

WEDNESDAY, AUGUST 27TH

10:00a.m. Health Services Presentation

(Baer Room, 408 Lewisohn Hall)

The Health Services Orientation Program introduces services and programs offered by Health Services at Columbia (HSC) as well as information regarding the student health insurance plan and immunization requirements. The orientation will cover the requirements that all students must meet, including documenting MMR immunity, certifying their meningitis vaccination decision, and confirming their insurance selection. The program will also introduce HSC departments including the Alice! Health Promotion Program, Counseling and Psychological Services, Office of Disability Services, Primary Care Medical Services, Sexual Violence Prevention and Response Program, and Urgent Care. From fitness to stress management, kick off the new year by discovering a multitude of health resources.

10:30a.m. Environmental Stewardship

Cathy Resler, Recycling and Greenhouse Gas Reduction Programs Manager

(Baer Room, 408 Lewisohn Hall)

Join Cathy Resler and learn about Columbia University's green initiatives. Learn what and how to recycle.

11:00a.m. The Arts Initiative at Columbia University

www.cuarts.columbia.edu

(Ward Dennis Room, 602 Lewisohn Hall)

The Arts Initiative at Columbia University is your passport to arts events happening on campus and around the city. NYC has the most exciting arts and culture scene in the country, and the Arts Initiative can help you discover it. Join us and find out how you can get discounted Broadway and campus event tickets, free museum admission, funding for student art projects, information on arts internships, and how you can stay immersed in the scene through our weekly e-newsletter and Facebook group. The Arts Initiative also connects GS students to University-wide arts and culture groups through our monthly "Lunch With The Arts Initiative" series, which gives students opportunities for arts networking across the campus.

11:00a.m. Test Taking Strategies

Leslie Limardo, Assistant Dean for Academic Support Services

(Baer Room, 408 Lewisohn Hall)

Tests are an unavoidable part of college life, but that fact doesn't have to stress you out. Learn the necessary strategies from Assistant Dean for Academic Support Services, Leslie Limardo, to prepare for essay, objective, or any exam.

12:00p.m. Time Management

Leslie Limardo, Assistant Dean for Academic Support Services

(Baer Room, 408 Lewisohn Hall)

There's always so much to do and never enough time to do it all, but now there's a way to turn that all around. Join Leslie Limardo, Assistant Dean for Academic Support Services, and turn over a new leaf. Leave your procrastinating ways behind you and come to this workshop that will help you begin your new year at GS more organized.

- 1:00p.m. Managing Your Digital Life**
Daniel Weiner, GS Undergraduate
(Baer Room, 408 Lewisohn Hall)
Suffering from information overload? At this presentation, GS Undergraduate student and former software professional, Daniel Weiner, shows you tips and tricks to make the most of your digital existence. Learn what's going on at the forefront of technology to make your academic life easier to manage and keep your software running smoothly.
- 2:00p.m. LGBTQ Meet and Greet**
Daniel Weiner and Aries de la Cruz, GS Undergraduates
(Baer Room, 408 Lewisohn Hall)
An informal get-together for new and continuing lesbian, gay, bisexual, transgendered, transsexual, queer, and questioning GS students. Fabulous snacks will be served.
- 3:00p.m. Implementing a Strategic Career Plan with the Support of the Center for Career Education: An Introduction for General Studies Students**
Andres DeMarco, Associate Director
(Baer Room, 408 Lewisohn Hall)
Learn how to best utilize the extensive services provided by the Center for Career Development team and how these resources parallel your academic and professional pursuits while studying at Columbia. Attend this introductory workshop to learn more about individual career counseling appointments, resume, and cover letter critiques, interview preparation, career fairs, alumni and employer networking events and much more.
- 4:00p.m. Butler Library Information Session/ Tour**
Anice Mills, Undergraduate Service Coordinator
(203 Butler Library)
This session will help take the guesswork out of using the libraries at Columbia. Learn how to access library resources online and how to make the most of the 10 million books in our collections. This session is followed by a tour of Butler Library that includes a look at the Stacks, the Reference Room, the Reserves Desk and the 24-hour computer lab. You will need your CUID to enter Butler. Meet in Butler 203 on the main level.
- 6:00p.m. Speed Meeting Party**
GSSC Student Body
(GS Lounge, 3rd Floor Lewisohn Hall)
You won't want to miss the GS Speed Meeting Party. What is it, you ask? It's the place to meet tons of new GS students in a short amount of time. Build relationships and network by spending 2 minutes telling someone about yourself, then spend 2 minutes listening to their fascinating "who I am and how I got here" story. If you like them, you'll be glad you came. If not, move over and meet someone else! There is no better way to get a feeling for how diverse and amazing the GS Student body is. You will be intrigued, humbled, and amazed, while making friends along the way. If you're not there, you'll be sorry. Not convinced? Well it gets even better.....Snacks will be served.

THURSDAY, AUGUST 28TH

- 10:00a.m. GS Parents Workshop**
Jacquie Wayans
(Ward Dennis Room, 602 Lewisohn Hall)
Join Jacquie Wayans, GS undergraduate, and find out how to manage your busy life as a parent and student.
- 11:00a.m. Office of Disability Services**
Jenna Cler, Program Coordinator
(Ward Dennis Room, 602 Lewisohn Hall)
The Office of Disability Services (ODS) empowers students with disabilities to realize their academic and personal potential by facilitating equal access and coordinating reasonable accommodations and support services for eligible students. This approach is consistent with the spirit of the Americans with Disabilities Act and emphasizes student ability and independence. Students seeking reasonable accommodations or disability related services are required to register formally with ODS. This session will review the who, what, where, when, why, and how of ODS – from how to request accommodations for your classes, to services available with our learning specialist.
- 11:00a.m. JOINT EVENT - Academic Resources Fair**
2008 New Student Orientation Program
(Roone Arledge Auditorium, Alfred Lerner Hall)
This is your opportunity to understand the range of academic resources available to you as a Columbia student. Attending will be faculty representatives from every academic department and program, as well as from advising offices. You will be able to ask specific questions, obtain program information and materials, and learn about upcoming academic events. *The event is highly recommended.*
- 1:00p.m. Premed Study Skills**
Andrew Sunshine, Director
(Baer Room, 408 Lewisohn Hall)
Are you a Premed? Are you thinking of majoring in a science? Or are you just interested in taking a science class such as biology, chemistry...to fulfill the Core science requirement? Join Dean Andrew Sunshine for a session where you will be introduced to study tips and skills that would make your science learning experience more enjoyable.
- 3:00p.m. Butler Library Information Session/ Tour**
Anice Mills, Undergraduate Service Coordinator
(203 Butler Library)
This session will help take the guesswork out of using the libraries at Columbia. Learn how to access library resources online and how to make the most of the 10 million books in our collections. This session is followed by a tour of Butler Library that includes a look at the Stacks, the Reference Room, the Reserves Desk and the 24-hour computer lab. You will need your CUID to enter Butler. Meet in Butler 203 on the main level.

- 3:30p.m. Engaged and Active Reading of Textbooks**
Leslie Limardo, Assistant Dean for Academic Support Services
(Ward Dennis Room, 602 Lewisohn Hall)
How will you handle all of the reading that is required at Columbia? Assistant Dean for Academic Support Services, Leslie Limardo, will show you how at this workshop. Come learn the strategies to help you get through all of those assigned chapters efficiently!
- 3:30p.m. Financial Aid Strategies 101-Beyond the FAFSA**
Skip Bailey, Director of Educational Financing
(Baer Room, 408 Lewisohn Hall)
Come hear GS's resident financial aid guru, Skip Bailey, Director of Educational Financing, provide details on what an EFC is, what a student budget is, how the process works, how planning for summer can fit into your plans, how to understand your Columbia bill, and other great financial aid strategizing information. He'll also be handing out a financial aid Application/Deadline timeline. This workshop goes beyond what is covered at Orientation to make the financial aid process more understandable and more manageable. This workshop is focused on strategies for understanding federal financial aid for undergraduates and is not meant for International students or post-baccalaureate pre-medical students.

FRIDAY, AUGUST 29TH

- 10:00a.m. Time Management**
Leslie Limardo, Assistant Dean for Academic Support Services
(Baer Room, 408 Lewisohn Hall)
Can a student managing a full time job while attending classes at Columbia be successful? Yes! Join Leslie Limardo, Assistant Dean for Academic Support Services, and other full time workers to discuss ways to manage your life, get organized, while accomplishing goals.
- 12:00p.m. Test Taking Strategies**
Leslie Limardo, Assistant Dean for Academic Support Services
(Baer Room, 408 Lewisohn Hall)
Tests are an unavoidable part of college life, but that fact doesn't have to stress you out. Learn the necessary strategies from Assistant Dean for Academic Support Services, Leslie Limardo, to prepare for essay, objective, or any exam.

- 1:00p.m. Campus Safety Presentation**
Ricardo Morales, Crime Prevention Program Mgr.
(Ward Dennis Room, 602 Lewisohn Hall)
Join Ricardo Morales from the Department of Public Safety to learn what Columbia's Campus Security can do for you. Mr. Morales will discuss personal safety on campus. Bring your laptop, PDA, MP3, or calculator for discreet security engraving and registering. Columbia's campus security experts will also be offering the NYPD Blue Light Program (invisible ink) for cell phones and other small electronics free of charge. Laptop locks at the discounted price of \$30 and STOP-Tags (tamper-proof security plate and property recovery program) for \$10 will be available for purchase.
- 2:00p.m. How to Organize and Take Great Notes**
Leslie Limardo, Assistant Dean for Academic Support Services
(Baer Room, 408 Lewisohn Hall)
Those in-class doodles show off your artistic side, but they don't help when it's time to study for exams. If you need a little help taking great notes, then this is the workshop for you. Come hear the Assistant Dean for Academic Support Services, Leslie Limardo, teach you the tools you need to organize your notes and prepare for exams using your notes.
- 4:00p.m. U.S. Military Veterans at Columbia University (MilVets)**
Peter Kim, MilVets President
(GS Lounge, 3rd Floor Lewisohn Hall)
U.S. Military Veterans of Columbia University (MilVets) is a non-partisan student group comprised of veterans of the U.S. Armed Forces who are now students at Columbia University. Our primary goal is to create a network of support for students veterans at Columbia through activities and meetings designed to create a space where veterans can meet with other people who have similar life experiences. We also sponsor academic events designed to foster communication and awareness on a range of issues having to do with our experience as veterans. The executive board of MilVets will be on hand to present our plans for the year, explain how you can plug in, and answer any questions you may have. If you are a veteran we are here for you.
- 5:30p.m. Happy Hour - Meet and Greet (Hosted by MilVets)**
(The West End - Havana Central, Broadway between 113th and 114th Street)
Who: U.S. Military Veterans of Columbia University cordially invite all Columbia students to a welcome back happy hour .
When: 5:30p.m.-9:00p.m., Friday August 29th
Where: The West End- Havana Central, Broadway between 113th and 114th Street.
Why: Come, meet, and mingle with new and current students at Columbia. If you have any questions please feel free to contact us at milvets@gmail.com or (212) 991-8432.