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 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!

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 to fully 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 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.
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.

---

**transportation & parking services**

Track your buses at **bus.lehigh.edu** or download the **DoubleMap** app (Google Play or Apple App Store).

Learn more about our **on-demand bus service** between campuses (evenings and weekends) at **transportation.lehigh.edu**. To request on-demand bus service, download TransLoc MicroTransit app. (Google Play or Apple App Store)

For **AccessLU** information (Lehigh’s accessibility shuttle), please visit: go.lehigh.edu/accesslu

---

**LEHIGH STORE**

Your one-stop shop for all things Lehigh

**Apparel - Tech - Gifts - Course Materials**

1 Farrington Square
1st Floor

@thelehighstore
(610) 758-3375
Center for Academic Success

PEER TUTORING COURSES
- Accounting
- Biological Sciences
- Business Information Systems
- Chemistry
- Computer Science & Engineering
- Economics
- Engineering
- Finance
- Math
- Physics

ACADEMIC COACHING
- 30 minute appointments to discuss time management, goal setting, study strategies, textbook reading, note taking, and more!

go.lehigh.edu/success

As you say goodbye to your family, let us welcome you to ours.

The Rally

The official Lehigh Alumni welcome since 1945

Saturday, August 20
8:00 p.m.
Clayton University Center Lawn

Featuring your "adoptive" class, the Class of 1976.

Soaring Together
Celebrating Lehigh Women
and 50 Years of Coeducation

Brought to you by Alumni Relations
LEHIGH UNIVERSITY

*Invite your family to watch LIVE at alum.lu/rally22

Get Involved: Find Your Place on Campus

Emma Closter ’24

When applying to college the why question always came up… Why do you want to go to this school? What does it have to offer? My high school self was forced to reflect and think about what I wanted out of a school from class sizes, to the ability to become involved on campus, to the location of the school. Today, I could blink and have answered this question. My “why Lehigh” after two years would without a doubt revolve around my involvement on campus.

While my first year was a bit atypical (I arrived to campus in Fall 2020), I was in awe arriving my first semester sophomore year. People walked in every direction, the school was packed with students, and there was chatter everywhere I went. Quickly, I came to appreciate that these are the people I go to school with, the school I will be spending my next few years at, and where I will graduate from. Not to say as a first-year I was not proud of being a Lehigh student, I just did not know what it meant yet. I was— and still am— in the process of finding and stumbling upon my smaller communities within the greater Lehigh community.

I mentioned the swarms of people on campus coming back to school in August 2021; however, little did I know how much bigger the school would feel at the Club Fair. Peer Health Advisors is one organization on campus I was lucky enough to join as a first-year, and as the Club Fair approached, they asked for volunteers to stand at the booth for the event. I arrived for my shift and was taken aback to say the least. Again, I was in awe of the community Lehigh fosters and what a real college experience can look like. Once my time at the Peer Health Advisors table was over, I took to strolling through each and every booth on the front lawn. I left with my hands full of free food, hats, t-shirts, hand sanitizer, and stickers. Reflecting on the day myself and with friends, we all recognized what campus involvement means to being a Lehigh student.

I have found friends, fulfillment, and places to learn through the clubs and organizations I have joined, and I would not change any experience I have had so far. Thus far, I am a Peer Health Advisor, a Student Senator, an Associate Editor on a new Health Policy and Politics journal at the school, the Health-Focused UN Youth Representative for Lehigh University, an Orientation Leader, and a member of Greek life. Joining campus organizations and moving into leadership positions can be intimidating and to overcome those doubts, I move into every opportunity with an open and forgiving mind. Meaning, I try something new and if I find at least one positive outcome of the experience, I say it is a success. No experience is perfect and but I am convinced I would never find the true organizations I find passion and fulfillment in if I did not experience others that didn't work out.

Campus involvement is a core pillar of my Lehigh experience that I could talk about for hours on end. I encourage everyone to explore and find their smaller communities within the larger Lehigh community. There is no right or wrong way to go about joining clubs— follow what your passions are and I bet that along that journey there will be people ready to welcome you into their community.

Visit the OFYE in Christmas Saucon 135, 138C, 140 & 142!
Contact us at 610-758-1300 or ofye@lehigh.edu
Office Hours: Monday-Friday 8:15am-4:45pm

@LehighOFYE facebook.com/OFYELU @LehighOFYE
School Spirit and Athletics
Ali Kaplan ’24

Congratulations on making it to Lehigh! Now that you are a Mountain Hawk, you have numerous opportunities to embrace your school spirit and take pride in your college experience.

One way that students here often feel connected to their school is by wearing Lehigh letters and colors. In addition, attending Lehigh Athletics events is how students on campus can engage with the broader Lehigh community. During the fall, all of Lehigh anxiously awaits one of the most exciting weeks of the year: college football’s most-played rivalry. As we take on our rival, Lafayette, students at Lehigh and members of the Bethlehem community create banners to taunt the Leopards and show support for our football program. Another tradition students can take part in during rivalry week is the bed races, where a team of five students decorate a bed frame “cart” and race down Memorial Walk. As the anticipation for the game escalates, Lehigh’s marching band, Marching 97, will pop in and out of classes, dining halls, libraries and Greek Chapter Houses for an impromptu concert in an effort to rile up the student body and faculty. The energy that this week brings to campus is incomparable, and it is a portion of the fall semester that students and faculty alike countdown to each year.

Aside from cheering on the football team in the stands, students can attend many other athletic events on campus. Lehigh’s 20 men’s and women’s Division I athletics teams compete in the Patriot League at Goodman Campus. And the best part is – students don’t need to play a DI sport in order to get involved with the athletic scene on campus. Lehigh offers more than 40 intramural sports, a few of which include equestrian, water polo and flag football. Similarly, for those that are interested in group exercise classes, Taylor Gym provides a variety of fitness and wellness programs such as spin class, Zumba and a quiet space for yoga and meditation.

Whether it is cheering on the Mountain Hawks at sporting events or wearing brown and white around Farrington Square, there are so many opportunities to actively support your school and take control of your Lehigh experience – I hope you take advantage of it as you embark on your journey for the next four years.

For more information contact Coach Brian Conley
btc210@lehigh.edu
Dear First-Years

Maya Zucker ’25

Just a short while ago, you made the decision to apply to Lehigh. You put in the work, wrote some essays, and made the decision to join the Lehigh community. Welcome! We couldn’t be more excited to have you.

So now that you’re here, the world is your oyster. Your first-year here is truly an adventure unlike anything you’ve experienced before. Lean into the chaos that is living in a first-year dorm. Join the clubs you always wanted to join. Take classes that excite you. Say yes to hanging out with new people. Step outside of your comfort zone— you never know what exciting new things may come your way.

And of course with any new adventure, it’s totally normal to be nervous and feel a little lost. So here’s a secret for you: everyone is feeling that way. Your Orientation Leaders (and so many others across campus!) are here to help you; yes— even beyond orientation. And never forget that your family and friends are always only a phone call away. While you adjust to life here, make sure to prioritize what’s important to you and your well-being. Whether that’s spending time outside, going to the gym, or decorating your dorm to feel comfortable— do what feels right to you to make Lehigh your home.

Strap in and get ready for the adventure of a lifetime. You’re in the driver’s seat and get to choose the path you want to take. Enjoy the journey and don’t forget to make the you that applied to Lehigh proud. Welcome to Lehigh, welcome home!

Are you passionate about gender equity?

Join the Center for Gender Equity!

Assistants partner with others to imagine, design, implement and assess gender equity-related programming that serves our mission to


Initiatives include Gender in a Global Context, Nurse-Family Partnership, Reproductive Justice, & whatever else you are passionate for!

Questions? Contact Azalea at amca21@lehigh.edu

UNIVERSITY PRODUCTIONS
(THE STUDENT EVENTS PROGRAMMING BOARD)

HAS PUT ON EVENTS SUCH AS....

CONCERTS
CARNIVAL
BROADWAY TRIPS
AXE THROWING

AND MORE!

FOLLOW US ON INSTAGRAM AND VISIT OUR LINK TREE TO STAY UP TO DATE ON ALL THINGS UP!

ENJOY FOOD, MUSIC, GAMES
SEND A "HI FROM LEHIGH" POSTCARD
GRAB SOME LEHIGH SWAG & MORE!

HAWK'S FEST

Thursday, August 18 • 10:00PM -12:00am • Lamberton Great Room
Studying Abroad

Bridget Keele '23

Studying abroad was always an idea in my head coming into college. I was all over the place when it came to picking a location to study. However, I finally settled on the decision to go to Florence, Italy, somewhat thanks to my mother’s bias. Although I knew a good amount of Lehigh students coming to study with me, there were obvious nerves about moving to a different country for 4 months. Being in Italy especially, there are some things I learned off the bat that was much different than in America. For example: iced coffee is a rarity, and no one eats dinner before 8:00 pm. That being said, I had a lot to learn in the few months I had in Italy.

There are always ups and downs to a study abroad experience. First and foremost, there were countless ups that I have experienced during my time here that I will never forget. I had access to so many amazing locations to travel to throughout Europe on the weekends with friends as we experienced new cultures and met new people. However, that isn’t to say one can’t have their downs. With traveling so much, there is definitely room to mess up. Unfortunately, I got sick within my first week of being abroad. It is also much easier than you would expect to get on the wrong train or bus, especially if the directions are only in Italian. Regardless, all of it made for a good story and I was exposed to all things travel to help me stay aware of my surroundings, and also learn to love and embrace everything I was experiencing at the time.

Although there was much to be unexpected, one thing I was not expecting is the sense of pride I had in myself being a Lehigh student abroad. There was a good group of Lehigh students that studied in Florence and being from a small enough school, everyone knew each other and had a lot of overlapping classes. This proved to be a sense of comfort and support for me in my program as some of my other friends in the program were coming from much bigger schools where they only knew a minority of students in our program.

In the end, the overall experience was worth the temporary exhaustion. I would not trade my experience for the world! I am not only grateful for the friendships I made in Italy, but also for the ones I missed back at home.

DO YOU PLAY AN INSTRUMENT OR SING? COME TO THE MUSIC DEPARTMENT FALL 2022 GENERAL INFO SESSIONS AT LEHIGH!

THURSDAY, AUGUST 18, 2022
11:45 - 12:30 PM
Room 145 Zoellner Arts Center

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 Gatus at lcg3@lehigh.edu for more info or with any additional questions.
bLUeprint: The map of your next four years (and beyond)

Elise Prosen ’24

Going into my own Orientation 2020, I was equipped with two things: a pen and a blue book. My Orientation Leader frequently referenced this and had us reflect on certain goals we had for our next four years and ways we can help achieve these. I later learned about the true meaning of this book and its impact that led to me becoming the student leader I am today. While my orientation was on Zoom due to the COVID pandemic, this book was a tangible record of my experiences and thoughts during the mere first days as an LU student. Coming to Lehigh, I was worried about having to narrow down the thousands of dreams that myself, my peers and my family set as an example. The decisions and independence that come from college life can be overwhelming, but there are so many resources that help to track your progress and set goals to create success for your future.

One of the resources that is essential in crafting your communities at Lehigh is the Draft Book and bLUeprint. bLUeprint essentially is a way to create and track your goals throughout your four years at Lehigh. Your Draft Book will be incredibly important as you navigate the transition in your first-year, and while you continue to learn and grow throughout your time on campus. It acts as a reflective journal, an on and off-campus guide, and a way to set intentions for the year and for the future. From this, you can track your progress and the goals that you set. Each year, I have filled one out and treat it almost as a diary of my college years. It really shows how much Lehigh has helped in my progression as a human, student, friend, and community member.

Blueprint is based on the Five Foundations for Lehigh Student Success: These are Inclusive Leadership, Collaborative Connections, Professional Growth and Success, Identity Development, and Creative Curiosity. These are the base for all ways Lehigh students can grow to leave Lehigh as prepared as possible and make the most of their time here. My personal definition of each foundation alters slightly per year, and as my perspective on life and experiences happens, I find myself feeling more development in each foundation. I was granted the opportunity to create my own “bLUeprint” in order to track my progress throughout the past 2 years, so I made one each year. Due to my love for games, I created my first one as a monopoly board where all roads that I took led to my success, and my second one as a Jenga tower set up in order to show that my time at Lehigh has been built up by the foundation that has been set by Lehigh and my experiences here.

One thing I want to stress is that everyone’s experience is going to be different and your path to success will be different than the experiences of your peers. However, if you keep and sticking to your goals and make them as specific and attainable as possible, you will have success within your path. While bLUeprint can seem overwhelming, I encourage you to use it as your roadmap and goal guide to take on these college days. Your goals can be as small as making a new friend, or as big as graduating with high honors. The opportunities are endless! Everyone’s experience is not linear, and each foundation is not its own sector. The foundations tie together in a lot of ways to create a web of your own. I hope you all have the most amazing four years, and really use the time here to your advantage!
Self Care and Mental Health

Justin Groothuis ’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!

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

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
THURSDAY, AUGUST 18, 2022 • ORIENTATION TIMES

The Baker Institute is Lehigh's premier hub for entrepreneurship, creativity & innovation for ALL students in ALL majors on campus!

We believe every student can benefit from an entrepreneurial mindset. How can an entrepreneurial mindset transform your college experience? Stop by one of our upcoming sessions to learn more!

www.lehighbakerinstitute.com | Whitaker 318

College of Arts and Sciences
Undergraduate Interdisciplinary Academic Programs

Welcomes the Class of 2026!

* Consider a major or minor in CAS that is broad in scope and draws on many different departments & disciplines

* Study pressing social issues and topics that prepare you for a 21st century career

* Engage in study abroad and hands-on learning experiences with faculty and students

Connect with Us for Success!

Africana Studies | Asian Studies | Cognitive Science Environmental Studies | Film and Documentary Studies
Global Studies | Health, Medicine, and Society
Jewish Studies | Latin American and Latino Studies
Women, Gender, and Sexuality Studies

Office of Interdisciplinary Programs
31 Williams Hall, Suite 101
610-758-3956 • incasip@lehigh.edu

BAKER
INSTITUTE
ENTREPRENEURSHIP • CREATIVITY • INNOVATION

THURSDAY, AUGUST 18, 2022 • ORIENTATION TIMES

LEHIGH UNIVERSITY
ACCELERATED 4+1
MS IN FINANCIAL ENGINEERING

Maximize your potential with Lehigh’s Accelerated 4+1 MS in Financial Engineering (MFE) Program. This 4+1 program provides undergraduate students with a clear path to fulfilling master’s degree requirements in a one-year post-baccalaureate program.

The MFE program provides students with advanced tools in finance and quantitative financial analysis.

A Cutting Edge, 30-Credit Hour Program
Preparing Students for Careers in:
Data Analysis • Risk Management • Investment Banking Securities Trading • Portfolio Management

Central to the MS in Financial Engineering is a Capstone Project, Professional Development and Networking Opportunities.

GET IN TOUCH:

(610) 758-4430
business@lehigh.edu
@amepg

LEHIGH UNIVERSITY
EMERGENCY MEDICAL SERVICES

Now Recruiting Volunteers

You might enjoy being part of Lehigh EMS if you...

• Have a passion for serving the community
• Want to drive cool-looking emergency vehicles
• Are interested in public safety or medical field
• Desire Emergency Medical Technician certification
• Can work alongside Lehigh Police and Fire Dept.
• Are considering a career in medicine

Learn more at:
EMS.LEHIGH.EDU
JOIN THE MEN’S ROWING TEAM

Looking for Athletes
Want to be a Division I Athlete?
No Experience Necessary!!!!

For more information contact
Coach Brian Conley
btc210@lehigh.edu

JOIN THE TEAM TODAY!

FORMULA SAE

Lehigh’s formula team wants YOU!

Our team:
- Meets 2x a week at Packard Lab
- Designs and builds a formula-style racecar from scratch
- Competes against other teams across the world in Michigan

Scan to join the prospective member GroupMe!
Or join with this link:
https://tinyurl.com/LehighFSAE2022

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 students succeed in first-year writing classes. We specialize in helping English language learners and international students.

- Free one-on-one tutoring for multilingual students
- One credit classes where students can get help with English grammar, academic genres, citation, and the writing process in a small class setting (ENGL 16)
- Free workshops and more!

Global.lehigh.edu/cape
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. 50 first-year students and our 5 upperclass staff will head out to 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 2022 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!

Stop by the Camp Hawk table at the Club Expo on Monday, August 22 from 4pm-6pm on the Clayton University Center Lawn and meet some of the Camp Hawk Counselors. Registration for Camp Hawk will open after the Club Expo on our website at go.lehigh.edu/camphawk.

JOIN US FOR A BOND FIRE!

Friday, September 9 - Sunday, September 11

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 22 AFTER THE CLUB EXPO!

If you have questions please contact the Office of First-Year Experience at 610-758-1300 or fye@lehigh.edu
As a new Lehigh student, you’re in luck! Not only are you about to spend four years on a beautiful campus with amazing people and professors, you also get to live in South Bethlehem! South Bethlehem has so many wonderful things to take advantage of, and throughout your time at Lehigh, you should try to explore as much as you can!

One of the highlights of South Bethlehem is the amazing food. Occasionally you might want to switch it up from going to the dining halls every day, so here are some of my favorite food recommendations. If you are looking to grab breakfast with a friend, I would recommend going to Alexandra’s Bistro or Roasted. Both are walking distance from campus and serve amazing food, with amazing staff. Next up is lunch. My go-to lunch spot during my first-year was Johnny’s, and now I’ve added The Goose and Deja Brew to my list. Finally, dinner. I love grabbing ramen at Rakki Ramen or a burrito at Tulum. When my parents come to visit, I like going to Social Still and Zest (they’re a little pricier, but both delicious and a great atmosphere!). My list leaves out so many of the wonderful restaurants here, so definitely take advantage of our location and find your own favorites!

Another great part of South Bethlehem is the landscape. Walking along the Greenway is one of my favorite activities, especially when it’s nice out. If you are looking for a longer, beautiful walk, it can also be fun to walk across the bridge to the North Side! There is so much that South Bethlehem has to offer and I hope you have the chance to experience it all!

See pages 19 & 20 in the Draft Book to check out more places and cross them off as you go!
**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.
Anderson, third floor West. Stop by to visit us Christmas-week or any time!

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. Along with being a representative on Senate, you will also get the chance to join a committee within Senate that works on specific aspects of campus, such as Allocations and Club Affairs committees, who mainly work on specific aspects of campus, such as Allocations and Club Affairs committees, who mainly work on

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 senator, and I hope to see your names about how you can apply to run for a position as a first-year senator, 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 fl2224@lehigh.edu.

global.cas.lehigh.edu

Email GS Director Prof. Allison Mickel (ajm717@lehigh.edu)

Visit our website: global.cas.lehigh.edu

Email GS Director Prof. Allison Mickel (ajm717@lehigh.edu)

Global Studies (GS) students are “global thinkers” in every sense. GS courses examine the connections between nations, institutions, and peoples and the trends that shape our lives. The GS program provides students with an understanding of the complex processes of globalization and current global phenomena, such as climate change, cultural identities, social movements, disease, gender dynamics, and increasing economic inequalities. GS is an interdisciplinary program, where students learn directly from professors across fields of history, political science, language, literature, sociology, anthropology, and beyond. The Global Studies major and minor are built around intellectual curiosity, not disciplinary walls.

Student Senate: Your Chance to Make a Difference

As a representative body of the entire student population, Senate consists of multiple constituencies composed of the various associations at Lehigh, such as athletes, Greek life, and on- and off-campus students. But the constituency that most appeals to you is the first-year constituency. That's right, first-year students have their very own constituency representation on Senate! That's how important you all are to the Lehigh community. During your first few weeks at Lehigh, you will have the opportunity to run for a position in the constituency to represent your fellow first-years. And if you are elected as a Senator, you will be able to voice any concerns that first-years or other students that you know may have, as well as join a specific committee that can help you tackle specific parts of campus that you're passionate about.

You may be thinking, how could I possibly get involved in the community through Senate when I don't even know how to get around campus yet? That's exactly how I felt one year ago when I was in your shoes, and joining Senate was one of the best decisions I could have made for myself in my first semester. Along with all the amazing opportunities that come with representing your peers, being a part of Student Senate will introduce you to all of the other Senators, a group of wonderful students who share the same passion as you: making a difference at Lehigh and changing it for the better.

As I said, I was in your shoes just one year ago. I was a nervous first-year who moved onto a campus with mainly other first-years around, all trying to create somewhat of a normal college experience in the most untraditional circumstances. When I was elected to Senate XXXIII, I had no idea just how significant it would be in my first Lehigh experience. At first, I found myself as the only first-year on the Senate Outreach committee, helping plan online versions of some events that I had never even heard of. Fast forward to the spring of my first year, I helped plan Dîner en Blanc, one of the biggest and first in-person school events held since the pandemic began.

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 senator, 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 fl2224@lehigh.edu.
Hungry Hawks

HUNGRY HAWKS is a mobile app and web interface that aims to reduce both food waste and food insecurity on Lehigh’s campus.

~20% of all college students struggle with very low food security.
(That’s 1,000+ Lehigh students!)

Lehigh students, faculty and staff can use Hungry Hawks to...

a) post leftover food from campus events (should be Lehigh-catered food)

b) find leftover food near you on campus.

Find Hungry Hawks on:
Apple Store, Google Play, and the web
sustainability.lehigh.edu/hungry-hawks
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.


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

QUESTIONS ABOUT ANY OF THESE TOPICS?

WE HAVE ANSWERS!

ras@lehigh.edu
RAS.LEHIGH.EDU
LIVE CHAT
Lehigh’s Entrepreneurial Ecosystem 101

Max Kemper ’22

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 Hatcher, 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 Hatcher, 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 Clubs 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.

Enjoy a visit with your family and introduce them to everything Lehigh during two great weekends!

FAMILY WEEKEND
SEPTEMBER 16-18

FOUNDER’S WEEKEND
OCTOBER 13-16

Save the dates!

Visit www.lehigh.edu/familyweekend and www.lehigh.edu/foundersweekend for more information.

MARK YOUR CALENDARS NOW!
Research Opportunities at Lehigh

Sher Scott ’22

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.

Lehigh University Eco-REPS

The Eco-Rep Leadership Program is a peer-to-peer education program focused on training student leaders to embody and promote sustainable living in residential halls and Greek houses, students identify opportunities for innovation and implement sustainable change.

- Learn about sustainability on campus with peers who care
- Make a difference and change behavior campus-wide
- Plan, host, and attend events
- Become a member of a nationally recognized program!

The College of Health
Where we bring Health, Science & Technology together— even when making salads!

Lehigh University Eco-REPS

Learn about sustainability on campus with peers who care
Make a difference and change behavior campus-wide
Plan, host, and attend events
Become a member of a nationally recognized program!

@lehighecoreps
sustainability.lehigh.edu/erlp
ecoreps@lehigh.edu

The College of Health
Where we bring Health, Science & Technology together—even when making salads!

@TheHideAwayCafe
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:
Clubs 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!
Become an ORIENTATION LEADER!

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
- Check-in with first-year students for navigateLU during Fall 2023
- Maintain your GPA
- Communicate with parents and family members of new students
- Have fun!

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 completely confidential, 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

DID YOU KNOW...

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.

CONNECT WITH US

@lehighsustainability
@lehighsustainability
sustainability.lehigh.edu
sustainability@lehigh.edu
516 Brodhead Avenue

FALL 2022
INSTRUMENTAL AUDITIONS
FOR JAZZ, BANDS, AND ORCHESTRA
AT LEHIGH!

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

Woodwinds, Brass, Percussion (Wind Ensemble, Philharmonic Orchestra, Jazz)
Friday, August 19, 2022, 11:00 - 4:30 pm, rm 145

Orchestral Strings:
Sunday, August 21, 2022, 4:00 - 7:30 pm, rm 237

Jazz Ensemble Placement:
Monday, August 22, 2022, 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 Gunas 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
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.

Friday, August 19
10:00am
Grace Hall

Receive your Lehigh crest pin to wear for special milestones.

OPEN MIC NIGHT

Friday, August 19
8PM-9PM
Farrington Square

Enjoy live music and creative performances from your fellow Lehigh students. Feel like performing? Bring your instrument, poetry, or friend for a duet!

SOARING TO NEW HEIGHTS

featuring

SPIDER-MAN: No Way Home
@9pm

8/19
8:00 PM
CUC Lawn

PAINT NIGHT

with Lehigh After Dark

join us for some of our popular events:

WINGO
LAMBERTON HALL
9 PM FREE WINGS & PRIZES

&

CLAYTON UNIVERSITY CENTER, 303 & 308
9 PM ceramic painting & SNACKS

Saturday 8/20

With University After Dark

Paint Night

Ceramic painting & snacks

Join us for some of our popular events:

WINGO
LAMBERTON HALL
9 PM FREE WINGS & PRIZES

&

CLAYTON UNIVERSITY CENTER, 303 & 308
9 PM ceramic painting & SNACKS

Receive your Lehigh crest pin to wear for special milestones.
EXPLORE SOUTH BETHLEHEM!

- Take your Faux Friday Dinner Meal Ticket to your South Bethlehem Restaurant or Rathbone Dining Hall for Dinner
- Stop by the Greenway for FREE Dinky's ice cream, lawn games and more!
- Explore the sites and shops of South Bethlehem

*See Guidebook for individual restaurant maps and accessible maps.

LET'S CREATE A COMMUNITY OF READERS TOGETHER!

Don't forget to bring your new (or gently used) copy of your favorite book from your childhood or adolescence with an inspirational message inside the front cover to Faux Friday! We will be collecting them on the Greenway.

Sponsored by the Community Service Office & the Office of First-Year Experience
ASA PACKER CAMPUS

For a complete accessibility map go to lehigh.edu/about/maps

Download guidebook
for the most up-to-date Orientation Schedule information!

Scan the QR code using the Guidebook App’s scanning feature, or search for “2022 Lehigh University Orientation” and download the guide.
Where are we going to put all of that carbon?
Professor Frank J. Pazzaglia
STEPS 180
Humans are currently dumping about 50 Gigatons of metric tons per year of carbon into the atmosphere. To prevent the worst effects of global warming, humans need to be extracting these amounts of metric tons of carbon by 2100. Who among the next generation of Lehigh students will help us figure out how to do that?

Thinking through Technology
Dr. Greg Reihman
Maginnes 101
Are new technologies changing our views of what’s real and what’s right? Participants in this highly interactive session will discuss recent advances in fields like neuroimaging, virtual reality, artificial intelligence, and social networking to see how we understand and approach the choices we face.

Entrepreneurship, Creativity & Innovation
Professor Pat J. Costa
Rauch 241
Students at Lehigh have created new products, technologies, and services. Can we launch a company while we’re undergraduates? How does that work? What (and who) do you need to know if you want to start something new? Come to this interactive session to discuss how to make the next big thing happen while you’re at Lehigh.

Making Museums Matter
Professor William Crow
Main Gallery, Zoellner Arts Center
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!

So, you want to use your STEM degree as a springboard to professional school?
Professor Lorenzo Tartaglia
STEPS 102
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, admission standards, and the unique aspects of an applicant’s resume/CV that will help you stand out among a sea of highly qualified candidates!

The Magnetism of Rocks and Earth History
Professor Kes Radam
Maginnes 101
Scientists can measure the ancient magnetism 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 is used to reconstruct the ancient geographic state of the continents, the movement of far-travelled micro-contins, the tectonic rotation of regions, and the timing of the nucleation of Earth’s solid inner core.

A Chemist’s Musings on the Mammalian Sense of Smell
Professor Greg Ferguson
STEPS 260
The Nobel Prize in Medicine and Physiology awarded a few years ago for unravelling the olfactory system provides a delightful opportunity to reflect on the different kinds of thinking involved in systematic advances and abrupt discoveries. It also serves as a wonderful example of new understanding “walking” from one field into another.

Ghost Sickness…Yes, It’s Real
Professors Christine Daley & Sean Daley
Maginnes 112
Have you ever wondered what it’s like to interact with a ghost? Can they make you sick? According to people all over the world, they can. Come learn what it means to have ghost sickness and take a look at evidence from more than a decade of paranormal investigations.

Public Health Probabilistic Forecasting
Professor Thomas MacAndrew
Maginnes 113
In this symposium we will discuss the role probabilistic forecasting plays in public health decision making. We will explore how computational and statistical models produce forecasts, and we will explore chimeric forecasting—forecasts that are a combination of computational models and human judgment.

Why We Don’t Eat Cats
Professor Dick Munson
Packard 466
Bet you’ve never tasted the sweet flesh of a cat! But why? People eat all sorts of different animals, so why not our feline friends? The answer lies in the social/constructive nature of reality. Join me for a discussion of food, cats, and what it means to truly perceive the real world.

Living Sustainably
Professor Anne Metzler
Maginnes 270
What does it mean to live sustainably and why does it matter? In this 5 to 10, we’ll explore sustainability through the lens of Earth and environmental science. We’ll examine莴the role of reality in real-life context and decision making, and how decisions we make move us toward or away from a sustainable future.

Lehigh 5X Symposium
Friday, August 19, 3:30pm - 4:30pm

Personal Branding - The Need to be Different
Professor Steven Savino
Rauch 137
No matter what Major you choose, Personal Branding is about how to differentiate oneself such that you are better positioned for Job and/or Summer Internship placement. Personal Branding enables students to uniquely develop a career growth plan, with tips on how to win their desired job or internship.

Bioengineering the Future
Professor Tommy Pushack
STEPS 290
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 those of us using the technologies that will help people around the world live longer, healthier lives.

Getting to Know Your New Hometown: A City Planner’s Perspective
Professor Karen Beck Pooley
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. These 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.

Stronger, Smarter, Faster, and Tastier? Materials Science and Engineering does it all!
Professors Nick Strandwitz, Siddha Pimputkar, Lesley Chow, Professors Karen Beck Pooley
Packard 258

100 Years of Aerospace Engineering
Professor Terry Hart
Maginnes 111
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.

A Global Perspective
Dr. Bill Whitney
Maginnes 102
(What) Does Musical Theatre Matter?
Dr. Bill Whitney
Maginnes 102
Musicals - probably either love, hate, or ignore them. But whether you can sing Sondheim in the shower, or run rampant from Rodgers and Hammerstein, the American musical theatre is undeniably a meaningful cultural force that reveals truths about our culture, society, and history. In this session, we’ll discover why!

A Chemist’s Musings on the Mammalian Sense of Smell
Professor Greg Ferguson
STEPS 260
The Nobel Prize in Medicine and Physiology awarded a few years ago for unravelling the olfactory system provides a delightful opportunity to reflect on the different kinds of thinking involved in systematic advances and abrupt discoveries. It also serves as a wonderful example of new understanding “walking” from one field into another.

A Metrology of the Mammalian Sense of Smell
Professor Michael Plum
STEPS 260
The Nobel Prize in Medicine and Physiology awarded a few years ago for unravelling the olfactory system provides a delightful opportunity to reflect on the different kinds of thinking involved in systematic advances and abrupt discoveries. It also serves as a wonderful example of new understanding “walking” from one field into another.

A Metrology of the Mammalian Sense of Smell
Professor Michael Plum
STEPS 260
The Nobel Prize in Medicine and Physiology awarded a few years ago for unravelling the olfactory system provides a delightful opportunity to reflect on the different kinds of thinking involved in systematic advances and abrupt discoveries. It also serves as a wonderful example of new understanding “walking” from one field into another.

A Chemist’s Musings on the Mammalian Sense of Smell
Professor Greg Ferguson
STEPS 260
The Nobel Prize in Medicine and Physiology awarded a few years ago for unravelling the olfactory system provides a delightful opportunity to reflect on the different kinds of thinking involved in systematic advances and abrupt discoveries. It also serves as a wonderful example of new understanding “walking” from one field into another.

A Chemo-Bio-Mechanical Perspective on the Mammalian Sense of Smell
Professor Greg Ferguson
STEPS 260
The Nobel Prize in Medicine and Physiology awarded a few years ago for unravelling the olfactory system provides a delightful opportunity to reflect on the different kinds of thinking involved in systematic advances and abrupt discoveries. It also serves as a wonderful example of new understanding “walking” from one field into another.

A Global Perspective
Dr. Bill Whitney
Maginnes 102
(What) Does Musical Theatre Matter?
Dr. Bill Whitney
Maginnes 102
Musicals - probably either love, hate, or ignore them. But whether you can sing Sondheim in the shower, or run rampant from Rodgers and Hammerstein, the American musical theatre is undeniably a meaningful cultural force that reveals truths about our culture, society, and history. In this session, we’ll discover why!

A Metrology of the Mammalian Sense of Smell
Professor Michael Plum
STEPS 260
The Nobel Prize in Medicine and Physiology awarded a few years ago for unravelling the olfactory system provides a delightful opportunity to reflect on the different kinds of thinking involved in systematic advances and abrupt discoveries. It also serves as a wonderful example of new understanding “walking” from one field into another.

A Chemo-Bio-Mechanical Perspective on the Mammalian Sense of Smell
Professor Greg Ferguson
STEPS 260
The Nobel Prize in Medicine and Physiology awarded a few years ago for unravelling the olfactory system provides a delightful opportunity to reflect on the different kinds of thinking involved in systematic advances and abrupt discoveries. It also serves as a wonderful example of new understanding “walking” from one field into another.

A Metrology of the Mammalian Sense of Smell
Professor Michael Plum
STEPS 260
The Nobel Prize in Medicine and Physiology awarded a few years ago for unravelling the olfactory system provides a delightful opportunity to reflect on the different kinds of thinking involved in systematic advances and abrupt discoveries. It also serves as a wonderful example of new understanding “walking” from one field into another.

A Chemo-Bio-Mechanical Perspective on the Mammalian Sense of Smell
Professor Greg Ferguson
STEPS 260
The Nobel Prize in Medicine and Physiology awarded a few years ago for unravelling the olfactory system provides a delightful opportunity to reflect on the different kinds of thinking involved in systematic advances and abrupt discoveries. It also serves as a wonderful example of new understanding “walking” from one field into another.

A Metrology of the Mammalian Sense of Smell
Professor Michael Plum
STEPS 260
The Nobel Prize in Medicine and Physiology awarded a few years ago for unravelling the olfactory system provides a delightful opportunity to reflect on the different kinds of thinking involved in systematic advances and abrupt discoveries. It also serves as a wonderful example of new understanding “walking” from one field into another.

A Chemo-Bio-Mechanical Perspective on the Mammalian Sense of Smell
Professor Greg Ferguson
STEPS 260
The Nobel Prize in Medicine and Physiology awarded a few years ago for unravelling the olfactory system provides a delightful opportunity to reflect on the different kinds of thinking involved in systematic advances and abrupt discoveries. It also serves as a wonderful example of new understanding “walking” from one field into another.

A Metrology of the Mammalian Sense of Smell
Professor Michael Plum
STEPS 260
The Nobel Prize in Medicine and Physiology awarded a few years ago for unravelling the olfactory system provides a delightful opportunity to reflect on the different kinds of thinking involved in systematic advances and abrupt discoveries. It also serves as a wonderful example of new understanding “walking” from one field into another.

A Chemo-Bio-Mechanical Perspective on the Mammalian Sense of Smell
Professor Greg Ferguson
STEPS 260
The Nobel Prize in Medicine and Physiology awarded a few years ago for unravelling the olfactory system provides a delightful opportunity to reflect on the different kinds of thinking involved in systematic advances and abrupt discoveries. It also serves as a wonderful example of new understanding “walking” from one field into another.

A Metrology of the Mammalian Sense of Smell
Professor Michael Plum
STEPS 260
The Nobel Prize in Medicine and Physiology awarded a few years ago for unravelling the olfactory system provides a delightful opportunity to reflect on the different kinds of thinking involved in systematic advances and abrupt discoveries. It also serves as a wonderful example of new understanding “walking” from one field into another.

A Chemo-Bio-Mechanical Perspective on the Mammalian Sense of Smell
Professor Greg Ferguson
STEPS 260
The Nobel Prize in Medicine and Physiology awarded a few years ago for unravelling the olfactory system provides a delightful opportunity to reflect on the different kinds of thinking involved in systematic advances and abrupt discoveries. It also serves as a wonderful example of new understanding “walking” from one field into another.
THURSDAY, AUGUST 18, 2022 • ORIENTATION TIMES

ORIENTATION 2022 SCHEDULE

M Mandatory for All Students to Attend

SATURDAY • AUGUST 20

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

SATURDAY ROTATION:

• ORIENTATION GROUP MEETING #3
• BREAK THE SILENCE: PREVENTING GENDER VIOLENCE THROUGH HEALTHY SEXUALITY
• LEHIGH BY DE-ZINE: FORGING A COMMUNITY WHERE WE ALL BELONG
• LUNCH
• OL OFFICE HOUR (OPTIONAL)
• CULTURE FEST DINNER
• ORIENTATION GROUP MEETING #4

*Remember to bring your ID to all meals!

GROUPS 1-22
9:00am-10:30am Free Time
10:30am-11:15am OL Office Hour (STEPS 101)
11:15am-12:15pm Lunch (Rathbone)
12:30pm-1:15pm Group Meeting #3
1:30pm-3:00pm Lehigh by De-Zine (STEPS & Maginnes)
3:15pm-4:45pm Break the Silence (Rathbone)
5:00pm-6:15pm Group Meeting #4
6:15pm-7:30pm Dinner (Cort)

GROUPS 23-44
9:00am-10:30am Free Time
10:30am-11:15am OL Office Hour (STEPS 101)
11:15am-12:15pm Lunch (Cort)
12:30pm-1:15pm Group Meeting #3
1:30pm-3:00pm Lehigh by De-Zine (STEPS & Maginnes)
3:15pm-4:45pm Break the Silence (Rathbone)
5:00pm-6:15pm Group Meeting #4
6:15pm-7:30pm Dinner (Rathbone)

GROUPS 45-66
9:00am-9:45am Group Meeting #3
10:00am-11:30am Lehigh by De-Zine (STEPS & Maginnes)
11:45am-1:15pm Break the Silence (Rathbone)
1:15pm-2:15pm Lunch (Cort)
2:15pm-3:00pm OL Office Hour (STEPS 101)
3:00pm-5:00pm Free Time
5:00pm-6:15pm Group Meeting #4
6:15pm-7:30pm Dinner (Rathbone)

GROUPS 67-88
9:00am-9:45am Group Meeting #3
10:00am-11:30am Lehigh by De-Zine (STEPS & Maginnes)
11:45am-1:15pm Lunch (Rathbone)
1:15pm-2:15pm OL Office Hour (STEPS 101)
3:00pm-5:00pm Free Time
5:00pm-6:15pm Dinner (Cort)
6:15pm-7:30pm Group Meeting #4

FIRST-YEAR STUDENT & ALUMNI RALLY
8:00pm - 9:00pm Clayton University Center Lawn
A Lehigh tradition! Join the Class of 1976 as they adopt you, the Class of 2026, and welcome you to Lehigh! Remember to wear your Class of 2026 shirt!

WINGO & PAINT NIGHT
9:00pm - 11:00pm • Lamberton (Wingo) & CUC 303/308 (Paint Night)
Experience Wingo and Paint Night, two of LAD’s signature events on Saturday night. Wingo is a popular event that combines Hawk’s Nest wings and Bingo featuring prizes from the Lehigh store. Paint night will feature a variety of different ceramic pieces that you can paint and take with you to decorate your residence hall room!

SUNDAY • AUGUST 21

ORIENTATION GROUP MEETING #5
10:00am - 11:00am • Group Meeting Location

BRUNCH
11:00am - 2:00pm Groups 1-44: Rathbone
Groups 45-88: Cort

CRAFT YOUR EXPERIENCE

What experience(s) will you choose to help you continue to craft your communities at Lehigh on the final day of Orientation? Attend at least one session (you can attend up to 3!) to continue learning about the support and resources that will help you along the way.

11:00am - 12:00pm
• Welcome to YOUR Space at Lehigh STEPS 101, STEPS 280 & STEPS 290
• Financial Wellness is a MUST! Chandler Ullmann 118
• CareWee: Exploring Wellness CUC 306
• Class Schedule Tour Meet at CUC Front Lawn Flagpole
• Campus Bus Tour Meet at Farrington Square Bus Stop

12:15pm - 1:15pm
• Welcome to YOUR Space at Lehigh STEPS 101, STEPS 280 & STEPS 290
• Financial Wellness is a MUST! Chandler Ullmann 118
• Yoga for Everybody 3rd Floor Yoga Studio, Taylor Gym
• Camp Hawk Counselor Meet & Greet Maginnes 102
• Class Schedule Tour Meet at CUC Front Lawn Flagpole
• Campus Bus Tour Meet at Farrington Square Bus Stop

1:30pm - 2:30pm
• Welcome to YOUR Space at Lehigh STEPS 101, STEPS 280 & STEPS 290
• Financial Wellness is a MUST! Chandler Ullmann 118
• Restorative Yoga 3rd Floor Yoga Studio, Taylor Gym
• Building Healthy Study Habits Maginnes 102
• Class Schedule Tour Meet at CUC Front Lawn Flagpole
• Campus Bus Tour Meet at Farrington Square Bus Stop

WORK STUDY JOB FAIR
2:45pm - 4:00pm • CUC 303 & 308
Students with a work study award for the 2022-23 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
3:00pm - 7:00pm • Zoeller Arts Center, Third Floor

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

RESIDENCE HALL COMMUNITY TRADITION:
T-SHIRT TIE-DYING
4:00pm - 5:30pm • Your Residence Hall
Return to your residence hall for an opportunity to reconnect with your community and your Gryphon. You’ll participate in your first hall tradition -- tie-dying your community t-shirts! Please bring your community t-shirt with you.

DINNER
5:30pm-6:30pm M&M, Drinker & Commuter Students (Rathbone)
6:30pm-7:30pm Dravo, Umoja & Taylor (Rathbone)

*Schedule is subject to change. Download Guidebook for the most up-to-date schedule.
**Thursday • August 18**

**ORIENTATION 2022 SCHEDULE**

**M Mandatory for All Students to Attend**

#LehighDay1 • What types of connections are you looking for?

**Thursday Rotation:**

**DINNER WITH ORIENTATION GROUP / TOUR**

**Peer Health: Let’s Face It — Your Mental Health / Rauch Health, Safety & Well-Being Fair**

*CUC Front Lawn*

*Bring your ID to all meals*

- **Groups 1 - 22**
  - 4:00pm - 4:50pm Health, Safety & Well-Being Fair (CUC Front Lawn)
  - 5:00pm - 5:50pm Peer Health (Rauch)
  - 6:00pm - 7:00pm Dinner (Cort)
  - 7:00pm - 7:50pm Tour

- **Groups 23 - 44**
  - 4:00pm - 4:50pm Peer Health (Rauch)
  - 5:00pm - 5:50pm Health, Safety & Well-Being Fair (CUC Front Lawn)
  - 6:00pm - 7:00pm Dinner (Raubhine)
  - 7:00pm - 7:50pm Tour

- **Groups 45 - 66**
  - 3:45pm - 4:35pm Tour
  - 4:45pm - 5:45pm Dinner (Cort)
  - 6:00pm - 6:50pm Peer Health (Rauch)
  - 7:00pm - 7:50pm Health, Safety & Well-Being Fair (CUC Front Lawn)

- **Groups 67 - 88**
  - 3:45pm - 4:35pm Tour
  - 4:45pm - 5:45pm Dinner (Raubhine)
  - 6:00pm - 6:50pm Peer Health (Rauch)
  - 7:00pm - 7:50pm Health, Safety & Well-Being Fair (CUC Front Law)

**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 will work together to set community expectations.

**Hawk’s Fest**

10:00pm - 12:00am • Lamberton 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 Zzz’s for the night.*

**Friday • August 19**

**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.

**UNIVERSITY CONVOCATION**

10:00am - 10:45am • Grace Hall

*This event will officially begin the 2022-2023 academic year with University Officials. Please arrive by 9:55am.*

**COLLEGE WELCOME AND ADVISING/LUNCH**

11:00am - 3:30pm

Learn the expectations and requirements of your college and receive information about academic support. More detail will be provided by your College, and end times will vary by college.

*Locations:*
  - College of Arts & Sciences (Incl. Arts Engineering & IDEAS): Grace Hall
  - College of Business: Neville 001 (Last names A-O), Neville 002 (Last names P-Z)
  - College of Engineering and Applied Science: Packard Lab 101
  - College of Health: IST Community Room (L185) (Also lunch location)
  - Integrated Business and Engineering: Mohler 453
  - Computer Science and Business: Rauh 184
  - IDEAS: Whitaker 207

**LUNCH** • 11:00am - 2:00pm

11:00am-12:00pm: College of Engineering (Last names A-L: Rathbone; Last names M-Z: Cort)

12:00pm-1:00pm: College of Arts and Sciences (Last Names A-L: Rathbone; Last names M-Z: Cort)

1:00pm-2:00pm: College of Business (Last names A-L: Rathbone; Last names M-Z: Cort; IBE: Rathbone; CSB: Cort)

**CALCULUS ADVISING INFORMATION**

11:00am - 3:00pm • Chandler-Ullman 212 (Asmus Reading Room)

Learn about your course options.

**AUDITIONS FOR JAZZ, WIND ENSEMBLE AND ORCHESTRA (WOODWINDS, BRASS AND PERCUSSION)**

11:00am - 4:30pm • Zoeller 145

**CHORAL ARTS AUDITIONS**

12:00pm - 5:00pm • Zoeller Arts Center, Third Floor

**FAUX FRIDAY RESTAURANT TICKET EXCHANGE**

12:30pm - 3:00pm • CUC 303

*Step by CUC 303 if you'd like to exchange your Faux Friday ticket.*

*Note: If you have a ticket to eat on campus or at Shabatat dinner, you cannot switch.*

**Mandatory for All Students to Attend**

**Tools for Succeeding in First-Year Writing**

11:00am-11:50am • Underman 200

Join writing instructors, tutors, and librarians to learn some of the goals and expectations of ENG1 and ENG2, and how the Libraries and the Writing and Math Center can offer valuable assistance to students in succeeding in and making the most of their First-Year Writing experience.

**Welcome Lunch**

11:30am - 1:30pm • Clayton University Center Lawn

We invite all new students and their families to join the Lehigh community for lunch.

**Music Department Information Session & Audition Sign-Up**

11:45am - 12:30pm • Zoeller Arts Center 145

Learn about all of Lehigh’s performance ensembles, private lessons and academic classes.

**Farewell to Families** • 1:45pm

Use this opportunity to say goodbye to your family as families and students part ways. Students will not have an opportunity to meet with family again before the Family Orientation program ends.

**Orientation Kick-Off**

2:00pm - 2:30pm • Clayton University Center Lawn

Kick off your Orientation experience by meeting Orientation Leaders, student leaders, and administrators that will help shape your experience!

(Rain Location: Grace Hall)

**Orientation Group Meeting #1**

2:45pm - 3:45pm • Meet your Orientation Group and your Orientation Leader!

(Orientation Group Location listed on the label located on your check-in envelope.)

**5X10 Campus Resource Tour**

12:30pm - 3:00pm

Visit and learn about resources on campus that you may never have known existed AND fulfill a requirement of navigateLeh and BLUPrint by completing a Campus Resource Foundation Tour! 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.*

**Lehigh 5X10 Symposia**

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 navigateLeh and BLUPrint 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&M & Drinker
  - 5:00pm - 6:30pm Residence Hall Meeting
  - 6:30pm - 8:00pm Dinner
  - Commuter
  - 5:00pm - 6:30pm Commuter Meeting (CUC 306)
  - 6:30pm - 8:00pm Dinner

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, music, and FREE Dinky’s ice cream! And don’t forget to bring a book to donate to the kids of South Bethlehem for Reading is Clutch! 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 Lehigh Store**

8:00pm - 10:00pm

Come to the Bookstore for a 10% discount off your entire purchase! *Exclusions apply*

**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!

**Soaring to New Heights at Lehigh**

8:00pm-11:30pm • Clayton University Center Lawn

Enjoy a fun night on the Front Lawn featuring a stunt jump, zip line, and featuring artists like caricaturists, spray paint, henna and more! This is all topped off at 9pm with Spider Man: No Way Home.