Tips for Success from a 5th Year

By Sto Mahoney '15, '16G

So you’ve just made it to Lehigh. Some of you have travelled the country, nay even in the globe, to arrive here. Others have Lehigh right in their own backyard. Either way, let me guess that all of you share an overwhelming sense of anticipation for this new Lehigh journey on which you are about to embark. And wait, I'm not done – this excitement has been welling in your body all summer, or perhaps longer for the particularly eager beavers, and is now ready to manifest into an explosion of new experiences, friendships, and adventures. Did I nail it on the head?

Now, supposing my crystal ball powers are spot on, and seldom am I wrong about matters of such epic proportion, allow me the opportunity to present ways you can channel your bright eyes and bushy tails into enormous success over the next four years at this esteemed university. Use it as you will, but in Buzzfeed-like fashion, my name is Sto Mahoney and I approve the tips listed in this article:

#1 – Go to the club fair and sign up for everything that interests you

Hold no doubt, nearly the entire student body attends this campus-wide event. Consider this the “ABCs” of setting yourself up for success at Lehigh. It boasts a myriad of clubs and organizations that shamelessly seek your membership and provide meaningful leadership opportunities. And seriously, there is a club for everything. From beekeeping to belly dancing, I’d have told you could not find a club that existed the sharp, cruel sting of failure. It is painful but forgive yourself now for those failures and realize it is your duty to respond, study, and learn from them as they come if you want to be successful.

#2 – Actively build your network.

Let this serve as a reality check – opportunities for internships, research, and other exploits will not just fall into your lap. I do offer favorable news though – you now have unlimited access to a community of highly intelligent people who own the means, connections, and desires to ensure your success. Jackpot. Do not underestimate or squander this remarkable privilege. Seek every opportunity, and I mean every, to develop relationships with professors, alumni, and current students. To redefine yourselves, some of you are merely interested in refinement. Know the difference and understand that either works, so do what is most fitting for your own developmental agenda. You are living in the present and you currently exist in a place where nobody knows who you were in the past. From this moment, let this drive your behavior and your actions towards the best and most successful version of yourself – and right now ask, what legacy do you want to leave on this campus after you graduate?

#4 – Embrace that failure breeds success.

If there is one thing that I have learned, it’s that there is an irrefutable positive correlation between higher failure rates and overwhelming success. But Sto, you might ask, how can this possibly be? How does failing lead to success? I have a cold truth – college is a stressful period of time and inevitably you will fail in some way or another. Even I, a recovering perfectionist, have experienced the sharp, cruel sting of failure.

#3 – Redefine or refine yourself

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#5 – Master a new hobby or skill.

I wish someone would have emphasized this earlier to me. Regrettably for me, I was content with the knowledge, hobbies, and skills I possessed when I arrived to college and never focused on growing my repertoire, which limited my learning potential. I have since embraced and applied this advice myself so now I say to you: commit yourself to learning at least one new skill or hobby that could be useful four years down the line – and master it. The name of the game is long-term investment in yourself. I completely understand you will be busier than ever with school work and other pressures, but you’ll thank me and yourself, when employers come knocking on your door asking you to differentiate yourself. (Continued on page 3)
1. Study abroad.
2. Visit the Bethlehem Star.
3. Go to the Lehigh-Lafayette football game.
4. Rush the field at the Lehigh-Laf game.
5. Get lost in the serpentline halls of Chandler Ullmann.
6. Go to a speaker after 4 pm, not for class credit.
7. Go on a serve trip through the Community Service Office.
8. Befriend a professor.
9. Go to a First Friday.
10. Visit the sculpture garden.
11. Enjoy an a capella concert.
13. Eat Sunday brunch at Rathbone.
14. Get a late night snack at Hawk's Nest and stay until it closes.
15. Hike the trails on the mountain.
16. Participate in Chicken Finger Friday.
17. Watch the women's prom dress rugby match.
18. Eat a secret sandwich, or if you're adventurous, create a new one at The Goose.
19. Go to the ice rink.
20. Learn all three verses of the Lehigh alma mater.
21. Go to a concert or theater production at Zoellner Arts Center.
22. Do not walk on the seal in front of the Alumni Memorial Building.
23. Give to the class gift your senior year.
24. Go to Take Back the Night.
25. Enjoy the views from the tower at lacocca at night.
27. Study in the Linderman Library rotunda.
29. Get creative at Make and Takes.
30. Have breakfast at Blue Sky Café.
31. Study on the tables outside FML.
32. Have dinner at the restaurants.
33. Go on a University Productions trip.
34. Find all the Lehigh fountains.
35. Go to the library.
36. Attend a game of every Lehigh sport.
37. Do research with a professor.
38. Take a nap in the Adirondack chairs on the front lawn.
39. Go to an away sporting event to cheer on the Mountain Hawks.
40. Volunteer and help the South Bethlehem community.
41. Pull an all-nighter studying for finals.
42. Take a picture with a statue on the Memorial Pathway.
43. Infiltrate a tour group.
44. Count the number of stairs to your residence hall.
45. Convince someone to apply to or attend Lehigh.
46. Take a nap in the Adronack chairs on the front lawn.
47. Climb every staircase on campus.
48. Find a club you love and get as involved as possible.
49. Try something new.
50. Attend a game of every Lehigh sport.
51. Eat in the Asa Packer Dining Room.
52. Visit the bell tower in Packer Memorial Church.
53. Give a tour of Lehigh.
54. Thank a professor who has influenced you.
55. Participate in a psychology experiment.
56. Go in every single building on campus at least once.
57. Visit the catacombs.
58. Attempt to drive down Packard Avenue while classes are changing.
59. Order a crepe at Lower cort.
60. Sing Lehigh's fight song at a Lehigh football game.
61. Get a beer sampler at Brew Works after you turn 21.
62. Buy food from the farmer's market on Thursdays.
63. Stay at Lehigh during the summer.
64. Go to a concert at Steel Stacks.
65. Go to Musikfest.
66. Spin around on the friction-resistant chairs on the fifth floor of STEPS.
67. Dance at Molly's.
68. Visit Asa Packer's secret bathroom.
69. Play music in the practice rooms at Zoellner.
70. Take a trip to the north side of Bethlehem and eat at the restaurants.
71. Take a class just for fun.
72. Eat in the basement of Mama Nina's on a busy night.
73. Go to the Celtic Classic.
74. Get an A on an exam.
75. See the sunrise from the lookout.
76. Use all your dining dollars.
77. Graduate.
78. Longboard down the hill.
79. Graduate.
80. Use LUCIE to your advantage.
82. Go rock climbing at the gym.
83. Meet President John Simon.
84. Do something you'll never forget.
85. Do something your friends will never let you forget.
86. Make your family proud.
87. Return to school early at least one semester.
88. Join at least three clubs.
89. Be elected to at least one leadership position.
90. Beat Lafayette...forever.
91. Get ice cream at The Cup.
92. Buy some discounted Lehigh merchandise after a Mountain Hawk victory.
93. Love Lehigh now and forever.
94. Attend a game of every Lehigh sport.
95. Get a free massage at the Health and Wellness Center.
96. Compete in the turkey trot.
97. Compete in bed races.
98. Play on an intramural team.
99. Play football on the front lawn.
100. Play a game of volleyball at both Sayre and Lower Cents.
101. Never think you have too many friends.
102. Go swimming in the Lehigh pool.
103. Donate blood.
104. Volunteer at Spooktacular.
105. Take a picture with Clutch.
106. Go to the Lehigh Valley Mall and use your discount.
107. Introduce yourself to a complete stranger.
108. Find someone you know through the STEPS webcam.
109. Spend less than $100 on books.
110. Write an opinion article for the Brown and White.
111. Sign up for a gym class.
112. Join a club you know nothing about.
113. Join a club related to your major.
114. Vote in student government elections.
115. Walk up the hill and don't complain about it.
116. Become a Gryphon or Orientation leader.
117. Tutor.
118. Order out past midnight.
119. Submit to Spectrum.
120. Walk to Goodman Campus.
121. See the sunset on Lookout Point.
122. Have a snowball fight on the UC Front Lawn.
123. Run up the death stairs.
124. Get an omelet at Rathbone.
125. Use discount at Villa on Thursdays.
126. Attend Thursday night trivia.
127. Make a club.
128. Re-visit your first year residence hall room.
129. Survive a hurricane, earthquake, and snowstorm blackout.
130. Run (or walk) to mountaintop.
131. Host a prospective student dinner.
132. Bunk beds with a roommate.
133. Take the bus down the hill.
134. Use the gym.
135. Sunbathe on the front lawn.
136. Enjoy the University bell chimes.
137. Visit the President's house.
138. Give before your senior year to anything you want using the Lehigh fund.
139. Learn how to do your own laundry.
140. Go into the Steam Tunnels.
141. Use the Residence Hall call boxes.
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147. Use the Residence Hall call boxes.
148. Meet an Alumnus.
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150. Go to Dance Fest in the spring.
#6 – Do not bother with the cafeterias between 11:55pm -12:30pm.

I can personally guarantee you that, no matter how debilitating your hunger pangs are around lunchtime, you will be waiting in a monstrous line at this time. And do not let the levity of this advice fool you. Finish a homework assignment or meet with a Professor during office hours for an extra shot at success before joining your friends for lunch. There is one exception to this rule and I must permit it because it is one of Lehigh’s most celebrated traditions – Chicken Finger Friday. Lines are inevitable on this glorious day, but rally your friends and swoop in for all of the chicken fingers and saucy condiments you can possibly devour.

#7 - Take on at least one major leadership role (I recommend as many as possible).

You will go to the club fair and find an organization to join and once you do so do not take a backseat in membership. Jump in the driver’s seat of your organization by learning about the leadership positions available and dedicating yourself to one or many. Among several personal growth and success benefits of leadership roles, you will be humbled by the work and it will show your commitment to something bigger than yourself, which is an invaluable trait of successful people.

#8 – Exercise your body; sharpen your mind.

While I gladly welcome you all to indulge in jokes about how trudging up and down the mountain to class is a sufficient form of daily exercise, do not let those jokes warp into a sedentary reality. Purposefully block out time 3 or 4 times a week to visit the gym or go for a run outdoors. If you are worried about accountability, find a workout buddy to keep you consistent. Among the obvious physical health benefits, you will be rewarded mentally by triggering floods of endorphins and dopamine into your brain, which positively influence other parts of your life like sleeping, studying and socializing. If your body is feeling fresh, your mind, attitude, and even GPA will all get the lift they need.

While there are many roadways to success, these are tried and true methods I have personally experienced in college that will at least help you get started on your journey. As a disclaimer, prescribe to these success tips and note that you might experience symptoms including, but not limited to, happiness, maturity, purpose, fulfillment, gratitude, long-lasting friendships, and an overall meaningful college experience. And if none of these tips truly resonate with you, then I boldly challenge you to pursue your own formula for success (and share it with me first before consulting the rest of the world). Email me at srm315@lehigh.edu if you need further explanation on these tips because I understand some of them may seem abstract. The truth is, they are really not. Regardless, I welcome feedback, comments, or concerns because like you, I am still navigating my journey to success. Good luck with your own journey.

Vote for the Class of 2019 Officers

Sign into the HUB at lehigh.edu/hub to vote from 8 a.m. August 20 to 4 p.m. August 22. Your Class Officers will be announced at the Rally!

You can be a Lehigh leader too.

Lehigh can be a big place. Have fun and make a lasting impact on our campus!

- Strengthen Lehigh traditions as a member of the Association of Student Alumni.
- Earn cash while raising support for Lehigh as a Lehigh Liner. Learn more at alum.lu/liners.
- Champion your favorite cause through Ignite LU at ignite.lehigh.edu.

Contact lehighfund@lehigh.edu for more information.

THE LEHIGH FUND

Vote

for the

Class of 2019 Officers

# P.R.O.

Property Registration
Online

Sponsored by:
Lehigh University Police Department
20 University Drive
Bethlehem, PA 18015-3062
410-788-6200

The Lehigh University Police Department is sponsoring a Property Registration Online Program for all active faculty, staff and students at Lehigh University. The program is designed to have the owner of property such as a laptop computer, cell phone, iPod, etc. – register the pertinent information of the item with the Police Department to ease the search for lost or stolen items. The Lehigh University Police Department has established this program to make it easy for you to register your information through our website so it can be kept on file. To register your property, go to Lehigh University Police Department’s page https://lehigh.edu/protection/ and log into the website using your Lehigh issued user name and password. Once you are signed in, please complete and submit the registration form.

Once you have completed the registration, you will receive a confirmation e-mail. Print a copy and keep the form in a safe place because your property is lost or stolen. A copy of this form will also be kept on file at the Lehigh University Police Department for six (6) years.

If you ever need to report your property lost or stolen, we will already have the required information to enter it into the NCCIC (National Crime Information Center) computer which is available to law enforcement officers throughout the country.

Please take a few moments to complete the form, and if you have any questions, please feel free to contact us at 410-788-6300.

Chief Edward Sheep
Lehigh University Police Department

Download

guidebook

for the most up-to-date Orientation Schedule Information!

Search for Lehigh University - Orientation

Kick-off Activities

SaturdAY nIGHT
8:30pm – 1:00am
ArtsQuest at Steel Stacks

See page 31 for the full schedule of events!
Welcome to the Mountain

By Celeen Hefele '16

College. This place has loomed in your mind for so long. You have had so many vivid visions of what this school on the mountain could hold for you. Are you going to become the next Elle Woods or could this place really mimic the depiction of college that John Belushi created for us in Animal House? Maybe you will create the next Facebook or work with a sustainable development team to find a new source of energy that may help to save our planet.

To be honest, at this exact moment as a first-year student, no one can predict your exact path at Lehigh. You may have an idea of what you want your college experience to look like, but I can promise you that your path is not going to be straight. Lehigh allows you to go on tangents, to experience the back roads, the highways, the short cuts. After spending three years at Lehigh, I know that sometimes the back roads get you lost, the highways can be so full of traffic that you don't think you will ever get off the tortuous road, and the short cuts can end up taking you two times longer than if you had just taken the route you already knew. The biggest piece of advice that I can give to you as a new student is to try every possible route. Yes the journey may be difficult at times, but it would lead you to a miraculous place that you never imagined plausible. Your hard work and adventurous spirit will pay off.

What is the key to success? Oh how I wish I knew the answer to this question, but I will share with you what I have learned thus far. What works for you may not work for your roommate or your friends. This was a difficult hurdle for me to get over. Finally as a rising senior, I have realized that or your friends. This was a difficult hurdle for me to get over. Finally as a rising senior, I have realized that no person at Lehigh is the same. What is the key to success? Oh how I wish I knew the answer to this question, but I will share with you what I have learned thus far. What works for you may not work for your roommate or your friends. This was a difficult hurdle for me to get over. Finally as a rising senior, I have realized that no person at Lehigh is the same.

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Time management: Get a planner, write down all your tasks, from homework to club meetings, and stick to it! There are so many things for you to do here at college and believe me it is easy to miss something if you don't manage your days. That said, don't overbook yourself either.

Keep an open mind: With an open mind you will end up on top at Lehigh. Try clubs that you never imagined you would enjoy and take those interesting classes because never again in your life will you have these opportunities. Seize them while you have the chance!

Don't sit around watching Netflix: Everyone enjoys binge-watching Friends from time to time, but don't spend your entire day doing it. Go out and explore because you miss 100% of the shots you don't take.

Call your family: Hey, without them you probably wouldn't be here. Call them at least once a week. It takes five minutes out of your day and it will make their week.

Go to office hours: I can't stress this enough. If you get to know your professors on a personal level it will make all the difference. These hours may make the difference between a B or an A for your final grade. Showing your dedication is invaluable.

Stay positive: Not everything you do is going to work out perfectly and that is okay. If you stay positive, more opportunities will open up for you.

Let me leave you with these last few words… you are now part of the Lehigh family. A family that extends from people who are 17 years old to people who are 75+. You are never alone. Everyone wants to help you succeed, so remember to always reach out.

Welcome to the Lehigh family! We can't wait to see what you accomplish!

WELCOME TO LEHIGH UNIVERSITY CLASS OF 2019!

Office of Sustainability welcomes the Class of 2019!

Lehigh University is committed to integrating environmental stewardship, social equity and economic responsibility into our intellectual footprint.

GET INVOLVED:

- Internships and Work Study
- Eco-Reps Program
- Resources and Information
- Sustainability Initiatives

sustainability.lehigh.edu
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sustainability@lehigh.edu

Have you ever thought about teaching?

Now is the time.

In just 5 short years, Lehigh University students can earn their bachelor’s plus masters with Pennsylvania certification in elementary or secondary education from the Teaching, Learning, and Technology program in the College of Education.

100,000 STEM (Science, Technology, Engineering and Math) Teachers needed in schools over the next ten years (U.S. News & World Report 2017 Best Grad Schools)

coe.lehigh.edu/5year
Academic Integrity: Avoiding Problems related to Academic Work

We, the Lehigh University Student Senate, as the standing representative body of all undergraduates, reaffirm the duty and obligation of students to meet and uphold the highest principles and values of personal, moral and ethical conduct. As partners in our educational community, both students and faculty share the responsibility for promoting and helping to ensure an environment of academic integrity. As such, each student is expected to complete all academic course work in accordance with the standards set forth by the faculty and in compliance with the University’s Code of Conduct.

Easy tips to avoiding problems:
1) TALK TO YOUR INSTRUCTOR! If you have questions or concerns about an assignment ask your instructor before doing something that could get you in trouble.
2) FOLLOW INSTRUCTIONS! Follow instructions carefully especially concerning citations, group work and using outside assistance in completing assignments.
3) KNOW LEHIGH’S POLICIES! Read the student handbook section concerning student conduct and make sure that your actions are inline with those policies.
4) PROPERLY CITE! Make sure that you properly cite all sources in a manner consistent with what your instructor requires. There are many different citation styles so be careful to use the correct method.
5) UTILIZE RESOURCES! The University has many resources for assisting students with academic work. Contact your instructor, your gryphon of the Office of Academic Support and Special Services for assistance.

Contact the Office of Student Conduct for More Information
OFFICE OF STUDENT CONDUCT & COMMUNITY EXPECTATIONS
Phone: 610 758 4632 Email: inosc@lehigh.edu
Hello Class of 2019, I would first like to welcome you to our great institution, or rather the Lehigh Family. Here we are overflowing with driven individuals and outstanding opportunities in both academic and social aspects.

As you go through your Lehigh experience, I hope you surround yourself with a healthy academic environment, supportive friends, and gain the motivation to be a leader. Although our school has a great academic standing, we pride ourselves to become “Global Leaders.” As President of the Class of 2018, let me assure you that being a leader involves much more than a place in student government or a position on an executive board for an organization. Through my position, I was able to meet the handful of student leaders that are recognized by the school. However, I meet more and more “leaders” just by walking around campus.

At Lehigh, “leaders walk among us”; from the shy individuals in class that are afraid to raise their hands to answer a question to the cute girl/ guy you bumped into that one time as you rushed to class. Lehigh students are known to be involved in multiple activities. From joining one of our many clubs and organizations, to creating a completely new one, from getting being a part of a campus wide movement, to volunteering in our local city of Bethlehem, we do it all. There are many options for you to choose from, so I encourage you all to take advantage of that opportunity to explore your interests. As you pursue what you want to do, you will see how your contributions will have an affect on our campus and the students on it. From that point on, you shall see your path to becoming a Lehigh Leader. From the many fellow peers I have gotten to know over the past year, I was stunned to find out their involvements. As mentioned before, students you see every day have a hand in setting up events to raise thousands of dollars for global causes, getting together to form a club/ organization that suits their interests, and reaching out to help our neighboring city, Bethlehem.

From this point on your journey through Lehigh begins, enjoy every minute of it and take full advantage of what our great school has to offer. Welcome to the family!

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Camp Hawk

By Cathy Fletcher ’17

Camp Hawk is a part of the Great Pocono Escape, which is a weekend retreat that takes place about a month into the fall semester. Located in the Pocono Mountains in northeast Pennsylvania, Camp Canadensis hosts over 250 Lehigh students every year for the Great Pocono Escape. While Camp Hawk is a group specifically for first-year students, the other groups attending consist of upperclassmen student leaders from various organizations.

Starting on a Friday at 4 pm, first-year students spend the next two days at a beautiful camp without having to worry about any schoolwork. Each person in Camp Hawk is assigned to one of four color groups, which will have bonding exercises within the group as well as compete against each other in different activities. One feature of Camp Hawk that is always a favorite is the Iron Hawk Games. These games consist of both physical and mental challenges in which teams have to work together in order to be the ultimate winner. Energetic Camp Hawk Counselors are in charge of each color group and are there to guide their team to victory as well as be mentors throughout the weekend. Besides Iron Hawk, some free time allows people who love the outdoors to canoe on Ransberry Pond, play on basketball courts, or even play in a ga-ga pit. At night, campers can cook S’mores and tell stories around a campfire, or go to bed in their cabin to be rested for the next day.

Although Camp Hawk is a great way to have fun, it also gives you opportunities to reflect on what you want your college experience to be like. Attending Camp Hawk as a counselor last year made me learn more about myself than I had imagined going into it. Allowing yourself to feel completely comfortable with people from so many different backgrounds opens your eyes to how in charge you really are of your experience at Lehigh. Having the confidence to meet new people after the initial orientation process may push you out of your comfort zone, but it will also cause you to make friendships with amazing people you may not have otherwise met.

Some of you may be asking yourselves, “Why should I go to Camp Hawk?” There are many reasons to go. The first is that it’s completely FREE! This retreat used to cost first-year students over $100, which means this is a great opportunity to take advantage of since there is nothing to lose. A second reason to go is that it is a great way to form connections with other students. Since it is a month into school, some first-year students have already found a group of friends, while others still haven’t connected with many people. Either way, this is a great way to create new friendships with a variety of people. Not only can you become friends with more first-year students, but you can also meet the Camp Hawk Counselors and upperclassmen, who are always good sources of information about Lehigh. A third reason to go is to have two days of fun with the most remarkable people!

The bottom line is: Camp Hawk is a great way to have a fun time, build confidence, and make new friends- all for free. As a returning Camp Hawk counselor, I can’t wait to meet you and make this year’s Camp Hawk the best one yet!

When: Friday, September 18-Sunday, September 20
Where: Camp Canadensis in the Pocono Mountains
Why: Spend a weekend away from campus to have fun, make friends, and enjoy the outdoors!

FREE & Open to all First-Year Students

Registration starts Thursday, August 20th

For more details and additional information visit our website at: studentaffairs.lehigh.edu/content/camp-hawk
I’m a College Student Now

By David Ehrhomlein ’18

So, you made it to Lehigh – congratulations! These can be the best four years of your life like most grown ups say they are or they can be just another four years that pass by. You’re the only one who can choose what you want for yourself and you will succeed as long as you act on your decisions. So, let me tell you how my first year at Lehigh went.

On my very first day, I took the bus to Iacocca Hall on Mountaintop Campus for registration. My phone just so happened to conveniently fall out of my pocket as I stood up to exit the bus. I freaked out for a few hours until a super helpful Orientation Leader helped me call someone who was able to contact the bus driver who looked after my phone for me. A couple days into the school year and I was already hearing about different programs and ways to spend our time productively. Before we knew it, we couldn’t even decide on what to do!

There are always things to do, so you don’t need to worry about being bored. I had also made the poor choice of sleeping through the club fair early in the fall, so that didn’t help me get as involved as I wanted to be. Don’t skip club fair! A friend told me about A Cappella auditions and encouraged me to audition. I stopped by Zoellner after dinner that night, auditioned and thankfully made it into one of the groups. That last minute decision to audition was one of the best decisions I’ve made so far at Lehigh. That had a great outcome, unlike my club soccer tryouts. Unfortunately, I didn’t make it onto the team. I was a bit distraught, but eventually I got over it. I later heard about a group of people that played soccer every Sunday afternoon and decided to go check it out. That was another amazing decision that I’ve made at Lehigh. I can’t imagine going through my week without getting to play soccer on Sunday. What I learned specifically from those two experiences is that, trying is important. Some things may work out and others may not. However, it is important to find a silver lining and go after doing the things you love. It turns out that those are the things that keep you sane during the busiest of weeks of school.

One thing I had really hoped someone constantly repeated to me is that it is completely fine to not to go out on the weekends. Sometimes (a lot of times), it’s much better to spend it doing homework and getting ahead. At first, I thought to myself, “I’m a college student!” I have all the independence I want; I’m free to make good and bad decisions and learn from them. Then I realized that being wise is more than just learning from your mistakes. You can learn from other people’s mistakes. You don’t have to make your own mistakes to learn what to do better. There are so many people to help guide you in college – Gryphons, professors, advisors, OLs, and any upperclassman you’re friends with. Take their advice! They are resources. Take advantage!

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Opportunity in Philanthropy: Why Should I Get Involved?

By Amanda Walter '16

Academic organizations, athletic teams, Greek chapters, a cappella groups, choral and instrumental ensembles, religious organizations, multicultural clubs, community service opportunities, dance teams, leadership development programs, and the list of “ways to get involved at Lehigh” continues. As I enter my fourth year at Lehigh and my third year in the Orientation program, I can readily list several clubs and organizations that fall into each of these categories and can share various personal experiences I have had with them, whether as a member of a club or as an attendant of a club-sponsored event. However, what I am unable to put into words is the feeling I experienced standing on the stage of Grace Hall with my fellow executive board members of Lehigh University Dance Marathon (LUDM) and discovering through our final reveal that the Lehigh student body raised over $54,000 for the Children’s Hospital of Philadelphia! Philanthropy, community service, and volunteer work certainly have their own unique place at Lehigh, whether as the primary focus of an organization or office, such as LUDM, Relay for Life, or the Community Service Office (CSO), to name a few, or as a component of a more multifaceted organization, such as within Greek Life or Lehigh Athletics. Yet, with so many diverse opportunities to get involved, not to mention the demands of adjusting to college life and academics, why choose to get involved with community service?

First, it provides you with the opportunity to meet like-minded students, faculty, and staff. Getting involved with philanthropy introduces you to a group of people who are motivated and passionate about achieving their goals. Teamwork, creativity, and dedication are integral components of any community service event, thereby encouraging the formation of new relationships. I had the pleasure of working closely with several incredible staff members that exhibited this same sense of motivation and passion as advisors and truly went above and beyond what was required of them to support their students. Additionally, you will open the door for future leadership opportunities. My best recommendation is to get involved early, determine what interests you, and pursue it! Don’t be afraid to try new things, and don’t be afraid to leave an organization that you don’t think is a good fit for you. However, once you do find something you love, attend the meetings, become an active member, and run for leadership positions. Take advantage of the opportunity to impact others and make a difference!

Finally, and most importantly, getting involved with community service allows you to become part of a cause greater than yourself. While all of these things do occur, there is so much more than that. These students are involved to better the lives of others, to help others succeed, and to encourage one another as well as push the entire student body to do the same. It is amazing to see a group of people willing to make a difference and to invoke positive change throughout our campus and neighboring community. For me, this is the essence of community service and the primary reason I encourage you to become a part of a philanthropic organization during your time at Lehigh.

I am sharing this as a Lehigh student who has been very actively involved in a philanthropic organization since her sophomore year. I met incredibly dedicated and passionate students and staff, served as co-director as a junior, and became a passionate advocate for Children’s Miracle Network Hospitals all through my involvement with LUDM. I speak honestly and from experience, and I believe that these opportunities extend beyond LUDM and into all of the philanthropic organizations and events on campus. So attend the club fair, speak with or e-mail Carolina Hernandez of the CSO or Matt Kitchie of Student Activities, or ask your Orientation Leader or Gryphon to point you in the right direction! Seek these organizations out, find your passion, and pursue it. All that you can accomplish may surprise you!
A bLUeprint for Success

by Cristina Fuertes ‘17

Any change big or small takes time to get used to. Coming into college is a big change and we can’t expect the process of adaptation to be easy. Lehigh uses what we call the bLUeprint to facilitate students’ transition into their new college life. It was created with the purpose of guiding students into forming their own path for what they want their journey to be like. The Draft Book is filled with questions that challenge students to analyze their lives and decide what they want to do to change their future.

The first year of college can be challenging as we are faced with a new environment filled with new friends, classes, and surroundings. We all have to make decisions about what classes we want to take, which clubs to join, and how to network with potential employers. It can be hard to decide all these things at once which is where bLUeprint comes in handy. Personally, I have grown a lot throughout my years at Lehigh and having my bLUeprint as a guide made it easier to decide what I wanted to do.

When I first started working with bLUeprint during Orientation, I was not convinced that writing my hopes and dreams in a handbook would help me reach them. However, the more I wrote down my thoughts, the easier it became to understand what I wanted to do. I came to Lehigh thinking I wanted to be a teacher with a business background, but after going over my bLUeprint, I realized that I wanted to do something different. Being able to look back at my answers helped me realize that I wanted to focus on business and leadership activities.

Throughout my years at Lehigh, my bLUeprint has changed from aspirations of becoming a teacher to being a student in the College of Business and Economics and joining several clubs that helped me gain reach leadership experience that aligned with my aspirations. The Draft Book focuses on developing the student’s 5 Foundations for Student Success: Creative Curiosity, Identity Development, Collaborative Connections, Professional Growth and Success, and Inclusive Leadership. These foundations were chosen because they are what Lehigh believes can help a student prepare for the challenges life may bring.

Lehigh uses bLUeprint to review students’ progress, and assess how the students have utilized available resources to their advantage. Many organizations look at bLUeprint during their interview process. If done properly, bLUeprint can become the map to what your college years may look like. They can change as you begin to discover new things about yourself, so don’t be afraid to explore beyond what you think your future will look like because a bLUeprint is meant to be the first draft for the beginning of your adult life.

### DINING

**Dining Option** | **Location** | **Meals** | **Meal Equity** | **Dining Dollars** | **GOLDPLUS** | **Cash/Credit**
--- | --- | --- | --- | --- | --- | ---
**Run For Student Senate XXVIII**

**Through forward thinking, effective communication, and active representation, Student Senate works to develop an integrated community that is empowered to build a greater Lehigh.**

**How to get involved:**
1. Come meet us at the Club Fair!
2. Stop by our first meeting on 8/25 at 4:10 PM in UC 303.
3. Attend our Information Session/5x10 on 8/26 at 5 PM in MG 101.
4. Apply for Student Senate by 8/28.

**RUN FOR STUDENT SENATE XXVIII**

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4. Apply for Student Senate by 8/28.

**GET CONNECTED @LehighSenate**

**DINING**

What, Where & How Much!
Enjoying Lehigh Athletics

By Hannah Street ’16

When thinking about athletics on a college campus, the image of jocks and huge roaring stadiums often comes to mind. While Lehigh has many very talented athletes and fans who can get rowdy at games (especially against Lafayette), athletics on campus does not simply fit into the stereotypical college athletics mold. Being a senior athlete at Lehigh, I have been lucky to be a part of three full years of amazing friendships, memories, and experiences. So can you!

Lehigh Athletics is a family of students who offer spirit and support for one another both on and off the field, court, or pool. Bonding through similar experiences and busy schedules, athletes form connections that last a lifetime. Through wins and losses, difficult practices, and the social scene, athletes see the best and worst sides of one another and still love each other full heartedly. Learning how to separate emotions during competition from all other aspects of life is one of the most difficult challenges and yet the best learning opportunities I have ever undergone. Not only has it led me to a deep willingness to do anything for each and every one of my teammates, it has taught me numerous lessons that will allow me to succeed in the future.

Three other important lessons athletics has taught me are as follows:

**Lesson #1: You are going to eat a lot of food.**

Let’s face it. No Division I athletic team is easy. It comes with long practices, early mornings, and extremely difficult workouts. This means that a TON and I mean a TON of food will be consumed. While it may seem like you are always looking for another snack or getting an extra plate at Rathbone, everything will be alright.

**Lesson #2: You must always be prepared, in all senses of the word.**

There is no telling when you are going to have to complete an extra set of sprints, change practice times due to weather or even attend a last minute mandatory team meeting. To combat being caught in a dilemma, make sure to plan ahead as much as possible. This means getting ahead on school work, getting enough sleep, staying organized, and remembering all of your needed materials. (Especially team gear responsibilities, been there, done that and I wouldn’t recommend it.)

**Lesson #3: You are going to have the time of your life.**

Sports are fun. They are thrilling, exhilarating, and inspiring. If people didn’t think so, there wouldn’t be billions of dollars put into them each and every year. Not only do you get to play the game you love, you get to do so while being surrounded by some of your lifelong best friends.

While varsity athletics might not be your style, there are opportunities to be a part of the Lehigh Athletics community for anyone who wants to get involved! Whether it is club, intramural, backyard competition, or cheering for the Brown and White, I encourage you to be a part of the fun and explore all it has to offer.

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GoldPLUS works like a debit account, but is encoded right on the Lehigh ID card. GoldPLUS is accepted at hundreds of locations on and off campus – Bookstore, laundry, dining halls, vending, local restaurants, retail stores, pharmacies, grocery stores, and much more!

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**Campus Athletics**

Stay Fit
Stay Motivated
Stay Healthy

Right Here on Campus!

Taylor Gym offers a wide variety of Group Fitness Classes, Personal Training, and Circuit Training, convenient and affordable for our students!

Visit our Campus Athletics webpage to view class descriptions, schedules, and pricing

www.lehighsports.com/fitness

Register starting August 31st at the Fitness Center Office in Taylor Gym.
FAMILY WEEKEND

OCTOBER 30-NOVEMBER 1, 2015

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

FAMILY DINNER
STUDENT PERFORMANCES
COLLEGE & STUDY ABROAD
OPEN HOUSES
BETHLEHEM TOURS
FOOTBALL GAME
FAMILY MOVIE NIGHT

More information will be mailed to your home in early September or visit www.lehigh.edu/familyweekend.

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The CAS Academic Advising Center can . . .

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Policies related to Alcohol and Greek Membership

(A) Students who have been found responsible for serious violations of the Lehigh University Code of Conduct involving alcohol/drugs will not be permitted to join a Fraternity or Sorority in the semester the violation occurs, or the following semester.

(B) Students found responsible for violations of the Lehigh University Code of Conduct related to use, distribution, or possession of hard alcohol, will not be permitted to affiliate with a fraternity or sorority in the semester in which the violation occurs or the following semester. However, students may have this decision reviewed by the Greek Membership Review Committee.

(C) Students found responsible for multiple (more than one) alcohol or drug violations, regardless of type (beer, wine, or hard alcohol), will not be permitted to affiliate with a fraternity or sorority in the semester in which the violation occurs, or the following semester. However, students may have this decision reviewed by the Greek Membership Review Committee.

Alcohol and drug violations include the use, distribution, or possession of alcohol regardless of seriousness of the violation.

(D) Students for whom the Medical Amnesty policy is applied will generally not have their membership eligibility impacted due to a single violation. However, students who have a subsequent violation(s) involving alcohol or drugs may have their eligibility revoked due to multiple violations. Also, Lehigh University reserves the right to rescind student membership for a single violation depending upon the circumstances.

FOR MORE INFORMATION CONTACT THE OFFICE OF FRATERNITY AND SORORITY AFFAIRS
A new school. New faces. New buildings, new campus, new residence hall. A fresh start. Super exciting, right? But then the nerves kick in—what if I made the wrong choice? What if I don’t belong here? What if everyone already has their friends and doesn’t want new ones? What if someone says, “you can’t sit with us” (Mean Girls quote, anyone?)?

I’ve been in your shoes, new kid. I’ve had those terrifying thoughts, and I’ve felt those first-day jitters. And I’m here to tell you that everything is going to be okay. You chose Lehigh for a reason, right? Was it the tour that got you? Was it the first time you saw Linderman Library and the stained glass ceiling? Or was it the old, gothic architecture and the magic of the campus? Could you imagine yourself sitting on the front lawn, laughing with a group of friends, or cheering for the football team during the Lehigh-Laf game? Whatever it was that brought you here, you picked Lehigh as your next home, and we’re in for an awesome, enriching, super-fantastic time.

These are all questions that you have to have the guts to ask, and there are so many people on campus who are willing to help you. Ask a fellow student. Odds are, someone will have an answer for you and it won’t be weird at all that you stopped someone on campus to ask a question. I know it feels awkward, but, I promise, it’s not.

But, if you still don’t feel sufficiently comfortable enough asking a student, head over to the people who are paid to answer your questions. The Office of the First Year Experience will almost always have answers. As will the Student Center. You can find an office of some sort at Lehigh for any questions you may have, just by looking online. If you need a tutor, there’s an office for that (Center for Academic Success!). If you need a band-aid, there’s an office for that (Health Center!) If perhaps you’re struggling a bit and need to talk it out with someone (we all ride the struggle bus from time to time), there’s an office for that too (Counseling and Psychological Services!). Point is, there are people who are tryna help you out. Don’t be shy. It’s okay to feel timid and not know where anything is—you’re new!

As a fellow transfer student, I understand where you’re coming from. You’re in a new setting and it’s overwhelming. But it’s all going to be okay. Put yourself out there, join a couple clubs, ask a bajillion questions, and fall in love with our campus, because it’s amazing. And let me be the first to welcome you to our Lehigh family, transfer buddy. You chose a one-of-a-kind family to join, and even though you may be joining a bit later than the rest of the gang, you’re in for an awesome, enriching, super-fantastic ride.
The Power of Music at Lehigh
by Chris Palmer ’17

If some walked up to you and said, “Finish this sentence, ‘Hey, I just met you, and this is crazy. But here’s my number. So…’” would you know how to finish it? What about “Just a small town girl…”, or “Wake up in the morning feeling like…”? Of course you would! That is the power of music. Music is so transcendent that you can sing Journey’s “Don’t Stop Believing” with people age 4-84. Music permeates itself through our culture so easily that we don’t even realize how much it is in our lives. Next time you are watching a movie, listen behind the dialogue, you will most likely hear a movie score. Music is in every commercial, TV show, coffee shop, radio advertisement, fancy restaurant, and even on Lehigh’s campus. Music is an easy way to get involved on campus. There are groups for people of all skill levels with varying time commitments. Music is an easy way to make friends on campus and provide an outlet from your traditional academic classes.

During my time at Lehigh, I have become very involved in the music scene on campus. I have been in the University Choir, A Cappella, the Jazz Orchestra, the Marching 97, and the Glee Club. I have also taken many academic courses in the music department. The music scene at Lehigh has allowed me to enjoy my passion for music while still pursuing a degree in engineering. I have made countless friends and memories in these groups, ones that are truly special and will continue to grow during my Lehigh career.

A list containing all of the musical groups on campus would occupy many pages of this paper, so we will just look at a few.

The Lehigh Philharmonic: Do you play an instrument and have a passion for orchestral music? The Lehigh Philharmonic is always looking for new members who share the same love of music that they do. Performing a range of pieces from many centuries of composition, the Philharmonic is a very fun and talented group of Lehigh Students.

The Jazz Ensembles: Maybe you play an instrument, but would rather be swingin’! The Department of Music features two big bands: a funk band, and many combos and small groups in which to play. These ensembles play a range of music from Glenn Miller to Snarky Puppy. With instructors straight from New York City, you will be studying with the best of the best in the jazz community.

The Choral Arts: Did you sing in high school and hope to continue singing at Lehigh? The Lehigh Choral Arts accept people of all musical backgrounds and skill levels. Having just finished a tour in Northern Italy, the Choral Arts are energized and excited to bring another year of singing to Lehigh’s campus. The Choral Arts perform music ranging from Spirituals to Beethoven to compositions written by our very own faculty members.

Lehigh A Capella: Are you more of a shower singer and are just looking for a casual singing group to join? Or perhaps you beadbox and have been waiting for a moment to showcase your talents. Well, you’re in luck! Lehigh has four main A Cappella groups on campus and various other small groups. You can get info about A Cappella at the club fair on August 24th, the first day of classes!

On-Campus Performances: Maybe you don’t like to perform and you just like to listen to music. Well, have I got great news for you! Zoellner Arts Center features a concert or more every weekend with exceptional music. Visit their website, www.zoellner.cas2.lehigh.edu for more information.

There are many, many more groups and organizations at Lehigh, but we are all out of room! I encourage every person to get involved in an activity on campus and music might just be your niche. Whatever your situation is, there is a group for you at Lehigh.

p.s. “...Call me maybe”, “…Livin’ in a lonely world”, and “P. Diddy”
You’ve missed a lot since Lehigh began!

By John Schultz ’15, ’16G

“So why did you choose Lehigh?” You’ll get that question a million times this weekend and I’m sure your answer will be somewhere along the lines of, “great academics”, “incredible involvement opportunities”, or something of the sort. Your response, in short, is your current understanding of what Lehigh is to you. You may not have realized it, but when you decided to come to Lehigh, you committed to becoming everything Lehigh embodies. This is not simply a, “I’m here to get a degree” mentality. Being inducted into the 150 year old Lehigh family comes with a responsibility to appreciate how Lehigh became Lehigh.

Asa Packer was a visionary. His sole purpose in founding Lehigh was to improve the “intellectual and moral” stature of men in the Lehigh Valley. He purchased the land you’re standing on in South Mountain for a total of $500,000 (at this time, the most generous donation ever given to an educational institution). The first building on campus was the newly completed Moravian Church which we now know as Christmas-Saucon. Christmas Hall was the original structure and served as living quarters, a library, a chemistry lab, a chapel, and the President’s office.

The first building constructed on campus was Packer Hall (currently known as the University Center or UC ). Being the owner of the Lehigh Valley Railway, Asa Packer ran rail lines to the construction site so stone could be delivered to the project’s doorstep. Soon after, Linderman Library and the President’s House were also constructed. There was no running water at this time, so all of these buildings were supplied by a natural spring that used to flow right through campus.

In 1883, the University’s first chemistry building was constructed and named for William H. Chandler. The Harry M. Ullman Chemistry Laboratory was added on in 1938. The original building was considered state of the art and won a gold medal at the 1889 Paris Exposition. It is considered by some architects to be the first modern chemistry lab. This is due to the use of chimneys for ventilation, sand-packed ceilings to smother fires in an emergency, and carved out channels on the inside of the walls to allow for gas and air lines to each lab.

You’ll soon realize that Taylor is a pretty common name around here. In fact, at one time there were three different buildings named for Charles L. Taylor. Taylor Stadium used to be located where the Rauch Business and Zoellner Arts Center now stand. You can still see the contours of the ground where the stadium stood. Taylor Gymnasium is the University gym, go figure. It used to feature a drive through entranceway where the main doors are now placed. Taylor Hall was one of the first concrete structures ever built. The money for Taylor Hall was supplied by Andrew Carnegie. It was slated to be demolished at one point, but the wrecking ball failed to even damage the building and the decision was made to keep it standing.

Bethlehem Steel has had a profound impact on Lehigh University. In one way or another, you can thank the company for Mountaintop Campus, the land for Goodman Campus, Fritz Lab (and its highly sophisticated material testing systems), Sayre Fields, and the land North of Packer Ave (Campus Square, Fairchild-Marrindale Library, Neville Hall, Maginnes Hall, etc.). These were given or sold to Lehigh throughout its history as a result of the close relationship between Lehigh and Bethlehem Steel.

Of course, not all the history of Lehigh can be told through the buildings on campus. The student experience has always contributed to the lore of Lehigh. For instance, have you heard about Clarence the Wonderdog? Clarence was the pet of a group of students living in Taylor in the early 1900s. According to Lehigh legend, Clarence successfully predicted the outcome…9 times in a row. He is buried outside of Taylor and his headstone can still be seen today.

So, now you know some basic Lehigh history, but there’s still so much out there to learn! Respect the thousands of Lehigh students that came before you and the experiences they had here as you prepare to embark on your own. Maybe in 50 years, you’ll be a topic of mention when the Lehigh story is told again.

Celebrate

the start of Lehigh’s Sesquicentennial

Thursday, October 1 - Saturday, October 3

Founder’s Day Ceremony
  Featuring the Installation of John Simon, Lehigh’s 14th President
Brown and White Birthday Celebration
Sesquicentennial Block pARTy
Homecoming

For more information, visit lehigh.edu/150.
Off Campus Eats

When you're getting a bit tired of your normal meal time haunts (See: Bone and Court), give your taste buds a treat right off campus. Walking just a block or two off campus brings a wide range of eateries that you can visit with friends or family. But be careful! Exercise some willpower or your Gold Plus and your wallet will be drained.

Breakfast or Brunch:
Blue Sky Café (7am-2pm, closed Mondays)
This breakfast joint is popular—especially on weekends. If you want to get a seat during these times, expect a wait that’s worth every bite. Besides the mouth-watering breakfast and lunch selections, Blue Sky has awesome local artwork on the walls and information about events going on in town.

Alexandria’s Bistro (7am-7pm, 7am-3pm Sundays)
This is the place for when you do not want to wait for a table at Blue Sky or empor your wallet. This small overlooked breakfast diner serves amazing breakfast staples and sandwiches. This is a great breakfast spot for people watching and friendly service.

Billy’s Diner (7am-5pm)
Since breakfast is the most important meal of the day and we could all eat it all day every day, here’s another delicious diner! Billy’s is amazing, but you'll have to walk for it because it’s located across the bridge in Historic Bethlehem (but don’t let that turn you off). This way you can work off the excess of calories that you will end up eating here on their adventurous dishes like Pink Lemonade Pancakes or Chipotle Eggs Benedict.

Lunch and coffee:
Saxby’s (7am – 6pm, 8am – 5pm Saturdays and Sundays)
A growing staple for your caffeine fix during the day, Saxby’s has become as popular as Johnnys and The Cup on campus. Located on Morton Street, directly across from Campus Square, this coffee shop has many specialty drinks for you to choose from.

Déjà Brew (10am-5 pm, 10am-3pm Saturdays, closed Sundays)
Another overlooked little café, this coffee shop sells great sandwiches and coffee (Rueben! Tuna Melts!). You can study here, read a book, or play one of the board games they have stacked up, like Trouble! The café supports arts in the community and it is a good place to find out about events or local films (their walls are adorned with film posters from the annual Southside Film Festival that happens every summer). When you go, try the Dulai Latte, a cold coffee with coffee ice cubes and whipped cream.

Full of Crepe (8am-4 or 5pm)
This little size kitchen recently added a larger attached eating area where they serve up amazing varieties of crepes. Full of Crepe’s has a sweet menu and a savory one, something for every mood. And lots of Nutella.

Dinner:
Jenny’s Kuali (11am to 8 or 9 pm)
This Malaysian restaurant has delicious vegetarian and vegan options along with meat dishes all for fair prices. The food seems like a mixture between Indian and Southeast Asian, with delicious curries and stir-fry. Jenny’s Kuali has friendly service and great food (which is occasionally extremely spicy).

Thai Kitchen (11am-9pm, 1am-9:30pm Friday and Saturday, Closed Sunday)
This little Thai restaurant is located further from campus across from Ahart’s Market on Montclair Ave. This is another place to go when you’re craving some modern Spanish dining.

Where to take your family when they visit:
Bethlehem Brew Works (Sunday-Wednesday 11am-11pm, Thursday to Saturday, 11am – 12am)
Another place to take your family when they come visit, especially so they can drive you across town and save you the long walk. This small brewery serves up great burgers and an array of fried things. What more can you ask for?

Hotel Bethlehem
This is a classy restaurant located in a historic hotel right across the bridge in the Northside for a fancy night out. The restaurant and Hotel are part of a historic building.

Boletos
(Sunday Brunch 10am-3pm, 5pm-10pm Tuesday–Thursday dinner, 5pm-11pm Friday-Saturday dinner, closed Mondays)
This restaurant is for special occasions, and another great place for when family visits. The food is fancy and gourmet and the place is beautiful, however the prices do not fit well with the typical student budget. I only tell you about this place because the food will leave you savoring every little bite. In fact, the restaurant was named one of the top 105 new international restaurants by Conde Nast Travelers Magazine and it’s only located a 6-minute drive from campus.

Shankara Vegan Restaurant and Organic Juice Bar
(Open Website for hours)
This new restaurant in South Bethlehem is all vegan, so for students looking for amazing vegan options in that area, they should look no further.

Tapas
(11:30am–10pm Monday–Thursday, 11:30pm – 11 pm Friday – Saturday, 11am – 10pm Sunday)
Craving some modern Spanish dishes? This Northside restaurant has an array of appetizing small plates. I recommend the Calamates Fritos and the mezcal ones with Chorizo. If tapas are not your thing, the paella is always a safe bet.
Office of Residence Life

On behalf of the Office of Residence Life,

WELCOME TO LEHIGH, Class of 2019!

About the Office: The ORL is responsible for fostering a welcoming, supportive, and inclusive residential environment. Our professional staff is comprised of one Assistant Dean and Director of Residence Life, five Assistant Directors, and a newly added role of Associate Director of Residence Life. Each Assistant Director manages multiple buildings and lives in an on-campus residence hall, so make sure you introduce yourself when you see them walking around! The Office of Residence Life is located at Williams Hall in Suite 320.

About the Gryphon Society: The Gryphon Society is made of approximately 100 undergraduate and graduate students who are selected by professional staff and their peers to live with students and serve as an immediate source of support and assistance. Gryphons (also known as Resident Assistants) are concerned with the growth and development of each individual in their building, and they are a wonderful resource that you should fully take advantage of!

What you should look forward to:

There is a lot to be excited about in your area, enjoy delicious food from local vendors within the South Bethlehem community, and learn more about a particular topic from your floormates by attending campus events with your hall and Gryphon. Additionally, every Thursday, the Office of Residence Life, along with Lehigh After Dark and Student Auxiliary Services, hosts Trivia Night in the Hawks Nest from 10 PM-12 AM! Stop in for an evening of fun, food and prizes! Finally, you can look forward to getting to know your Gryphon in G-Chats, which will happen twice each semester. If you can’t get enough of the Office of Residence Life, check out additional ways to get involved below!

Ways to Get Involved:

Reach out to your Gryphon and other Gryphons in your area! They would be happy to share their experiences with you. For students interested in becoming Gryphons, be on the lookout for more information throughout the fall. For a great leadership position and opportunity to get involved with your community, run for your area’s Residence Hall Council! RHC’s serve as the primary means of communication between residents and the administration, and provides programming to meet the needs and interests of residence hall students.

Tips for First Years from Gryphons:

Starting college is an exciting time; you have a wonderful opportunity as a Lehigh student to be sure to make the most of your college experience! Here are some tips from Gryphons:

• Get Involved: With over 150 clubs and organizations to choose from, getting involved is easy! Don’t be afraid to try something that you have never done before and always keep an open mind.

• Time Management: Remember, you are here to get a good education and always go to class, but keep a good balance between your academics and what clubs and programs you want to be involved in! Make sure you take time for yourself, with so many new friends and things to do, make sure you’re not getting stressed out or behind on sleep.

• Create a Support System: For the first week of school, keep your door open so your hallmates can stop in and introduce themselves! Visit your professors during their office hours for help with your classes. They are a great resource to have on hand. Also, seek help from the various resources on campus, like the Center for Academic Success and Math & Writing Center.

• Get to Know the Community: Take the time to explore South Bethlehem! There are many delicious dining options within walking distance of campus. Visit the Community Service Office to get more involved with volunteering within the surrounding community.

• Use the Gryphons as a Resource: They are there for you so get to know them! They know all of the resources on campus that you may need, and are always there to talk about any issues.

Enjoy your first year at Lehigh! Your time here will go by fast, so make sure you take a moment to appreciate it!

Like us on Facebook
Follow us on Twitter @LUResidenceLife
Contact Us:
610-758-6598
ingrysoc@lehigh.edu
Check out our website:
studentaffairs.lehigh.edu/reslife
And our blog:
luresidencylife.wordpress.com

Office of Residence Life

Responsible for fostering a welcoming, supportive & inclusive residential environment

Look Forward To

Meeting residents and Gryphons in your area at Community Development Experiences
Weekly Thursday Night Trivia in Hawks Nest
Getting to know your Gryphon in G-Chats

For more information:
Like us on Facebook
Follow us on Twitter @LUResidenceLife

• The word “Gryphon” in Greek Mythology is a winged beast; half eagle and half lion.
• The Gryphon is the mythological beast said to have guarded the gold of ancient Scythia.
• The creature is defined as “a fabulous monster” and “a strict chaperon” it possesses the body and legs of a lion, the wings and beak of an eagle, and pricked ears.
• The name was proposed by the students who founded the Gryphon Society in 1957.
You would like assistance deciding what major would be a good fit for you.

You are thinking about pre-health or pre-law.

You need help developing or editing your resume.

You would like to discuss your skills, interests, and values in terms of career decisions.

You want to gain experience in your career field of interest by participating in an externship.

Schedule an appointment with a Career Counselor! Call us at 610-758-3710 or visit us at 484 Rauch Business Center.

Class of 2019: Welcome to Lehigh University!
We look forward to working with you as you explore your career interests!
Dear First-Year Student,

Welcome to Lehigh University, your new home-away-from-home for the next 4 years (or more!). Great universities need—and help to create—great communities and vice-versa. The students that preceded you participated in roughly 120 community service programs per school year, which range from after-school tutoring, food drives, and service in local soup kitchens, to major events such as our annual Spooktacular and Spring Fling programs that bring over 1,000 local children and their parents onto campus.

**Fact:** Lehigh students spent approximately 6,200 hours tutoring South Bethlehem school children through our America Reads/America Counts program last year.

Our office sends groups of student volunteers to local organizations on a weekly basis. These organizations include The Victory House, where students sign up for 2 hours to cook and serve a meal for the gracious men at this shelter; and Feed the Children, where students pack boxes with non-perishable food items to be shipped to needy families in our region.

As an office, we look to coordinate meaningful, fulfilling volunteer programs that respond to the voice of our community and leave our volunteers feeling accomplished and content.

**Fact:** Lehigh students served 792 meals to local shelters and soup kitchens this past year, and helped collect over 5 tons of food donations for the local food pantries.

Opportunities with our office don’t end when school is not in session thanks to our SERVE programs. Through this program, students can sign up to travel with other service-minded students all over the country to work with organizations such as Habitat for Humanity.

**Fact:** 60 Lehigh students spent their vacation break time with the SERVE program, traveling to areas like Maine, Chicago, and South Carolina.

You may or may not have noticed yet but, as a Lehigh student, you will receive daily email announcements that inform you of programs and other important campus information. All of our office’s programs are advertised in these emails, so feel free to skim them if you’re looking to participate in one of our weekly service opportunities. We also advertise our programs on our blog at lehighcso.blogspot.com. If you are looking to be more actively involved in our office, there is also another route you can take.

**Fact:** 180 Lehigh students are employed or volunteer full-time with our office, which makes us the second-highest student employer on campus.

At the beginning of the fall semester, our office recruits interested students for two jobs: America Reads/America Counts, and the CSO Student Coordinator position. Each year, we hire approximately 150 students for either in-class tutoring at our local elementary and middle schools or after-school tutoring and programming at our homework clubs through America Reads/America Counts.

We have a tight-knit staff of about 20 fun, quirky, enthusiastic, service-oriented students in our office that help coordinate and lead our many efforts throughout the year.

If you are interested in any of the opportunities our office provides including participating in AR/AC or applying to join our CSO family, or you have any questions at all about what we do, please feel free to email us at: inserve@lehigh.edu or come visit us in the UC (University Center) Garden Level, Room B001.
The Journey Before My Journey: Steps to Study Abroad

By Daphnee McMaster ’16

Welcome to the Global Studies Department, Daphnee. Remember, as a Global Studies major you are required to study abroad,” said Professor Lule as I sat in his office after signing the declaration of my degree. The conversation was at the end of my first year and I had never left the country before. Flash-forward to present day where I will be a senior at Lehigh University in the Fall of 2015 and have gone to five different countries and the words he said to me no longer sound scary. This spring, I spent a semester in Ireland at the National University of Ireland: Galway and completed my study abroad requirement for my major. Although my time abroad no longer felt daunting by the time I left, I recognized that multiple factors played a part in helping me with this milestone.

For starters, I began planning my study abroad experience early. As an incoming first-year, I participated in the GlobalLehigh PreLUSion group and met the staff of the Study Abroad office. Katie Randande-Welsh introduced the students of the group to other staff members working in the office and informed us that we had personal advisors to help us go abroad. After declaring my double major in Global Studies and English, I discovered that studying abroad was going to be a major part of my college experience and I knew I needed to be prepared.

By the spring of my sophomore year I began my research of places to go abroad. I had the opportunity to go anywhere Lehigh offered on their website because of the flexibility of my Global Studies major; however, my English major needed me to focus my prospects on particular locations in order to receive course credit in the English Department. I also have a minor in Creative Writing, so I was stretched for credits that I needed to complete my degree. Figuring out how to work between two different degrees was a little difficult, so I attended a first-year seminar on studying abroad in order to gain more information. I learned about the Lehigh Exchange program that offered grants to study abroad students, when applications would need to be submitted, and what things I met with my individual study abroad advisor I'd need to travel abroad. After the meeting, I sat and we found Ireland to be the best fit program for my academic and financial needs. By my junior year, I was filling out applications and calling overseas to acquire a place to stay in early September. I spoke with staff, friends, and relatives who had studied abroad about how to get cheap flights, the best areas to live, and how to budget money. When the deadline for applications was present, I had already submitted all my forms and dealt with little to no stress.

Coming back to the United States, I realize how much I have gained through my time abroad. I know that going abroad has helped me to discover the person I am when I am on my own, has shaped the way I read and write literature, and has defined my postgrad plans. I started a blog in the hopes that other students who had studied abroad about how to get cheap flights, the best areas to live, and how to budget money. When the deadline for applications was present, I had already submitted all my forms and dealt with little to no stress.

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The biggest question I had to ask myself before I started this journey was, “Is study abroad right for me?” After considering the things I needed in order to be prepared for this milestone, I discovered that through proper time management and honesty with myself, I was best fit to study abroad. Question if the timing is right, whether you can truly see yourself getting on a plane set for a foreign place, and whether or not you can use the experience learning about yourself and others. I may have begun my travel experience for the requirement of my major, but I realized before I went abroad that I wanted this opportunity in order to succeed with my postgraduate plans of becoming a writer. The most important part of studying abroad is realizing that studying abroad may be a requirement for some students, but studying abroad is more beneficial when you can develop why it needs to be a personal requirement for you.
THE CHAPLAIN’S OFFICE

The Chaplain’s Office is located at 681 Taylor Street in The Center for Dialogue, Ethics and Spirituality, also known as the The Dialogue Center.

Rev. Dr. Lloyd Steffen, also a Professor of Religion Studies, is the University Chaplain, and Rabbi Danielle Stillman is Director of Jewish Student Life and Associate Chaplain. Mrs. Susan Meyers is the Chaplain’s Office coordinator.

The Chaplain’s Office seeks to serve the Lehigh community with services and programs that enhance the ethical and spiritual lives of those who live and work at Lehigh. The Chaplain’s Office is committed to running programs, sponsoring speakers, organizing and supporting activities of various religious groups on campus, and providing counseling and a resources for the religiously diverse Lehigh campus.

The Dialogue Center offers safe space for students and others in the community to engage in dialogue over inter-religious and sometimes difficult ethical issues. The building itself provides rooms for religious group meetings, and it includes an interfaith chapel space, a meditation room and the Muslim Prayer Room. The Dialogue Center also sponsors programs that address inter-religious encounter and social justice action. It organized “Inter-Religious Rome,” which involved 24 students in a Spring break trip to Rome in 2015. The Dialogue Center houses a meditation group run by Rabbi Stillman and sponsors the Lehigh Prison Project that involves about 25 students and faculty each semester.

For more information: chaplain.lehigh.edu and dialogue.lehigh.edu.
A REAL COMMUNITY

LEHIGHVALLEYCRU.COM
THURSDAYS AT 7:00 IN NEVILLE 3

A community where the gospel captures hearts, transforms lives, and launches men and women into a lifelong adventure with Jesus Christ.

INTERESTED IN THE ENVIRONMENT?

Become an ECO-Rep!

Get involved on campus
Learn about sustainability
Plan fun events and initiatives
Gain leadership experience in a nationally recognized program.

Register for the 1 credit course
ES 123-10 CRN 48984
sustainability.lehigh.edu/ecoreps ecoreps@lehigh.edu

STUDENT BOARD OF DIRECTORS IS LOOKING FOR NEW MEMBERS!

The Lehigh Student Board of Directors is comprised of students from various departments and student organizations, as well as students who simply just love food. You will get to experience new menu items, give feedback about programs and events, and share your opinion about upcoming programs.

Add Dining Dollars is as easy as logging onto the Lehigh Portal.

Portal ➔ Banner ➔ Student Services ➔ Additional Dining Dollars

OR

Visit the Dining Dollars Office in the Basement (B-17) of the University Center

SECURITY SAVINGS FLEXIBILITY
CONVENIENCE DINE WITH FRIENDS
VALUE VARIETY EASILY MEET DIETARY REQUIREMENTS
NO CLEANING DISHES
A Whole Step Up
Accounting Club
ACS Student Affiliates
Admissions Ambassadors
African-Caribbean Culture Club (ACCC)
AICHE
Alpha Chi Sigma
Alpha Omega Epsilon
Alpha Phi Omega
Alpha Pi Mu
American Academy of Environmental Engineers and Scientists
American Institute of Architecture Students
American Medical Student Association
American Society of Civil Engineers
Anime Eki Animation
Art, Architecture, and Design Club
Ascend
Asian Cultural Society
Association of Student Alumni
Athlete Ally
BeekSeeping Club
Belly Dance
Best Buddies
Black Student Union
Break the Silence Gender Violence Prevention Peer Educators
Bridges to Prosperity
Business Careers in Entertainment Club
Business Information Systems Club
Career Services
Caring for Cambodia Committee
Challah for Hunger
Chaplain’s Office - for LV Baptist Church
Chi Epsilon
Class Officers
Club Badminton
Club Baseball
Club Field Hockey
Club Ice Hockey A
Club Tennis
Club Water Polo
Club Wrestling
College Democrats
College Republicans
Colleges Against Cancer
Community Grows - Garden Club
Community Service Office
CREATE
Cycling
Dancin’
Debate Club
Dental Society
Echoes
Engineers Without Borders
Equestrian Team
Etta Kappa Nu
Fashion Club
Fencing Club
Finance Club
Food Recovery Network
F-Stop Photography Club
Gaming Club
German Club
Global Union
Greek Allies
Green Action
Gymnastics Club
Habitat for Humanity
Hellenic Club
Her Campus Lehigh
Hitel Society of Lehigh University
Hobeo Army Improv
ICF
Indian Students Association
Innovation and Leadership Residency
Institute of Electrical and Electronic Engineers
Interfraternity Council
International Business Club
InterVarsity Christian Fellowship
Investment Management Group
Kappa Kappa Psi
Korean Student Association
Lambda Theta Alpha Latin Sorority Inc.
Latin Dance Club
Latino Student Alliance
LeaderShape at Lehigh
Leela Indian Fusion Dance
Lehigh AIAA
Lehigh Athletics Eco-Reps
Lehigh Biomedical Engineering Society
Lehigh Club Squash Team
Lehigh Consulting Club
Lehigh Cru
Lehigh Dining
Lehigh Eco-Reps
Lehigh Fitness and Weightlifting Club
Lehigh Friends of Israel
Lehigh Liners
Lehigh Psychology Club
Lehigh Quidditch
Lehigh Running Club
Lehigh Says NO MORE
Lehigh University Alumni Club
Lehigh University Bioethics Society
Lehigh University Choral Arts
Lehigh University Dance Marathon
Leigh University Dance Team
Lehigh University Disc Golf Club
Leigh University EMS
Lehigh University Feminist Alliance
Lehigh University Fly Fishing Club
Lehigh University Global Medical Training
Lehigh University Japan Club
Lehigh University Neuroscience Club
Lehigh University PhiAlphaChords Orchestra
Lehigh University Police Department
Lehighton University Steel Bridge Team
Lehigh Video Club
Lehigh World Youth Value Society
LehighGear.com Official Online Store of
Lehigh Athletics
LU Chess Club
LU diplomat
LU Pre-Veterinary Medicine Club
LU/UN Partnership
LUwell
LU’s Finest Step Team
Magic: the Gathering Club
Management Club
Marching ST
Marketing Club
Men’s Club Soccer
Men’s Club Volleyball
Men’s Frisbee Club
Men’s Rugby
Microfinance Club
Multicultural Greek Council
Muslim Students Association
Mustard and Cheese Drama Society
NALEn at Campus Lehigh University
National Association of Black Accountants
National Society of Black Engineers
National Society of Collegiate Scholars
Newman Center/Catholic Campus Ministry
Off the Record
Office of Multicultural Affairs
Office of Student Leadership Development
Office of Sustainability
Outing Club
Panhellenic Council
Peer Health Advisers
Phi Sigma Pi - Delta Chi
Phi Sigma Tau
Philosophy Club
Programming ACM Club
Racquetball Club
Real Estate Club
Reformed University Fellowship (RUF)
Residence Hall Association
ROTC
Russian Club
Saudí Students Association (SSA)
SEAL
Sigma Phi Delta
Snowboard Club
Society of Asian Scientists and Engineers
Society of Environmental Scientists
Society of Physics Students
Society of Women Engineers
Spanish Club
SPECTRUM
Student Activities
Student Material Society
Student Senate
Study Abroad
Supply Chain Management Club
Swing Dance Club
Symphonic Band
Tae kwon do Club
TAMID Group
Tau Beta Pi
The Lehigh University Astronomy Club
The Lehigh University Mathematics Club
The Music Box
The Society of Hispanic Professional Engineers
The Womans Center
Toastmaster
University Bible Fellowship
University Communications
University Productions
Wells Fargo
Wind Ensemble
WUR 91.3
Women in Business
Women’s Club Basketball
Women’s Club Rugby
Women’s club soccer

Sponsored by the Office of Student Activities and Office of Community and Governmental Relations.
Qualifications to be an ORientatiOn LeadeR!

• 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 ORientatiOn LeadeR...

• Lead a small group of 20-22 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 70 Orientation Leaders and Orientation Coordinators
• Read the selected book for the Summer Reading Program
• Co-Facilitate evoLUtion seminar and training sessions during Fall 2016
• 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 teambuilding 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!

Become an ORientatiOn LeadeR!

South Bethlehem Locations to Visit
- Godfrey Daniels
- SteelStacks
- ArtsQuest
- Banana Factory
- Touchstone Theatre
- Steel Ice Center
- National Museum of Industrial History
- Sands Bethlehem Event Center and Outlets
- Greenway Trail
- The Bethlehem Skateplaza
- Loose Threads Boutique

Faux Friday Restaurants

1. Publik House
2. Deja Brew
3. The Goose/Gander Room
4. Johnny’s
5. Molly’s Irish Pub and Grill
6. Subway
7. Nawab Indian Cuisine
8. Campus Pizza
9. Lehigh Pizza
10. Sal’s Brick Oven Pizza
11. Jenny’s Kuali
12. Taqueria La Lupita
13. Tulum

Office of the First-Year Experience • studentaffairs.lehigh.edu/ofye • 610-758-1300 • fye@lehigh.edu
Want to sing at Lehigh?
Become a member of Lehigh Choral Arts
and join our 145-year tradition of sensational music making!

Auditions
Friday August 21, 11:00-3:00
Sunday, August 23, 12:30-2:30
Zoellner Arts Center, 3rd Floor
For more information or to schedule an audition time, contact Kristen McArthur at klm216@lehigh.edu

Not Just for Senior Year!
Thinking About a Career in Law?
OK. You know you’ll need a good GPA.
WHAT ELSE? Find out more about being “Pre-Law” at Lehigh.

Attend Preparing for a Career in Law:
First-Year Information Session
Thursday, August 27th
4:10 pm
Maginnes Hall, MG490
(new CAS Advising Center)

Schedule an appointment with the Pre-Law Counselor! Call us at 610-758-3710 or visit us at 484 Rauch Business Center.

Class of 2019: Welcome to Lehigh University!
We look forward to working with you as you explore your career interests!

Not Just for Senior Year!
Thinking About the Health Professions?
OK. You know you’ll need a good GPA.
WHAT ELSE? Find out more about being “Pre-Health” at Lehigh.

Attend Preparing for the Health Professions:
First-Year Information Session
Wednesday, August 26th
4:10 pm
Rauch Business Center, Room RB91

Schedule an appointment with the Pre-Health Counselor! Call us at 610-758-3710 or visit us at 484 Rauch Business Center.

Class of 2019: Welcome to Lehigh University!
We look forward to working with you as you explore your career interests!

FALL 2015
INSTRUMENTAL AUDITIONS FOR JAZZ, BANDS AND ORCHESTRA AT LEHIGH!

Auditions to play in LU Wind Ensemble, Jazz, and Orchestra Groups:

All Woodwinds, Brass, and Percussion:
Friday, August 21, 2015, 11:00 am - 3:00 pm.

All Orchestral Strings:
Sunday, August 23, 2015, 1:00 - 3:00 pm

LU Jazz placement: Monday, August 24, 2015, 4:00 pm

The Marching 97 is open to all, no audition is necessary.

All auditions will be held at the Zoellner Arts Center, in rooms 143/145. Please bring a prepared piece, solo or etude, to play for your audition. You may also be asked to play scales and do some sight-reading. For jazz, improvisation is not required.

We look forward to having you join the instrumental ensembles at Lehigh! For general audition questions, email lcg3@lehigh.edu
All Aboard the Friend-Ship!
Amanda Grossjung ’15 ’16G

I have a confession to make. My name is Amanda and I am awkward. That awkwardness mixed with a healthy dose of shyness helped making friends a challenge for me. How do I make friends? Do I go for the handshake and lengthy story of my life starting with my birth, or do I ease into it with a slight smile and just my name?

Well, I quickly realized that being too analytical made me more nervous, so I decided to embrace my quirks! Embracing who I was made me more comfortable and friends became a lot easier to make. I realized that what's so great about the beginning of college is that we are all on the same struggle boat. That's right! During the first year of college, students want to make friends, so strap on your life vest and get on board the struggle boat as we all paddle down the rough waters of college in a boat that potentially became a friend-ship!

While walking around campus there are so many students who are preparing for their first year and want to make friends. For instance, how about the students in your Orientation group? Orientation is a great place for support as the transition to college starts. It may seem goofy at times, but as you all complete yet another name tag, you are all in the same boat.

Perhaps you can take your new friends from Orientation to the club fair on the front lawn? Most students (like me) go from table to table to find a club that tickles their fancy. This was a great chance to try something new. From a cappella to environmental clubs to theater events, there are so many opportunities for you to explore. Joining clubs to theater events, there are so many awesome opportunities! Joining clubs, meeting other students who share similar interests. Along with clubs, classes are another great place to meet new students. Just turn to the student behind you, flash that smile and start up a conversation! It may seem a tad awkward to do that, but remember…things are only awkward if you make them awkward (I can tell you that from experience, trust me).

While on the adventure to make new friends you may not need to look far. After your Orientation group and those new friends in classes and clubs, don't forget the power of the residence hall. During my first year at Lehigh I lived in M&M. I met my roommate and isolated myself by closing the door. My roommate and I quickly learned about the benefits of having a doorstop.

The doorstop was able to hold the door open and allow anyone in our hall to stop by to say hello. That doorstop helped us travel on the rough waters of building friendships. Everyone would walk in and out and the conversations were endless. Maybe people came in our room because we always had a bowl full of candy or maybe they just wanted someone to talk to. We may never know.

What I do know is that making friends can be hard, but the residence hall is a great place to make those friends. It's all about taking the initiative to make friends. This boat ride to potential friend-ship we are on is made a lot easier if we take these chances to meet new people. We may not know for sure that the people we meet are going to be our best friends for life, but if we don't try we may be missing out.

Whether it is in the residence halls, classes, clubs or Orientation I always think about how I first made friends in kindergarten. Let's be in kindergarten all over again. Let's greet each other with big smiles and be best friends because we both like the color blue. It's as easy as that! However, I realize that may be easier said than done. Well, since we are already on this boat together, imagine that we are all tiny kindergartners struggling to use the ears on the boat paddling down the rough waters of college. It's a mix of the rough terrain of homesickness and anxiety with an excited energy that comes from meeting new people and finding what makes us happy. It's a whirlwind of new people, new places and a new adventure. Look at this boat full of kindergartners as the beginning of your exciting adventure at Lehigh.

Go out there! Step out of your comfort zone and take the initiative to make friends.

Honesty is one of the important aspects of making friendships that will help you not miss out. During my first year at Lehigh I found that honesty and being open allowed me to make great friends. I remember one of those first few days I saw my roommate Arielle looking out our window. She turned to me and said that these years at college were going to go by fast. I thought about what she said and laughed because I didn't really believe it, but as I sit here writing I can't help but agree with her. To this day I remember my first year at Lehigh as such an amazing experience. It's that realization that even in my fourth year at Lehigh I still want to get out there and try new clubs and meet new students because I know taking that initiative is worth it.

I am still a kindergartner on that boat, but now it's a little easier to navigate. It's easier to navigate because of all the people around the campus who I have had the opportunity to get to know. This college experience is going to be what you make out of it. You may not end up being super close with your roommate or finding that best friend during the first day, but that shouldn't stop you from trying. By joining clubs, sport teams and getting involved on campus it is easier to find those special friends who sit next to you in your struggle boat.

Continually exploring campus opportunities helps us to realize that we don't have to go paddle down the waters alone. To the right of you in the boat is your friend Jimmy from Intro to Psych, to the left is Lucy who lives right across the hall in your residence hall and behind you is Peter, the friend who sat next to you during the first day of Orientation. Those you have surrounded yourself with help to make your college experience amazing and together, just like in kindergarten, that foundation is the foundation on which a Lehigh student can create their successful future.

At Lehigh you have the opportunity to build upon your past experiences to color your canvas. The friends you make, what you learn and all of the new adventures at Lehigh you will have will help to artfully create a beautiful masterpiece. So, keep paddling down the river while creating these friendships. Be yourself and remember you have at least one thing in common with everyone…Lehigh is your new home!

Global Cuisine

Do you want to experience a new country once a month? With Global Cuisine you can without the need of a plane ticket! My name is Ovie Ojeni and I am the founder of the Global Cuisine program, cultural theme nights at the Lehigh Dining Halls, with support from Dining Services.

It’s funny how Global Cuisine all started because all I wanted was a plate of Nigerian jollof rice. Last year, in Lower Court dining hall I did not want to eat a normal meal, but craved my mom’s jollof rice. So, I contacted Lehigh’s registered dietitian, Carrie Gerischer, about putting on a Nigerian theme night in Lower Court. Together we planned a night that would include foods such as jollof rice and pepper stew, Nigerian music such as “Collabo” by P-Square, and a biography about me. After our successful Nigerian night, students approached me and asked “Will we have our night?” and that’s when Global Cuisine was born.

After that night, Cristina Fuertes, a LehighGuatemalan student, signed up to have Global Cuisine host her Guatemalan night and it was a success! Not only did she love the authentic atmosphere and exclaimed, “This Guatemala bread taste better than my mom’s bread!” but others liked it too since over a hundred people liked a YIK YAK comment exclaiming, “Dude that Guatemalan night was dope, Rathbone was definitely trying to surprise me today.”

The key to Global Cuisine’s success is to activate the five senses because the senses are linked to memory. With this link, people can remember the sounds of a culture’s music or the taste of its food just as if they had travel to that country.

If you want to create your own program to inspire change at Lehigh all you need to do is seek out staff and ask just like I did. Take care and enjoy first-year.

In order to see your culture represented at Global Cuisine, you can sign up by accessing the Global Cuisine link listed below. After filling out the form, we'll contact you about what food, music, art, or traditional performances (dancing, live singing, etc.) you would like to see!

Travel the world one country a month with Global Cuisine
By Ovie Ojeni ’18

Set foot into a new country every month: tinyurl.com/GlobalCuisineLehigh

Check out my Night Nigerian night in the Rathbone dining hall
September 22, 2015 5:00pm - 8pm

Thursday, August 20, 2015 • Orientation Times
ACHIEVE, BE RECOGNIZED & SHARE

Merit Pages is a free, online platform that allows Lehigh to recognize students through “achievement” badges for their extraordinary efforts to grow and develop as academic scholars as well as active citizen-leaders within the Lehigh community. With Merit, students can earn achievements, such as enrollment, dean’s list, leadership roles, awards, etc., and gain recognition they can be proud to share through their own social networks.

CLAIM YOUR PAGE
& GET STARTED TODAY!
Learn more at lehigh.meritpages.com

A Warm Welcome from Jeanie the Crepe Lady

It’s Monday at 12:00 in the afternoon and you walk into Lower Cort to grab lunch. As you pass through the doors of the dining hall you will be greeted by one of the brightest individuals on this campus: Jeanie the Crepe Lady. The Crepe Lady is someone that everyone knows on campus because of her infectious laugh, delicious crepes, and the beautiful connections she makes with every student who walks through those very doors. To welcome the Class of 2019 to campus, we decided to sit down with Jeanie the Crepe Lady to ask her what advice she has for all of you as you begin your Lehigh journey!

In a letter she wrote to the Class of 2019 Jeanie said, “Hold on to your dreams because someday it will be a reality. A dream is something worth fighting for. Be the best you can be. Don’t worry what you don’t have, be thankful for what you do have. Have faith! You can do it! All the things you could be, be yourself. Just remember you’re unique one of a kind. There’s no one like you, you’re special! If you try to be someone else you’ll miss the beautiful life that was given to you alone. Life is a gift; don’t be afraid to unwrap it!

I know four years will go by fast. Right now you don’t think so. But when the years come to pass you’ll be saying, ‘wow I made it. The Crepe Lady was right! I wish you the very best! The best is yet to come. Believe all things are possible if you believe’. The world is a stage who would have thought I’d have the role of playing the Crepe Lady. Living the dream! This is the best job in the world, I get to watch all the students grow into mature people who someday will make a change in this world! I’m so blessed to have known, but most of all I thank Asa Packer who made all of this possible, without his dream, I wouldn’t have all my special friends! Way to go Asa! I hope to get to meet you all in August 2015. See you soon. Xoxo”

So, when you walk into the Lower Cort Dining Hall, be on the lookout for Jeanie the Crepe Lady and ask to see her scrapbook! She keeps mementos there that students give to her! Remember to always be yourself, take advantage of every opportunity you are given, and if you want to step out of your comfort zone and order a crepe with fries, black olives, and cheese, now is your chance! Good luck Class of 2019 and welcome home!

Q: What advice do you have for first-year students at Lehigh?
A: Be yourself. You miss life if you don’t be yourself!

Q: What is the weirdest crepe you’ve ever made?
A: I’ll tell you the weirdest crepe was there was the kid who came in and he would have French fries, black olives, cheese, and he would bring it over to me and I always stress I’ll do any kind of crepe you want, but please don’t bring tuna fish because I don’t like the way it smells.

Q: What is your favorite part about Lehigh?
A: I’ll be honest with you, the students. I love every one of you [sic]. Like I wish you could be all my kids. I wish I could get you a present. I wish I could buy you all Mercedes. I just love all of you [sic]. I just am just so proud of every single one of you [sic]. You know that I really mean that. I look yous [sic] and you are the future...You’re going to make a change in this world. I am just blessed by even knowing you [sic] Asa Packer is one of my heroes too.

Q: What is the favorite crepe among students?
A: Chocolate, banana, and marshmallow is a favorite among students

Three things to know about Jeanie the Crepe Lady

1. I’m friendly!
2. I would want them to know that I’m there for them and if they have any problems, I will try my best to find the solution and I’m not here to judge anybody, I’m just here to be your friend. You know, there are enough people judging other people in this world, so not to judge anybody.
3. I make the best crepes at Lehigh!
B.Y.O.B. of water

1/3 of all bottled water sold in the United States is just repackaged tap water.

THE LEHIGH FUND
lehigh.edu/lehighfund

Move Out Bundles
Ship your bundles anywhere in the U.S.

Lehigh to Los Angeles, CA $345*
Lehigh to St. Louis, MO $225*
Lehigh to Greenwich, CT $163*

*Starting at prices shown above. Prices depend on exact shipping address.

An all-inclusive service from Lehigh University’s Mail Center that allows students to ship their belongings home at the end of the year.

Move Out Bundles include:

5 boxes: 20" x 20" x 20"
Roll of tape: 165' x 2" 
Shipping cost for five boxes, up to 50lbs. each

Need more or less than 5 boxes? We have more options available – stop in today!

Questions? We’re happy to help! Phone: 610-758-4193 Email: mailcenter@lehigh.edu Twitter: @LUMailCenter LUMailCenter.com

Lassoing Leukemia
Mechanical Bull, Food, Carnival Games & More!
Thursday, August 27th
9PM – Midnight
Delta Upsilon Parking Lot
Gold Plus and Cash accepted at the event!

All proceeds benefit the Leukemia & Lymphoma Society!

Mountain Hawks
give back!

The collective generosity of more than 19,000 fellow students, alumni and friends will generate more than $15 million for immediate use this year, making your Lehigh experience possible.

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1/3 of all bottled water sold in the United States is just repackaged tap water.
Lehigh University’s **Baker Institute** provides access to skills, resources and connections needed to enable **student entrepreneurial ventures** to launch and prosper. Courses, events, mentoring, internships, creative spaces and entrepreneurship resources cultivate innovation.

**Featured Programs:**

- **CREATE Club** (advisor Marc de Vinck; mad312@lehigh.edu)
- **EUREKA! Ventures Competition Series** awards for student entrepreneurs (applications due in November)
- **iDeX Events** (many qualify for “5x10” bLUeprint experience for first-year students)
- **LaunchBayC** student idea accelerator
- **Startup Internship Grant** paid living expenses to work for a startup
- **LehighSiliconValley** entrepreneurship immersion program
- **Founders Fitness Bootcamp** training for student entrepreneurs

www.lehigh.edu/entrepreneurship

(610) 758-5626, inentin@lehigh.edu

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**ENTREPRENEURSHIP AT LEHIGH**

Be equipped to start your own venture and tackle today’s challenges. Courses open to all majors.

**Fall 2015 Undergrad Courses:**

- **ENTP 40** – Entrepreneurial Communications for Creative Industries
- **ENTP 101** – Introduction to Entrepreneurship
- **ENTP 195** – Hustle Hard: Hip Hop & Entrepreneurship
- **ENTP 198** – Leadership & the Entrepreneurial Mindset
- **ENTP 201** – Entrepreneurship & Enterprise
- **ENTP 310** – Social Entrepreneurship: How to Change the World
- **ENTP 311/312** – Launching Entrepreneurial Ventures I & II
- **ENTP 314** – Small Business Consulting
- **ENTP 371** – Independent Study in Entrepreneurship or Social Ventures

Any major can earn an 18-credit Entrepreneurship Minor.

**Graduate Courses:** Technical Entrepreneurship Master’s Degree & VENTURESeries executive certificate and MBA

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**LEHIGH PARENTS’ PROGRAM**

**Enrich your student’s Lehigh Experience**

Lehigh University believes the parents of our students make a significant commitment to the university from the moment their students enroll. The Parents’ Giving Program provides parents with meaningful opportunities to be engaged in making a difference now.

Your participation enriches the Lehigh learning and living experiences. Your generosity provides resources for academic, athletic, and student life programs that make a daily difference in the Lehigh experience, and keeps Lehigh competitive with its peers.

To become involved with the Parents’ Program, please contact me:

Victoria “Tori” Penske Aitchison ’92
Director of Development
Parents’ Giving Program
610-758-5142 • vpa@lehigh.edu

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**Some things are better HOT**

Lehigh University

**However, your LAUNDRY is not one of them**

Using cold water for every day loads is just as effective and doesn’t wear your clothes out.

sustainability.lehigh.edu
Win $500 Cash!

Lehigh After Dark Kick-Off
8:30pm - 1:00am
ArtsQuest at Steel Stacks
ENTREPRENEURSHIP, CREATIVITY, AND INNOVATION
Presented by Professor Pat. J. Costa steps 2100
Students at Lehigh have created new products, technologies, and services…and launched companies while they were still in school! How does this 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 are at Lehigh.

WHEN SHOULD YOU DISOBÉY?
Presented by Professor Nandini Dey
Rauh 141
We are taught to obey the law, follow the rules, and listen to authority figures. But sometimes we should do the opposite. In this session we will consider the conditions under which disobedience is a better choice. Drawing from legal theory and contemporary controversies, we will discuss some questions you should ask before you obey.

DOING BUSINESS WITH RELIGION
Presented by Professor Bruce Whitehouse
Maginnes 102
In many parts of the world, polygamy remains a legal tradition that guides our actions while also respecting religious belief and customs. How does this impact us today? This session explores the motivations behind religious traditions and how they shape our understanding of love, marriage, and family. Participants will engage in movement activities to disrupt the status quo and offer alternatives, drawing on the martial art of Aikido. These tactics have limitations we will consider.

WHAT COULD COMPTIA HAVE DONE?
Presented by Professor Mike Spear
STEPS 210
From mechanical limbs to Apple Watch, we’ve seen a slow merging of the body with digital technology. Entertainment media was shaping how to react to this long before it became reality. We’ll cover how wearable tech is portrayed, how it affected reaction to Google Glass, and whether cyborg humanities are our destiny.

THE WORLD IS CHANGING, AND WE CAN’T DO MUCH ABOUT IT
Presented by Professor John Tschirhart
Maginnes 102
The world is changing rapidly, and this oftentimes creates challenges that we must face. Without denying the gravity of these changes, come learn about the possible outcomes and how to navigate them. Will technology in our pockets have also seen a rising trend of people “unplugging” at certain times—checking their phones at the entrance to a party, installing software on their computers to disable web browsing at a certain time of night. What are the benefits of unplugging? What are the costs and obstacles? We will explore these and other related questions, sharing experiences and wisdom about why we might unplug, and more importantly, WHY.

THE BRAIN TEACHES US ABOUT WEARABLE TECHNOLOGY
Presented by Professor Michael Oll
Rauh 235
What do selfish friends, unfair co-workers, cheating, and violent crimes have in common? They will all target the brain. In this session we will discuss research that examines the motivations behind blame, factors that influence the strength of blame reactions, and the consequences of blame for social relations.

THE CONSTRUCTIVE IMAGINATION
Presented by Professor Anthony Vaccaro
Maginnes 270
The ‘art of invention’ and how The Department of Art, Architecture and Design nurture the ‘constructive imagination’ when initiating, designing and constructing ideas will be discussed. Special focus will be given to the use of analogies and similes as a means to ignite divergent thinking in the creative design process.

RELIGION AND POLITICS: SO WHAT’S THE PROBLEM?
Presented by Professor Lloyd Steffen
Maginnes 270
The First Amendment tells us that “Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof.” At the same time, religion plays a significant role on the U.S. political scene and affects how individuals act in the public sphere. How do we honor the particular religious traditions that guide our actions while also respecting the diversity of religious beliefs in society as a whole that the First Amendment continues to protect?

THINKING THROUGH TECHNOLOGY
Presented by Professor Greg Ramsey
Rauh 06
Are new technologies changing our views of metaphysics (what’s real) and morality (what’s right)? Participants in this session will discuss how recent advances in fields such as neuroimaging, virtual reality, artificial intelligence, and social networking might be changing how we see ourselves and how we approach the ethics we face.
#LehighDay3

**RISE AND SHINE BOOTCAMP**
7:00am - 7:45am • Taylor Gym - 5th floor fitness area
Rise and shine! Come join your classmates in an exhilarating group exercise class. A great way to start the day!

**BREAKFAST**
7:00am - 9:00am • Rathbone

**ORIENTATION GROUP MEETING #3**
9:00am - 9:45am • Orientation Group Location

**OFF THE HOOK/LEHIGH LIFE/LUNCH/CAMPUS TOURS**
10:00am - 4:45pm • See Rotation Below

**GROUPS 1 – 19**
10:00am - 11:30am • Off The Hook • Maginnes
11:30am - 12:30pm • Lunch • Court
12:45pm - 1:45pm • Lehigh Life • Zoellner
1:45pm - 2:45pm • Campus Tours
2:45pm - 5:00pm • Free Time

**GROUPS 20 – 39**
10:00am - 11:00am • Lehigh Life • Zoellner
11:00am - 11:30am • Free Time
11:45am - 1:15pm • Off The Hook • Maginnes
1:15pm - 2:15pm • Lunch • Cort
2:15pm - 3:15pm • Campus Tour
3:15pm - 5:00pm • Free Time

**GROUPS 40 – 58**
10:00am - 11:15am • Campus Tour
11:15am - 12:15pm • Lehigh Life • Zoellner
12:15pm - 1:15pm • Lunch (Rathbone)
1:45pm - 3:15pm • Off the Hook • Maginnes
3:15pm - 5:00pm • Free Time

**GROUPS 59 – 78**
10:00am - 11:00am • Campus Tours
11:00am - 1:00pm • Free Time
1:00pm - 2:00pm • Lunch (Rathbone)
2:00pm - 3:00pm • Lehigh Life • Zoellner
3:15pm - 4:45pm • Off the Hook • Maginnes

**VEGFEST**
11:00am - 6:00pm • On the South Bethlehem Greenway between New Street and Taylor Street.
This event features the vegan and sustainable cultures that are strong throughout the Lehigh Valley.

#LehighDay4

**SUNDAY • AUGUST 23**

**ORIENTATION 2015 SCHEDULE**

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
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<tbody>
<tr>
<td><strong>FALL ATHLETES/TRANSFER STUDENTS</strong></td>
<td>9:45am - 10:30am</td>
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<tr>
<td><strong>ORIENTATION GROUP MEETING #4</strong></td>
<td>10:00am - 10:30am</td>
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<tr>
<td><strong>GROUPS 1 – 19</strong></td>
<td>10:45am - 11:30am (Rights &amp; Responsibilities (see below for locations))</td>
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<tr>
<td><strong>GROUPS 20 – 39</strong></td>
<td>10:45am - 12:30pm (Rights &amp; Responsibilities (see below for locations))</td>
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<td><strong>GROUPS 40 – 58</strong></td>
<td>10:30am - 11:00am (Rights &amp; Responsibilities (see below for locations))</td>
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<tr>
<td><strong>GROUPS 59 – 78</strong></td>
<td>10:30am - 11:30am (Brunch (Rathbone))</td>
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<tr>
<td>*Bring Your ID to All Meals</td>
<td>11:45pm - 12:30pm (Rights &amp; Responsibilities (see below for locations))</td>
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<tr>
<td>Rights and Responsibilities Location</td>
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<tr>
<td>Packard 101: 1-14, 40-54</td>
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<tr>
<td>Neville 001: 12-27, 28-66</td>
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<tr>
<td>Neville 002: 28-34, 67-73</td>
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<tr>
<td>Neville 003: 35-39, 74-78</td>
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<tr>
<td><strong>CHORAL ARTS AUDITIONS</strong></td>
<td>12:30pm - 2:30pm (Zoellner Arts Center Third Floor Lobby)</td>
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<tr>
<td><strong>ORCHESTRAL STRING AUDITIONS</strong></td>
<td>12:30pm - 2:30pm (Zoellner Arts Center 237)</td>
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<tr>
<td><strong>WORK STUDY JOB FAIR</strong></td>
<td>1:00pm - 2:30pm (Lambert)</td>
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</tbody>
</table>

Students with a work study award for the 2015-16 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.
Mandatory for All Students to Attend

UNIVERSITY OFFICES & BOOKSTORE OPEN
8:15am - 4:45pm

CAMPUS SAFETY RESOURCE TOUR
8:30am - 2:00pm • Johnson Hall
First the Lehigh Police Department to gather information regarding safety resources, sign up for LU-Alert, and register your electronics (cell phones, computers, safes) etc. Doors will take place at 10:00am, 11:00am, & 12:00pm.

I FORGOT SHOP
8:30am - 4:00pm • Library Drive (Rain location: Lamberton Hall)
Forget anything you need to set up your room? Come by this convenient shop to pick up supplies such as storage crate, organizers and more.

CAREER SERVICES OPEN HOUSE
10:00am - 2:00pm • Kauz Business Center 484

CALCULUS INFORMATION SESSION
10:00am - 11:00am • Christmas Scaunus 201

PRE HEALTH/ PRE LAW INFORMATION SESSION
10:00am - 11:30am • Magazines 101

CAMPUS TOURS
9:00am – 11:30am, 11:30am, and 12:00pm
Tour your campus beginning at the Alumni Memorial Building.

JEWH STUDENT CENTER OPEN HOUSE
11:00am - 1:00pm • 216 Summit Street
Stop by the Jewish Student Center to rest up after meeting in.

MUSIC INFORMATION SESSION
12:30pm - 13:00pm & 1:30pm • Zoeller Arts Center 145
Learn about all of Lehigh's performance ensembles, private lessons and academic classes.

WELCOME LUNCHEON
11:30am - 1:30pm • UC Front Lawn
(Rain location: UC Cort Dining Hall & Rathbone Hall)
We invite all new students and their families to join the Lehigh Community for lunch.

GEOGRAPHIC CONNECTIONS
10:00am - 1:30pm • UC Front Lawn
Are you from out of state or out of the country? Find your hometown region on the front lawn and meet others from your area.

FAREWELL TO FAMILIES
1:15pm
Use this opportunity to say goodbye to your family as freshmen and students depart next. Students will not have an opportunity to meet with family again before the Family Reunion program ends.

#LehighDay1

FRIDAY • AUGUST 21

RISE AND SHINE BOOTCAMP
7:00am - 7:45am • Taylor Gym 5th floor fitness area
Rise and shine! Come join your classmates in an exhilarating group exercise class. A great way to start the day!

BREAKFAST
7:00am - 9:00am • Rathbone

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

COLLEGE CONVOCATIONS
10:00am - 11:00am
Learn the expectations and requirements of your college and receive your academic advisor information.

College of Arts & Science (incl. Arts Engineering & IDEAS) • Zoeller Arts Center, Baker Hall
College of Business and Economics (incl. CSB) • Zoeller Arts Center, Diamond Theater
College of Engineering and Applied Science • Packard Lab 101
Integrated Business and Engineering • Mohler Lab 631

ACADEMIC ADVISING
11:00am - 3:00pm
Details provided at College Convocations

MAKE & TAKE
1:00pm • Lamberton
A weekly Lehigh tradition! Take part in the traditional student activity event that allows you to be creative and make an item you'll be allowed to take with you.

CALCULUS ADVISING
11:00am - 3:00pm • Christmas-Scaunus 108
Learn about your course options.

AUDITIONS FOR JAZZ, WIND ENSEMBLE AND ORCHESTRA (WINDWOODS, BRASS AND PERCUSSION)
11:00am - 3:00pm • Zoeller Arts Center 145

CHORAL ARTS AUDITIONS
11:00am - 3:00pm • Zoeller Arts Center, Third Floor Lobby

LUNCH
11:00am - 2:00pm • Rathbone and Cort
Cort: College of Engineering; College of Arts and Sciences Last Names A-L
Rathbone: College of Business; College of Arts and Sciences Last Names M-Z

FAUX FRIDAY TICKET EXCHANGE
12:00pm - 3:00pm • UC 303
Shop by track for your favorite campus activities. Come buy your tickets.