Congratulations, and welcome to the Lehigh community! All of your hard work up until this point has certainly paid off, and you should be extremely proud of yourself. You should also be excited, as you are about to enter an amazing new chapter in your life. Your years at Lehigh will be filled with brand new experiences, opportunities to develop your passions, and the freedom to build positive relationships, all of which will help you discover what ‘success’ means to you.

I am going to share with you a few things I have learned over the past three years that I wish I would have known entering the Lehigh community. It is important to highlight that these are just tips, rather than a set of instructions. Your path at Lehigh is directed by YOU, and there is no one ‘right’ way to do anything!

1. Flip through this entire newspaper! I will only be able to briefly touch on the variety of amazing opportunities presented to you at Lehigh, but this collection of articles written by your new peers offer in-depth information and advice, and are a fantastic resource to have nearby as you seek ways to get involved on and off-campus. All that Lehigh has to offer is pictured in the following pages, so be sure to read through!

2. Do your best to stay true to yourself, and remain open to trying new things. While it can be somewhat intimidating to stray from what the majority is doing, it can be equally rewarding to take the time to explore your own interests. Looking back on my own experiences, signing up for classes or clubs by myself was a chance for me to meet new people with similar interests, and I regret the classes and clubs that I didn’t sign up for, more than I regret those that I did.

3. Embrace the imperfect. One of the best ways to grow is to make mistakes. When working towards your goals, you will inevitably fall short at times, but that’s okay! It’s not supposed to go perfectly on your first, second, or even your tenth try. Learning how to fail, adjust, and move forward will become an invaluable skill to hold as you take steps forward into Lehigh, and life.

4. Focus on the big picture, but also focus on the details. This was advice that my Dad gave me as I entered my first year, and I continually learn from it. Your time at Lehigh will go by faster than you could possibly imagine, therefore it is of utmost importance that you enjoy your time here. It is also important to remember why you came here: to learn, get a degree, and discover your professional interests.

Always keeping your future in mind and your academics among your top priorities will likely lead to you having a lot more fun. A strong performance in your first year will establish a strong foundation for the rest of your college years and beyond.

5. Take advantage of being the most social species on the planet. Make an extra effort to be polite to the Lehigh Staff and get to know them. Not just professors, but dining hall staff and custodians as well. Everyone in the Lehigh community plays an important role, and this will foster habits which will be beneficial to all your future encounters. Furthermore, acknowledge the resources prepared for you; utilize them to develop your social and professional networks. Do your best not to allow this new freedom tofully draw your attention away from the resources Lehigh has to offer. Everyone around you wants you to succeed, and the collaboration throughout the Lehigh community is one of a kind.

6. Search for classes or experiences that you feel engaged in. Actively seeking ways to push yourself out of my comfort zone is something I wish I did so much more of, as you will find it is harder to continuously develop when you are in a comfortable environment. Browse the syllabus before registration and sign up for a class you would normally never take. Sign up for 20+ clubs at the club fair, because you can always take your name off an email list if you decide it isn’t for you. If you think nothing at the club fair engages you, start your own club, and I guarantee other students will join you!

7. Sometimes you will achieve a victory just by stepping into battle. It is important to get involved, make mistakes, step out of your comfort zone, and learn from failing. However, as a college student, there will be days when you just feel burned out. Wanting to stay inactive all day at times is a natural part of college, and my advice for when you feel this way is to do something every day to bring you closer to your goals, even if it is extremely small. Momentum is a very important thing, and there will be times when you have tasks to complete and lack full motivation, which is why it is valuable to begin practicing discipline.

8. Last but certainly not least, have fun! This is your first time as a Lehigh student, and everyone around you is in the same shoes as you! Take in every moment you can as you make new friends, challenge yourself, try new things, and discover your passions. I know you are all going to have an amazing first year, and I hope some of this advice helps as you embark on the journey. Enjoy it all.

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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.
Dear First-Years

Bella Cammisa '22

This is going to be the ride of your life. Cliché, I know, but stick with me on this one. You are entering an entirely new chapter in your life. New friends, new experiences and new passions. It’s your chance to discover who you are - and you’re finally in the driver’s seat.

Now sure, the thought of any new journey can be nerve-racking. And, if you’re anything like me, you’ll doubt yourself many times. Maybe miss a few exits, or take a few rogue turns. But it is in those times of doubt and uncertainty that you learn to trust yourself. You begin to fall in love with the possibility of what could be around the bend. So I urge you to take the road less traveled, push yourself beyond your limits. Join that club you always wanted to join in high school, take a class that is outside of your intended major, introduce yourself to a random person in the dining hall. Because you never know what can come out of it. You can find yourself driving an entirely new route, but loving every second of it.

And if you get nervous, or think that you're headed in the wrong direction, turn around and start over! If you are dreading going to class - try something new. If you are looking for a different community, join a new club. Reflecting and recognizing that you need to make a change, or that you are loving what you're doing is valuable, it's not a setback. It's easy to go through the motions and just follow the direction for the destination you set in the GPS hours ago, but maybe there’s a better route - or a better destination.

Basically, what I’m trying to say through this very long metaphor, is to embrace the journey and all that comes with it. The beauty of Lehigh is that everyone’s ride is different. Your twists will be someone else’s turn - you’ll be driving on a path that is entirely yours.

You choose your passengers, you choose the vibe, but most importantly, you choose your destination.

This is your ride. Enjoy it. Oh! And welcome to Lehigh! We couldn’t be more excited that you’re here.
Welcome Class of 2025!

Please take a few minutes to familiarize yourself with the Lehigh University Code of Conduct which includes the following expectations:

- Academic Integrity
- Respect for Others
- Respect for Property
- Respect for the Lehigh University Community
- Respect for Self
- Respect for Law

The Code applies both on and off campus, and violations of Lehigh University policies may result in sanctions that can prohibit students from participating in activities/groups on campus.

Make good decisions and take care of each other!

Williams Hall, Suite 320
(610) 758-4032
studentaffairs.lehigh.edu/content/code-conduct

DO YOU PLAY AN INSTRUMENT OR SING? COME TO THE MUSIC DEPARTMENT FALL 2021 GENERAL INFO SESSIONS AT LEHIGH!

THURSDAY, AUGUST 19, 2021
11:45 - 12:30 PM

Open house Q&A, sign up for ensemble auditions information about private lessons, ensembles, major and minor programs, work study opportunities, lockers, meet all music faculty and staff, sign up for ensemble auditions.

See our ads for more details on auditions for Choral and Instrumental Ensembles.

Please contact Linda Ganus at lcg3@lehigh.edu for more info or with any additional questions.
If I were to be asked what my favorite day during the fall semester would be, I would answer with the first Monday of classes. Now, my answer is not because it is the beginning of a new semester, although that is exciting. It is because that is the day the Club Fair occurs.

The sight always makes me smile. Rows and rows of tables lined up on the front lawn and walkway. A free Lehigh Wrestling t-shirt and tons of other S.W.A.G. People laughing and friendly reunions occurring, all on a beautiful sunny day in August. As a first-year, I walked through the tables amazed, but overwhelmed at all the opportunities that lay in front of me: Astronomy Club, Rugby, Ultimate Frisbee, Student Senate, and hundreds more. I remember the feelings that came over me, I had no idea what to sign up for and I was scared of going too far out of my comfort zone. It was the people behind those tables that inevitably helped ease my worries. The friendly faces of smiles and encouragement of the club members, as they offered advice and insight into their own clubs.

My advice to you: write your name down for every club that even slightly interests you. There is no harm in trying something new to see if you like it. The next four years are filled with endless opportunities. Starting now and finding your culture at Lehigh is what will ensure that you have fun AND people to share it with. I walked into my first Club Fair with my eyes wide open, ready to embrace any opportunity that came my way. My next club fair, I was fortunate enough to be the one behind the table, welcoming new students and encouraging them to write their names down.

Another thing that I cannot stress enough, it is never too late to find something new or join a club. The students at Lehigh have a special way of making you feel so welcomed and at home, no matter who you are, where you are from, or what you have done. We want you here and we want you to find your home here as well as we have. Don’t be afraid to accept the new opportunities and challenges that arise as you become a member of the Lehigh community, and remember, there is always something or someone out there for you!
To the incoming class, welcome! We are all excited to have you be a part of the entrepreneurial Mountain Hawk community! During your time at Lehigh, you will have countless opportunities to push the boundaries of the conceivable while striving to make the world a better place. Truly, there is no better place to explore entrepreneurial pursuits. Whether you are an indefinite or definite optimist, over your tenure at Lehigh you will have access to resources and programs that will aim to translate ideas into reality, in turn changing the course of the future.

Prior to getting into the plethora of entrepreneurial opportunities Lehigh provides, one must understand the cornerstones of Entrepreneurship at Lehigh. The first is the Baker Institute, the campus entrepreneurial hub, whose goal is to inspire and enhance students’ ideas and help them bring their ideas to fruition by fostering entrepreneurship, creativity, and innovation. Located on Mountaintop campus, the Baker Institute should be every student’s first stop on their quest to pursue any entrepreneurial endeavor.

The second cornerstone of entrepreneurship at Lehigh is the Lehigh@NasdaqCenter located in San Francisco. The center offers several programs to allow students to gain a global entrepreneurial mindset while starting to build a network of entrepreneurs. Although the center is located roughly 2,800 miles from Lehigh’s main campus, the center offers virtual courses for students and the occasional in-person event for alumni in the Bay Area.

Now that the entrepreneurial cornerstones of Lehigh have been introduced let us dive into the resources they provide.

For those of you who identify as indefinite optimists, believing that there will be a better future but are not sure how to achieve it, Lehigh offers resources to connect students with entrepreneurs across the globe. Lehigh offers a variety of opportunities including traditional academic tracks such as pursuing an Entrepreneurship Minor or being a part of Lehigh Silicon Valley, a 3-credit program over winter break which introduces students to the startup ecosystem. Outside of the classroom, Lehigh offers several experiential learning programs striving to connect students with entrepreneurs. One of these programs is the Global Entrepreneurship Fellowship, where selected students are paired with a startup from anywhere in the globe and tasked with company projects during the 10-week summer internship.

Another similar program is the Lehigh@Nasdaq Startup Academy, where a cohort of ten to twelve Lehigh students from a variety of majors are relocated to San Francisco and assigned to a variety of early to mid-stage startups. The Startup Academy, similar to the Global Entrepreneurship Fellowship, challenges their respective cohorts to think outside the box while providing lasting mentorship opportunities through Lehigh’s expansive entrepreneurial network.

On the other hand, if you consider yourself a definite optimist, believe in building an actionable plan for a better future, Lehigh offers several opportunities through the Baker Institute for Entrepreneurship. These include but are not limited to Eureka! Pitch Nights, The Hatchery, New Ventures Club, and Design Thinking Workshops. Eureka! Pitch Nights, similar to the hit show Shark Tank, offers students the opportunity to pitch their ideas to a panel of local entrepreneurs gaining advice and top scoring ideas/companies receive cash grants to assist with building out the project. The Hatchery, a student accelerator, allows students to pursue their entrepreneurial pursuits over a summer while having access to resources and mentors provided by the Baker Institute. The New Ventures Club works as a student-run organization to provide students with real-time exposure to the startup ecosystem around campus.

Whether you consider yourself an entrepreneur or not, Lehigh has a vast set of resources that allow anyone to learn more about entrepreneurship or found a company. Know that Lehigh’s growing entrepreneurial network will always be there for you, so don’t be afraid to make the most of it. Hopefully you now have a better grasp of the entrepreneurial ecosystem at Lehigh, so I’ll leave you with this... You only have a finite time in college, don’t be afraid to dream big with your peers and come to embrace each failure as a learning experience.

THINK LIKE AN ENTREPRENEUR

Let the Baker Institute teach you how.

www.lehighbakerinstitute.com
Visit our website for all programs & opportunities! @bakerlehigh

BAKER INSTITUTE
ENTREPRENEURSHIP • CREATIVITY • INNOVATION

WELCOME CLASS OF 2025!

Interested in learning about our 25 organizations and going Greek at Lehigh? Our Go Greek event is the place to be! Date/time and location will be announced soon!

STOP BY CLAYTON UNIVERSITY CENTER B03
FOLLOW US ON INSTAGRAM @LEHIGHOFSA

go.lehigh.edu/gogreek
Nobody is expected to arrive at college with their entire journey planned out. When I came to Lehigh as a first-year, I was undecided on my major, my future career, even which on-campus clubs I wanted to join. These are all decisions that will come with time as you become more familiar with Lehigh and its many opportunities. Luckily, the OFYE and your Draft Book provide a tool to help you through this exciting and self-reflective process!

Your bLUeprint can be whatever you want it to be. Whether it’s a list of core values that you find most important, a collection of notes on the clubs and opportunities and that you are interested in during your initial explorations, or a detailed description of what you have accomplished thus far in your life and what you wish to accomplish in the future, a bLUeprint is your place to express whatever is going on in your head—your place to start paving the path that you will walk throughout your time at Lehigh.

These spaces to reflect are conveniently located inside the Draft Book, including some helpful leading questions and areas where you can write your own notes. The bLUeprint is really whatever you make of it, so take some time to think about how this tool will help you in the years to come. Are you a planner who likes to have the steps you will take predetermined? Or do you just want some broad ideas to come back to every once in a while, to remind you what your goals are? Like many things in college, the choice is yours.

Another great thing about the bLUeprint is its flexibility, so make sure you write everything down in pencil! Your Lehigh path may not be straight and direct. For example, one of my original goals was to study abroad. When COVID threw a wrench in my plans, however, I switched my focus and devoted myself to research with a professor, another one of my goals, and I also decided to apply for a position that required me to be on campus the spring of my junior year. What you commit to now, during your early days as a college student, does not have to completely dictate your future.

So, take advantage of the available resources and information during Orientation. Attend 5x10s and learn about different programs, initiatives, and majors. You are required to go to at least five of these events during the first ten weeks of the semester, and they will be extremely helpful in building your bLUeprint! Furthermore, after Orientation you will have the opportunity to build connections with faculty members and students during a program called NavigateLU. This will give you another chance to reach out for help if you need it and learn about the resources on campus. All of this is elaborated on in more detail in your Draft Book, but everything is there to support you as you embark on your Lehigh journey.

Everyone’s path at Lehigh is different, and yours may change over time, but the bLUeprint is here so you can physically map out your plan in a way that works for you. Good luck, and remember, the OFYE is always here to support you along the way!

A bLUeprint for Success
Devyn Riddle ’22
First, congratulations on getting into Lehigh! This is no easy feat, and you should be proud of yourself for this accomplishment. For a lot of you, this may be your first college experience, and your first time living on your own. There are lots of benefits to this; it brings independence and freedom, allows you to make your own choices, and create your own path. Lehigh presents this opportunity by offering numerous extracurricular activities and a wide range of courses. I have learned that there is always something to be doing at Lehigh, whether it be studying for exams, making a pitch for a stock in one of Lehigh’s many business-related clubs, or playing Spikeball at the Broughal Middle School field. But with this freedom comes great responsibility. As much as exploring your interests is important at school, it is equally important to take care of yourself both mentally and physically. Being on your own presents many challenges which can be stressful and overwhelming.

One technique I picked up along the way has been sticking with a routine. Some people make college sound like it is constant work with no breaks between studying. However, if you manage your time well, you will have plenty of time to hang out with friends, explore South Bethlehem, and the multitude of opportunities that Lehigh offers. Thus, it is important to minimize procrastination and focus on getting things done so that you can do more of what you love.

Self-care has different meanings for everyone. For some, it can mean getting good night’s rest and “recharging your battery” through meditation. For others, it can be aiming for a healthy diet and/or exercising regularly. Let’s clear the air on a misconception with self-care; making a conscious effort to take care of yourself is not being selfish. Rather, it promotes optimal well-being, allowing you to achieve your goals more easily. I set a small goal for myself each day, whether it be to eat a balanced meal, exercise, or get work done for class. When I accomplish these small, but important tasks, I feel happy and energized to take on the rest of my day and the rest of my week. It can seem daunting when a long research paper is thrown on your plate, or a group presentation deadline is looming ahead. But, by prioritizing tasks one at a time, your workload can seem far more manageable.

Nevertheless, as first-year college students, we can’t always manage these everyday stressors on our own— and that’s okay! Lehigh offers Counseling and Psychological services to assist Lehigh students with personal, social, and academic growth and discovery. Lehigh cares about its students and wants them to be in the best mental state as they transition into life on their own. I have personally dealt with mental health issues, and the most important thing I learned about getting better is the need to communicate. If no one knows that you are struggling, the odds your situation will improve become slim. Thus, I encourage you to take advantage of Lehigh’s mental health counseling, as they are always in your best interests.

College is all about developing a clearer sense of identity and learning what you love. Some view it more simply as a transition into the “real world” and the daunting truths this comes along with. However, if you remain mindful, live in the present, and do your best to make the most of your experience, you will be fine— I promise. Congrats again on your admission to the best school and I can’t wait to see you around campus this fall!

Self Care and Mental Health
Justin Groothuis ’22

“At first-year college students, we can’t always manage these everyday stressors on our own— and that’s okay!”

THE LTS HELP DESK WELCOMES
Class of 2025
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• Are considering a career in medicine

Learn more at:
EMS.LEHIGH.EDU
Become a Healthy Sexuality &
Gender Violence Prevention
Peer Educator
Join Break the Silence

Break the Silence or BTS facilitates trainings on topics such as sex ed, consent, sex communication, bystander intervention, relationships, and gender-based violence for new students, residence halls, athletic teams, fraternities and sororities, and student clubs and organizations. They also run large campus-wide events such as the 5 Senses of Consent, Sex in the Dark, Take Back the Night, and sLUt Walk.

Application are due September 30th and can be found at Lehigh.edu/go/bts
The Pride Center for Sexual Orientation & Gender Diversity

Health is much more than a person’s genetics. Most of us know someone we care about who has suffered from health problems we wish we could have done something about.

Now, with the College of Health, you can.

With data gathered through multiple science disciplines, our research informs policy and technology that help communities in need.

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- Population Health, BS
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Undergraduate + Graduate
- 4+1 Bachelor and Masters in Public Health
- 4+1 Bachelor and Masters in Population Health

Discover more at health.lehigh.edu

Lehigh’s Resource for LGBTQ+ Students and Allies.
We work to create a world where people of all genders and sexualities are able to thrive as their full, authentic selves.

come hang out in our lounge uc212

Office of the University Chaplain
661 Taylor Street

Lehigh is marking 50 years of undergraduate coeducation with Soaring Together, a celebration of the impact and accomplishments of all Lehigh women. Special events, projects, and programs will be held throughout the year!

Learn more and be part of it at lehigh.edu/soaringtogether.
S’more Fun to be had at Camp Hawk

Nick Schorn ’24

Things can get a little hectic during your first year at Lehigh. In fact, I am no stranger to the anxiety of managing the challenges that are part of moving into a new school. Even during COVID when I had to live in a single room, maintaining that balance between schoolwork & a social life was difficult. During such a chaotic period, it would be great to just unwind while having a good time and meeting new people.

Luckily, Camp Hawk is the perfect opportunity to relax and have fun, while also evaluating how you are doing during this time! Camp Hawk is a weekend-long retreat organized and designed to help first-year students, such as yourself, to take a step back and see how their first semester at Lehigh is coming along. Through all sorts of enjoyable camp games, conversation with new people, and the famous Iron Hawk Competition, you will be able to take a hard-earned break from your first semester at Lehigh.

Every year the Camp Hawk staff works to create a fun-filled experience and this year is no different. 60 first-year students and our 9 upperclass staff will head out to Camp Canadensis in the Pocono Mountains from Friday afternoon through Sunday. With the continuation of Iron Hawk, you will be put into a team with other students to work together and compete in a friendly head-to-head competition of camp games, brain teasers and other fun activities. And after the day is done, you get to relax and hang out with all your new friends. Did I mention s’mores?

Camp Hawk 2021 is shaping up to be a meaningful and exciting experience, and I would love for you to be a part of it! Do not miss out on a great chance to learn about yourself, Lehigh, and other students while enjoying the great outdoors!

Join Us for a Bond Fire!

Friday, September 10 - Sunday, September 12

FREE & OPEN TO ALL FIRST-YEAR STUDENTS

Spend a weekend away from campus to have fun, make friends, and enjoy the outdoors at Camp Canadensis in the Pocono Mountains!

For more information & to register visit go.lehigh.edu/camphawk

REGISTRATION OPENS MONDAY, AUGUST 23 AFTER THE CLUB EXPO!

If you have questions please contact the Office of First-Year Experience at 610-758-1300 or fye@lehigh.edu
You can contribute to the Lehigh Community by sharing your experience via 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.

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.

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Student Senate: Your Chance to Make a Difference

Francesca Logozzo ’24

As you begin your first year at Lehigh, it's normal to feel intimidated, yet excited for everything that's about to happen in your life. This past year and a half has been challenging for everyone and it seems like finally there is a light at the end of the tunnel. As we all get back to some sense of normalcy, we can look forward to the future with excitement and optimism.

One of the many things you can look forward to at Lehigh is joining various extracurriculars and getting involved in the community, and what better way to get involved than to become a representative for your fellow students?

As Lehigh University's branch of student government, Student Senate is composed of elected Senators who work to bring students' concerns to light, helping make effective changes and improvements to our campus and our surrounding communities. Essentially, Senate is the voice of the student body, and as a Senator, you can help give your peers a voice and help make changes to campus that will benefit all present and future students. So be sure to look out for an email soon where you have the chance to be part of that change and say you have the same passion as you: making a difference at Lehigh and changing it for the better.

As time goes on, Senate will only have more opportunities to enact change on campus and you have the chance to be part of that change and say you worked to make Lehigh University a better place for all students. So be sure to look out for an email soon about how you can apply to run for a position as a first-year constituent, and I hope to see your names on the ballots! Please feel free to reach out to me if you have any questions or concerns. You can find me at frl224@lehigh.edu.

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JOB OPPORTUNITY

Become a Lehigh Liner!

The Office of Development and Alumni Relations hires current Lehigh students to serve as ambassadors for the university. Lehigh Liners call undergraduate and graduate alumni, parents, and friends to gain annual fund support and provide campus updates and information.

It is the highest paying on-campus opportunity that supports both work study and wage students. The starting pay is $11 per hour, plus incentives.

Apply online at: tinyurl.com/LinerApp

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

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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.
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• Free workshops and more!

global.lehigh.edu/icapec

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AMAZING
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It is home to Lehigh University’s Music Department, the Department of Theatre, the Art Galleries and the Guest Artist Series.
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420 E. Packer Ave. • Bethlehem, PA • 610.758.2787
FREE TICKETS FOR LEHIGH UNDERGRADS! (Subject to Availability)

THURSDAY, AUGUST 19, 2021 • ORIENTATION TIMES
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 Sazby’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!
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 to campus.

THURSDAY, AUGUST 19, 2021 • ORIENTATION TIMES

FIRST YEAR STUDENT

MEAL PLANS

Where can I use my meal plan?

<table>
<thead>
<tr>
<th>Dining Location</th>
<th>Building</th>
<th>Meals</th>
<th>Meal Credit</th>
<th>Dining Dollars</th>
<th>GoldPlus</th>
<th>Cash/Credit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ralphie</td>
<td>Across from Upper Centre</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Cort @ Lower UC</td>
<td>First Floor of the UC</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Brothde</td>
<td>Brothde Residence Hall</td>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Upper UC Food Market</td>
<td>Second floor of the UC</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Clutch &amp; Go</td>
<td>Second floor of the UC</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Baker’s Junction</td>
<td>Second floor of the UC</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>The Grind @FMU</td>
<td>E.W. Fairchild Martindale Library</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Hillside Café</td>
<td>Second Floor of Hitch House</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Hank’s Nest</td>
<td>Lambert Hall</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Common Grounds</td>
<td>Second Floor of Rauch Business Center</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>The Fish Truck</td>
<td>Around Campus</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Simply Skewered</td>
<td>Around Campus</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Iacocca Cafés</td>
<td>Iacocca Hall, Mountaintop Campus</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Market X</td>
<td>Building C, Mountaintop Campus</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>Yes</td>
</tr>
</tbody>
</table>

MEAL LINGO

MEAL

Miel - All You Care to Eat is available for breakfast, lunch and dinner at our three student restaurants: Cort @ Lower UC, Ralphie and Brothde. All plans are designed for one meal swipe by the plan holder per visit. However, Carrie Elvania and Block Plans will allow for multiple visits during the same meal period.

DINING DOLLARS

Dining Dollars - This declining balance account can be used exclusively at all Lehigh University Dining locations. Dining Dollars are non-refundable, non-transferable, and will carry over from Fall semester to Spring semester only.

MEAL CREDITS

When you purchase a meal plan, you have the added benefit of meal credits that you can use at a variety of retail locations across campus. A Meal Credit is a cash value applied to your food purchases at retail locations on campus for those times when you don’t eat at Ralphie, Lower UC or Brothde. This increases the flexibility of your meal plan. In exchange for a regular meal swipe, you receive a credit toward the total cost of your retail purchase. The balance of your purchase can be paid with Gold Plus, Dining Dollars or cash.

WWW.LEHIGHDINING.COM > CLICK ON PLAN OPTIONS

DID YOU KNOW...


Contact our Dietitian Carrie!

Let our on-campus dietitian help navigate your dining options on campus. Carrie is available to meet with students individually as well as present informational sessions to groups. All appointments are confidential and available at no charge to Lehigh University Students.

Carrie Gerencher, MA, RDN, LDN

@LehighDiningRD 484-387-2058 00918@lehigh.edu

LEHIGH UNIVERSITY DINING

Do you have questions about...

Connect with us

@LehighSustainability
@LehighSustainability
sustainability.lehigh.edu
sustainability@lehigh.edu
516 Brodhead Avenue
All first-year students are required to attend 5 programs during the first 10 weeks of the semester.

You can attend 2 programs Friday, August 20, during Orientation!

Participate in the Campus Resource Tour!
12:30pm-3:00pm
See page 6 of your Draft Book

Attend a 5x10 Symposium!
3:30pm-4:30pm
See the complete list on page 26

OPEN MIC NIGHT
Friday, August 23
Farrington Square
8pm-9pm
Grab your instrument, your latest piece of poetry, or a friend for a duet!

Also happening in Farrington Square...

VIP NIGHT AT THE BOOKSTORE
8pm-10pm
Come to the Bookstore for a 25% discount off one Lehigh Logo item!

WHAT ARE MY OPTIONS?

I’m a student and I or someone I know has experienced or witnessed sexual assault, sexual exploitation, intimate partner abuse, stalking, or sexual harassment.

LEHIGH UNIVERSITY POLICE DEPARTMENT
The Gender Violence Support Advocates are a group of dedicated and compassionate Lehigh University staff members who are trained to support student survivors of gender violence.

Although the Advocates are not confidential resources, they provide initial support, options, and referrals for survivors.

CALL 610-758-4763
AVAILABLE 24/7/365

The Gender Violence Support Advocates are a group of dedicated and compassionate Lehigh University staff members who are trained to support student survivors of gender violence.

Although the Advocates are not confidential resources, they provide initial support, options, and referrals for survivors.
A Healthy Lifestyle for Success at Lehigh

By Cory Riegel ’22

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 students 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 is 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 loss 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! I know how difficult it can be to maintain a healthy lifestyle, especially in that first year of college. If you feel that your health is slipping in any way, feel free to reach out to your orientation leader for some advice—that’s what we’re here for!
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 projects 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.
University Convocation

At Lehigh, University Convocation signifies the start to the academic year. This is an annual campus tradition where students can begin to build a lasting connection to our academic community.

Join us

Thursday, August 26
5:00PM
Baker Hall,
Zoellner Arts Center

We’d love to hear from you! Write us at mountaintop@lehigh.edu for more information.

https://creativeinquiry.lehigh.edu
LEHIGH community & club EXPO

Monday, August 23, 4-6pm
Clayton University Center Lawn

- Accounting Club
- ACM Coders Community
- African Renaissance
- African Students Association
- Akile Dance Crew
- Alpha Omega Epsilon
- American Institute of Chemical Engineers
- American Society of Civil Engineers
- Anime Eki Club
- Asian Cultural Society
- Bad Company
- Baker Institute for Entrepreneurship, Creativity and Innovation
- Belly Dance Club
- Bellydance
- Best Buddies
- Biomedical Engineering Society (BMES)
- Black Student Union
- Break the Silence Peer Educators
- Center for Student Access and Success
- Chabad at Lehigh
- Chaplain's Office / Dialogue Center
- Club Baseball
- Club Field Hockey
- Club Ski Team
- Club Tennis
- Colleges Against Cancer
- Community Service Office
- Creative Inquiry
- CSSA (Chinese Students and Scholars Association)
- Cycling Club
- Dancin'
- Debate Society
- Development and Alumni Relations & Lehigh Liners
- Engineers Without Borders
- Epitome yearbook
- F1RST
- Gil of Life
- Hawkathon
- Helius dance team
- Iacocca Institute
- IEEE
- International Business Club
- International Voice
- International Voices
- InterVarsity Christian Fellowship
- Lambda Theta Alpha Latin Sorority Inc.
- Leela Indian Fusion Dance
- Lehigh Aerospace Club
- Lehigh Astronomy Club
- Lehigh Baja SAE
- Lehigh coffee club
- Lehigh College Democrats
- Lehigh Consulting Group
- Lehigh Cru
- Lehigh Dental Society
- Lehigh Dungeons and Dragons Club
- Lehigh Echoes
- Lehigh Equestrian Team
- Lehigh Formula SAE
- Lehigh Friends of Israel
- Lehigh Hillel
- Lehigh Libraries
- Lehigh Medical Club (LeMed)
- Lehigh Pre-Veterinary Club
- Lehigh Quiz Bowl Club
- Lehigh Spikeball Club
- Lehigh Taekwondo Club
- Lehigh University / United Nations Partnership
- Lehigh University Art Galleries (LUAG)
- Lehigh University Choral Arts
- Lehigh University College Republicans
- Lehigh University Dance Team
- Lehigh University Debate Society/Team
- Lehigh University Emergency Medical Services
- Lehigh University e-NABLE
- Lehigh University Marketing Club
- Lehigh University Mathematics & Statistics Society
- Lehigh University Mock Trial
- Lehigh University Police
- Lehigh University Steel Bridge Team
- Lehigh University's South Asian Students Association (Lehigh SASA)
- Lehigh Women's Club Lacrosse
- LTS
- LU AMSA (American Medical Student Association)
- LU Scientific Journal Club
- Men's Ultimate Frisbee Club
- Men's Club Lacrosse
- Middle Eastern Student Union
- Mustard and Cheese Drama Society
- National Alliance on Mental Illness (NAMI)
- Newman Center
- No Lost Generation
- Office of First-Year Experience
- Office of Multicultural Affairs
- Office of Residence Life
- Orthodox Christian Fellowship (OCF)
- oSTEM@Lehigh
- Peer Health Advisors
THURSDAY, AUGUST 19, 2021 • ORIENTATION TIMES

Qualifications to be an OL...
• Current full-time student with a minimum 2.50 cumulative GPA
• You must be in good standing with the University, e.g. not on disciplinary probation

Responsibilities of an OL...
• Lead a small group of 20 first-year students throughout the Orientation program
• Facilitate conversations on transition issues
• Role model appropriate academic and social behaviors to incoming students
• Attend spring and August training sessions prior to orientation. ALL TRAINING IS REQUIRED!
• Work with a team of about 80 Orientation Leaders and Orientation Coordinators
• Read the selected book for the Summer Reading Program
• Check-in with first-year students for navigateLU during Fall 2022
• Maintain your GPA
• Communicate with parents and family members of new students
• Have fun!

Become an ORIENTATION LEADER!

The Perks...
• Opportunity to mentor a group of first-year students
• A chance to strengthen your communications skills
• Participate in multiple team building experiences
• Work with numerous leaders on campus
• Gain a better understanding of Lehigh University and its organizational structure
• Network with various University faculty, staff and administrators
• Receive a one-of-a-kind Orientation T-shirt
• Lots of FREE food
• NEW FRIENDS!

The Application opens in November!

Office of the First-Year Experience • studentaffairs.lehigh.edu/ofye • 610-758-1300 • fye@lehigh.edu
The Office of Institutional Research and Strategic Analytics (OIRSA) administers the course evaluation process at Lehigh. The process is fully online and takes place at the end of each course. Invitations to complete your course evaluations will come via email from “Lehigh Course Evaluations.”

Share your thoughts by filling out your COURSE EVALUATIONS during the last week of class!

To learn more about the course evaluation process at Lehigh, visit https://oirsa.lehigh.edu/course-evaluations. If you have any questions about your course evaluations, please email us at inevals@lehigh.edu

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
Sick? Injured?  
Not sure what to do?  
Don’t second guess, call EMS!

610-758-4200

LUEMS is a state-licensed EMS agency that responds to all medical emergencies (about 150 per year) at Lehigh University. All providers are credentialed by PA Dept. of Health and have the latest equipment and medications to deal with a variety of medical emergencies. Volunteers wanted! Learn more at www.lehigh.edu/ems

FALL 2021
INSTRUMENTAL AUDITIONS
FOR JAZZ, BANDS, AND ORCHESTRA
AT LEHIGH!

all Fall Instrumental Auditions held at Zoeller Arts Center  
420 East Packer Avenue, Bethlehem, PA

Woodwinds, Brass, Percussion
(Wind Ensemble, Philharmonic Orchestra, Jazz)  
Friday, August 20, 2021, 11:00 - 4:30 pm, rm 145

Orchestral Strings:  
Sunday, August 22, 2021, 4:00 - 7:30 pm, rm 237

Jazz Ensemble Placement:  
Monday, August 23, 2021, 4:00 - 6:00 pm, rm 145

LU Marching 97: open to all, no audition necessary.  
Auditioning students should bring a 1-3 minute piece of their choice to play for the ensemble directors.  
To schedule an audition, please mail Linda G anus at lcg3@lehigh.edu with your name, instrument, available times according to your ensemble audition day, and indicating the ensembles in which you are interested.

We look forward to having you join the instrumental ensembles at Lehigh!  
For general audition questions, email lcg3@lehigh.edu

Take Back Your Body

Trauma Informed Yoga

Trauma-informed yoga is a research proven way to help those experiencing trauma and vicarious trauma heal from their trauma symptoms. It is a combination of focused breathing and mindfulness skills, as well as healing poses. It is an opportunity to learn how to work with your own discomforts. It is a judgement free zone where every participant is able to go at their own pace and skill level. The practice is not meant to be a high cardio or strength training workout, it focuses on grounding, breathing, and mindfulness with comfortable, stretching poses. Our instructor, Liz Jordan, is certified in trauma-informed practice. The instructor does not leave her own mat and will never touch participants to adjust their pose throughout the practice. It is a space where your body is entirely yours.

Students, faculty, and staff of all gender identities at all levels of healing from trauma are welcome and can benefit from trauma-informed yoga.

Fall 2021 classes will be held Wednesdays from 4:30-5:30 pm. All classes are free and yoga mats are provided if needed.

For more information and to sign up please visit: Lehigh.edu/go/tbybyoga

GODSPELL
IN CONCERT
BY STEPHEN SCHWARTZ AND JOHN MICHAEL TILBURY
FEB 4-6 & 9-12, 2022

This hit musical follows an ensemble growing together in love and faith, providing the parable of Jesus Christ and the Apostles. After Lehigh Theatre’s 2020 production of Godspell was canceled due to COVID-19, their attention shifted to a new musical, Jesus Christ Superstar, with a different focus on Jesus and his followers, and their struggle against the might of the Roman Empire. During both productions, the cast and crew were determined to bring the story of Jesus to life in a way that was not only faithful to the text, but also relevant to the 21st century audience. The result was a musical that combined traditional theatre techniques with innovative staging and lighting effects, creating a truly unforgettable theatrical experience.

A WALRUS IN THE BODY OF A CROCODILE
BY MJ KAPLAN
DIRECTOR: DANIEL BRODY ‘22
APRIL 22-24 & 27-30, 2022

In our jobs, families, and social spheres, there may not be a script telling us what to do, but there is certainly pressure from many angles to feel a certain “right” way. Explore identities, gender norms, and confusion of all kinds through the laughter of these two odd one acts.

A support group for things inside of things. A man with a tiny mustache. A woman who is not a woman. What do they have in common? Nothing. They are both part of a support group for things inside of things. A man with a tiny mustache. A woman who is not a woman. They seem to have nothing in common except that they are members of a support group for things inside of things. George is the actor, director, and costume designer for this show. His dream is to be a baroness of the absurd. He droops through the audience as he turns the page of his book ‘absurdities of the absurd’.
THURSDAY, AUGUST 19, 2021 • ORIENTATION TIMES

FAUX FRIDAY
RESTAURANTS

1. Tulum
2. The Goosemen
3. Deja Brew
4. La Lupita
5. Molly’s Irish Grille & Sports Pub
6. Subway
7. Campus Pizza
8. Jenny’s Kuali
9. Lehigh Pizza
10. U & Tea
11. The Flying V
12. Dinky’s Ice Cream Parlor and Grill
13. El Jefe’s

*See Guidebook for Google Map

HEAD TO THE
SOUTH BETHLEHEM
GREENWAY
FOR LAWN GAMES, LIVE MUSIC, AND FREE DINKY’S ICE CREAM! PLUS, AN OPPORTUNITY TO WIN A RAFFLE PRIZE

Those that selected the TO-GO option will take their meal to the South Bethlehem Greenway. Those that selected the DINE-IN option will have their meals at the restaurant and head to the Greenway after.
THURSDAY, AUGUST 19, 2021 • ORIENTATION TIMES

NavigateLU

Quick Facts

- A CHEMIST'S MUSINGS ON THE MAMMALIAN SCIENCE OF SMELL
  Professor Greg Ferguson
  STEPS 190
  The Nobel Prize Medicine and Physiology awarded a few years ago for unraveling the olfactory system provides a delightful opportunity to reflect on the different kinds of thinking involved in systematic advances and abrupt disruptions. It also serves as a wonderful example of new understanding "walking" from field into another.

- GETTING TO KNOW YOUR NEW HOMESTOWN:
  A CITY PLANNER'S PERSPECTIVE
  Professor Karen Beck Poeley
  Packard 208
  Our neighborhoods play a huge role in our physical and mental well-being, access to opportunity, and ability to connect with those nearby. Those places don’t just shape us; we shape them. Hear more about South Bethlehem and how you might put your own stamp on it while at Lehigh.

- THE MAGNETISM OF ROCKS AND EARTH HISTORY
  Professor Ken Kodama
  STEPS 101
  Scientists can measure the ancient magnetization of rocks that was acquired when they formed. This fossil magnetism, or palaeomagnetism, is used to determine the ancient direction and intensity of the Earth’s magnetic field. It can be used to reconstruct the ancient geography of Earth’s continents, the movement of far-travelled micro-continents, the tectonic rotation of regions, and the timing of the nucleation of Earth’s solid inner core.

- SO, YOU WANT TO USE YOUR STEM DEGREE AS A SPRINGBOARD TO PROFESSIONAL SCHOOL?
  Professor Lawrence Tartaglia
  Magraves 260
  Some of us have wanted to go to professional school (e.g., Medical, Dental, Graduate, etc.) for as long as we can remember, while others might figure out their paths during, or after college. But do you know what it takes to get there? In this session we will look at historical trends, admissions standards, and the unique aspects (e.g., Medical, Dental, Graduate, etc.) to get there. Personal Branding enables students to uniquely develop a career growth plan, with tips on how to win their desired job or internship.

- STONGER, SMARTER, FASTER, AND... TASTIER! MATERIALS SCIENCE AND ENGINEERING DOES IT ALL!
  Professor Nick Stranickatz, Siddha Pimpukar, Lesley Chow, Sabrina Jedlicka
  Packard-606
  What do ultra-strong materials for flying vehicles, smart quantum-based computers, fast production of multi-story tall rocket engines, and tasty ice cream have in common? They all start with innovations in Materials Science and Engineering! Come learn about how materials science has repeatedly revolutionized society!

- IS ARCHITECTURE SUSTAINABLE?
  Professor Nick Nikouk, AIA
  Packard 360
  The biggest issue shaping the future of our cities, and our nation, is the question of how we grow. Housing production in the U.S. is overwhelmingly concentrated in low-density areas. For most of the 20th century, the concept of mass home ownership seems an inapplicable part of American culture. We look for the ideal's origins in the 20th c. (mobility, energy and material use) and ultimately ask: Is buying a home all it's cracked up to be? We will discuss examples and we can do in the third decade of the 21st century.

- VAMPIRE RIGHTS
  Professor James March
  Magraves 101
  This program introduces students to the complexities of political engagement. Students will learn about the ways in which civil rights and civil liberties are integral to democratic practices and the dangers of authoritarianism. This is an esential exercise that facilitates critical reflection on the personal and social challenges of working toward a diverse, inclusive, and equitable society.

- THINKING THROUGH TECHNOLOGY
  Dr. Greg Fishman
  EN0M 520
  Are new technologies changing our views of metaphysics (what's real) and morality (what's right)? Participants in this interactive session will discuss how recent advances in fields such as neuroimaging, virtual reality, artificial intelligence, and social networking might be changing how we see ourselves and how we approach the choices we face.

- HOW TO MANAGE YOUR ENERGY:
  A GLOBAL PERSPECTIVE
  Dr. Lina Rodriguez
  STEPS 190
  To create, impact, and contribute, you need to get your own energy together. Around the world, indigenous groups and others think in energetic terms. In this session, based in Ayurvedic teachings, learn what your typical energy pattern is, what it looks like out of balance, and how to redirec it.

- ACING COLLEGE THROUGH PSYCHOLOGICAL SCIENCE
  Dr. Jessica March
  STEPS 490
  What is the best way to study? How do you learn new things? How do you mentally prepare yourself to succeed in college? All of these questions are answered through psychological research. This lecture provides pro tips of how to excel at college through the power of psychological science.

- MAKING MUSEUMS MATTER
  Dr. William B. Crow
  LUAG Main Gallery
  Museums are no longer dusty storage houses of the past. They are places that spark creativity, curiosity, and new knowledge on topics that are relevant to our world. Discover the Lehigh University Art Galleries and how you can get involved!

- WHAT CAN REALITY TV TEACH US ABOUT OURSELVES?
  Professor Danielle Lindemann
  Packard 416
  It can be hard to take reality TV seriously, and at first glance, the people who inhabit these shows may not seem very much like ourselves. However, by applying a sociological lens to these programs, we can better understand a variety of forces that operate in our own lives. Are you ready? It's time to get real.

- 100 YEARS OF AEROSPACE ENGINEERING
  Professor Terry Hart
  Magraves 102
  The progress made in the past 100 years of aerospace engineering has been nothing short of spectacular, from the Wright brothers, to the landings on the Moon, deep space probes and rovers on Mars, as well as many commercial successes, including Boeing's 787 Dreamliner. Professor Hart reviews this history and shares many of his personal stories of his involvement.

- BIOENGINEERING THE FUTURE
  Professor Tommy Pashuck
  STEPS 200
  Improving health is one of the great scientific and engineering challenges. This will require a better understanding of the human body, earlier diagnosis, and new types of therapies. Come find out how bioengineers are inventing the technologies that will help people around the world live longer, healthier lives.

- GAME AND PLAY
  Professor Will Lowery
  Magraves 112
  Theatre can be studied through games, and games can convey theatricality. But how can game and story intersect in performance? We’ll explore Lehigh’s devised production of GPS, and see how rules blend with ritual. How a game prompts creativity. How a play—a story—endeavors to create bonds.
## ORIENTATION 2021 SCHEDULE

### SATURDAY • AUGUST 21

**BREAKFAST**
7:00am - 9:00am (Rathbone)

**SATURDAY ROTATION**
- ORIENTATION GROUP MEETING #3
- BREAK THE SILENCE: PREVENTING GENDER VIOLENCE THROUGH HEALTHY SEXUALITY
- JUST CAUSE: THE EXPERIENCE PART 1
- LUNCH
- OL OFFICE HOUR (OPTIONAL)
- CULTURE FEST DINNER
- ORIENTATION GROUP MEETING #4

*Remember to bring your ID to all meals!

**GROUPS 1-17**
- Group Meeting #3 9:00am-9:45am
- Just Cause Pt. 1 (Packard 101) 10:00am-11:00am
- Break the Silence (Rauch) 11:45am-1:15pm
- Lunch (Cort) 1:15pm-2:15pm
- OL Office Hour (STEPS 101) 2:15pm-3:00pm
- Free Time 3:00pm-5:00pm
- Group Meeting #4 5:00pm-6:15pm
- Dinner (Rathbone) 6:15pm-7:30pm

**GROUPS 18-37**
- Group Meeting #3 9:00am-9:45am
- Just Cause Pt. 1 (Packard 101) 10:00am-11:00am
- Break the Silence (Rauch) 11:45am-1:15pm
- Lunch (Rathbone) 1:15pm-2:15pm
- OL Office Hour (STEPS 101) 2:15pm-3:00pm
- Free Time 3:00pm-5:00pm
- Dinner (Cort) 5:00pm-6:15pm
- Group Meeting #4 6:15pm-7:30pm

**GROUPS 38-56**
- Free Time 9:00am-10:30am
- OL Office Hour (STEPS 101) 10:30am-11:15am
- Lunch (Cort) 11:15am-12:15pm
- Group Meeting #3 12:30pm-1:15pm
- Break the Silence (Rauch) 1:30pm-3:00pm
- Just Cause Pt. 1 (Packard 101) 3:15pm-4:45pm
- Dinner (Rathbone) 5:00pm-6:15pm
- Group Meeting #4 6:15pm-7:30pm

**GROUPS 57-75**

**FREE TIME**
9:00am-10:30am

**OL Office Hour (STEPS 101)**
10:30am-11:15am

**Lunch (Cort)**
11:15am-12:15pm

**Group Meeting #3**
12:30pm-1:15pm

**Break the Silence (Rauch)**
1:30pm-3:00pm

**Just Cause Pt. 1 (Packard 101)**
3:15pm-4:45pm

**Dinner (Rathbone)**
5:00pm-6:15pm

**Group Meeting #4**
6:15pm-7:30pm

### SATURDAY ROTATION
- JUST CAUSE: THE EXPERIENCE PART 2
- PEER HEALTH: LET'S FACE IT - YOUR MENTAL HEALTH
- ORIENTATION GROUP MEETING #5
- BRUNCH/LUNCH

*Remember to bring your ID to all meals!

**GROUPS 1-17**
- Just Cause Pt. 2 (virtual) 9:00am-10:30am
- Peer Health (Rauch) 10:45am-11:45am
- Branch (Cort) 12:05pm-1:00pm
- Group Meeting #5 1:15pm-2:15pm

**GROUPS 18-37**
- Peer Health (Rauch) 9:00am-10:00am
- Just Cause Pt. 2 (virtual) 10:45am-12:15pm
- Branch (Rathbone) 12:30pm-1:30pm
- Group Meeting #6 2:00pm-3:00pm

**GROUPS 38-56**
- Group Meeting #5 9:30am-10:30am
- Branch (Cort) 10:45am-11:45am
- Just Cause Pt. 2 (virtual) 12:30pm-2:00pm
- Peer Health (Rauch) 2:15pm-3:15pm

**GROUPS 57-75**

**Group Meeting #5**
10:00am-11:00am

**Brunch (Rathbone)**
11:15am-12:15pm

**Peer Health (Rauch)**
12:30pm-1:30pm

**Just Cause Pt. 2 (virtual)**
2:15pm-3:15pm

### WORK STUDY JOB FAIR
4:00pm – 5:00pm • UC 303 & 308

Students with a work study award for the 2021-22 academic year are invited to attend the job fair. Supervisors from around campus will be present to share information about their positions and discuss possible employment options.

### CHORAL ARTS AUDITIONS
4:00pm - 7:00pm • Zoellner Arts Center, Third Floor

### ORCHESTRAL STRINGS AUDITIONS
4:00pm - 7:30pm • Zoellner Arts Center, Rm 237

### ACADEMIC SUPPORT FOR STUDENTS WITH DISABILITIES
See Guidebook for time and location

**DINNER**
M&M, Drinker & Commuter Students (Rathbone) 5:30pm-6:30pm
Centennial I, Richards & Transfer Students (Cort) 5:30pm-6:30pm
Centennial II (Cort) 6:30pm-7:30pm

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*Schedule is subject to change. Download Guidebook for the most up-to-date schedule.*
THURSDAY • AUGUST 19

**Mandatory for All Students to Attend**

### ORIENTATION 2021 SCHEDULE

#### ORIENTATION KICK-OFF
- **1:00pm - 3:00pm** • Clayton University Center Lawn
  - Welcome
  - Meet Orientation Leaders
  - NavigateLU overview by Residence Hall Staff

#### WELCOME LUNCH
- **12:30pm - 1:00pm** • UC 306
  - Welcome to Lehigh
  - Meet your Gryphon

#### ORIENTATION GROUP MEETING #1
- **3:15pm - 4:00pm** • Clayton University Center Lawn
  - Meet your Orientation Group Leader
  - Orientation Group Location listed on the label located on your check-in envelope

#### BREAKFAST
- **7:00am - 9:00am** (Rathbone)

#### ORIENTATION GROUP MEETING #2
- **9:00am - 9:45am** • Group Meeting Location
  - Prepare for your new role as a Lehigh student

#### COLLEGE WELCOME AND ADVISING/LUNCH
- **10:00am - 3:30pm**
  - Learn the expectations and requirements of your college and receive information about academic support
  - Details will be provided by your College, and end times will vary by college
  - Locations:
    - College of Arts & Sciences (incl. Arts Engineering & IDEAS): Zoellner Arts Center, Packard Lab 101
    - College of Business: Neville 001 (last names A-P), Neville 002 (last names Q-Z)
    - College of Engineering and Applied Science: Packard Lab 101
    - College of Health: Tamerler Courtyard Tent
    - Integrated Business and Engineering: Check with program director
  - Computer Science and Business: Check with program director

#### CALCULUS ADVISING INFORMATION
- **11:00am - 3:00pm** • Chandler-Ullman 212 (Assmus Reading Room)
  - Learn about your course options

#### CHORAL ARTS AUDITIONS
- **11:00am - 4:30pm** • Zoellner Arts Center, Third Floor

#### AUDITIONS FOR JAZZ, WIND ENSEMBLE AND ORCHESTRA (WOODWINDS, BRASS AND PERCUSSION)
- **11:00am - 4:30pm** • Zoellner 145

#### LUNCH
- **11:00am - 2:00pm**
  - CRT: Engineering; IBE; CSB; Arts and Sciences Last Names A-L
  - Rathbone: Business; Health; Arts and Sciences Last Names M-Z

#### FAUX FRIDAY RESTAURANT TICKET EXCHANGE
- **12:30pm - 3:00pm** • UC 303
  - Stop by UC 303 if you’d like to exchange your Faux Friday ticket. Note: If you have a ticket to eat on campus you must eat on campus.

#### 5X10 CAMPUS RESOURCE TOUR
- **12:30pm - 3:00pm**
  - Visit and learn about resources on campus that you may never have known and learn more about your navigateLU and bLUeprint by completing a Campus Resource Foundation Track
  - Details and Tracks will be provided in your Orientation Group Meeting and can be found in your Draft Book on page 6
  - Locations will vary by track

#### DINNER WITH ORIENTATION GROUP / TOUR

**EXPLORING WELLNESS AT LEHIGH • BAKER HALL**

**CAMPUS SAFETY BLOCK PARTY • TAMERLER COURTYARD**

- **Bring Your ID to All Meals**
  - Groups 1 - 17
    - 4:15pm-5:00pm Campus Safety Block Party (Tamerler)
    - 5:15pm-6:00pm Exploring Wellness at Lehigh (Baker Hall)
    - 6:15pm-7:00pm Tour
    - 7:00pm-8:00pm Dinner (Rainbath)
  - Groups 18 - 37
    - 4:15pm-5:00pm Exploring Wellness at Lehigh (Baker Hall)
    - 5:15pm-6:00pm Campus Safety Block Party (Tamerler)
    - 6:15pm-7:00pm Dinner (Cort)
    - 7:15pm-8:00pm Tour
  - Groups 38 - 56
    - 4:00pm-4:45pm Tour
    - 5:00pm-6:00pm Dinner (Cort)
    - 6:15pm-7:00pm Campus Safety Block Party (Tamerler)
    - 7:15pm-8:00pm Exploring Wellness at Lehigh (Baker Hall)
  - Groups 57 - 75
    - 4:00pm-4:45pm Tour
    - 5:00pm-6:00pm Dinner (Rainbath)
    - 6:15pm-7:00pm Exploring Wellness at Lehigh (Baker Hall)
    - 7:15pm-8:00pm Campus Safety Block Party (Tamerler)

#### RESIDENCE HALL FLOOR MEETING
- **8:00pm - 10:00pm** • Your Residence Hall
  - Return to your Residence Hall floor for your first floor meeting! Your Gryphon will help you in getting to know the other students on your floor and you’ll work together to set community expectations.

#### RESIDENCE HALL SOCIAL
- **9:00pm - 10:00pm** • Your Residence Hall
  - After your first floor meeting, come join your Gryphon and new neighbors as we welcome you to your new home here at Lehigh. You’ll be tie-dying your hall t-shirt, so make sure to bring it with you!

#### HAWK’S FEST
- **10:00pm - 12:00am** • Lambertorn Great Room
  - There’s a little bit for everyone at this late night Hawk’s Fest. Grab some grub, play a game, and get some Lehigh swag before catching some Zzzz’s for the night.

### FRIDAY • AUGUST 20

#### LEHIGH 5X10 SYMPOSIUMS
- **3:30pm - 4:30pm**
  - Hear a Lehigh University professor speak on a topic of their interest, ranging from technology to sustainability to outer space. Attendance will count toward one of your navigateLU and bLUeprint requirements.
  - See page 26 for session information and locations

#### LEHIGH FAUX FRIDAY & RESIDENCE HALL MEETING
- **5:00pm - 8:00pm** (Residence Hall Meeting is at your Residence Hall)
  - Centennial I & II
    - 5:00pm - 6:30pm Dinner
    - 6:30pm - 8:00pm Residence Hall Meeting
  - Umoja & Taylor
    - 5:00pm - 6:30pm Dinner
    - 6:30pm - 8:00pm Residence Hall Meeting
  - Dravo & Richards
    - 5:00pm - 6:30pm Residence Hall Meeting
    - 6:30pm - 8:00pm Dinner
  - M&G & Drinker
    - 5:00pm - 6:30pm Residence Hall Meeting
    - 6:30pm - 8:00pm Dinner
  - Commuters
    - 5:00pm - 6:30pm Dinner
    - 6:30pm - 8:00pm Commuter Meeting (UC 306)
  - Take your Friday Dinner Meal Ticket and Lehigh ID to your South Bethlehem Restaurant or Rathbone Dining Hall for dinner. Then explore the sites and shops of South Bethlehem. Be sure to stop by the Greenway for FREE lawn games, live music, and FREE Dinky's ice cream! Plus, an opportunity to win a raffle prize.
  - Orientation Leaders will be available to help you find your location. You must have the appropriate ticket to enter a dining location or you will be turned away!

#### VIP NIGHT AT THE BOOKSTORE
- **8:00pm - 10:00pm**
  - Come to the Bookstore for a 25% discount off one Lehigh Logo item!

#### OPEN MIC NIGHT
- **8:00pm - 9:00pm** • Farrington Square
  - Come to Farrington Square to enjoy live music and creative performances by your fellow Lehigh students! Feel like performing? Grab your instrument, your latest piece of poetry, or a friend for a duet!

#### DO IT FOR THE ‘GRAM!
- **8:00pm-11:00pm** • Clayton University Center Lawn
  - Get ready to #trending during this orientation event. Lehigh After Dark presents a perfectly instragrammable experience that will make your likes blow up, and glue all of your friends not at Lehigh major #fomo. Enjoy jumping off the stunt jump, take part in human bowling, play volleyball with a 6 ft. ball, or take in one of the many activities that will make you a Lehigh social media star. The event will also feature TikTok superstar Ryan Kelley. So join us as we get back to the #Lehighlowlife with a spectacular Lehigh After Dark event. (Rain Location: Zoellner)