program. And WOW did I make the right choice. Not only was I able to learn all about the French history and architecture, something I don't get to learn about often as a science student, but I also made 14 new friends. All of the students were Lehigh students which was perfect because I now am able to still see all of my new friends around campus and stay connected. There's something about exploring the unknown with strangers the first couple of days that then bonds you together.

It's now exactly a year later since we were having picnics under the Eiffel tower, and it's a bittersweet feeling I have right now. I wish I could be experiencing those memories all over again, however, I'm also feeling incredibly grateful that I had the opportunity. Moral of the story: try to study abroad if you can because Lehigh offers so many possibilities and you will have the time of your LIFE.
For a complete accessibility map go to lehigh.edu/about/maps
**ORIENTATION 2020 SCHEDULE**

**M Mandatory for All Students to Attend**

**SUNDAY • AUGUST 23**

**SUNDAY ROTATION**
- **BRUNCH**
- **ORIENTATION GROUP MEETING #4**
- **DEFAMATION EXPERIENCE PART 2**
- **FREE TIME/ONLINE MODULES**

9:00am - 3:45pm • See Rotation Below

*Remember to bring your ID to all meals! See Guidebook for dining locations.*

<table>
<thead>
<tr>
<th>GROUPS 1-19</th>
<th>9:00am-10:30am</th>
</tr>
</thead>
<tbody>
<tr>
<td>DeFex Pt. 2</td>
<td>10:30am-12:00pm</td>
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<tr>
<td>Free Time</td>
<td>12:00pm-1:15pm</td>
</tr>
<tr>
<td>Group Meeting #4</td>
<td>1:30pm-3:00pm</td>
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<table>
<thead>
<tr>
<th>GROUPS 20-40</th>
<th>9:00am-10:30am</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brunch</td>
<td>10:30pm-12:00pm</td>
</tr>
<tr>
<td>DeFex Pt. 2</td>
<td>12:00pm-2:00pm</td>
</tr>
<tr>
<td>Free Time</td>
<td>2:15pm-3:30pm</td>
</tr>
<tr>
<td>Group Meeting #4</td>
<td>12:30pm-2:00pm</td>
</tr>
</tbody>
</table>

**GROUPS 41-60**
- **Group Meeting #4**
- **Brunch**
- **Free Time**

9:00am-10:30am
10:30am-12:00pm
2:15pm-3:30pm

**GROUPS 61-79**
- **Brunch**
- **Group Meeting #4**
- **Free Time**
- **DeFex Pt. 2**

9:00am-10:30am
10:30am-12:00pm
12:30pm-2:00pm
2:15pm-3:30pm

**RESIDENCE HALL MEETING**

4:00pm - 5:15pm
Mandatory for students living on campus only

**AUDITIONS FOR ORCHESTRAL STRINGS**

4:00pm - 7:00pm • Zoellner Arts Center, Rm 145

*Schedule is subject to change. Download Guidebook for the most up-to-date schedule. Zoom links for all sessions will be available in Guidebook and on your New Student Orientation (Fall) Course Site.

**DOWNLOAD THE guidebook APP FOR THE MOST UP-TO-DATE SCHEDULE!**

Scan the QR code below using the Guidebook App's scanning feature, or search for “2020 Lehigh University Orientation” and download the guide.
ORIENTATION SCHEDULE

Mandatory for All Students to Attend

THURSDAY • AUGUST 20

VIRTUAL TRIVIA
9:00pm

CERAMICS LED BY ART FUSION
*PRE-REGISTRATION REQUIRED
5:00pm, 7:00pm and 9:00pm • Lamberton
Spots are limited per session. See Guidebook for the link to sign up!

FRIDAY • AUGUST 21

SUMMER READING/DINNER/FREE TIME
4:30pm-7:30pm

An Evening with Jennine Capó Crucet
Hear from the author of the 2020 Summer Reading Selection, Make Your Home Among Strangers!

See rotation below. Use free time to relax, organize your room, and complete some Orientation sessions on Course Site. *Remember to bring your ID to all meals! See Guidebook for dining locations.

College of Arts and Sciences, 4:30pm-5:30pm - Dinner
College of Health, IBE & CSB 5:30pm-6:30pm - Summer Reading
Rossin College of Engineering and Applied Science, College of Business 6:30pm-7:30pm - Free Time

RESIDENCE HALL MEETING
7:30pm - 9:00pm
Mandatory for students living on campus only

SUNDAY • AUGUST 22

BREAKFAST
8:00am - 9:00am

M Mandatory for All Students to Attend

SATURDAY ROTATION

- ORIENTATION GROUP MEETING #2
- BTS/TITLE IX
- DEFAMATION EXPERIENCE PART 1
- LUNCH
- FREE TIME/ONLINE MODULES
- OL OFFICE HOUR (OPTIONAL)
- DINNER
- ORIENTATION GROUP MEETING #3

9:00am - 7:00pm • See Rotation Below

GROUOPS 1-19

Group Meeting #2 9:00am-10:00am
DefEx Pt. 1 10:15am-11:45am
Break the Silence 12:00pm-1:30pm
Lunch 1:30pm-3:00pm
Free Time/Online Modules 3:00pm-5:00pm
OL Office Hour 4:15pm-5:00pm
Group Meeting #3 5:00pm-6:00pm
Dinner 6:00pm-7:00pm

GROUOPS 20-40

Group Meeting #2 9:00am-10:00am
Break the Silence 10:15am-11:45am
DefEx Pt. 1 12:00pm-1:30pm
Lunch 1:30pm-3:00pm
Free Time/Online Modules 3:00pm-5:00pm
OL Office Hour 4:15pm-5:00pm
Dinner 5:00pm-6:00pm
Group Meeting #3 6:00pm-7:00pm

*Remember to bring your ID to all meals! See Guidebook for dining locations.

THE RALLY
7:30pm - 8:00pm
A Lehigh Tradition! Join the Class of 1974 as they adopt you, the Class of 2024, and welcome you to Lehigh!

MOVIE NIGHT UNDER THE STARS*

Virginia with the Class of 1974 as they adopt you, the Class of 2024, and welcome you to Lehigh!

GROUOPS 41-60

Free Time 9:00am-10:15am
OL Office Hour 10:15am-11:00am
Lunch 11:00am-12:15pm
Group Meeting #2 12:15pm-1:15pm
DefEx Pt. 1 1:30pm-3:00pm
Break the Silence 3:15pm-4:45pm
Group Meeting #3 5:00pm-6:00pm
Dinner 6:00pm-7:00pm

GROUOPS 61-79

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Lunch 11:00am-12:15pm
Group Meeting #2 12:15pm-1:15pm
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DefEx Pt. 1 5:00pm-6:00pm
Dinner 6:00pm-7:00pm
Group Meeting #3 7:00pm-8:00pm

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