Dear Incoming Mountain Hawks,

Welcome to your new home for the next four years! Take this time and do yourself a big favor; take a deep breath. In... and out... now do you feel better? Your long, grueling college application process has come to an end, and I’m sure some of the stress from that time is still lingering. You should be proud of yourself for making it this far. Getting into Lehigh is not an easy feat! All the hard work you put in during high school and towards your SATs and ACTs has finally paid off, and I will be the first person (and certainly not the last) to congratulate you for that. This is a time for excitement, optimism, and anticipation as these next years will help you discover your identity, develop life-lasting relationships, and plan the future that will guide you years down the road.

As you venture toward the start of your first semester here, I will leave you with some pointers that helped me adapt to the school environment and make my first two semesters a blast. Individually, you should march to the beat of your drum when visualizing the Lehigh experience. However, these are a few things you can keep in the back of your mind that could be helpful to you along the way.

Advice #1: Put yourself out there! It may be a scary thought, but stepping out of your comfort zone is a tool that will foster great amounts of growth throughout your time at Lehigh. Remember, you will be coming to a completely new environment that is different from being home, and everybody will be in the same boat. Putting yourself out there is a great way to socialize and meet new people who will be in the same boat. Other Lehigh students will want to hear about. So, putting yourself out there for the world to see is a great way to kick off a successful college experience, and I highly recommend starting with that!

Advice #2: Use your resources. Trust me when I say this, resources at college are very different than the ones in high school. Lehigh offers resources that will lead you toward success in any field you explore, so take advantage of them! Lehigh has free assistance programs for any possible scenario, ranging from needing advice on class registration to needing a little boost on class material. Our support system for students is unmatched, and every staff member wants you to succeed! Never hesitate to utilize school resources to your advantage, as they are all here to benefit you and lead you toward achieving your academic goals. I have regrets about when I was hesitant to contact an advisor or attend my professor’s office hours to better understand class concepts, so I hope you’ll learn from my mistakes for that. Bottom line, use every opportunity available and you will be just fine!

Advice #3: Make “happy little accidents.” Speaking of mistakes, one of the best things I can tell you from personal experience is to embrace failures. As Bob Ross once alluded, people don’t make mistakes, but instead, make happy little accidents. There is an opportunity for growth in any scenario where mistakes are made, so don’t become discouraged when they occur. During the process of accomplishing your academic goals here at Lehigh, there will be times when mistakes are made; it’s simply inevitable. Learning from your mistakes is an essential skill for growing and moving toward your aspirations. It will allow you to achieve success throughout Lehigh and the rest of your working life and is one of the most important lessons you can follow.

Advice #4: Be open to many new opportunities and ideas. Lehigh is a premier opportunity to explore and discover passions you never knew you had. There are numerous clubs and organizations tailored to every student, so if you see a class or club you are interested in, jump right in and sign up! Registering for new classes or clubs can be rewarding as you have the potential to become more involved on campus, and find a way to further delve into your interests. (Continued on page 3)
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.

Enjoy a visit with your family and introduce them to everything Lehigh!

FAMILY
AND
FOUNDER’S
WEEKEND

SEPT. 29-OCT. 1

Save the date!

alumni.lehigh.edu/family-weekend

MARK YOUR CALENDARS NOW!

transportation.lehigh.edu

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

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

egolehightransit | intransplehigh.edu | (610) 758-4410
Take risks with these opportunities, and if it doesn’t work out, you can always leave the club or class, it’s okay. Remain open to exploring all the excellent courses and clubs Lehigh has to offer, as you don’t want to regret missing out on an opportunity later on down the road. I have regrets about the electives I was unable to register for, as I missed out on learning outside topics I found interesting, so make sure to capitalize on those opportunities when they come by.

Advice #5: Prioritize your well-being and take care of yourself. One of the best pieces of advice I can give is to prioritize your mental health above everything. College is a different environment, and it can be stressful during times when workloads get high towards the end of semesters. While it’s important to focus on your coursework, it’s even more important to focus on yourself. Making sure you are maintaining a healthy lifestyle at school is essential to your success. Finding a balance between your school life and social life will benefit you greatly, as it will make your college experience feel that much better. Ensuring you are getting sufficient rest, eating well, and taking care of yourself physically and mentally is essential. Keeping that balance and prioritizing your well-being with prevent you from getting sick all of the time, and will guarantee a balanced, healthy, and successful college experience.

Advice #6: Make the most of your time here. The thought of graduation sounds so distant and far off, but your time at Lehigh goes incredibly fast. Eight semesters go by before you can even comprehend it, so make the most of your time here! There are so many opportunities that you will have, so make sure you capitalize on them! Take advantage of discovering your passions, joining clubs and organizations, and meeting everybody you possibly can. I know all of you will leave lasting impacts on this school upon graduating, and it starts with having a great first year! I speak on behalf of the entire Lehigh family in wishing you a wonderful college experience. Take it all in, don’t hold back, and make the most of every day here. I cannot wait to see all the successes you will bring to the school! May we see each other soon.

Sincerely,
Luke Kaiser ’26

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THURSDAY, AUGUST 24, 2023 • ORIENTATION TIMES

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

The Rally
Saturday, August 26
8:00 p.m.
The Grove Lawn

Featuring your "adoptive" class, the Class of 1977.

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/rally

---

THE LTS HELP DESK WELCOMES

Class of 2027

GOT QUESTIONS?
JUST ASK!

GET COMPUTING, NETWORKING
& LIBRARY RESEARCH HELP
ALL IN ONE PLACE

EWFM Library Lobby
helpdesk@lehigh.edu
610-758-4357
610-616-5910

LEHIGH STORE
Apparel - Tech - Gifts - Course Materials
1 Farrington Square
1st Floor

lehigh.bncollege.com
@thelehighstore
(610) 758-3375

Your one-stop shop for all things Lehigh
Hi, first years!! I am so excited that you all are here and get to experience Lehigh! I know that coming to college has many emotions, and adjusting to this new stage of your life can be challenging. I was initially hesitant to get involved on campus, but I am so happy that I put myself out there and have made so many friends because of it. One way to explore your interests and create a community on campus is by joining a club or organization; luckily, Lehigh has over 365 clubs and programs to be involved in. Getting engaged in extracurricular activities and the community is just one of the many things you can use a resource for Senate-related questions or anything relating to the Lehigh experience :) My contact is esg226@lehigh.edu. Again congrats on starting your first years to experience Lehigh! And hopefully, a bunch of you will run for Student Senate! Be sure to check your email for election because Senate has completely changed my Lehigh experience. I have met many amazing people passionate about enacting positive change on campus. I feel so lucky to be in this position where I can be the voice for other students and can help improve their Lehigh experience! Yes, running for an election or joining a club where you don’t know anyone can be scary, but doing something outside of your comfort zone can have a big reward!!

My advice is to follow your passions and explore new opportunities because you never know what a great experience it could be for you. I am so excited for all of the first years to experience Lehigh, and hopefully, a bunch of you will run for Student Senate! Be sure to check your email for when applications come out at the beginning of the semester! Feel free to reach out; I would love to be a resource for Senate-related questions or anything relating to the Lehigh experience :) My contact is esg226@lehigh.edu. Again congrats on starting your amazing journey here at Lehigh, and I wish you all the best semester!!
Get Involved: Find Your Place on Campus

Becca Cohen ‘25

In high school, I was very involved in the student council. I was planning dances, organizing fundraisers, putting together pep rallies, and so much more. It gave me a purpose when I did not always feel I had a place. I was not an athlete, I did not do musicals, and I did not have a club that I loved. The student council was my place, and I thrived. I met a lot of cool people, connected with administration, and got to do some outreach in the community, too.

When it was time for college, I wanted to make sure I picked a school that would allow me to create a community for myself, again. In all honesty, most schools will have tons of opportunities to choose from, and a community can be made anywhere. But the place where I felt the most comfortable and confident was Lehigh. I was so excited to get involved and learn about everything Lehigh has to offer, but I was nervous that I would never find anything that clicked as well as the student council did.

During my first year at Lehigh, I joined a handful of clubs at the club fair. The club fair was one of the most overwhelming but also amazing events I’ve ever attended. The school spirit and camaraderie was so clear, and everyone was so eager to have people sign up for their beloved club or organization. I got carried away and signed up for way more clubs than I could realistically handle.

The next few weeks were filled with GroupMe messages, first club meetings, and the decisions of which clubs to commit my time to. In the end, I was left with Challah for Hunger. I loved the challah sales they put together, and I loved the people I met in the club, too. I even got the chance to work on the Eboard as the Advocacy Chair which has been so much fun. I create the flyers for every event and get to change the theme for the time of year. While I love this club, I was longing for more.

Then the applications for the Office of the First Year Experience came out. I knew that I was interested, and filled out my application right away. I had no idea just how much it would change my college experience. My first year at Lehigh was a bit of a struggle, as it is for a lot of students. My friends joined Greek organizations while I did not, and I felt left behind at times. I did not have a group of my own, until the OFYE. The people I have met over the last year and a half in the OFYE are some of my closest friends, greatest mentors, and biggest supporters. It really is a family, and I am so lucky to be a part of it. It has filled that hole that student council left in my life. It gives me a sense of purpose, a community, and numerous opportunities to help first-year students and the community as a whole.

All of this being said, I strongly believe that there is not one “right way” to get involved at Lehigh. The OFYE may not be for everyone in the same way that sports are not for everyone. I do hope my story inspires you to get involved in a way that feels fulfilling, or maybe fills a gap in your life. There are so many great choices, but there is no rush to find the perfect fit. You have four years ahead of you, and you can try new things up until the day you graduate. I have 2 more years ahead of me, and so many more organizations I want to learn about.

Southeast Asia at Lehigh

Who are we? What we do:

We promote awareness of Southeast Asian culture and create an inclusive and informative community through fun and cultural events!

Instagram: @lehigh.seal
GroupMe: https://tinyurl.com/SEAL-Groupme

THE OFFICE OF SUSTAINABILITY WELCOMES
CLASS OF 2027

GET INVOLVED
Internships Leadership Development Fun & Engaging Events Sustainability Resources

CONNECT WITH US

Visit the OFYE in Christmas Saucon 135, 138C, 140 & 142!

Contact us at 610-758-1300 or fye@lehigh.edu
Office Hours: Monday-Friday 8:15am-4:45pm

Follow the OFYE on Instagram!
In coming to Lehigh, I knew that I wanted to take advantage of the amazing programs and opportunities offered to travel abroad. My sophomore year, I heard about the Iacocca International Internship Program and was immediately drawn to working as an intern in another country over the summer; I wanted to be pushed outside of my comfort zone, to learn more about myself, and to advance my skills in my major and minor, Marketing and graphic design. I was beyond grateful that following travel barriers during the height of the Pandemic, I was able to make the journey to Cremona, Italy, and work at Net4Market, an e-procurement platform, as a full time intern for 8 weeks.

In this position, I gained extremely valuable intercultural communication skills, designed web pages and social media posts, and was able to work really closely with many cross-functional teams to advance the company’s global visions. One of the most rewarding parts of the experience was getting to know my coworkers and learning about their lifestyles: From gelato runs during our lunch hour to enjoying casual chats with team members during the multiple coffee breaks in a day, I learned the value in taking things slow and appreciating new friendships. Despite the age and language gaps between myself and most of my coworkers, it was beyond rewarding to be welcomed in by them, be involved in their jokes, and learn more about Italian culture.

Being paired with one other Lehigh student under the same internship and learning to be fully dependent on myself in a small city within a foreign country definitely challenged me in many ways. Despite feeling lonely from time to time, I learned to overcome my fears and explore despite language and cultural barriers (as hard as I tried, Duolingo only took me so far). I learned that it is very weird to order a cappuccino after 10 am the hard way…. But most importantly I learned to truly make the most of every moment. I was fortunate enough to take advantage of my weekends and travel to other beautiful places in Europe, which really expanded my horizons to many possibilities for my future; looking into what my career path might be, I now know that I would love for it to involve working globally, as through this experience I felt genuinely enlightened by the people, food, culture, beauty and joyful lifestyles that were ever so present in every place I visited.

To incoming and current students looking into international summer internship programs or traditional study abroad experiences, I would say to be brave, follow your passions and have faith that everything will turn out how it is meant to be. I overcame a lot of obstacles abroad and look back at my journey with pride in myself for becoming fully immersed into the experience, working as hard as possible in my position, and for being bold enough to spend my summer far away from my close friends and family. This experience became so uniquely mine, and I’m beyond thankful to the IIIP for creating abroad experiences outside of semester-long study abroad programs and for supporting students financially and educationally throughout the program. During the experience, it was very rewarding to be connected to the program, and learn about the experiences of other Iacocca interns who were also abroad for the summer. Now, as an Iacocca alum, I’m extremely grateful to be among such talented and ambitious students that have accomplished so much in their journeys around the globe. From all that I gained, including a huge amount of self growth and many incredible experiences in gorgeous places, I wouldn’t trade my time abroad for the world.
Welcome to Lehigh University

Class of 2027

Your journey to career readiness begins today

Whether you are exploring majors, researching careers, building a resume, thinking about graduate or pre-professional programs, or completely unsure, we have career support & resources for you!

Connect with us

Begin with CAREER LAB:
• Drop-in career question hours, Monday - Friday, from 11am - 4pm
• Maginnes Hall, Suite 500

Scan to review all career resources

610-758-3710 I careercenter@lehigh.edu
blog: HireLehi.com I @lehighcareercenter

Welcome to Lehigh University

Transfer & First Year Students!

Department of Sociology & Anthropology

Williams Hall, 2nd floor
Email: INSOAN@lehigh.edu
https://socanthro.cas.lehigh.edu/

First Year Seminars:
• Multiracial Identities
• Women, Work and Family in East Asia
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.

To learn more...

- Visit our website: global.cas.lehigh.edu
- Follow us on Facebook (Lehigh Global Studies), Instagram (@lehighgsp), & Twitter (@lehighgsp).
- Email GS Director Prof. Allison Mickel (ajm717@lehigh.edu)

START BY ENROLLING IN GS 001 TODAY!

Did you know?

There is an amazing performing arts center on campus!

It is home to Lehigh University’s Music Department, the Department of Theatre, the Art Galleries and the Presenting Series.

Lehigh students get free tix!

Contact inzactix@lehigh.edu or visit Box Office.

zoellnerartscenter.org
420 E. Packer Ave. • Bethlehem, PA • 610.758.2787

FREE TICKETS FOR LEHIGH STUDENTS | Subject to Availability

University Productions

The Student Events Programming Board

We plan and host events like...

Broadway trips
Carnivals
Concerts
Axe throwing

Follow us on Instagram
@uplehigh

Scan to access our linktree

Become a Healthy Sexuality & Gender Violence Prevention Peer Educator

Break the Silence or BTS facilitates trainings on topics such as sex education, consent, 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
At the beginning of my first-year orientation, I was given two pieces of advice by my orientation leader that have resonated with me throughout my time at Lehigh. First, always actively look to build new connections with the many members of the Lehigh community, and second, take advantage of the many campus events and opportunities to achieve the first piece of advice. Everyone starts college with different levels of nervousness and excitement for creating new friendships and experiencing the social scene at Lehigh. In fact, I found myself experiencing both of those feelings simultaneously throughout my first few weeks as I learned more about student life and began to meet my fellow classmates, upperclass students, professors, and staff. It’s important to know that these feelings are normal! By working to apply those two pieces of advice in my first few weeks as a Lehigh student, I found those feelings of anxiety dissipate as you meet more and more people who are here to support you in your academic and personal endeavors.

Towards the start of the fall semester, Camp Hawk is one of the best opportunities to make new friends, have a good time, relax, and evaluate how you are feeling following your first month at Lehigh. Camp Hawk is a weekend-long getaway retreat designed to help first-year students build new friendships, learn about on-campus organizations and resources, and create long-lasting memories that they can carry with them throughout their first semester and beyond. The weekend is full of classic camp festivities, time to converse with new people, and the famed Iron Hawk Competition, giving you a chance to take a well-deserved break and unwind from the busy first semester.

Our 6 upperclass staff are working very hard to plan an exciting and memorable weekend for 50 first-year students. On Friday afternoon, students will embark to the Pocono Mountains and spend the evening meeting the members of their Iron Hawk team and their fellow competitors as well. Saturday entails friendly head-to-head competition that requires innovative thinking, collaborative athleticism, and artistic creativity to complete a variety of games for all skill sets. Throughout the afternoon, you get time to explore, relax, and enjoy the wonderful amenities of the campgrounds with all your new friends. Finally, on Sunday, students spend the morning enjoying the last few moments at camp before packing up and heading back to campus. With thrilling activities, good food, and countless laughs and smiles, Camp Hawk is always an amazing opportunity to build new connections and take part in a meaningful and memorable experience.

Camp Hawk 2023 is currently in the works to deliver this special experience I speak of, and I would love for you to be a part of it! I invite you to take advantage of this incredible chance to learn about yourself, Lehigh, and fellow first-year students while taking in the beauty of the Pocono Mountains!

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

Registration Opens Monday, August 28 after the Club Expo!
Exploring the Off-Campus Bethlehem Community

Marina Falzone ’26

Hello and welcome to Lehigh University and South Bethlehem. We are so excited to have you here on campus with us! Lehigh is a wonderful place with so many different opportunities to explore and get involved in the greater Bethlehem community.

During your time at Lehigh you will have the chance to wander South Bethlehem and discover your favorite places to eat and hang out with friends. South Bethlehem is a vibrant community with many different cultures represented among its citizens. Through the Lehigh CSO there are different opportunities to volunteer and connect with residents who live around our Lehigh Campus.

Aside from the relationships you make with the community, you will also find fun outdoor activities all throughout the Southside. The Greenway is one of the most popular trails. Only a few steps off of campus, it is a contrasting beautiful patch of grass and trees in the bustling small city of Bethlehem. Students spend their time walking and running the Greenway while outside vendors and organizations occasionally hold events in which students can participate.

Another outdoor experience, The Steel Stacks, is only a short walk from campus. From free nightly concerts, to outdoor movie nights there is so much to do there. The Steel Stacks are rich in history and have pathways where you can walk and explore while learning more about South Bethlehem as a whole. Make sure to take a camera to capture some of your best memories and photos as the stacks light up every night creating a beautiful array of colors in the sky.

Finally, it is important that you experience the restaurants that surround our campus. Whatever food you desire, there is most definitely a restaurant within walking distance that has just what you want. Popular restaurants among students are Toastique, U & Tea, and El Jefes. Whatever you decide to eat, do, or explore in South Bethlehem, you are guaranteed a memorable experience.
### Meal Plans

**Where can I use my meal plan?**

<table>
<thead>
<tr>
<th>Dining Venue</th>
<th>Location</th>
<th>Meal Swipes</th>
<th>Meal Credits</th>
<th>Dining Dollars</th>
<th>GoldPlus</th>
<th>Debit/Credit</th>
</tr>
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<tr>
<td>Rathbone</td>
<td>Across from Upper Centrs</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
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<td>Brodhead</td>
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<td>Hawk’s Nest</td>
<td>Lambert Hall</td>
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<td>The Grid @ FMU</td>
<td>E.W. Fairchild-Marlandale Library</td>
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<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
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<tr>
<td>Common Grounds</td>
<td>Second Floor of Rauch Business Center</td>
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<tr>
<td>Global Café</td>
<td>Second Floor of Williams Hall</td>
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</tr>
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<td>Health, Science &amp; Technology Building</td>
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<td>Yes</td>
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</tr>
<tr>
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<td>Hitch House</td>
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<td>Lucy’s Café</td>
<td>Linderman Library</td>
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<td>Isococoa Café</td>
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<td>Market X</td>
<td>Building C, Mountaintop Campus</td>
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</tbody>
</table>

**Meal Swipes**

All-You-Care-to-Eat is available for breakfast, lunch, dinner and brunch at our student restaurants: Rathbone and Brodhead. One meal swipe allows for an all-you-care-to-eat dining experience, with the option to dine in or take a meal to go through our eco-container program.

**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. Students can add additional funds to their Dining Dollars account at any time through the online student housing and dining portal.

**Meal Credits**

When you purchase a meal plan, you have the added benefit of meal credits that you can use at all retail locations and food trucks 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 Rathbone or Brodhead. 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 Dining Dollars, GoldPlus or Debit/Credit.

---

**Click on Plan Options**

---

**Let’s Turn Up the Beet on Nutrition & Flavor!**

“Nourish Your Potential” is Lehigh Dining’s commitment to student health & wellness. Let our campus Registered Dietitian help navigate your individual dining needs for FREE.

Also, be sure to check out our variety of other complimentary nutrition services & events throughout the year so that we can help you grow into the best you!

---

**GrubHub**

Save time dining on and off campus!

Scan here to schedule a nutrition service today.

---

**Contact**

EO122@LEHIGH.EDU
+484-357-2258

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**Score 50% off**

Your first on-campus pickup order* with code FIRSTBITE50

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bLUeprint: What Will You Design?

Stefanie DiDomenico Burke, Assistant Dean and Director for First-Year Experience

Until now, your journey may have been outlined for you. You may have taken a predetermined path to arrive here at Lehigh. But this journey is different. This journey is directed by you. The path is yours to create, a blank page full of countless possibilities. You decide who you want to be, what kind of relationships you’ll build, and how you will make an impact in the community. And we hope bLUeprint will be a tool for you in that journey.

I can’t count the number of times someone asked me, “so what is bLUeprint exactly?” Here’s what I tell them and how I hope I can make sense of it for you. bLUeprint is all about making the most of your experiences. Just like your faculty have syllabi and goals for your classes, bLUeprint is like that for your learning outside of the classroom. We know that so much of our learning comes from those everyday moments and experiences in college – the conversations over dinner; interacting with your hallmates; your involvement in students clubs, research, internships; and everything in between. It is so easy to run from one thing to the next - to go through the motions of it for you. bLUeprint is meant to encourage those moments of pause and reflection. It is meant to encourage and impact you, your identity, and your trajectory.

We want you to build skills in problem-solving, navigating in constantly changing environments. Strategic Adaptability recognizes that we are all navigating in constantly changing environments. We want you to develop skills in problem-solving, flexibility, and decision-making by learning from failures and taking risks.

The foundations are the framework of all of our work across the division of Student Affairs. When you interact with staff and student leaders, you may hear this language or see the icons attached to programs and services. You will hear us ask you to stop and think deeply about where you come from, who you are and who you want to be.

This is your opportunity to create your experience. The Five Foundations are the goals we want you to explore and question. Critical Consciousness is the ability to understand and analyze societal structures and systems of oppression, and to take action towards social change. We want you to tool these ways in which systemic issues and situations, but you won’t have to do that alone. There are people here to help you design the best possible college and post-college experience. They are all around you - at your orientation, in the residence halls, in offices and student organizations across campus.

You see, no matter how old I get, learning never really stops. And to be honest, I wouldn’t want it to! I want to learn more and be better each day - for myself, for my family and friends, and for the communities I am a part of. I imagine you want to also – that you want to leave Lehigh as a better version of yourself and as a person who continues to evolve. I hope you’ll join me and use bLUeprint as an opportunity to keep exploring and to keep growing.

And my hope is that this common language we share can be helpful. That by utilizing it anytime something is connected, it will stick a little better, make a little more sense, and that you will begin to make sense of your own learning in that foundation more and more. And ideally you will challenge yourself to not only understand yourself better but that you will continue to make intentional choices about who you want to be and how you make an impact here at Lehigh, in communities you are a part of, and the world.

We want you to DISCOVER the Five Foundations and EXPLORE what they mean to you. We want you to CONNECT your ideas and experiences, and APPLY what you learn to real world issues and situations, but you won’t have to do that alone. There are people here to help you design the best possible college and post-college experience. They are all around you - at your orientation, in the residence halls, in offices and student organizations across campus.

You will:

- Meet individually with faculty/staff collaborators at least twice
- Meet with your Orientation Group
- Attend 5x10 programming
CREATIVE CURIOSITY encourages exploration of new ideas and concepts. Students are empowered to take control of their own learning, and develop the skills necessary to be life-long learners and innovative problem solvers.

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

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

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

STRATEGIC ADAPTABILITY recognizes that students are navigating in constantly changing environments. Students are encouraged to build skills in problem-solving, flexibility, and decision-making by learning from failures and taking risks.
Research and Innovation as an Undergraduate Student

Eirini Drosos ’24

Firstly, congratulations on your acceptance and subsequent enrollment at Lehigh University! This feat is a testament to your hard work, dedication, and drive. The next few years of your life here are sure to prove meaningful, fulfilling, and above all, transformative.

From your first moment on campus, you’ll notice students from all walks of life participating in a plethora of activities you might not have even known existed. Athletic teams, musical ensembles, Greek life, multicultural communities, academic organizations, and countless other involvement opportunities all find themselves taken advantage of by unique and diverse individuals. One of the most prominent involvement opportunities that Lehigh is proud to offer its students is research!

Research opportunities are bountiful; from assisting in labs to spearheading published academic papers, Lehigh students are not only allowed but encouraged to get involved in a research area of their choice during their four years on South Mountain. But many students come to campus with the same question: how?

The answer, which may be intimidating to some, is however you want! There’s no correct or defined way to go about getting involved, which is something you will probably hear time and time again. Luckily, Lehigh has many avenues and tracks set in place to help you if you decide to pursue research. One such avenue is the Office of Creative Inquiry. Housed in the STEPS building, the Office of Creative Inquiry’s main goal is to create a space where students can cultivate their ideas into meaningful, impactful innovations. They lead multiple Impact Fellowship programs where students can make change through local and global projects, as well as various summer initiatives; the Mountaintop Summer Experience sees over 100 students across dozens of projects work on Mountaintop campus annually. These opportunities are all great ways to make a lasting impact through creative research with an office that has resources to support you.

Another incredibly common way students get involved in research lies within their classes. Many professors lead research projects in various fields of study, and almost all are willing to bring capable and driven undergraduate students on board. Even in the case that a professor’s research is not open to undergraduates, they oftentimes can provide you with resources on other ways to get involved with a specific research area as an undergraduate. Having good relationships with your professors and being engaged in your classes can have a very big payoff in this regard!

If you decide that you want to pursue research opportunities during your time at Lehigh, there are plenty of fields and programs that will take you! Even if you’re on the fence about research or aren’t sure of your exact areas of interest, research is a great way to get real-world experience in a field, as well as build communication and leadership skills, foster your strengths, and build your network. The research opportunities that await you at Lehigh are limitless, if you take advantage of them – don’t be afraid to put yourself out there and reap the rewards of being surrounded by some of the best innovative minds the country (and the world) has to offer.
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.”

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

Health & Wellness Center

Location
Johnson Hall - 2nd Floor
West-side entrance

Appointment Hours During Academic Year
Monday - Thursday 8:15 - 4:30
Friday 9:15 - 4:30

After hours support: LVHN on-call nurse triage available

Students Promoting Equality, Awareness, & Knowledge - SPEAK is an undergraduate group of peer educators dedicated to teaching other students about topics related to gender and sexuality. Rather than lecturing at groups, the focus is on facilitating discussions and creating conversations that will help lead Lehigh's campus.

Go.lehigh.edu/pridecentergroups
Interested in the libraries on campus?

Join the

STUDENT LIBRARY ADVISORY BOARD

Open to all undergraduate students--
Provide feedback to guide library services,
collections, programs, events and spaces.

Professional development opportunities
available for those interested in library
careers. Fun for book lovers!

Help shape the future of Lehigh Libraries!

Want to sing at Lehigh?
Become a member of
Lehigh University Choral Arts!

Steven Sametz, Director and
Hana Cai, Associate Director

2023-24 Audition Times:
Fri., Aug 25, 12:00pm – 5:00pm
Sun., Aug 27, 3:00pm – 7:00pm
Mon., Aug 28, 4:00pm – 7:00pm

Location:
Zoellner Arts Center, 3rd Floor

For more information or to schedule an audition time,
contact Recruitment Manager Caleb Reed at
ctr224@lehigh.edu • (610) 680-6319
Welcome to Lehigh, Class of 2027! I am so excited to welcome you to our campus community and introduce you to the endless possibilities that Lehigh has to offer. No matter what path you pursue, I highly encourage you to check out some of the entrepreneurial opportunities available to you. The personal and professional development that comes with your engagement in these programs is monumental. Even if you don't see yourself becoming an entrepreneur, or if you don't even know what entrepreneurship means, that's okay! There is still so much to gain from the programs I am about to introduce to you.

The first entrepreneurial hub you should know about is the Baker Institute for Entrepreneurship, Creativity & Innovation, housed right here on campus in Whitaker Lab! This institute supports many programs, including the EUREKA! Venture Program, where students can bring their ideas to life and learn how to pitch their venture to a live panel for the opportunity to receive funding and/or mentoring. Another program is The Harchery, which is a six-week summer program focused on the development of student ideas and projects, no matter what stage of their entrepreneurial journey they are in.

Lehigh Silicon Valley is another popular program offered by the Baker Institute. Over winter break, selected students will become immersed in the Bay Area entrepreneurial ecosystem and learn how to think like an entrepreneur from Lehigh alumni. Students will also collaborate with peers to tackle real problems that startups face, and receive feedback on their solutions and ideas from founders, investors, and even CEOs. The last Baker Institute program I want to highlight is one of its most recent additions – the Lehigh Ventures Lab. Students, recent alumni, and faculty in this program are able to scale their ventures as they receive funding, coaching, and other critical resources.

Another opportunity on Lehigh's campus is the Office of Creative Inquiry, which supports students across all academic disciplines in working on real-world projects with real-world impact. The Global Social Impact, Lehigh Valley Social Impact, Campus Sustainable Impact, and Silicon Valley Social Impact Fellowships include a wide variety of multi-year projects that students can join. Through these projects, students can collaborate with students and faculty to conduct original research, attend engaging classes and workshops focused on skill-building and, of course, impact, and even travel abroad to conduct critical fieldwork for their project!

I was a Lehigh Valley Social Impact Fellow for a year, and going into it, I certainly did not know what social entrepreneurship was or how to successfully execute the big ideas that shape the Impact Fellowship projects. During the program, I learned so much along the way through the workshops, project setbacks and failures, through my peers, and our periodic presentations to a panel of judges. Because of this program, I feel more confident and equipped to tackle the big issues our world faces, and I feel passionately about having an impact.

I mentioned that through the Global Social Impact Fellowship, students are able to conduct fieldwork abroad for their projects, and currently students can participate in fieldwork – whether that be conducting research or implementing solutions – in Sierra Leone, Philippines, or Kazakhstan, depending on their project. This is a super cool opportunity to gain an exposure to new cultures and make global connections. If spending a whole semester abroad is not the right fit for you, this certainly isn't the only entrepreneurial opportunity beyond Bethlehem!

The Lehigh@NasdaqCenter is an exclusive partnership that allows students to engage in real-world entrepreneurial experiences, and it is housed in San Francisco! I was fortunate enough to participate in the center's Startup Academy program, where myself and a small cohort of students spent 10 weeks over the summer living in San Francisco and working full time for early-to-mid stage startups. Not only that, I was also able to make life-changing connections with my peers as well as alumni mentors and guest speakers.

Other amazing opportunities provided by the Lehigh@Nasdaq Center include the Silicon Valley Innovation Internship, where students can participate remotely during the semester to get internship experience in entrepreneurship, innovation, or social impact, and receive 3 academic credits for their work. The center also frequently offers 1 credit remote courses for students. Past courses include (but not limited to) Women in Technology & Innovation, and Disruptive Engineers.

I certainly hope that I have provided you with a thorough introduction to entrepreneurship at Lehigh! I encourage you to take advantage of one (or many!) of these amazing programs. Some of my most monumental growth during my 4 years here at Lehigh has occurred as a direct result of my participation in these programs, and I am certain that many of my peers can say the same. Exploring entrepreneurship can definitely be intimidating at first, and you're going to have a lot more questions than answers. My best advice to you would be to not be afraid to take that leap of faith and try something new. Your 4 years here will fly by, so don't wait to take advantage of these opportunities. Best of luck during your time here at Lehigh!
Self Care for Success

Isaiah Sohn '26

Welcome to the next chapter of your story. Years of hard work and perseverance have led to this moment. As you embark on your journey at Lehigh, remember that you have the strength and courage to carry on; despite the number of obstacles you faced, you kept moving forward no matter what. Now, I ask you to cultivate that resolve once more for this next challenge. I compiled five tips based on the experiences of those who have walked down a similar path to you that will hopefully help you focus on taking care of yourself while making the most of your experience at Lehigh.

Tip #1: Choose Your Perspective.
Recognize that the way you perceive a situation can ultimately shape your reality, and consciously choose to frame challenges as opportunities for growth, setbacks as a chance for learning, and conflict as a valuable learning experience at Lehigh.

Tip #2: Define Your Goals & your Purpose.
Purpose is what gets us out of bed every day. It is the driving force behind our passion and dreams, giving us the strength to overcome obstacles and succeed to our full potential. To help you find your purpose, you should start by setting clear goals with action steps. By breaking your goals into smaller, manageable steps, you create a blueprint for your academic, personal, and professional aspirations. Your goal may be to complete a certain number of credits per semester, achieve a specific GPA, or gain a particular skill. Whatever they are, setting goals will provide you with a sense of purpose and motivation.

Tip #3: Create a Routine, Then Follow it.
It is important to plan and organize your time effectively, taking into consideration your individual needs, limitations, and circumstances. By creating a realistic routine for each day, you can set a structured framework that helps you stay organized, focused, and productive. Prioritize getting enough sleep, healthy eating habits, and moving your body. Try to aim for a routine that includes consistent quality sleep, as well as a balanced diet with a variety of nutrients, to fuel your body and mind. By being consistent in following your routine, you develop good habits, enhance time management skills, and maximize your productivity. If you happen to have a busy week with multiple assignments and exams, a routine can help you distribute time for each task, preventing last-minute cramming and reducing stress. It also ensures that you have enough time for self-care and relaxation, helping you maintain a healthy balance between academic and personal responsibilities.

Tip #4: Find Healthy Connections
Commit to meaningful interactions with your peers, professors, and the wider college community. Seek out opportunities to connect, collaborate, and build relationships with others by joining clubs or participating in campus events; you will feel a sense of belonging and foster personal growth. Building meaningful relationships with fellow students and community members provides you a support system, helps you expand your perspectives, and creates long-lasting friendships. Engaging in group projects, team activities, and collaborative learning opportunities can largely enhance your academic experience and develop those crucial interpersonal skills that are so valuable in the professional world.

Tip #5: Embrace Imperfection.
Imperfection is what makes us human, so we should celebrate the beauty of imperfection. Perfectionism can be harmful to our well-being, leading to prolonged stress, anxiety, and self-doubt. Our imperfections are not to be mistaken as weaknesses, but rather opportunities to learn and grow as human beings. We all make mistakes, stumble, and wish that we could be better in certain moments of time. It is crucial we let ourselves be vulnerable, to try new things, and learn from failure. Embrace your humanity, with all its flaws and limitations, and seek out your most authentic self.

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OPEN MIC NIGHT

Friday, August 25
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!

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

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**Join Us**

**SPECTRUM**

Started in the Spring of 2003, Spectrum is a LU undergraduate student organization dedicated to providing a safe environment for LGBTQ+ students and their allies to explore their identities and form an engaged community.

Meetings are open to all!

Social programs that Spectrum has sponsored include an annual Drag Show, Pumpkin Pride celebration, movie nights, and trips to Philly. Topics for discussion have included social issues, finding your identity, what being LGBTQIA means, relationships, and more!

**go.lehigh.edu/pridecentergroups**

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**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.

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

*Post leftover food* from campus events.

*Find leftover food* near you on campus.

*should be Lehigh-catered food

~20% of all college students struggle with very low food security.

(That’s 1,000+ Lehigh students!)

Find Hungry Hawks on: Apple Store, Google Play, and the web!

sustainability.lehigh.edu/hungry-hawks
<table>
<thead>
<tr>
<th>LEHIGH community &amp; club EXPO</th>
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<tbody>
<tr>
<td><strong>Monday, August 28, 4-6pm</strong></td>
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<tr>
<td>Clayton UC Flagpole and Memorial Walkway</td>
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- Admissions Ambassadors
- Aerospace club
- African Student Association
- Alpha Omega Epsilon
- American Society of Civil Engineers (ASCE)
- Arts and Crafts Origami
- Asian Business Community
- Asian Cultural Society
- Bad Company
- Badminton club
- Biomedical Engineering Society
- Black Student Union
- Board Game Club
- Break the Silence Peer Educators
- Business Information Systems & Analytics Club
- Catholic Campus Ministry & Newman Center
- Center for Gender Equity
- Center for Student Access and Success
- Central Asian Students Association
- Chabad at Lehigh
- Cheese Appreciation Society
- Chinese Students and Scholars Association (CSSA)
- Club Baseball
- Club Tennis
- Coffee Club
- College Democrats
- College Republicans
- Community Service Office
- CompSci in Bethlehem
- Conservation Club
- Creatives of Lehigh
- DMAX
- Eco Rep Leadership Program
- Epitome yearbook
- F1RST
- Future Lawyers of Color
- Giriboss
- Hawkathon
- Health & Wellness Center
- Institute for Healthcare Improvement Chapter
- Institute for Indigenous Studies
- International Voices
- JM Entertainment
- Korean Students Association
- Leela Indian Fusion Dance
- Lehigh After Dark
- Lehigh Animal Therapy Club
- Lehigh Armed Forces Support Club
- Lehigh Baja
- Lehigh Blockchain Club
- Lehigh Club Baseball
- Lehigh Consulting Summit
- Lehigh Cru
- Lehigh Cybersecurity Club
- Lehigh Cycling
- Lehigh Dancin'
- Lehigh Drivers' Club
- Lehigh Echoes
- Lehigh Effective Altruism
- Lehigh Equestrian Team
- Lehigh Horror and Thriller Club
- Lehigh Italian Club
- Lehigh Libraries
- Lehigh Lightsaber Club
- Lehigh Management Club
- Lehigh Melismatics
- Lehigh Minority Business Alliance
- Lehigh Racing
- Lehigh Running Club
- Lehigh Scholars of Finance
- Lehigh Spanish Club
- Lehigh Sports Broadcasting Club
- Lehigh Sports Business Conference
- Lehigh Students for Life
- Lehigh University Chinese Christian Fellowship (LUCCF)
- Lehigh University Climbing Club
- Lehigh University Dance Team
- Lehigh University InterVarsity Christian Fellowship
- Lehigh University Mathematics and Statistics Society (LUMSS)
- Lehigh University Minority Association of Pre-Medical Students (LU-MAPS)
- Lehigh University Outing Club
- Lehigh University Police Department
- Lehigh University Pre-Veterinary Medicine Club
- Lehigh University Quiz Bowl
- Lehigh University Robotics Club
- Lehigh University Swim Club
- Lehigh University Table Tennis Club
- Lehigh Valley Bridge Association
- Lehigh women's club lacrosse
- Lehigh Women's Club Softball
- Lehigh Women's Wrestling Club
- Lehigh Wrestling Club
- Letters & Literature Society
- Litterbug Club
- LU AMSA
- LU Bhangra
- LU ENABLE
- LU Fiber Arts Club
- LU Scientific Journal Club
- LU Study Abroad
- LU Taekwondo Club
- LU/UN Partnership
- Marching 97
- Marketing Club
- Men's Rugby
- Men's Ultimate Frisbee
- Mock Trial
- Mountain Hawk Film Productions
- Mu Sigma Upsilon Sorority Incorporated
- Muslim Students Association (MSA)
- New Ventures Club
- NSBE (National Society of Black Engineers)
- Off The Record
- Operation Smile LU chapter
- Pakistani Student Association
- Paranormal Investigative Club
- Phi Sigma Pi
- Polynesian Student Alliance (PSA)
- Pre-Law Society
- Pre-PA Club
- PSECU
- Real Estate Club
- Reformed University Fellowship
- Residence Life
- Sigma Gamma Rho Tau Zeta Chapter
- Ski team
- Society of Asian Scientists and Engineers (SASE)
- Society of Hispanic Professional Engineers (SHPE)
- Society of Physics Students
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 90 Orientation Leaders and Orientation Coordinators
• Check-in with first-year students for navigateLU during Fall 2024
• 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!
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 “carr” 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.

Visit lehighsports.com for team schedules, and information about club sports, intramural sports, Taylor Gym and fitness classes!
Out in Science, Technology, Engineering, and Mathematics (oSTEM) Inc. is a 501(c)(3) non-profit professional association for LGBTQ+ people in the STEM community.

With over 100 student chapters at colleges/universities and professional chapters in cities across the United States and abroad, oSTEM is the largest chapter-based organization focused on LGBTQ+ people in STEM.

go.lehigh.edu/pridecentergroups
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

1. Deja Brew
2. The Goosemen
3. La Lupita
4. Molly's Irish Grille & Sports Pub
5. Campus Pizza
6. Wonder Kitchen
7. General Zapata
8. Zekraft
9. Anna's Brick Oven Pizza
10. Randy's Pizzeria
11. Dinky's Ice Cream Parlor and Grill
12. El Jefe's Taqueria
13. Hummus House
14. The Flying V
15. King Wing
16. U & Tea
17. Lehigh Pizza
18. Couchpota.doh! Kitchen

*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
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 “Lehigh University Orientation 2023” and download the guide.
Healthy Connections
Critical Consciousness
Creative Curiosity
Self Concept
Strategic Adaptability

THURSDAY, AUGUST 24, 2023 • ORIENTATION TIMES

LEHIGH 5x10 SYMPOSIUM
Friday, August 25, 3:30pm - 4:30pm

The Corporations & Society
Professor Dave Hinrichs
Business Innovation Building 108
The role of the corporation and its primary objectives have changed over time. Currently businesses and the public are wrestling with how much focus corporations should place on the individual components of ESG (Environmental, Social, and Governance). Today’s business students must be equipped to help organizations deal with this critical challenge.

Bioengineering the Future
Professor Tommy Pashuck
Maginnes 112
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.

Personal Branding - "The Need to be Different"
Professor Steven Savino
Rauch 151
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 path with tips on how to win their desired job or internship.

AI is taking over the world. Now what?
Dr. Daniel Lupresti
Chandler-Ullmann 118
The past year has demonstrated the huge impacts Artificial Intelligence will have on our society and businesses. How do we not become a person need to know to avoid being left behind? What are the responsibilities of those who develop and employ AI? Bring your curiosity and your questions for this interactive 5x10 Symposium.

Aing College Through Psychological Science
Dr. Jesseca Marsh
Maginnes 113
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 an exploration of psychological research. This lecture provides pro tips of how to excel at college through the power of psychological science.

Making Museums Matter
Dr. William Crow
Main Gallery, Zoeller 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!

What's Your CCQ? And Why Does It Matter?
Professor Lee Baunight
Chandler-Ullmann 218
Curiosity is the desire to know more. Creativity is the drive to use knowledge in new ways. Both are critical to our cognitive and emotional development—but they can be unruly, too. Want to know more? Come test your Curiosity-Creativity Quotient and learn about using these traits to help you thrive at Lehigh.

Thinking through Technology
Professor Greg Redman
Maginnes 101
Are new technologies changing our views of what’s real and what’s right? Participants in this highly interactive session will discuss how recent advances in fields such as neuroscience, virtual reality, artificial intelligence, and social networking are affecting how we see ourselves and how we approach the choices we face.

Coffee & Cosmetics: The Engineering of Consumer Products
Dr. Joseph Menicucci
Packard 416
Have you ever considered how and where your coffee and/or cosmetics are produced? Ever have an idea for a new product? Come hear how engineers approach the development of processes that make every day consumer products.

Getting to Know Your New Hometown
Dr. Karen Back Pooley
Maginnes 102
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.

The Dream Is Alive!
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 landing 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.

Food & Passion: The Role of Olfaction
Professor Greg Ferguson
STEPS 280
The Nobel Prize in Medicine and Physiology was awarded this year for discoveries. It also serves as a wonderful example of how 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 “warming” from one field into another.

Fractals, Smarter, Faster and... Tastier Materials Science and Engineering does it all
Professor Satnam Jodicka,
Professor Siddha Pimputkar,
Professor Nick Strandwitz,
Professor Lesley Chow
Whittaker 103
Join the awesome faculty and students of materials science and learn about the things that surround us. Everything you touch from your computer to your water bottle to the shoes you wear might not exist without the beauty of materials engineering. Plus - super heroes? Superheroes are all about materials science and we want you to know why! We will showcase the wonderful world of materials through live demonstrations AND...you will definitely be getting some made-on-site ice cream.

Find more 5x10 Events on LINC!
Scan for the LINC Events page
Under filters and categories select "5x10" to view only upcoming 5x10 programs.
SATURDAY • AUGUST 26

**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)
- ORIENTATION GROUP MEETING #4

*Remember to bring your ID to all meals!

**GROUPS 1-23**
9:00am-10:30am  Free Time
10:30am-11:15am  OL Office Hour (BIB 221)
11:15am-12:15pm  Lunch (Rathbone)
12:30pm-1:15pm  Group Meeting #3
1:30pm-3:00pm  Break the Silence (Raubh)
3:15pm-4:45pm  Lehigh by De-Zine (STEPS & Maginnes)
5:00pm-6:15pm  Group Meeting #4
6:15pm-7:30pm  Dinner (Rathbone)

**GROUPS 24-47**
9:00am-10:30am  Free Time
10:30am-11:15am  OL Office Hour (BIB 221)
11:15am-12:15pm  Lunch (Rathbone)
12:30pm-1:15pm  Group Meeting #3
1:30pm-3:00pm  Break the Silence (Raubh)
3:15pm-4:45pm  Lehigh by De-Zine (STEPS & Maginnes)
5:00pm-6:15pm  Dinner (Rathbone)
6:15pm-7:30pm  Group Meeting #4

FIRST-YEAR STUDENT & ALUMNI RALLY
8:00pm - 9:00pm
The Grove
A Lehigh tradition! Join the Class of 1977 as they adopt you, the Class of 2027, and welcome you to Lehigh! Remember to wear your Class of 2027 shirt!

HAWK’S FEST
9:00pm - 11:00pm • Tamerler Courtyard
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 Zzzs for the night.

SUNDAY • AUGUST 27

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

**BRUNCH**
11:00am - 2:30pm
Eat at Rathbone or any open campus retail option

**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**
- Student Involvement Panel
  Packard 466
- Financial Wellness is a Must!
  Chandler Ullmann 118
- Class Schedule Tour
  Meet at CUC Front Lawn Flagpole
- Campus Bus Tour
  See Guidebook for details
- CareWell: Exploring Wellness
  HST 101
- College & Careers: Support through your First Year
  Maginnes 102

**12:15pm - 1:15pm**
- Student Involvement Panel
  Packard 466
- Financial Wellness is a Must!
  Chandler Ullmann 118
- Class Schedule Tour
  Meet at CUC Front Lawn Flagpole
- Campus Bus Tour
  See Guidebook for details
- Yoga is for Everybody
  Taylor Gym 3rd Floor Studio
- Preparing for the First Day of Classes
  Maginnes 102
- Camp Hawk Counselor Meet & Greet
  Maginnes 101

**1:30pm - 2:30pm**
- Student Involvement Panel
  Packard 466
- Financial Wellness is a Must!
  Chandler Ullmann 118
- Class Schedule Tour
  Meet at CUC Front Lawn Flagpole
- Campus Bus Tour
  See Guidebook for details
- Yoga is for Everybody
  Taylor Gym 3rd Floor Studio
- Building Healthy Study Habits
  Maginnes 102
- Club Sports Fair
  Taylor Gym

**WORK STUDY JOB FAIR**
2:45pm – 4:00pm • Zoellner
Students with a work study award for the 2023-24 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 • Zoellner Arts Center, Third Floor

**ORCHESTRAL STRINGS AUDITIONS**
4:00pm - 7:30pm • Zoellner Arts Center, 145

**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**
Eat at Rathbone or any open campus retail option

*Schedule is subject to change. Download Guidebook for the most up-to-date schedule.*
ORIENTATION 2023 SCHEDULE

THURSDAY • AUGUST 24

CHECK-IN
8:00am - 11:30am • Iacocca Hall
Receive your Orientation materials, group information, and directions to your residence hall

WELCOME LUNCH
11:30am - 1:30pm • Packard & Memorial Walkway
We invite all new students and their families to join the Lehigh community for lunch.

MUSIC DEPARTMENT INFORMATION SESSION & AUDITION SIGN-UPS
11:45am - 12:30pm • Zoellner Arts Center 145
Learn about all of Lehigh's performance ensembles, private lessons and academic classes.

FAREWELL TO FAMILIES • 1:30pm
Use this opportunity to say goodbye to your family as 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 • The Grove
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.)

THURSDAY ROTATION:

DIKKER WITH ORIENTATION GROUP / TOUR
PEER HEALTH: LET'S FACE IT – YOUR MENTAL HEALTH • RAUCH HEALTH, SAFETY & WELL-BEING FAIR • THE GROVE
*Bring Your ID to All Meals

Groups 1 - 23
4:00pm-4:50pm Health, Safety & Well-Being Fair (The Grove)
5:00pm-5:50pm Peer Health (Rauch)
6:00pm-7:00pm Dinner (Rathbone)
7:00pm-7:50pm Tour

Groups 24 - 47
4:00pm-4:50pm Peer Health (Rauch)
5:00pm-5:50pm Health, Safety & Well-Being Fair (The Grove)
6:00pm-7:00pm Dinner (Tamerler Tent)
7:00pm-7:50pm Tour

Groups 48 - 71
3:45pm-4:35pm Tour
4:45pm-5:45pm Dinner (Rathbone)
6:00pm-6:50pm Health, Safety & Well-Being Fair (The Grove)
7:00pm-7:50pm Peer Health (Rauch)

Groups 72 - 94
3:45pm-4:35pm Tour
4:45pm-5:45pm Dinner (Tamerler Tent)
6:00pm-6:50pm Peer Health (Rauch)
7:00pm-7:50pm Health, Safety & Well-Being Fair (The Grove)

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 to get to know the other students on your floor and you'll work together to set community expectations.

WINGO & ART NIGHT
3:00pm - 11:30pm • STEPS Lawn (Wingo) & Butz Plaza
(Large event that combines wings and Bingo, featuring prizes from the Lehigh Store. Art night will feature drawings of a handful of Lehigh-staple scenery on campus. Take them with you to decorate your residence hall room!)

THURSDAY • AUGUST 25

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 • Zoellner - Baker Hall
This event will officially begin the 2023-2024 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): Zoellner - Baker Hall
- College of Business: Neville 001
- College of Engineering and Applied Science: Packard Lab 101
- College of Health: HST 3rd Floor (also lunch location)
- Integrated Business and Engineering: Mohler 355
- Computer Science and Business: Packard 416

LUNCH • 11:00am - 2:00pm
11:00am - 12:00pm: College of Engineering (Last names A-L: Rathbone; Last names M-Z: Tamerler Tent)
12:00pm - 12:30pm: College of Arts and Sciences (Last Names A-L: Rathbone; Last Names M-Z: Tamerler Tent)
12:00pm - 1:00pm: IDEAS: Global Commons
1:00pm - 2:00pm: College of Business (Last names A-L: Rathbone; Last names M-Z: Tamerler Tent); ABE: Rathbone; CSB: Tamerler Tent

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

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

CHORAL ARTS AUDITIONS
12:00pm - 5:00pm • Zoellner Arts Center, Third Floor

FAUX FRIDAY RESTAURANT TICKET EXCHANGE
12:30pm - 3:00pm • Christmas Saucon, Suite 130
Stop by Christmas Saucon, Suite 130 if you’d like to exchange your Faux Friday ticket. Note: If you have a ticket to eat at Shabbat dinner, you cannot switch.

WHAT'S SO SPECIAL ABOUT SPECIAL COLLECTIONS?
1:00pm - 3:00pm • Linderman Library 342 (Bayer Gallery)
Stop by Linderman Library during an annual open house to see treasures from the libraries’ Special Collections and unusual artifacts from Lehigh’s history. Meet your librarians and learn about library resources!

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 navigableLU 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&M & Drinker
5:00pm - 6:30pm Residence Hall Meeting
6:30pm - 8:00pm Dinner
Commuters
5:00pm - 6:30pm Commuter Meeting (Chandler Ullman 118)
6:30pm - 8:00pm Dinner

COMPRHENSIVE TESTING DAY
8:00am - 5:00pm • Your Residence Hall

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 our fellow Lehigh students! Feel like performing? Grab your instrument, your latest piece of poetry, or a friend for a duet!

SUPER FRIDAY
8:00pm - 11:30pm • STEPS Lawn
Enjoy a fun night on STEPS Lawn, featuring two food trucks, giant video game screens, a DJ, and featuring artists like caricature artists, spray paint, and more! Come for the food, games, and free giveaways, and stay for The Super Mario Bros. Movie at 9pm.