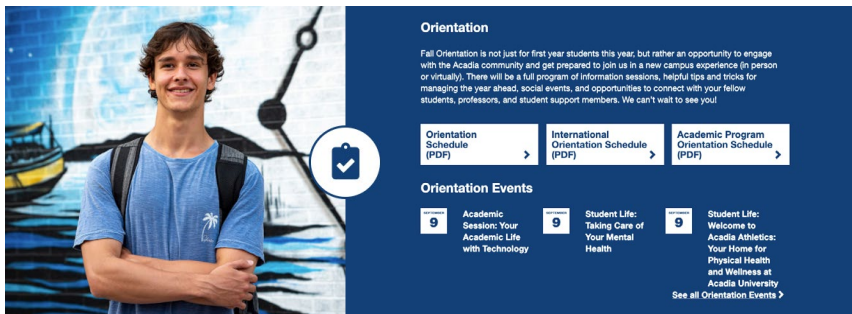


Orientation Schedule Overview

WEEK 1	Monday, Sep. 7th	Tuesday, Sep. 8th	Wednesday, Sep. 9th	Thursday, Sep. 10th	Friday, Sep. 11th
10:00AM - 12:00PM		Academic Session: Getting Started on the Right Foot: The First Week of Class	Academic Session: Your Academic Life with Technology	Academic Session: Fostering your Wellbeing to Optimize Academic Performance	Academic Session: Academic Integrity, Plagiarism, and Citing Sources
1:00PM - 2:00 PM			Student Life: Mental Health Session		
2:00PM - 3:00PM		Student Life: Accessible Learning	Student Life: Welcome to Acadia Athletics	Student Life: Get to Know the Wong International Centre	Student Life: Goal Setting
3:30PM - 4:30PM	Acadia Athletics: Live Work Out Session	Acadia Athletics: Live Work Out Session	Acadia Athletics: Live Work Out Session	Acadia Athletics: Live Work Out Session	Acadia Athletics: Live Work Out Session
7:00PM	Acadia Students' Union: House Mixr Event	Acadia Students' Union: Bob Ross Paint Night	Acadia Students' Union: House Mixr Event	Acadia Students' Union: COCA Campus Kickoff Concert	Acadia Students' Union: Radio Bingo

WEEK 2	Monday, Sep. 14th	Tuesday, Sep. 15th	Wednesday, Sep. 16th	Thursday, Sep. 17th	Friday, Sep. 18th
10:00AM - 12:00PM	Academic Session: Critical Evaluation of Information	Academic Session: Study Skills and Time Management	Academic Session: Help Centres, Tutoring, and Academic Support for your Learning	Academic Session: Interdisciplinary Facilities and Resources on Campus	Academic Session: Information Services (The Library and More)
2:00PM - 3:00PM	Student Life: Student Advisor/ Setting Up Your Workspace	Student Life: Let's talk about Finances	Student Life: Prepare for your Amazing Future (co-op)	Student Life: Relationships and Consent	Student Life: Diversity, Equity & Inclusion
3:30PM - 4:30PM	Acadia Athletics: Live Work Out Session	Acadia Athletics: Live Work Out Session	Acadia Athletics: Live Work Out Session	Acadia Athletics: Live Work Out Session	Acadia Athletics: Live Work Out Session
5:00PM - 5:30PM		Meet the President Session		Matriculation Ceremony	
7:00PM	Acadia Students' Union: Kahoot Trivia	Acadia Students' Union: Bob Ross Paint Night	Acadia Students' Union: Campus Wide Mixr Event	Acadia Students' Union: Acadia Virtual Kitchen Party	Acadia Students' Union: House Mixr Event



Orientation

Fall Orientation is not just for first year students this year, but rather an opportunity to engage with the Acadia community and get prepared to join us in a new campus experience (in person or virtually). There will be a full program of information sessions, helpful tips and tricks for managing the year ahead, social events, and opportunities to connect with your fellow students, professors, and student support members. We can't wait to see you!

[Orientation Schedule \(PDF\)](#)
[International Orientation Schedule \(PDF\)](#)
[Academic Program Orientation Schedule \(PDF\)](#)

Orientation Events

9 Academic Session: Your Academic Life with Technology
9 Student Life: Taking Care of Your Mental Health
9 Student Life: Welcome to Acadia Athletics: Your Home for Physical Health and Wellness at Acadia University

[See all Orientation Events >](#)

* Join each session by heading to https://www2.acadiau.ca/student_life.html and clicking on the Orientation Event links. You can also click on the [Orientation Schedule PDF](#) and click an event title to be taken to an event page where you can access the event link.

Orientation Schedule Descriptions

Monday, Sep. 7th

[Acadia Athletics: Live Work Out Session](#)

Join The Athletics Department to go through a daily workout that will include: breathing & mindset, flexibility & mobility, dynamic warmup, power, core & full body strength, and cardio. All without the need for any equipment except for what you might have around your room!

[Session Link](#)

[Acadia Students' Union: House Mixr Event](#)

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Requires a Chrome based browser

[Event Link](#)

Tuesday, Sep. 8th

[Academic Session: Getting Started on the Right Foot: The First Week of Class](#)

Join Ann Dodge (School of Kinesiology), Dale Keefe (Provost and Vice-President Academic and Dept. of Chemistry), John Murimboh (Dept. of Chemistry), and Geoffrey Whitehall (Dept. of Politics) as they share their insights and experiences about how you can get the most out of the beginning of your university experience.

[Session Link](#)

[Student Life: Accessible Learning](#)

Accessible Learning Services provides supports and resources for students with disabilities that will maximize opportunities for a successful and meaningful experience at Acadia University. Marissa, Ian and Rose from Accessible Learning Services will give an overview of the services, along with a mini workshop with some tips to prepare for the Fall term.

[Session Link](#)

[Acadia Athletics: Live Work Out Session](#)

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[Session Link](#)

[Acadia Students' Union: Bob Ross Paint Night](#)

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[Event Link](#)

Wednesday, Sep. 9th

[Academic Session: Your Academic Life with Technology](#)

Technology in its many forms is increasingly important to Academia. From a simple word processor where you write your

essays, to the more sophisticated video conferencing software, technology is essential. This presentation with Danielle Pierce (Learning Technologies and Instructional Design) and Lisa Speigel (Technology Services) will provide a brief overview of some of the basic technologies being used and services provided for learning at Acadia.

[Session Link](#)

[Student Life: Taking Care of Your Mental Health](#)

Mental Health plays an important role in our overall health and wellbeing and it can affect how we feel, think and act. During these fast changing times, we may be experiencing higher levels of stress or anxiety. This session will offer some prevention strategies and practical suggestions on how to cope while you are self-isolating and throughout your first year at Acadia.

[Session Link](#)

[Student Life: Welcome to Acadia Athletics: Your Home for Physical Health and Wellness at Acadia University](#)

We look forward to welcoming you to the Acadia Campus and the Acadia Athletics Complex this fall. The Acadia Athletics Complex is the fitness, sport, and recreation hub for campus and our surrounding communities. Under normal operations, the Complex bustles daily with a variety of events, programming, and daily fitness and recreation opportunities. The Complex features a fitness centre, gymnasium, Olympic-sized arena, pool, fitness and dance studios, indoor and outdoor tracks, an artificial turf field, and 5 adjacent grass fields. The Complex is also home to our 11 Varsity Axewomen and Axemen teams, which normally host over 50 home games and competitions throughout the year, which are free for students to attend!

As we prepare for the fall ahead, there are certain changes to the delivery of fitness, sport and recreation, and we're here to help!

Join our presentation to learn about the Acadia Athletics Complex and its COVID-19 protocols and procedures, as well as high performance, fitness, sport and recreation opportunities specially designed for our Return to Campus this fall.

[Session Link](#)

[Acadia Athletics: Live Work Out Session](#)

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[Session Link](#)

[Acadia Students' Union: House Mixr Event](#)

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Requires a Chrome based browser

[Event Link](#)

Thursday, Sep. 10th

[Academic Session: Fostering your Wellbeing to Optimize Academic Performance](#)

Join Kathryn Bell (Dept. of Psychology), Jonathon Fowles (School of Kinesiology), Lesley Frank (Dept. of Sociology), and Cath Morley (School of Nutrition and Dietetics) as they share their experiences and expertise about wellness and some of their recommended strategies for performing your best as a student.

[Session Link](#)

[Student Life: Get to know the Wong International Centre](#)

The Wong International Centre (WIC) is simply the heart of diversity at Acadia University because it encompasses community, social inclusion, resources/support and laughter. For many years, the Wong International Centre has welcomed everyone, and it is known to be a safe haven to students both international and domestic. The Wong

International Centre is special because it is the place where students and staff embrace different cultural backgrounds, and we allow our differences to connect us to form lifelong relationships!

The Wong International Centre' services such as immigration help, settlement assistance etc., are geared to assist international students living in Canada. However, we offer more than that! Throughout the semester we host many workshops, social activities and events. The Wong International Centre is focused on bringing international and domestic students together, so we encourage as many people to attend our events as possible.

[Session Link](#)

[Acadia Athletics: Live Work Out Session](#)

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[Session Link](#)

[Acadia Students' Union: COCA Campus Kickoff Concert](#)

After all that happened this year, you deserve a wicked kickoff concert, and we're going to give you one! In partnership with 25 other student unions, The ASU is proud to bring you the biggest concert Acadia has ever seen! 6 performers, tons of fun and a few special guest appearances!

[Event Link](#)

Friday, Sep. 11th

[Academic Session: Academic Integrity, Plagiarism, and Citing Sources](#)

Join Paul Abela (Dept. of Philosophy and former Chair of the Academic Integrity Committee) and Erin Patterson (Academic Librarian and Head of Research Services) as they discuss how to properly cite sources and avoid plagiarism in your assignments. They will also provide an overview of how Acadia handles plagiarism and other academic infractions related to academic integrity.

[Session Link](#)

[Student Life: Acadia was a smart choice, now let's talk about some SMART goals.](#)

Your first year of university is a brand new start in your life! What better time to make some solid changes or improvements that will contribute to your overall wellness and wellbeing? Join Oonagh as she outlines a pretty simple way to get what you want and get to where you want to be by the end of your first year. She will share with you what goals and objectives are; how to set them; and how to achieve them. Well, she will offer you the information, inspiration, and guidance, but the real magic comes from you. Come with an open mind and a clean slate!

[Session Link](#)

[Acadia Athletics: Live Work Out Session](#)

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[Session Link](#)

[Acadia Students' Union: Radio Bingo](#)

Axe Radio is a staple of the Acadia community. Tune in for some free bingo and enter for the chance to earn Acadia swag!

[Event Link](#)

Monday, Sep. 14th

[Academic Session: Critical Evaluation of Information](#)

How do you know if that information you found online is legit? Should it be included in that paper, blog, lab report, or presentation? Should you share that link on Twitter? Join Matt Lukeman (Dept. of Chemistry) and Maggie Neilson (Academic Librarian) as they discuss some strategies for how you can discern the credibility of a source and the accuracy of the information you've found.

[Session Link](#)

[Student Life: First Year Advisor/Setting Up Your Workplace](#)

Adam Detienne will be here to introduce himself and his role of Student Advisor, and how this can be an asset to you in the coming academic year.

He will also provide information on how best to set up your home workspace for the upcoming 'hybrid' year of online and on-campus learning. This year more than ever before, being able to Collect, Process & Review all the information coming your way has an increased importance. Between in-person and digital interactions, there will be a lot to process. Ensure your setup allows you to do this most efficiently. Drop by the session to see how you can set yourself up with what you need to succeed!

[Session Link](#)

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[Session Link](#)

[Acadia Students' Union: Kahoot Trivia](#)

Stop in to enjoy Acadia Trivia, test your skills in general knowledge, Pop Culture, Sports and more! Show off your knowledge, KAHOOT style!!

[Event Link](#)

Tuesday, Sep. 15th

[Academic Session: Study Skills and Time Management](#)

How do you give all of your university courses the focus they require and deserve while still making time to connect with friends and family, hold down a job, participate in clubs and volunteer work, and practice healthy habits? Join Jeff Banks (Director of Open Acadia and Dept. of Chemistry), Anna Kieft (Dept. of Physics), Jamie Sedgwick (Dept. of History and Classics), and Mary Sweatman (Dept. of Community Development) as they share their experiences and strategies related to time management and study skills.

[Session Link](#)

[Student Life: Let's Talk About Finances](#)

Join Mike Kennedy (aka Prof K) for a journey into navigating how to manage your money during your time at Acadia (and beyond). In this session, we'll cover budgeting, tips and tools for managing your money, opportunities for financial aid (from scholarships to grants) and dive into your questions and concerns about all things personal finance.

[Session Link](#)

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[Session Link](#)

Meet the President Session:

More information [coming soon](#).

Acadia Students' Union: Bob Ross Paint Night

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Event Link

Wednesday, Sep. 16th

Academic Session: Help Centres, Tutoring, and Academic Support for your Learning

If you're struggling with a course, where can you get the academic support that you need? Join Caroline Cochran (Math and Stats Help Centre), Elisabeth Frost (Tutoring Services), and Kait Pinder (Writing Centre) as they give some great tips and information about tutoring options, help centres, and other academic resources that are available to you on campus and online this year.

Session Link

Student Life: Prepare for Your Amazing Future – Starting Now! (Co-op)

"Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending." - Carl Bard

When I started university, beyond choosing a degree of interest, I honestly wasn't thinking about other ways I could begin preparing for my future career. I mean - that was four years away – I had lots of time! In hindsight, there were simple things I could have started doing from day one to pave my way to future success. Even though graduation seems like a lifetime away, the opportunities you take advantage of during your time at Acadia can directly influence your future career path and success.

Join this session to discover ways to start laying the foundation for a successful career - learn about Acadia's Co-op program, the Acadia Café, tips for building an excellent resume and the power of networking!

Session Link

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Session Link

Acadia Students' Union: Campus Wide Mixr Event

There's lots of student on Acadia's campus! This is your chance to get to know your Acadia Peers through an online platform! Mixr is an online video-chat platform where you can get to know your peers through an interactive and fun platform! Chat, play games, listen to music and hangout, all from the comfort of your own room! Friendships last forever so hop on in!!

Requires a Chrome based browser

Event Link

Thursday, Sep. 17th

Academic Session: Interdisciplinary Facilities and Resources on Campus

At an undergraduate student at Acadia, you will have many opportunities to engage with facilities and resources on campus that will enrich your studies and provide you with exciting ways to grow your mind and grow your ideas! Join Laurie Dalton (Acadia Art Gallery), Tom Dalmazzi (Acadia Entrepreneurship Centre), Sarah Hines (K.C. Irving Environmental Science Centre), Leigh Huestis (Huestis Innovation Pavilion and Industry and Community Engagement Office), and Leanne Strathdee (Acadia Centre for Rural Innovation) as they share information about how you can be

inspired and engaged outside the classroom!

[Session Link](#)

[Student Life: Consent/Relationships Session](#)

What do we need to know about healthy relationships, sex and consent?

Positive and healthy relationships are a vital part of our lives and learning about ourselves and how we want to be in a relationship is something we all need to know more about.

In this session we want to talk about the key qualities of a good relationship, sex positivity (whether you are having sex or not) and the importance of consent in all relationships.

[Session Link](#)

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[Session Link](#)

[Matriculation Ceremony:](#)

More information [coming soon.](#)

[Acadia Students' Union: Acadia Virtual Kitchen Party](#)

We know the Valley is home to some of the greatest musicians, magicians so here's your chance to prove it! Acadia's Virtual Kitchen Party is a place to post a video, go live or enjoy your peers talents every Thursday evening!

Join the Facebook group and we'll see you every Thursday!

[Event Link](#)

Friday, Sep. 18th

[Academic Session: Information Services \(The Library and More\)](#)

The library is definitely not just about books. Librarians and archivists can help you to refine your research questions, seek the most appropriate information and sources for a course project or paper, and access artifacts and original documents. Join Erin Patterson (Academic Librarian and Head of Research Services) as she discusses Information Services on campus and online, and some of the valuable tools and resources that are available to you!

[Session Link](#)

[Student Life: Diversity, Equity & Inclusion](#)

What does it mean to be an ally? Come join Polly Leonard, Acadia's new Equity, Diversity and Inclusion officer, and Fikayo Kayode, President of the Black Student's Association, for a space of learning about allyship and understanding anti-oppression. Find out where to go if you have experienced racism, discrimination, harassment or sexual violence on campus. Learn about Polly's position and how their office can support you and to have a general conversation about equity, diversity and inclusion within the campus community. Hear from Fikayo about how to get involved with Acadia's Black Students Association. If you have any questions please submit them ahead of time to polly.leonard@acadiau.ca

[Session Link](#)

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[Event Link](#)