Be Fearless

By Danny Weaver ’19

First of all, congratulations! It wasn’t easy getting here and you should be proud of yourself. You have now joined over 1,400 other students to take on all of the challenges college poses for the next four years. Your time at Lehigh will bring you many brand new experiences, a lot of highs, inevitably some lows that you’ll work through, and some lifelong friendships—oh yeah, and a degree too. Pretty soon, the stairs won’t bother you, and you’ll be confused when you go home and other people take the stairs one at a time.

I’m going to share some things that I have learned over the past three years that I wish I knew coming into my first year. Now, remember these are just tips. There’s no one ‘right’ way to do anything:

1. Re-read the previous sentence. Don’t spend time comparing yourself and what you’re doing to others. Similarly, don’t feel pressured to do something just because everyone else is doing it. Take the time to explore the things you like to do regardless of what others are doing.

2. Going to things alone can be kind of scary, but never let the fear of going alone hold you back. I have never regretted going to a club meeting, signing up for a class, or going to a campus event by myself. The only thing that I have regretted is missing something just because everyone else is doing it. Take the time to explore the things you like to do regardless of what others are doing.

3. Speaking of trying new things, there will always be something for you. Whether you’re interested in intramural sports, the Star Wars club, or Greek life, you can always find something that you enjoy. In the off-chance that your interests aren’t already represented, you can start a new club, and I guarantee there will be other people on campus that will join you.

4. Accept that things won’t always be perfect and be able to adapt. Not everything is going to go the way you dreamed it would—but everything will work out. Along the same lines, do your best to learn from your mistakes. College is meant to be a learning experience—you’re not supposed to be able to do everything perfectly on your first try.

5. Remember, you came here to learn. You don’t necessarily need to sit in the front row of every class, but find what works for you and run with it. Always keep your future in mind and keep your academics among your top priorities. A strong performance your first year can set a great foundation for the rest of your time at Lehigh and beyond.

6. Be smart. Be smart with your time. Be smart with the activities you involve yourself in. And be smart about caring for yourself and your new classmates. Despite how busy you will be, make sure you don’t forget to take time for yourself and your friends. The goal is to graduate in four years, so make sure you have the right support to get you there.

7. Everyone is faking it until we make it in some way or another. This is your first time being a Lehigh student—possibly your first time having to make new friends since kindergarten—and most likely your first time living independently with this much freedom. Everybody is in the same shoes as you. Don’t be afraid to introduce yourself to your hallmates, classmates, club-mates, and teammates.

8. Most importantly, have fun! During your time at Lehigh, push yourself to try new things, hang out with your friends, and discover your passions. Remember to take in every moment that you can, because before you know it your time here will be up.

This is the time to challenge yourself. Take that step into the unknown, however unready you may feel. The challenges you face will define your college experience and, in a sense, you. You have come to Lehigh with a clean slate, what will it look like when you leave?

In This Issue

- Be Fearless
- Lehigh Bucket List
- Get Involved: Find your Place on Campus
- Finding Your Community
- Embracing Lehigh
- A Blueprint for Success
- Camp Hawk: More than just a Weekend in the Mountains
- Where Can I Use My Meal Plan?
- Staying Fit, Active, and Healthy at Lehigh!
LEHIGH BUCKET LIST

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

Mark Your Calendars Now!

FOUNDER’S DAY BROWN & WHITE BBQ

Friday, October 25, 2019
4:00 pm to 7:00 pm
Clayton University Center Lawn

Don’t miss the campus-wide celebration honoring our founder Asa Packer and his legacy of innovation and excellence.
Get Involved: Find your Place on Campus

Piyasha Sarkar ‘21

It’s a hot and sunny day on campus. Groups of students are swarming around the front lawn like flies traveling from table to table picking up free stuff as they walk by. I can hear the murmurs of different clubs and organizations in the air. I’m standing behind my own table eagerly awaiting to meet the next person who is interested in joining the club. I’m proudly a part of “South Asian Students Association” or SASA for short. As the signup excel sheet began to fill up, I couldn’t help but reminisce to when it was my very first time at the club fair during my first week here at Lehigh. I remember being slightly overwhelmed by the hundreds of tables set up on the front lawn. Where should I visit first? There are so many clubs to join, which one is the right one? I decided to put my name on all of the sign-up sheets for any club that I was even slightly interested in, it couldn’t hurt right?

Best. Decision. Ever. By the end of the semester, I attended various club meetings but ended up narrowing it down to the organizations I loved the most and am still a part of to this day. Even if you don’t see yourself being a part of something at first, you never know what it will mean to you in the future.

Over two years ago I sat down on this campus with no idea what exactly I would get involved in, or the amazing people and opportunities I would be exposed to. The club expo is just one way to hit the ground running in whatever your interests may be. I encourage everyone to go a little outside their comfort zone to get involved in whatever speaks to them.

From personal experience, I can say that I have met my best friends through the clubs I’ve joined. I have been able to connect with people I would have never crossed paths with and have gained valuable skills from working with others. Getting involved taught me how to be a leader and how to make a difference (even if it’s small) on Lehigh’s campus.

In my past two years here, I have been able to be a part of groups that made me who I am today. This year I will serve as the president for South Asian Students Association, treasurer for LU Bhangra Dance Team, and a Returning Orientation Leader for the Office of First Year Experience. Sometimes my schedule can get a little hectic, but I truly wouldn’t want it any other way. Through these clubs and organizations I have been able to plan campus wide events and watch my team light up Lehigh’s campus.

Your time here at Lehigh may seem long, but I promise you it will go by in the blink of an eye. I know that each and every one of you will find something on campus that will make you feel like you belong. But for now, it’s just the beginning Class of 2023. I encourage you to dive head first into all of the opportunities Lehigh has to offer. If not now, then when?
Finding Your Community

Amanda Ferrante '20

Hi First Year students! My name is Amanda. I'm a senior (yikes) bioengineering student. And I am awkward. This, along with the new setting and new group of people that I was trying to impress, made finding my community hard when I first came to Lehigh. So believe me when I say that finding your community takes TIME.

When I came to college, I had this perfect image in my head about being BFFs with my roommate, and instantly clicking with my orientation group. And that happens sometimes, but it doesn't happen to everyone. And that's okay! Not becoming best friends with the first people that you talk to shouldn't discourage you. You will find your community, I promise. Just be patient.

My next step of sage, senior-level advice, is to get involved. Communities often form around activities and shared interests, so go out and get involved! Your Lehigh journey starts the second you set foot in campus, so start building your path now. There is no right or wrong way to get involved. Go on LINC and look over the existing clubs and organizations. Lehigh already has academic organizations, music groups, board game clubs, and so many more. Talk to your Gryphon or OL to find out what they are involved in or ask them for advice. It could be good to talk to your friends about what they have discovered and what they are thinking, but take some time to think about what is best for you. Focus your energy on the things that make you happy and use these clubs and organizations to branch out.

If I could go back and tell my first-year self one thing, it would be to keep an open mind. The people in those clubs and organizations could turn out to be your best friends.

But remember that communities are built. Someone started the first film club, the first open mic night, and the first dance team. So if you can't find anything on campus, build your own community. Regardless of whether you are a first year or a senior, you can make an impact on campus. You can create a new club, initiative, or campus-wide event. Yes, planning a large-scale event seems daunting, but it starts by just saying hi to someone in your Orientation Group, major, residence hall, or club. You can start creating a community of like-minded individuals by just saying that one word: "hi."

Anyway, finding and building your community will take time and work. Even if you have found yours, push yourself outside of your comfort zone. And if you haven't yet, that is the perfect opportunity. As you build your community, you will grow as a person. The more effort that you put in, the more you will get out of your college experience.
Embracing Lehigh

Miriam Schwartz ’20

Beginning your college experience is like being given a blank slate. You can fill that slate with whatever you’d like. All of this open-endedness when you start your time at Lehigh can be overwhelming, and it might feel easier to just play it safe and stick to what you know. However, if you don’t seek out opportunities and try new things, you could be missing out on the chance to make some truly amazing memories. The best thing you can do is try to embrace the opportunities Lehigh has to offer.

Lehigh has more than 150 student clubs and organizations, from Belly Dance Club to Engineers without Borders, as well as more than 40 intramural and club sports from rugby to water polo. Whatever your interest is, you will be able to find your place among other students who share it.

I played a sport in high school, and was planning on joining the club team when I got to Lehigh. I even brought all my equipment with me. I went to the club fair at the beginning of the school year and passed a booth for Women’s Club Rugby, a sport I never in a million years could have pictured myself playing. Luckily, one of the team members standing at the booth somehow convinced me to add my name to the email list. I’m so glad I took the risk and signed up for that club because it has become one of my favorite parts of my Lehigh experience. My second year at Lehigh, I decided to try something new again and joined WLVR, the Lehigh radio station. I could go on and on talking about all the amazing things I’ve been able to be a part of at Lehigh, like volunteering for the Community Service Office, hanging out with my friends from Best Buddies, or doing research in a lab with my advisor. My point is you don’t have to color inside the lines, this is your chance to create your own unique path! Embracing Lehigh means trying lots of different things, and seeing which of them will stick.

What I’ve learned during my time at Lehigh, is that you get out of your experience what you put in to it. If you embrace your blank slate, and embrace the opportunity to fill it with whatever you’d like, you will undoubtedly have a great college experience. You might find your connection to Lehigh where you least expect it. The hardest part is always starting, so don’t be afraid to ask questions. Talk to your OLS or Gryphons, look at flyers around campus, and go to the club fair at the start of the semester. These are all great ways to start learning more about options for what you can fill your blank slate with.

Adjusting to college life can definitely have its challenges at first, and for some people it might require a lot of focus. It’s important to remember that it’s never too late to start something new, so if you don’t find your place at Lehigh the second you step on to campus, that’s OK! Whether its second semester or senior year, you can always try something new. I promise it will be worth it.
Join Break the Silence Peer Educators!

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

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

BTS is a project of:

GVES
The Office of Gender Violence Education and Support
610-758-1203 | gves@lehigh.edu

Now Recruiting Volunteers

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

Learn more at:
EMS.LEHIGH.EDU

WE WANT YOU TO BECOME AN ECO-REP!

WHAT ARE ECO-REPS?
Student leaders who educate their peers, foster sustainable behavior, and build community through fun, educational events and initiatives

WHY BE AN ECO-REP?
- Gain leadership experience.
- Make a difference and change behavior campus-wide.
- Learn more about sustainability among peers who care.
- Be part of a nationally recognized program.

APPLY TO BE AN ECO-REP NOW!
sustainability.lehigh.edu/ecoreps
Deadline: September 5th

IACOCCA INSTITUTE MOUNTAINTOP CAMPUS

INTERESTED IN INTERNATIONAL RELATIONS?
YOU CAN GAIN OFFICE WORKPLACE EXPERIENCE WITH ADMINISTRATIVE TASKS.
YOU WILL ALSO SUPPORT THE DIRECTORS AND MANAGERS WITH THE COMPLETION OF TASKS FOR THE SUMMER PROGRAMS.

Check out or website for more information: https://global.lehigh.edu/iacooca-institute

Trish Alexy
tsa2@lehigh.edu
Diana Q. Shpherd
dqs206@lehigh.edu
"You can reinvent yourself in college” was a common declaration from relatives at my high school graduation party. They were right, but it felt more like a weight than a freedom. In just a few months, I would be walking onto a campus where no one knew me. At Lehigh, I could transform and be anyone I wanted. But, what was it that I wanted to become? I didn't even know what I wanted to study yet!

What helped me answer who I wanted to be was something that not enough college students leave time for: self-reflection. Whether you’d rather go with the flow, or plan out your next four years, Lehigh has the bLUeprint to help you reflect on who you are now, who you want to be, and how to get there. It'll walk you through outlining your ideal self—personally, professionally, and socially— and setting a game plan for how Lehigh's many resources will get you there.

Starting is pretty easy. All you need is your Draft Book (you should've gotten one with your orientation bag and this newspaper), something to write with, and some time to think. Flipping through the book, you'll see a series of questions to get you going. They range from What do you want others to know about you? to What makes a relationship meaningful? while allowing you to set goals for your self in-between, like what clubs you want to join. Filling out your Draft Book now and checking-in on your progress every semester can help you make sure you stay on track of the things that really matter to you.

On top of being a great space to reflect about your time at Lehigh, your Draft Book has numerous resources and information that'll help you accomplish your goals. One of our first-year programs, called 5x10s, are specifically designed for you -- the Class of 2023 -- to grow as individuals, scholars, and professionals. You will attend a variety of programs and events (at least 5) within the first 10 weeks of being on campus. It's not as time-consuming as you think, and if you pick events you find interesting, they're fun, too! (As a side note, never be afraid to go to an event alone. Most likely, someone else is there alone too, and now you just met someone with similar interests!) The Draft Book talks a little about 5x10s, but there is more information on the OFYE’s website and LINC – where you will find all of the 5x10 events.

Any of this confusing? We've got you covered with NavigateLU. This program is run by faculty/staff and OLs, and is a great opportunity for you to make new connections with staff and other students. NavigateLU will connect you to a faculty member of your choice for one-on-one meetings and to a peer leader who will guide group discussions and one-on-one chats.

I know, this is a lot to take in. All you want to do right now is find your friend group, get good grades, and have fun. But with these programs, your bLUeprint, and your Draft Book, we'll help you get all that, and more. Cheers to your next four years!
Camp Hawk: More than just a Weekend in the Mountains

By Cole Geryak '19, '20G

College is a time for new experiences: a new schedule, a new lifestyle, new friends, and the chance to try new things. While all of this "newness" is exciting and invigorating, it can also be overwhelming at times. Don’t worry, it happens to all of us! It’s important to take a step back and take a deep breath. Camp Hawk helps you do just that.

While from the outside Camp Hawk may just appear to be a weekend away for first-year students, it is so much more. Camp Hawk is a weekend-long retreat that allows first-year students to build connections with one another, take a step back from the "hustle and bustle" of college life, and partake in a few friendly competitions along the way. The weekend’s activities will let you learn more about Lehigh, your peers, your fabulous counselors, and yourself. And of course, you’ll have lots of fun along the way!

Each year, the Office of First-Year Experience staff members work tirelessly to create an exciting Camp Hawk schedule. This year, you are really in for a treat! A glimpse at the schedule for this year includes a multi-stage team competition full of a variety of activities— including relays, brain teasers, and team-building challenges, several small group discussions, and (my personal favorite) a lip sync battle. Additionally, there will be time for people to play some beach volleyball, kayak, or join in a riveting game of GaGa!

As a first-year, I attended Camp Hawk with hopes to make a few friends, have a fun weekend off-campus, and maybe eat a s’more or two. I can proudly say that I accomplished those goals and learned so much that weekend. Who knew that it would be possible for 50 people to get onto a bus on Friday together as strangers and hop off the bus Sunday afternoon as friends? Who knew that Camp Hawk would turn out to be one of the most influential programs at Lehigh?

We want you to be a part of Camp Hawk 2019! Come join us for an exciting weekend in the beautiful Pocono Mountains where you will get to learn, experience, grow, and make some new connections with other Lehigh students.

Join Us for a Bond Fire!

FREE & OPEN TO ALL FIRST-YEAR STUDENTS
Friday, September 13 - Sunday, September 15
Spend a weekend away from campus to have fun, make friends, and enjoy the outdoors at Camp Canadensis in the Pocono Mountains!

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

REGISTRATION OPENS MONDAY, AUGUST 26 AFTER THE CLUB EXPO!

If you have questions please contact the Office of First-Year Experience at 610-758-1300 or fye@lehigh.edu
Welcome Class of 2023!

Career ready begins today!
Life ready

Create a profile and begin to explore all of the opportunities lehigh.joinhandshake.com

Maginnes Hall, Suite 500
610-758-3710
careercenter.lehigh.edu

The Pride Center for Sexual Orientation & Gender Equity

COME HANG OUT IN OUR LOUNGE UC212

Lehigh’s resource for LGBTQ+ students and allies that exists to build a just, equitable world through community building and the pursuit of change. We work to create a world where people of all genders and sexualities are able to thrive as their full, authentic selves.

pridecenter@lehigh.edu
facebook: LU Pride Center
diversity.lehigh.edu/pride-center
go.lehigh.edu/PrideCenterLibrary
University Center UC212 | 610.758.4574
THURSDAY, AUGUST 22, 2019 • ORIENTATION TIMES

LEHIGH UNIVERSITY DINING

Connect with your food

Save time. Order food now.

LEHIGH UNIVERSITY DINING

Do you have questions about alcohol use and abuse? Sexual health? Stress management?

We are Lehigh University's Peer Health Advisors

Visit our website using the QR Code below to...

Learn more about what we do
Fill out an application (Deadline: Sept 22nd)
Request a program

Let the Baker Institute teach you how.

www.lehighbakerinstitute.com

Visit our website for all programs & opportunities!

@bakerlehigh

BAKER INSTITUTE
ENTREPRENEURSHIP • CREATIVITY • INNOVATION
There are a lot of adjustments students have to make when coming to college. It's a completely different routine than at home. You need to figure out when and what to eat, when to do your homework, when to sleep, and so much more. I know it can be a hassle to get everything back into a normal routine, but it's important especially in college. When I arrived on campus last fall, I didn't realize the importance of keeping my mind and body healthy by exercising and eating healthily. And it's not just about working out to get fit; exercise also helps with memory retention and relieving stress, which is extremely important given all the transitional stresses you have to deal with as a first year. You need to worry about both your mind and body when thinking about your health.

Taylor Gym is one of the great resources on campus that’ll help you stay healthy throughout your Lehigh career. The gym has a large diversity of equipment for students, whether that be running on the treadmill, using one of the rowing machines, lifting weights, or swimming laps in the pool. If you’re not into traditional workouts, you can always go play a game of basketball on the 4th-floor court, use the dance studio to bust a few moves, climb the rock wall, or play a game of squash/racquetball on the courts. Taylor gym also offers fitness classes to students for a small fee per semester. If you need a mental break from classes, you can go to Taylor Gym's Meditation room, which is open during the day and has some classes at night guided by an instructor. The gym offers a wide variety of activities to choose from, so try everything and see what works best for you!

If you're having trouble adjusting to this new college diet, one of the best resources on campus is the Nutritionist! The nutritionist is located in Rathbone. You can make an appointment to talk about what kinds of foods you should be eating and what's the best for your diet.

Just remember that college is all about finding yourself and what works for you, so don't get discouraged if it's hard to get into a normal routine, the first few months of your first year.
You've made it. You are entering college and ready to explore all of the clubs and opportunities that lie ahead of you, so why should you participate in research? I started research my first few weeks at Lehigh and I am going to spend this time telling why you might want to get experience performing research, too.

You can join research through a work-study or for credit. The process is similar for both types of research, but the only difference is that you are not paid and you receive credits when working in the lab for credit. Typically, 3 hours in the lab correlate to one credit.

Crafting the email is an important aspect of receiving a lab position. Before writing this email, make sure to find labs that interest you. You can find information about labs by researching different departments at Lehigh. Make sure to explore different departments because your prospective major does not limit you.

Once you find a few labs that you are interested in (notice how I said “labs”?) you can begin sending them emails. These emails should include why you want to join their lab, and how their lab coincides with your interests.

When I was searching for research opportunities, I reached out over the summer to Professor Layden in the Biological Sciences Department. I explained my interest in his research, which involved learning more about neural development in Nematostella. After reaching out, we briefly met and he explained his expectations for the job; soon after this meeting, I was working in Professor Layden’s lab.

Research provides you with the opportunity to apply the knowledge that you are learning in the classroom. This makes learning in the classroom more applicable because you can directly see the correlation between learning and applying that knowledge for practical use. In the spring semester of my first year, I was taking Core 1 Biology. My lab gave me the opportunity to apply the knowledge that I was learning to the research that I was performing.

Do not be intimidated by performing research as a first-year. Professors understand that you do not know most lab techniques, but they want to teach you. Many professors are eager to have first year students join their labs because it means that you can perform research for four years. Starting research early in your Lehigh career also means that you have the opportunity to be published, which is a significant accomplishment. So, reach out to a professor and start exploring research opportunities available at Lehigh today!
As your first year at Lehigh jumps to a bustling start of meeting new people, exploring new places, and experiencing new things, it’s normal to feel very overwhelmed very quickly. You may be thinking, like I was, what could I possibly contribute to the community around me when I can’t even find Rathbone yet? The best way to feel welcomed into the Lehigh family is to get involved and take an active role in your new community. Pro tip: Join Student Senate! You’ll find yourself within the Senate community, and as a growing leader, you’ll learn to work outward to your constituents, campus, and beautiful Bethlehem. The Senate XXXII’s inclusive, active, proud, ambitious, experimental, and fun community will help you, just one first-year, develop as a leader and make your lasting, Lehigh impact.

So, what does Senate do? How do we work?

Upon election to Senate XXXII, you’ll attend the Great Poconos Escape, an all-inclusive weekend retreat at Camp Canadensis on September 13-15; mark your calendars. There, you’ll not only be part of leadership development training, but also, you’ll play fun games and learn more about your fellow Senators. We’ll discuss our standing committees: elect committee chairs to our Clip committees, and plan Senate XXXII’s year in action. And if it’s anything like Senate XXXI, we have a very busy year ahead of us! Senate XXXI was committed to ambitious change and follow through, and these Senators solved the housing crisis, wrote a resolution for off-campus housing, improved athletes’ relationships with exam scheduling, changed the ineffective bus routes, and put on major events like “Say it Out Loud”, “Spring on the Southside”, and “Diner en Blanc”. Some of these things were accomplished by just one Senator, and I would have never realized this as a first-year if I didn’t jump right in and go for it.

When I was a first-year, I had an idea of what Senate might be, but I wanted to find out more about how I could get involved. After getting my petition at the Club Fair, I knew it could be difficult to get votes, but I’ve always loved challenge; I thought even if I didn’t make it, people would remember me for trying. I was elected to Senate XXXI, unsure of what my specific role would be in something much bigger than myself. I finally found myself on the Bethlehem Outreach Committee planning Spring on the Southside, the biggest festival for Lehigh students and Bethlehem residents in recent years. Even though my Senate journey was experimental, I was still filled with ambitious endeavors that made me feel proud for taking an active role in the community around me by fostering an inclusive connection between Lehigh students and Bethlehem residents in a fun way.

So, in late August, keep your eyes out for the Senate XXXII petition. If you’re nervous, remember, there are plenty of first-time Senators in other constituencies who are just as nervous; don’t let that hold you back. Joining Student Senate eased my college transition, helped me grow as a person, shaped me as a leader, showed me where I belong in my Lehigh community, and was hands-down the best decision I’ve made at Lehigh thus far. Now, it’s your turn. I’m looking forward to the endeavors you’ll achieve on your Senate XXXII journey.
Don’t Forget About the Bethlehem Experience

Alex Torres ’21

When I first came to Lehigh two years ago, I didn’t think much of the surrounding city. I was focused on all the activities that were jam packing my orientation schedule and then thinking farther out about my schedule, getting to know all the people in my hall, and all the exercise I would get by climbing the mountain. With all the exciting changes I was going through on campus, Bethlehem was at the back of my mind. After all, I was here for the Lehigh experience.

But what I was ignoring in the beginning of my time here was just how wonderful of a city Bethlehem is. With its rich history of providing the world’s steel to the great small eateries littered throughout the South Side, Bethlehem is a great city to walk around and discover something new. I have had the privilege of working on Lehigh’s Student Senate on a committee dedicated to Bethlehem outreach. Our task is to create a unified community while showcasing all the amazing activities in the area.

Check out the list below to see what the exciting things you can do in Bethlehem.

SteelStacks and ArtsQuest
The SteelStacks and ArtsQuest campus are the biggest center for art and culture in the area. At any day of the week, there are tons of activities you can choose from. The Alehouse Cinema in SteelStacks has showings of current movies as well as classics. Check out the listing to see what is coming up at steelstacks.org

Steel Ice Rink
If you want to go ice skating with your friends take a trip to the Steel Ice rink located near SteelStacks. Check the website to see when you can skate!

The Outlets at Wind Creek Bethlehem
If you are looking to do some shopping close to campus the outlets are a great location. They have stores such as Under Armour, DKNY, Coach, Tommy Hilfiger, Guess, Best Buy, and more. There is also a Carlo’s Bakery inside the outlets to get your favorite Italian pastries.

The North Side
The North Side offers many upscale and casual restaurants that are perfect if you are looking for a change of pace. Hotel Bethlehem, the Flying Egg, and Tapas are all some of my favorites. The North Side also has the D & L running and bike path along the Lehigh River. It stretches for miles and is easily accessible from the North New Street Bridge.

The Bethlehem Greenway
Located just two blocks from campus is one of the best parts of South Bethlehem. The Greenway runs through the South Side for miles. It is a peaceful path for running, walking, and biking that is perfect for exploring more parts of the neighborhoods. Rent a Zagster bike at Farrington Square for the day and ride down the Greenway to see the rest of your new community.

While these are just a handful of experiences, you can have in Bethlehem, I encourage you to find your next spot with your friends. Maybe Deja Brew coffee shop will be your after class hangout spot, or you will fall in love with Roasted’s brunch. Don’t be afraid to explore your new community and go off the beaten path. Bethlehem may look a little different from the town or city that you are coming from, but that shouldn’t deter you from embracing it as your new home. Appreciate the differences and take advantage of such a great city to live in.

LOOKING FOR MORE OPPORTUNITIES TO EXPLORE BETHLEHEM?

SEE PAGES 19 & 20 OF YOUR DRAFT BOOK FOR A LIST OF THE AMAZING RESTAURANTS IN SOUTH AND NORTH BETHLEHEM & THINGS TO DO WITHIN WALKING DISTANCE FROM CAMPUS!

Become a Lehigh Liner!

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

It is the highest paying on-campus opportunity that supports both work study and wage students. The starting pay is $11 per hour, plus incentives. Apply online at: tinyurl.com/LinerApp
JOIN THE
LEHIGH CONSULTING GROUP
Learn, Experience, Achieve

LEHIGH CONSULTING GROUP
Find out more at lehighconsulting.org

LEHIGH UNIVERSITY
EMERGENCY MEDICAL SERVICES

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

610-758-4200

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

JOIN THE
LEHIGH CONSULTING GROUP
Learn, Experience, Achieve

LEHIGH CONSULTING GROUP
Find out more at lehighconsulting.org

HIGHLIGHTS
Analyst Program
Boost your professional development by taking your involvement with LCG to the next level. Gain exclusive Analyst perks while having the opportunity to work on a hands-on consulting project for local companies. LCG’s resources provide the groundwork for an invaluable business education. Apply on our website, linked below.

An interactive day of personal and professional development, featuring workshops, panels, and networking events. Held on Sept. 21st in Zoelner/Rauch, be sure you make it to this annual conference with nearly 200 students, faculty, and company representatives in attendance. Register for free on our website.

LEHIGHCONSULTING.ORG
Expectations of Conduct

I. Academic Integrity
Lehigh University expects that all students will act in a manner that reflects personal and intellectual honesty.

II. Respect for Others
Lehigh University expects that all students will act in a civil manner that reflects maturity, social responsibility, and respect towards others and the Lehigh Community.

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

IV. Respect for the Lehigh University Community
As members of the Lehigh University Community, students are expected to serve as ethical representatives. They are expected to know and follow the Code of Conduct, and show respect for the faculty, staff, community members and administrative processes that are in place to maintain and support our community standards. Students are expected to hold themselves and others accountable and report violations of the Code of Conduct or other violations to the University.

V. Respect for Self
Lehigh University expects that its student members will act in a manner that respects their own health and well-being, especially concerning the use and or abuse of alcohol and drugs.

VI. Respect for the Law
Lehigh University expects that its student members will act in accordance with all applicable federal, state, or local laws.

Medical Amnesty Policy

Take alcohol out of the picture. Do you think the person needs medical attention?

If you call for yourself, you will be required to:
- Meet with a Dean of Students staff member
- Participate in counseling sessions
- Complete some other educational activities

If you call for a friend and are also under the influence of drugs/alcohol, you will likely be covered under the Medical Amnesty Policy and follow the same procedures listed for individuals.

ALWAYS CALL FOR HELP:
LUPD: 610.758.4200
Bethlehem Police Department: 911
Your Gryphon

The Medical Amnesty Policy only provides amnesty from violations of the Lehigh University Code of Conduct. It may not grant amnesty for criminal, civil or legal consequences of federal, state or local law.

For the health and safety of students, and the rest of our community, hard alcohol is not permitted in any residence halls on campus, regardless of the students age. Financial sanctions are associated with all alcohol violations.
Lehigh Entrepreneurship: Community and Opportunity

By Kira Gobes ’18

As someone who has just finished high school and completed the highly intensive processes that made it possible for you to get here, I’m sure you are all too familiar with that feeling of annoyance toward institutionalized policies that feel outdated or ineffective. Reflect for a moment. Is there anything you’ve encountered—whether in your school, in your social life, or in your environment—that made you question “Why is this the way that it is?”

I challenge you to listen to that nagging feeling in the back of your brain when something doesn’t sit quite right with you, and then bring it to the next level—engage in Lehigh’s entrepreneurial community. The Baker Institute is Lehigh’s resource for supporting entrepreneurial projects and empowering students through innovative and impactful thinking.

You don’t have to have an idea worthy of dropping out of school like Mark Zuckerberg to gain entrepreneurial experience. There are so many ways to start to develop an entrepreneurial mindset that can be applied to all aspects of your life. When I first got to Lehigh, having a startup was never something I had considered. On a whim, I took a course called International Social Entrepreneurship that brought me to Kenya to explore the country’s startup space. This trip inspired me to start a project to work towards fixing the gender gap in engineering. I ended up applying this idea to this cash prize program!

These opportunities are open to Lehigh students from all colleges, so feel free to explore. The exciting thing about entrepreneurship is that it’s a space in which people from all majors can get involved. In fact, having a diversity of skillsets is what makes our community so much more powerful.

If you really want to include entrepreneurship in your academic journey, Lehigh offers an entrepreneurship minor that is designed to be applicable for any major. Here are just a couple of the innovative classes you could take:

• Entrepreneurship 101: Explore the entrepreneurial mindset in a hands-on, project-based class. No prerequisites—you could take it this semester!

• Baker Dozen Dinners: Participate in a meaningful discussion over dinner with a field expert and other students to explore real-world issues.

• Lehigh Silicon Valley: Head to California’s Silicon Valley—the hub of entrepreneurship—over Winter Break to partner with real companies and immerse yourself in startup culture while earning class credit!

• Baker Skills Workshops: Baker hosts a number of workshops each semester focusing on building specific skills.

• LaunchBayC: A competitive, paid, summer startup accelerator program to launch your ideas into reality at Lehigh’s Mountaintop campus.

• iPrize Competition: Apply your new, innovative idea to this cash prize program!

• The Garage: Bring your venture to the next level by spending the semester diving into a specific project to develop prototypes and improve your business model.

These opportunities are open to Lehigh students from all colleges, so feel free to explore. The exciting thing about entrepreneurship is that it’s a space in which people from all majors can get involved. In fact, having a diversity of skillsets is what makes our community so much more powerful.

If you really want to include entrepreneurship in your academic journey, Lehigh offers an entrepreneurship minor that is designed to be applicable for any major. Here are just a couple of the innovative classes you could take:

• Entrepreneurship 101: Explore the entrepreneurial mindset in a hands-on, project-based class. No prerequisites—you could take it this semester!

• International Social Entrepreneurship: Travel to Kenya over spring break and understand what it takes to create a startup that has meaningful impact in unique and developing communities.

• Software Ventures: Develop your own software based company.

• The Garage: Bring your venture to the next level by spending the semester diving into a specific project to develop prototypes and improve your business model.

All of these unique opportunities and courses have something in common—they are hands-on. Take all of those complicated methods from your engineering courses or your marketing skills from your business classes and apply them to real-world problems. It might sound daunting and unattainable at first, but that’s where Lehigh’s support and incredible resources come into play.

The Baker Institute will be hosting open hours every week where you can come in and chat with other students and Baker mentors. For me, this has been a fantastic opportunity to learn about what’s going on in the community and collaborate with others to get advice on my projects. Even if you don’t have a particular idea, stop by to get some free coffee and have some casual and interesting conversations.

In your first few days of orientation, I have no doubt that you’re getting slammed with a million suggestions about what to do, where to go, what to eat, what to study… the list is infinite. The truth is that you’re going to make mistakes and things are going to be confusing. You have no idea where your path will take you, but you’re no worse off as long as you make the most out of your journey. I encourage you to learn from your challenges, reflect on them, and see how you can apply your skills to think about things from a new perspective.

Follow @bakerlehigh on Instagram to get updates about weekly opportunities.
International Voices Welcomes the Class of 2023


International Voices publishes student, faculty, and staff works annually and accepts submissions in any language.

CulturedVoices@gmail.com

wordpress.lehigh.edu/internationalvoices

Do you have a special diet or food intolerance?

Let our Registered Dietitian help navigate your dining options on campus

CARRIE GERENCHER, MA, RDN, LDN
c00913@lehigh.edu

Carrie is available to meet with students individually as well as present informational sessions to groups. Please contact Carrie with any nutritional needs or questions. All appointments are confidential and available at no charge.

E-mail Carrie to set up an appointment. Follow Carrie on Twitter @LehighDiningRD to learn more about the free nutrition talks she hosts.

The Center for Dialogues, Ethics, and spirituality, also known as The Dialogue Center, is located at 661 Tyler Street. Directed by the Chaplain’s Office, The Dialogue Center serves the educational mission of Lehigh University by providing space and resources designed to enhance the “ethical and spiritual development” of those who live and work at Lehigh—students, faculty and staff. Recognizing that people of good will disagree with one another on topics involving ethical analysis, spirituality and religious interpretation, the Center seeks to promote the values of open and free inquiry, engaged dialogue, and respect for persons regardless of race, ethnicity, religion, gender identity or sexual orientation.

- Promotes Values of Open & Free Inquiry
- Safe Space for Dialogue on Inter-Religious & Ethical Issues
- Lehigh Peace Project
- Lehigh Multi-Faith Initiative (LUMI)
- Weekly Meditation & Reflection Sessions
- Muslim Prayer Room & Friday Service
- Sponsors, Invites, and Supports Speakers

For more information, please visit our website: https://dialogue.lehigh.edu and linked social media pages on our home page.

Staff at The Dialogue Center:

- University Chaplain & Professor of Religious Studies: Dr. Lloyd Steffen (Bio)
- Director of Muslim Student Life: Dr. Waleed Mousa (sura217)
- Director of Jewish Student Life: Rabbi Steven Nathan (sura217)
- Office Coordinator - Student Life: Lehigh Student Life - Student Affairs

Dialogue Center hours: Monday - Friday from 6:00a - 4:30p

By appointment 433-758-3877

661 Tyler Street, Bethlehem, PA 18015
Get Involved and Give Back

By Jessica Foy ’20

When I arrived at Lehigh, I was shocked by how much free time I had and by the amount of control I had over the activities that could be placed into. In high school, my days were filled with classes followed by sports practices and homework. With the flexibility of a college schedule, I found myself with hours of free time. While many of those hours are dedicated to spending quality time in Linderman Library studying for chemistry, I decided to spend some time volunteering with the Lehigh Community Service Office or CSO.

I found out about the CSO and its involvement with the America Reads America Counts Tutoring program through the Fall Club Fair. The Club Fair is held on the University Center front lawn during the first week of classes, and it offers an opportunity for first-year students to see the variety of clubs and organizations on our campus. The tutoring program, which is run through the CSO, is held at several South Bethlehem sites including Broughal Middle School, Donegan Elementary School, and the Fritz and Nativity Churches. There are both in school and after school homework club hours, which provides flexibility for Lehigh students. This year I have dedicated time twice a week to homework club tutoring.

This program has given me just as much as I have given it. It has allowed me to make a real difference in a student’s life by providing them with one-on-one tutoring as well as mentorship. Through the program, I have developed a personal relationship with the girl I tutor and have watched her reading skills make huge strides since September. As a tutor, you are able to see your students’ growth, which provides such a sense of happiness and pride when your student finally nails those math facts or improves a reading level.

Aside from the tutoring program, the CSO provides a ton of programs that don’t require a weekly commitment throughout an entire semester. Every two weeks they look for volunteers to participate in trips to the Victory House. The Victory House is a shelter that helps homeless and struggling veterans. It provides meals, services such as career counseling, and a place for these men to get back on their feet. Every two weeks CSO volunteers cook a meal for the men at the shelter. Additionally, the CSO provides events such as Broughal Bowling, Parents Night Out, and board game nights, which look for volunteers to hang out with Broughal students and participate in fun activities. If you want more ways to volunteer, the CSO also sponsors fun Friday events known as Feel Good Fridays. These events are usually a few hours on Friday afternoons where students can help out in a multitude of community centers in South Bethlehem. Volunteers participate in a variety of activities that can range from stocking shelves in the Hispanic Center to reorganizing the clothing closet in Broughal Middle School.

This is just a sampling of the enormous amount of opportunities there are to give back and participate in the larger South Bethlehem community. Get to know your new home outside of just the Lehigh campus. It will give you an opportunity to break out of the college student bubble to make a real difference in someone else’s daily life.
Dear First-Year

Julia Pardee ’21

Welcome to Lehigh, Class of 2022! I am just one of many people who are absolutely thrilled to have you here as new additions to our community. Just a year ago, I was in your shoes—excited and nervous to dive into the first of four years here. With two semesters under my belt, I think I have learned a few things that I hope will help you shape your experience at Lehigh and beyond.

Whether you came here from another country or are a Bethlehem native, going to college is no easy feat. From talking to my friends at Lehigh and other schools, I realized that making the most of your first semester at college depends on three things: getting involved, working hard, and self-care.

The first few weeks at college can be a bit challenging. You are inundated with information, and it seems like every day 50 people ask you for your name, your major, and a fun fact. But once that starts to die down, you will still be itching to meet new people, which is why it is essential to get involved.

College is a time to explore your passions, whether that be a continuation of a club you were a part of during high school or a totally new activity. Trust me, once the Club Fair swings around and hundreds of tables line the Front Lawn, you will be bound to find at least one club of interest. Pro tip: get to the Club Fair early with an empty stomach and a big bag.

More importantly, you need to work hard. Whether you are an engineer or an English major, college classes can be incredibly difficult, and you could find yourself spending late nights at the library.

I know you’ve heard this a million times, but time management is crucial to making the most out of your first year. It is easy to get caught up in your social life and at times neglect your classes, but it is so important to balance having fun and studying. After all, you are here to learn and earn your degree.

Most of all, make time for yourself! First semester of your freshman year is bound to be incredibly busy. Be mindful of when you feel overwhelmed, and know that there are resources available for any problem or issue you may have. From mental health concerns to academic difficulties, there is someone here on campus that can help you maximize your potential. Staying healthy both mentally and physically is a key part of making your freshman year as fantastic as possible. And hey, treat yourself to a milkshake from Hawk’s Nest or an ice cream cone from The Cup every once in a while (especially during four o’clocks!).

If you need a break from campus, Bethlehem has a lot to offer. Try brunch at Roasted, coffee at Lit, and sandwiches at the Goose for some campus-wide South side favorites. On a nice day, a walk to the North side is so fun with a group of friends. If you don’t get a chance to make the trek with friends, definitely use a visit from your parents as an excuse to check out the North side.

So to the Class of 2022, congratulations! Lehigh has so many incredible opportunities to take advantage of and people to meet. Your first semester—and the rest of your four years—are a learning experience for you to see what works and who you are. So take it slow, and make the most of your time here! I promise Lehigh will quickly become your home.
Join the Lehigh Rowing Team
No Experience Necessary
Come to our information meetings on Saturday August 24th or Sunday August 25th at 3:30 in Rauch 091
Contact Coach Conley (btc210@lehigh.edu) or Coach Urbanik (sau216@lehigh.edu) for more information, and look for us on the front lawn during orientation!
High school athletes wanted!

Lehigh Coffee Club

Make new friends!
Enjoy freshly brewed coffee!
Gain exposure towards the global impact of coffee!
Regular meetings!

Express your interest by emailing: OSC321@LEHIGH.EDU
LEHIGH community & club EXPO

Monday, August 26, 4-6pm
UC Front Lawn

Sponsored by the Office of Student Engagement and the Office of Community & Regional Affairs
Qualifications to be an OL...

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

Responsibilities of an OL...

• Lead a small group of 20 first-year students throughout the Orientation program
• Facilitate conversations on transition issues
• Role model appropriate academic and social behaviors to incoming students
• Attend spring and August training sessions prior to orientation. ALL TRAINING IS REQUIRED!
• Work with a team of about 80 Orientation Leaders and Orientation Coordinators
• Read the selected book for the Summer Reading Program
• Check-in with first-year students for navigateLU during Fall 2020
• Maintain your GPA
• Communicate with parents and family members of new students
• Have fun!

Become an ORIENTATION LEADER!

The Perks...

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

Office of the First-Year Experience • studentaffairs.lehigh.edu/ofye • 610-758-1300 • fye@lehigh.edu
How did you like your courses?
Let us know by filling out COURSE EVALUATIONS during the last week of class!

Office of Institutional Research and Strategic Analytics
27 Memorial Dr. W.
308 Alumni Memorial Building
610-758-5890 - inevals@lehigh.edu
https://oirsa.lehigh.edu/course-evaluations

Welcome Class of 2023!

Providing today's Lehigh students with access and opportunity.
FALL 2019
INSTRUMENTAL AUDITIONS
FOR JAZZ, BANDS AND ORCHESTRA
AT LEHIGH!

Auditions to play in LU Instrumental Groups:

- all Woodwinds, Brass, and Percussion:
  (Wind Ensemble, Philharmonic Orchestra and Jazz)
  Friday, August 23, 2019, 11:00 am - 4:30 pm, rm 145

- all Orchestral Strings:
  Sunday, August 25, 2019, 2:45 - 5:45 pm, rm 237

LU Jazz Ensembles and Combos placement:
Monday, August 26, 2019, 4:00 pm, rm 145

LU Marching 97: open to all, no audition is necessary.

All auditions held at the Zoelner Art Center, 420 E. Packer Ave.
Please bring a prepared piece, solo or study, 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 log3@lehigh.edu

THURSDAY, AUGUST 22, 2019 • ORIENTATION TIMES

Lehigh University’s
Student Radio Station
Freeform – play what you like
Serving the Greater Lehigh Valley Area
Streaming Worldwide at wlvr.org

Music Talk Sports Podcasts Interviews

Make Friends • Build Confidence
Learn Broadcasting • Build Your Audience
Have Fun!

If interested gm@wlvr.org or

JOIN US!

Lehigh University's Student Radio Station
Freeform - play what you like
Serving the Greater Lehigh Valley Area
Streaming Worldwide at wlvr.org

Music Talk Sports Podcasts Interviews

Make Friends • Build Confidence
Learn Broadcasting • Build Your Audience
Have Fun!

If interested gm@wlvr.org or

Explore Cutting Edge Instructional Technology
DIGITAL MEDIA STUDIO
ONE TOUCH RECORDING
T.R.A.C. PROGRAM
VIRTUAL REALITY LAB

The Center for Innovation In Teaching and Learning
citl.lehigh.edu

indoor cycling
happy place
focus
sweat
balance

happy

stretch

barre
dress

happy
dress

core

endurance

HIIT

habits

flexibility

TRX

balance

good vibes

strong

barreform

202 w 4th street
www.barreform.com
Pre-health
pre-med, pre-dental, pre-PA & more

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

Pre-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

Save the date:
August 28

Learn more at lehigh.joinhandshake.com

Schedule an appointment with the pre-health advisor! 610.758.3710 or visit the Center for Career & Professional Development in Maginnes Suite 500.

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

Save the date:
September 4

Learn more at lehigh.joinhandshake.com

Schedule an appointment with the pre-law advisor! 610.758.3710 or visit the Center for Career & Professional Development in Maginnes Suite 500.

LUNCH TIME BANKING.

MANAGE YOUR MONEY LIKE A BOSS.
Check your balances. Pay back your friend from your phone. Deposit a check. Whether you’re on campus or off, use our digital banking services to keep your money on track. Save on fees, too. After all, it’s your money. Why should you pay to use it? We have three surcharge-free ATMs on campus. And if you have to use another financial institution’s ATM and are charged, we’ll return the surcharge fees.

Visit us on campus at Building C, Mountaintop Campus for a free gift** or join us at PSECU.COM/STUDENTS

WE ARE NOW HIRING

LEHIGH UNIVERSITY DINING

MULTIPLE POSITIONS AVAILABLE
MAKE MONEY ON CAMPUS

FLEXIBLE SCHEDULES | FUN ATMOSPHERE
FREE MEAL DURING SHIFT | FREE UNIFORMS
(NON-WORK STUDY POSITIONS IN CATERING & CONCESSIONS)

TO APPLY, PLEASE VISIT:
WWW.LEHIGHDINING.COM > CAREERS

**Free gift while supplies last.
FAUX FRIDAY RESTAURANTS

1. Tulum
2. The Goose/Gander Room
3. Deja Brew
4. Taqueria La Lupita
5. Molly’s Irish Pub and Grill
6. Subway
7. Nawab Indian Cuisine
8. Campus Pizza
9. Jenny’s Kuali
10. Rakkii Ramen
11. Lehigh Pizza
12. Playa Bowls

Those that selected the TO-GO option will take their meal to the South Bethlehem Greenway. Those that selected the DINE-IN option will have their meals at the restaurant and head to the Greenway after.

HEAD TO THE
SOUTH BETHLEHEM GREENWAY
FOR LIVE MUSIC, LAWN GAMES AND MORE!
THURSDAY • AUGUST 22 • INFORMATION SESSIONS AND OPEN HOUSES

CALCULUS INFORMATION SESSION
10:30am - 11:00am • Chandler-Ullman 218

PRE LAW INFORMATION SESSION
10:30am - 11:00am • Maginnes 101

PRE HEALTH INFORMATION SESSION
11:00am - 11:30am • Maginnes 101

JEWISH STUDENT CENTER OPEN HOUSE
11:00am - 1:00pm • 216 Summit Street
Stop by the Jewish Student Center for bagels, music and games.

SUSTAINABILITY INFORMATION SESSION
11:00am - 11:30am • Maginnes 112

CENTER FOR CAREER AND PROFESSIONAL DEVELOPMENT OPEN HOUSE
12:00pm - 2:00pm • Maginnes 500

MUSIC DEPARTMENT INFORMATION SESSION
12:30pm - 1:15pm • Zoellner Arts Center 145
Learn about all of Lehigh’s performance ensembles, private lessons and academic classes.

MUSIC DEPT. OPEN HOUSE & AUDITION SIGN UPS
1:15pm - 2:00pm • Zoellner Arts Center 145

For a complete accessibility map go to lehigh.edu/about/maps
THURSDAY, AUGUST 22, 2019 • ORIENTATION TIMES

Navigation QUICK FACTS

- NavigateLU is a required program to aid you in your success at Lehigh.
- Set goals, develop an action plan, and connect with great resources on campus.
- Check your Lehigh email for more information and faculty/staff bios!
- To select your faculty/staff collaborator, you must complete the form by Wednesday, August 28 by 12pm.

LEHIGH 5x10 SYMPOSIUM

Friday, August 23, 3:30pm - 4:30pm

1. **Sustainability and Business: Conflict?**
   - Presented by Professor Dave Hirnichs
   - There is a growing awareness and interest in the sustainability movement. We will explore the business challenge of balancing their business goals with the goals of the sustainability movement.

2. **Thinking through Technology**
   - Presented by Professor Greg Rahaman
   - 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 choices we face.

3. **A Chemist’s Musings on the Mammalian Sense of Smell**
   - Presented by Professor Gregory Ferguson
   - The 2004 Nobel Prize in Medicine and Physiology, awarded for unravelling the olfactory system, provides a delightful opportunity to reflect on the different kinds of thinking involved in systematic advances and abrupt discoveries. It also serves as an example of new understanding wafting from field into another.

4. **Personal Branding: “The Need to Be Different”**
   - Presented by Professor Steven Savino
   - No matter what Major you choose, Personal Branding is always how to differentiate oneself such that you are better positioned for Job and/or Summer Internship placement. Personal Branding enables students to uniquely develop a career growth plan, with tips on how to win their desired job or internship.

5. **Entrepreneurship, Creativity, and Innovation?**
   - Presented by Professor Pat J. Costa
   - Students at Lehigh have created new products, technologies, and services... and launched companies while they were undergraduates! How does that work? What (and who) do you need to know if you want to start something new? Come to this interactive session to discuss how to make the next big thing happen while you’re at Lehigh.

6. **100 Years of Aerospace Engineering**
   - Presented by Professor Terry Hart
   - The progress made in the past 100 years of aerospace engineering has been nothing short of spectacular, from the Wright brothers, to the landings on the Moon, deep space probes and rovers on Mars, as well as many commercial successes, including Boeing’s 787 Dreamliner. Professor Hart reviews this history and shares many of his personal stories of his involvement.

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

8. **REDEFINING MARKETING WITH ANALYTICS**
   - Presented by Professor Rebecca Wang
   - What is marketing, and how has it evolved in today’s data-driven age? How and why has data analytics become increasingly important? As consumers, we leave our digital fingerprints every day. How can a brand take advantage of consumer data to serve its customers in a more meaningful way? Finally, as college students, what kind of skills and mindsets should you acquire and sharpen in light of this growing trend?

9. **LIQUID NITROGEN ICE CREAM AND BIOMATERIALS: WHY MATERIALS ENGINEERING MATTERS**
   - Presented by Professor Sudrina Jedicka
   - New game-changing materials are needed to address growing global energy and health challenges. This session will examine how advances in the science and engineering of materials is critical to our society. How can understanding liquid nitrogen ice cream and cryogenically frozen marshmallows lead to better biomedical implants and greener buildings? Attend, eat, and discuss!

10. **Contemporary Marketing Strategies in a Technological World**
    - Presented by Professor Beilin Dong
    - What are the major, exciting, and contemporary marketing strategies that are shaping our new business world? Explore various emerging themes including customer cocreation, sharing economy, artificial intelligence, big data and social media. Understand how technological forces are reshaping the way businesses do marketing.

11. **GAMING YOUR BRAIN**
    - Presented by Dr. Nancy Carlisle
    - Dude... Every time you learn new information, you change your brain. Over the next four years, you will be grappling with new challenges that will shape your brain. Research from neuroscience and psychology focuses on this process, and applying this research to your life can help you become the person you want to be when you graduate.

12. **I DON’T GET IT. IS THIS REALLY ART?**
    - Presented by Professor Jason Travers
    - Have you ever visited an art gallery or museum only to find a single brick in an otherwise empty room and asked yourself “how can this be art?” This discussion will provide insights on the evolution of conceptual works from the early twentieth century to the present.

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

14. **Why We Don’t Eat Cats**
    - Presented by Professor Ziad Munson
    - Bet you’ve never tasted the sweet flesh of a cat! But why? People eat all sorts of different animals, so why not our fellow felines? The answer lies in the social construction of reality. Join me for a discussion of food, cats, and what it means to truly perceive the real world.

15. **Film Studies at Lehigh**
    - Presented by Professor Michael Kamps
    - Are you interested in learning how to make films? Are you interested in telling stories visually? Lehigh’s Film and Documentary Studies program helps students learn to critically study film traditions and to create their own films. We will discuss the program and its various offerings, cover the great opportunities and technical support for students, and view specific examples of recent student work.

16. **Making Museums Matter: Getting Involved at the Lehigh University Art Galleries**
    - Presented by Professor William Crow
    - Museums are no longer dusty storage houses of the past. They are places that spark creativity, curiosity, and new knowledge on topics that are relevant to our world. Discover the Lehigh University Art Galleries and how you can get involved!

17. **Bioengineering the Future**
    - Presented by Professor Thomas Paaschuk
    - Often the greatest potential for innovation occurs at the boundaries between disciplines. Bioengineering brings together engineering, physics, chemistry, and biology to develop novel approaches and therapies to a range of societal problems. From biomaterials, to diagnostic devices and big data, bioengineers will be at the forefront of designing the future.

NavigateLU

You will:
- Meet individually with faculty/staff collaborators at least twice
- Check-in with your Orientation Leader
- Attend 5x10 programming
**ORIENTATION 2019 SCHEDULE**

**SUNDAY • AUGUST 25**

- **BRUNCH / SUMMER READING DISCUSSION**
  - **GROUPS 1 – 19**
    - 10:00am – 10:45am .......................... Brunch + Cort
    - 11:00am – 12:00pm .............................. Summer Reading + Orientation Group Location
  - **GROUPS 20 – 40**
    - 10:00am – 10:45am .......................... Brunch + Rathbone
    - 11:00am – 12:00pm .............................. Summer Reading + Orientation Group Location
  - **GROUPS 41 – 60**
    - 10:00am – 11:00am .......................... Brunch + Rathbone
    - 11:00am – 11:45pm .............................. Orientation Group Location
  - **GROUP MEETING #5**
    - 12:00pm – 12:45pm ............................ Orientation Group Location

- **UNIVERSITY CONVOCATION**
  - 1:30pm – 2:30pm .......................... Stabler Arena

- **DINNER**
  - 5:00pm – 6:00pm .......................... M&M, Drinker & Commuter Students + Rathbone
  - 6:30pm – 7:30pm .......................... Centennial I, Richards & Transfer Students + Cort

- **JOIN LEHIGH AFTER DARK**
  - **FOOD & PRIZES!**
  - **FOR A NIGHT OF COMEDY, FOOD & PRIZES!**

- **WORK STUDY JOB FAIR**
  - 2:45pm – 4:00pm .......................... UC 303 & 308

- **ACADEMIC SUPPORT FOR STUDENTS WITH DISABILITIES**
  - 4:00pm – 5:30pm .......................... Williams Hall Roemmele Global Commons

- **WOMEN’S SOCCER VS MONMOUTH**
  - 8:00pm – 9:00pm .......................... Stabler Arena

- **MANDATORY FOR ALL STUDENTS TO ATTEND**

---

**SATURDAY • AUGUST 24**

- **BREAKFAST**
  - 7:00am – 9:00am .......................... Rathbone

- **SATURDAY ROTATION**
  - **GROUPS 1 – 19**
    - 10:00am – 11:30am .......................... Group Meeting #3
    - 11:45am – 1:15pm .......................... Break the Silence (Maginnes)
    - 1:15pm – 2:15pm .......................... Lunch (Cort)
    - 2:15pm – 3:00pm .......................... OL Office Hour (STEPS 102)
    - 3:00pm – 5:00pm .......................... Free Time
  - **GROUPS 20 – 40**
    - 10:00am – 11:30am .......................... Group Meeting #3
    - 11:45am – 1:15pm .......................... Break the Silence (Maginnes)
    - 1:15pm – 2:15pm .......................... Lunch (Rathbone)
    - 2:15pm – 3:00pm .......................... OL Office Hour (STEPS 102)
    - 3:00pm – 5:00pm .......................... Free Time
  - **GROUPS 41 – 60**
    - 10:00am – 11:15am .......................... Free Time
    - 10:30am – 11:15am .......................... OL Office Hour (STEPS 102)
    - 11:15am – 12:15pm .......................... Lunch (Rathbone)
    - 12:30pm – 1:15pm .......................... Group Meeting #3
    - 1:30pm – 3:00pm .......................... Break the Silence (Maginnes)
    - 3:15pm – 4:45pm .......................... Building Bridges (Rauch)
    - 5:00pm – 6:00pm .......................... Dinner (Cort)
    - 6:00pm – 7:00pm .......................... Group Meeting #4

- **FIRST-YEAR STUDENT & ALUMNI RALLY**
  - 8:00pm – 8:45pm .......................... Stabler Arena

- **LEGENDARY SKETCH & IMPROV COMEDY THEATER, THE BEST OF SECOND CITY, PRESENTED BY LEHIGH AFTER DARK**
  - 8:45pm – 12:00am .......................... Stabler Arena

---

**SPECIAL EVENTS & ACTIVITIES**

- **Join Lehigh After Dark**
  - **For a Night of Comedy, Food & Prizes!**

- **Stabler Arena**
  - 8:45pm – 12:00am

- **The Second City**
  - The Second City has been bringing the funny for over 50 years.

- **Second City Alum you may know**
  - Tina Fey, Amy Poehler, Steve Carell, Stephen Colbert, Keegan-Michael Key and Jordan Prawz are just a few of the Second City Alum you may know.

---

**#LehighDay4**

**#LehighDay3**

**GROUP MEETING #4**

- 5:00pm – 6:00pm .......................... Group Meeting #4

**GROUPS 20 – 40**

- 9:00am – 9:45am .......................... Group Meeting #3

**GROUPS 41 – 60**

- 9:00am – 10:30am .......................... Free Time

**GROUPS 61 – 80**

- 9:00am – 10:30am .......................... Free Time

- 10:30am – 11:15am .......................... OL Office Hour (STEPS 102)

- 11:15am – 12:15pm .......................... Lunch (Rathbone)

- 12:30pm – 1:15pm .......................... Group Meeting #3

- 1:30pm – 3:00pm .......................... Break the Silence (Maginnes)

- 3:15pm – 4:45pm .......................... Building Bridges (Rauch)

- 5:00pm – 6:00pm .......................... Dinner (Cort)

- 6:00pm – 7:00pm .......................... Group Meeting #4

---

**WHO WILL YOU BE?**

- **READING SUMMER LU**

---

**#LehighDay3**

**#LehighDay4**
**ORIENTATION 2019 SCHEDULE**

**THURSDAY • AUGUST 22**

### UNIVERSITY OFFICES OPEN • 8:15am - 4:45pm

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00am</td>
<td>Rathbone</td>
</tr>
<tr>
<td>8:30am</td>
<td>Bookstore</td>
</tr>
<tr>
<td>8:30am</td>
<td>Cort</td>
</tr>
<tr>
<td>10:00am</td>
<td>Rathbone</td>
</tr>
<tr>
<td>12:00pm</td>
<td>Rathbone</td>
</tr>
<tr>
<td>1:00pm</td>
<td>Rathbone</td>
</tr>
<tr>
<td>2:00pm</td>
<td>Rathbone</td>
</tr>
<tr>
<td>3:00pm</td>
<td>Rathbone</td>
</tr>
<tr>
<td>4:00pm</td>
<td>Rathbone</td>
</tr>
</tbody>
</table>

### INFORMATION SESSIONS AND OPEN HOUSES

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

11:00am - 11:50am • Linderman 200

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

**Campus Tours**

11:00am and 12:30pm

- Your campus begins at the Alumni Memorial Building.

**Welcome Lunch**

11:30am - 1:30pm • UC Front Lawn

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

**Campus Resource Tables**

12:00pm-1:30pm • Walkway between Packard and Packard Memorial Church

- Visit various campus and community resources available to answer your questions.

**Farwell to Families**

1:45pm

- Use this opportunity to say goodbye to your family as families and students part ways.

**Commuter Student Meeting**

2:00pm - 2:45pm • UC 306

- Prepare for your new role as a Lehigh student.

**Residence Hall Meetings**

2:15pm - 2:45pm • Residence Halls

- Meet with your Gryphon to walk to the Orientation Kick-Off.

**ORIENTATION KICK-OFF**

3:00pm - 3:45pm • Grace Hall

- Meet your Orientation Leader and your Orientation Leader Team. (Orientation Group Location listed on the label located on the front of the Orientation Times. Please sit at your Orientation Group number listed on the front of your Orientation Times.

**Orientation Group Meeting #1**

4:00pm - 4:45pm

- Meet in your Orientation Group Location and introduce yourself to your Orientation Leader. (Orientation Group Location listed on the label located on the front of the Orientation Times on and your check-in envelope)

**Dinner with Orientation Group / Your True to Life: Theater in Action**

**Bring Your ID to All Meals**

<table>
<thead>
<tr>
<th>Groups</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 - 19</td>
<td>5:00pm - 6:30pm</td>
<td>Theater in Action</td>
</tr>
<tr>
<td></td>
<td>6:30pm – 7:15pm Tour</td>
<td>UC Front Lawn (Baker Hall)</td>
</tr>
<tr>
<td>Groups</td>
<td>20 - 40</td>
<td>5:00pm - 6:30pm Dinner</td>
</tr>
<tr>
<td></td>
<td></td>
<td>UC Front Lawn (Baker Hall)</td>
</tr>
<tr>
<td></td>
<td>6:00pm – 6:45pm Tour</td>
<td>UC Front Lawn (Baker Hall)</td>
</tr>
<tr>
<td>Groups</td>
<td>41 - 60</td>
<td>5:00pm - 6:30pm Dinner</td>
</tr>
<tr>
<td></td>
<td></td>
<td>UC Front Lawn (Baker Hall)</td>
</tr>
<tr>
<td>Groups</td>
<td>61 - 80</td>
<td>4:45pm – 5:30pm Tour</td>
</tr>
<tr>
<td></td>
<td></td>
<td>UC Front Lawn (Baker Hall)</td>
</tr>
</tbody>
</table>

**Residence Hall Floor Meeting**

8:30pm - 9:30pm

**Orion Hall**

- Return to your Residence Hall floor for your first floor meeting! Your Gryphon will help you in getting to know the other students on your floor and you’ll work together to set community expectations.

**RESIDENCE HALL RALLY!**

9:30-11:30pm

- Lower Centur Courtyard
- AC Tamarind Courtyard (outside of Zoellner and Rauts)

**After your first floor meeting, come join your Gryphon and new neighbors as we welcome you to your new home here at Lehigh.** There will be snacks, games, music, and activities in various locations.

**Hawk’s Fest**

11:00am - 1:00pm • Lamberton Great Room

- There’s a little bit for everyone at this late night Hawk’s Fest. Grab some grub, play a game, and decorate your very own Lehigh bucket hat before cracking some Zeds for the night.

**ORIENTATION 2019 SCHEDULE**

**FRIDAY • AUGUST 23**

### 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 Welcome and Advising

10:00am - 3:00pm

- Learn the expectations and requirements of your college and receive information about academic support. More detail will be provided at your College Welcome.

### Calculus Advising Information

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

- Learn about your course options.

### Choral Arts Auditions

11:00am - 4:30pm • Zoellner Arts Center, Third Floor Lobby

### Auditions for Jazz, Wind Ensemble and Orchestra (Woodwinds, Brass and Percussion)

11:00am - 4:30pm • Zoellner Arts Center, Auditorium

### Lunch

11:00am - 2:00pm • Cort & Rathbone

- Cort: College of Engineering; IBE; College of Arts and Sciences Last Names A-L
- Rathbone: College of Business; CSR; College of Arts and Sciences Last Names M-Z

### Friday Restaurant Ticket Exchange

12:30pm - 2:00pm • UC 303

- Stop by UC 303 if you’d like to exchange your Free Friday ticket. Note: If you have a ticket to eat on campus you must eat on campus.

### Campus Resources - 5X10 Foundations Tracks

12:30pm - 3:00pm

- Visit and learn about resources on campus that you may have never known existed!ändrıy a requirement of naviga5.U and BLUeprint by completing a Campus Resource Foundation Track. Details and Tracks will be provided in your Orientation Group Meeting and can be found in your Draft Book on page 4. Locations will vary by track.

### LEHIGH 5X10 SYMPOSIUMS

3:30pm - 4:30pm

- Hear a Lehigh University professor speak on a topic of their interest, ranging from technology to sustainability to outer space. Attendance will count toward one of your naviga5.U and BLUeprint requirements. See page 30 for session information and locations.

### Lehigh 5X10 Foundations Tracks

5:00pm - 8:00pm

- Take your Friday dinner meal Ticket and Lehigh ID to your South Bethlehem Restaurant or Rathbone Dining Hall for dinner. Then explore the sites and shops of South Bethlehem. Be sure to stop by the GreeneWay for FREE lawn games and live music! Orientation Leaders will be available to help you find your location. You must have the appropriate ticket to enter a dining location or you will be turned away!

### Women’s Soccer vs Delaware

8:00pm - 9:30pm

- Come to the Bookstore for raffles & a 25% discount off one Lehigh Logo item!

### Open Mic Night

8:00pm - 9:00pm • Farrington Square

- Come to Farrington Square to enjoy live music and creative performances by our fellow Lehigh students! Feel like performing? Grab your instrument, your latest piece of poetry, or a friend for a duet!

### Lehigh After Dark Presents: Aladdin: A Whole New World

8:30pm - 12:00am • UC Front Lawn

- Join us for the live-action Aladdin movie under the starts at 10:00pm. Featuring a FREE magic carpet giveaway, mini jump, henna, free food, and much more! (Rain location: Zoellner Arts Center, movie showing at 9:10pm)