






# NIPISSING LAKERS ORIENTATION

Time/Date	Wed, Aug 22	Thurs, Aug 23	Fri, Aug 24	Sat, Aug 25
8:00 - 8:30 am				
8:30 - 9:00 am				
9:00 - 9:30 am				Understanding Accommodations @ B211
9:30 - 10:00 am			Breakfast and Learn @ A257	
10:00 - 10:30 am		Opening Breakfast @ B208		
10:30 - 11:00 am			 Student Learning and Transitions 101 @ A224	Brunch and Guest Speaker @ B208
11:00 - 11:30 am		 How WE Learn @ A257		
11:30 - 12:00 pm			 Self-Care 101 @ A224	
12:00 - 12:30 pm	Opening Lunch (Students & Supporters) @ A257	 Library Tour @ Library		
12:30 - 1:00 pm			Lunch @ B208	
1:00 - 1:30 pm	 Attitude is Everything... Almost @ A224	Student Accessibility Services 101 (Supporter's only) @ A259		
1:30 - 2:00 pm			Lunch @ B208	Yoga @ Fitness Room 1
2:00 - 2:30 pm		 How YOU Learn @ A257		
2:30 - 3:00 pm			Nipissing University Tour / Find Your Classes @ NU Campus	
3:00 - 3:30 pm				
3:30 - 4:00 pm	Intro to ATP @ Governors House			
4:00 - 4:30 pm				
4:30 - 5:00 pm	Pizza Social @ Governors House	Dinner at The Boat @ Waterfront	Dinner @ Twiggs	
5:00 - 5:30 pm				
5:30 - 6:00 pm				
6:00 - 6:30 pm				
6:30 - 7:00 pm				
7:00 - 7:30 pm		Callander Bay Sunset Cruise @ Chief Commanda II		
7:30 - 8:00 pm				
8:00 - 8:30 pm				
8:30 - 9:00 pm				
9:00 - 9:30 pm				
9:30 - 10:00 pm				
10:00 - 10:30 pm				
10:30 - 11:00 pm				
11:00 - 11:30 pm				
11:30 - 12:00 am				

# NIPISSING LAKERS ORIENTATION

## The Record of Student Development Program

Your experience at Nipissing is more than just the time spent learning great things in lectures, labs, and seminars. Your experience is also about the activities you are involved in outside of the classroom. It is about the causes you champion to make change on campus; the clubs you organize; the awards you receive for being a student leader; the workshops you participate in; the volunteering you do; and all of the learning that occurs outside of the classroom.

The Record of Student Development (RSD) is Nipissing's way of recognizing that learning is happening everywhere on campus. It is a formal record otherwise known as a co-curricular transcript where students can include workshops, volunteer experiences, awards, and activities that they have participated in throughout their degree. For more information & to register [click here](#).



This logo is displayed in all Laker's Orientation events which are approved for inclusion in the RSD program. If you attend an event with this logo, all you have to do is log on to [rsd.nipissingu.ca](http://rsd.nipissingu.ca) add it to your record!

## Consent Crew & Sexual Violence Support & Education

The Consent Crew is the creative collaborations of student leaders and community members who engage in courageous conversations about consent, hope, healing, and change. We believe that by beginning to listen to each other we can co-create a campus of our own (re-)imagining.



Kindly look out for the consent crew logo on your orientation calendars. We will be on hand at the BBQ Banquet, Opening Ceremonies, Sexy Bingo, Much Music Dance Party, and the Northern Lights Social to share stories, laughter, awesome dance moves, giveaways and prizes, as well as information to support students on their healing journeys.

The consent crew believes in the power of art and movement to transform ourselves and our community. We invite you to join us in co-creating safe(r) spaces at Changing the Conversation: Unmasking Masculinity through Art and Film, Embodied Resilience: Managing Stress through Movement-Based Play, and/or Positive Affirmations: Beginner Beading Workshop where we hope to respect resilience, shake it off, get messy and/or make some art! Each of these workshops are RSD approved, which will offer attendees the opportunity to build their co-curricular transcripts will we build a community of care.

The Consent Crew works as outreach for Sexual Violence Support and Education to co-create a culture of consent on campus.

#nuconsentculture is Nipissing University's campaign to end sexual violence through education and outreach. The teal colour used in the logo is the official colour of Sexual Assault Awareness. The hashtag is included as a symbol to engage in campus-wide conversations, events, workshops, and initiatives around consent.

Got a question about our events, workshops, or initiatives? Want to get on our consent belongs here mailing list? Want to find out how to get involved? Kindly reach out to [consentbelongshere@nipissingu.ca](mailto:consentbelongshere@nipissingu.ca)

For confidential sexual violence support, kindly reach out to [svsupport@nipissingu.ca](mailto:svsupport@nipissingu.ca)

### **The Equity Centre**

The Equity Centre is a student run safer space on campus where students can hang out, learn, or help organize events and campaigns that raise awareness of equity issues which impact the diverse communities at Nipissing University. We work to provide education and resources, advocate on behalf of students, and promote allyship on campus. The Equity Centre space and our events are open to everyone. However, we prioritize initiatives and spaces by and for students from marginalized communities, such as: Indigenous students, students of colour, LGBTQIA2S+ students, students with disabilities, and students from ethnic, religious and/or cultural minority groups. Allies are welcome to hang out, learn more, and attend our events, unless stated otherwise.

The Equity Centre currently collaborates with two equity sub-groups on campus: 2QT Pride, a group for LGBTQIA2S+ students and their allies; and Students of Colour United, a group for Indigenous students, students of colour and their allies. We strive to provide opportunities for students to gather socially and make friends in a safe and accessible way; we always welcome feedback on how we can improve our efforts.

For more information, check us out on Facebook or email us directly at [equitycentrenu@gmail.com](mailto:equitycentrenu@gmail.com).



This logo is displayed on all Laker's Orientation events where The Equity Centre executives will be present, or where we are hosting an event. Our executives are there to help facilitate safer spaces and inclusion for all students”

**For detailed descriptions of orientation events, see below.**

## ACCESSIBILITY TRANSITION PROGRAM (ATP)

Student Accessibility Services (SAS) wants to support you with your transition to university life. The Accessibility Transition Program (ATP) is a FREE three-day program designed to not only provide first-year students registering with SAS an introduction to available supports and services essential to make your transition successful, but also exposure to skill development. The event combines academic, independent living and social components together to help familiarize you not only with Nipissing University, but also with North Bay.

**Wednesday, August 22nd, 2018**

<b>Time</b>	<b>Event/Session Title</b>	<b>Location</b>	<b>Event/Session Details</b>
12:00pm- 1:00pm	Opening Lunch (With Supporters)	A257	Meal is provided to all ATP participants and supporters by Nipissing University.
1:00pm- 2:00pm	S.A.S. 101 (Supporters)	A259	Come meet the SAS team! Learn about the accommodation process and how we work to support your students.
1:00pm- 2:00pm	Attitude is Everything...Almost	A224	Whether you think you can or you can't, you're right - Henry Ford (1863-1947). Attribution Theory. Successful Intelligence. Mindset. Come learn about how these factors interfere with, or enhance your chances for academic success.
3:30pm- 4:30pm	Intro to ATP	Governors House	Get a sneak peak at what's in store for you during ATP! Get to know your Peer Leaders and other ATP participants.
4:30pm- 6:00pm	Pizza Social	Governors House	Come join us for pizza and get to know other ATP participants and Peer Leaders through a fun game of baseball trivia! Meal is provided to all ATP participants by Nipissing University.

**Thursday, August 23rd, 2018**

<b>Time</b>	<b>Event/Session Title</b>	<b>Location</b>	<b>Event/Session Details</b>
10:00am - 1:00am	Opening Breakfast	B208	Meal is provided to all ATP participants by Nipissing University.
11:00am -12:00pm	How WE Learn	A257	Join one of our Accessibility Consultants in exploring the brain and the processes involved with learning. You will explore how your attention, mental processing and memory impact how you learn.
12:00pm-12:45pm	Library Tour	Library	To be successful in university you need the proper tools and supports. Learn what the library has to offer, and how to best utilize the resources available to you!
1:00pm- 2:00pm	Lunch	B208	Meal is provided to all ATP participants by Nipissing University.
2:00pm- 3:00pm	How YOU Learn	A257	Building on the information from How WE Learn, this workshop will help you develop strategies to help you learn, and will provide you an understanding of what kind of student you are!
3:30pm- 4:00pm	Bus/Dinner	Downtown	North Bay Transit (fare will be covered by Student Card).
4:00pm- 6:00pm	Dinner at The Boat Grill	Waterfront	Meal is provided to all ATP participants by Nipissing University in collaboration with International Initiatives.
6:00pm- 6:30pm	Walk to the Chief Commanda II	Walk/ Waterfront	Students will have the opportunity to explore the different sites around downtown North Bay.
6:30pm- 9:30pm	Callander Bay Sunset Scenic Cruise	Chief Commanda II	Students will have the opportunity to enjoy the sites provided by the Callander Bay Sunset Scenic Cruise with students from International Initiatives. The fare will be covered by Nipissing University.

**Friday August 24th, 2018**

<b>Time</b>	<b>Event/Session Title</b>	<b>Location</b>	<b>Event/Session Details</b>
9:30am - 10:30am	Breakfast	A257	Meal is provided to all ATP participants by Nipissing University.
10:30am - 11:30am	SLT 101	A224	Come learn about tools that can help you during the school year. Learn how to manage school assignments, work, social life, and your health by balancing the many demands of university life to make the most of your time at Nipissing!
11:30am - 12:30pm	Self-Care 101	A224	Having the tools to manage the stress that comes along with the university experience can make all the difference. A Student Counsellor from Student Counselling Services will provide you with some information and practical techniques to help you cope with difficult situations.
12:30pm- 1:30pm	Lunch	B208	Meal will be provided to all ATP participants by Nipissing University.
1:30pm - 2:15pm	Yoga	Fitness Room 1	Come explore simple, accessible movements with an experienced yoga instructor! Learn new breathing strategies and mindfulness.
2:30pm - 3:30pm	Nipissing University Tour/Find Your Classes	NU Campus	Explore the Nipissing University Campus with your peers by searching for specific landmarks. This will also be the time to locate your classrooms with the help of a Peer Leader. ATP participants will work in groups for a chance to win a prize!
3:30pm- 4:00pm	Bus to Twiggs	Bus/ Twiggs	North Bay Transit (fare will be covered by Student Card).
4:00pm- 6:00pm	Dinner at Twiggs	Twiggs	Meal is provided to all ATP participants by Nipissing University.
6:00pm - 6:30pm	Bus/Residence/Home	Bus/ Residence/Home	North Bay Transit (fare will be covered by Student Card).

**Saturday August 25th, 2018**

<b>Time</b>	<b>Event/Session Title</b>	<b>Location</b>	<b>Event/Session Details</b>
9:00am- 10:30am	Understanding Accommodations	B211	Time to make use of the resources available to you! The SAS team is here to show you how to book tests/exams, request note taking services, fill out forms online, and request textbooks in alternative formats.
9:00am- 10:30am	SAS Office Tour	B210	It all starts here! Come tour Student Accessibility Services and book your intake appointment!
10:30am - 11:30am	Brunch and Guest Speaker	B208	To wrap up ATP, we will introduce you to Nipissing's orientation programs (Laker's Academy, NUSU's Frosh Week, and Residence Orientation). A guest speaker will also provide insight on past experiences and how to self-advocate within a university setting. Meal is provided to all ATP participants by Nipissing University.