V-Hawk Orientation Days
Schedule and FAQs
August 28 - 30, 2015
10:30 a.m.—1 p.m. Free Family Luncheon for New Students and Family Members. Students and family members are welcome to enjoy a picnic-style luncheon. *Location: The Caf.*

12—12:45 p.m. Orientation Check-In for Off-Campus Students. Students who live off-campus are invited to check-in and receive Orientation materials. Students living on-campus will check-in for Orientation during new student move-in. *Location: Fine Arts Center Lobby.*

1—2 p.m. Welcome and Blessing Ceremony. Join the Viterbo Community in the Welcome and Blessing Ceremony, an annual V-Hawk Orientation Days tradition. *Location: Fine Arts Center Lobby.*

2—2:30 p.m. Class of 2019 Photo. This is the first time you’ll be with your entire graduating class — we’ll capture the moment. *Location: Assisi Courtyard.*

2:30—3:05 p.m. Orientation Team Meetings. Orientation Leaders will kick off Orientation with an informative and fun first team meeting. Students will receive more information about the weekend’s events and get to know their Orientation Leaders. Locations of meetings will be listed on participant nametag. *Locations: Locations vary by Orientation Leader; locations will be listed on student nametag.*

3:15—4:15 p.m. Academic Advising Meetings. Students will meet their academic advisor and learn about the important role academic advisors play in student success at Viterbo. *Locations: Meetings vary by academic discipline; information will be emailed to each student prior to August 28.*

4:30—6:30 p.m. Dinner and Orientation Team Meetings. Orientation Leaders will eat dinner with students and facilitate discussions and activities for students to get to know one another. *Location: The Caf.*

6:30—7:15 p.m. Residence Life Community Meeting and Commuter Student Corner. Students living on-campus and off-campus will learn about resources for safety and community engagement in their new home away from home. *Location: Resident students — Fine Arts Center Main Theatre; Commuter students — Fine Arts Center Hospitality Suite.*

7:15—9 p.m. The Hook Up: When It’s Hot and When It’s Not. This session includes a facilitated discussion about hooking up, sexual violence prevention, and bystander intervention. This program will help new students learn about healthy relationships and the resources they have at Viterbo and in La Crosse. *Location: Fine Arts Center Main Theatre.*

9—9:30 p.m. Break and Refreshments. Students are welcome to enjoy a delicious treat between performances. *Location: Fine Arts Center Lobby*

9:30 p.m. Hypnotist Brian Imbus. Brian Imbus is one of the most requested Hypnotic Entertainers in the United States. In this high energy performance, the audience will become the show as volunteers are led through an entertaining journey of imagination. *Location: Fine Arts Center Main Theatre.*
6:30—8 a.m.  **Continental Breakfast Available. Location: The Caf.**

8—8:45 a.m.  **Playing Your A Game.** This session is led by Kantis Simmons, a rocket scientist, academic guru, author, and nationally renowned speaker. He’ll talk to new students about what it takes to be successful in college. **Location: Fine Arts Center Main Theatre.**

9—9:45 a.m.  **Participants will attend both of these programs in two 45-minute sessions:**

10—10:45 a.m.  **Campus Safety 101.** This session includes a synopsis of user friendly tips and suggestions for keeping you and your property safe and secure on and off campus. Students will meet Campus Security and La Crosse’s Community Resource Officers. **Location: Fine Arts Center Recital Hall.**

**Financial Literacy 101.** This educational session will provide information on student expenses while in school while providing tips and tricks to spending and saving money wisely. **Location: Nursing Center 196.**

11—11:45 a.m.  **Success is a Mindset.** Kantis Simmons returns to help new students focus on achieving academic goals while at Viterbo. **Location: Fine Arts Center Main Theatre.**

12—2 p.m.  **Lunch and Orientation Team Meetings.** Orientation Leaders will eat lunch with students and will teach new students about Viterbo Technology, including email, Moodle, and VitNet. **Location: The Caf and various meeting locations.**

2—5 p.m.  **Explore La Crosse.** Orientation Leaders will guide new students in exploring the La Crosse Community. Students have the opportunity to visit the Great River Folk Festival in Riverside Park, the Dahl Automotive Museum, and other local venues for free. **Location: Various locations in downtown La Crosse.**

3 p.m.  **Men’s Soccer vs. Grace University.** Students are invited to cheer on the V-Hawks as they take on Grace University. Transportation will be provided. **Location: Outdoor Athletics Complex.**

5—6:30 p.m.  **Dinner.** Orientation teams have time to eat a meal together over the dinner hour before the evening activities. **Location: The Caf.**

6:30—8 p.m.  **Kick Back and Relax.** Students can enjoy “free-time” to unpack, relax, do an activity with their Orientation team, or hang out in the Hawk’s Nest.

8—11 p.m.  **RECtation.** Recreational sports welcomes you to the Mathy Center with a variety of activities, including a volleyball tournament, movie, group fitness classes, intramural registration and open access to the fitness center, gym, and track. **Location: Mathy Center.**
Choose your adventure!

Sunday is a day for students to choose which sessions they would like to attend. Orientation Leaders will guide various activities, but not every event will be attended as an orientation team.

7:30—9 a.m.  Continental Breakfast Available. Location: The Caf.

10 — 10:45 a.m.  Find Your Classrooms. Orientation Leaders will assist students in finding their classrooms and lecture halls. Location: Viterbo Court, between Murphy Center and Varsity Athletic Center.

10—10:45 a.m.  St. Francis Choir Rehearsal. Students interested in joining the St. Francis Choir are invited to rehearse before Mass. Location: San Damiano Chapel.

11—11:45 a.m.  Find Your Classrooms. Orientation Leaders will assist students in finding their classrooms and lecture halls. Location: Viterbo Court, between Murphy Center and Varsity Athletic Center.

11—11:45 a.m.  Catholic Mass. All students are welcome to attend Catholic Mass. A listing of other religious services will be provided to students during Orientation. Location: San Damiano Chapel.

11 a.m.—12:30 p.m.  Lunch. Orientation teams have time to eat a meal together before afternoon activities. Location: The Caf.

1—4 p.m.  Dance Placement Class. For Fine Arts Majors wanting to test out of DANC 110 and for any students interested in pursuing a Dance Minor. Location: Fine Arts Center 122.

1—6 p.m.  Great River Folk Festival. Students have free access to the Great River Folk Festival with Student ID. Location: Riverside Park, downtown La Crosse.

1—5 p.m.  Concert Choir Auditions. All students are welcome to audition for Concert Choir. Students do not need to prepare anything in advance. Location: Fine Arts Center 435.

1—3:45 p.m.  Trip to Wal-Mart. Students are welcome to join Orientation Leaders for a quick trip to Wal-Mart to pick up any last-minute items. Location: Meet at Student Union.

2—3 p.m.  Usher Training. Students who are interested in volunteering as a Fine Arts Center Usher are encouraged to attend this training session. Location: Fine Arts Center Lobby.

3—5 p.m.  Platinum Edition Auditions. Platinum Edition, Viterbo’s Show Choir, is open to all students, regardless of major. Location: Fine Arts Center 404.

3:30 p.m.  Headshots for Music and Music Theatre Majors. Music theatre majors are required to get headshots taken at this time. Location: Fine Arts Center Lobby.
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4—5:30 p.m. **Serving Your Community.** Students are invited to give back to their new community by participating in a variety of community service opportunities. *Location: Various locations on- and off-campus.*

4:45—6 p.m. **Dinner.** Orientation teams will eat a final meal together. Student IDs are activated for meal plan usage at this meal. *Location: The Caf.*

6—7 p.m. **Catholic Mass.** All students are welcome to attend Catholic Mass. A listing of other religious services will be provided to students during Orientation. *Location: San Damiano Chapel.*

7 p.m. **Student Government Association Meeting.** Students interested in getting involved with Student Government are invited to attend. *Location: Reinhart Center Boardroom.*

7 p.m. **Viterbo Student Nurses Association Meeting.** New nursing majors are invited to learn more about getting involved in the Viterbo Student Nurses Association. *Location: Assisi Courtyard.*

7 p.m. **Welcome Meeting for Theatre and Music Theatre Majors.** New theatre and music theatre majors are invited to attend a welcome meeting with students and staff. *Location: Fine Arts Center Lobby.*

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**All Weekend**

Orientation Teams are invited to participate in an interactive photo scavenger hunt to learn more about campus.

Participating teams will be put into a drawing for a free pizza party during the first week of classes.

Just don’t forget the hashtag #viterbofun!

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**All Weekend**

Students who read *The Freshman Survival Guide* will be eligible to win prizes during V-Hawk Orientation Days.

Visit the FSG table in the Student Union to answer a question for a chance to win a prize! Multiple prizes will be distributed throughout the weekend.
How do meals work during Orientation?

We’ve got you covered! Meal plans officially begin Sunday, August 30 at dinner. Other meals are included in the Orientation Days program.

What do I need to bring to Orientation?

Because of all of the activities offered, there are limited opportunities for students to go to on- or off-campus housing to get items, so we suggest bringing a water bottle and anything you might need throughout the day, such as medications or sunscreen. Students should also begin carrying their Student IDs and room keys. We also suggest wearing comfortable clothing, especially shoes! We will provide a schedule and name-tag upon orientation check-in.

Are families welcome at Orientation?

Parents and family members are welcome to join new students for a free luncheon from 10 a.m.– 1:00 p.m. in The Caf, as well as the Welcome and Blessing Ceremony from 1—2 p.m. in the Fine Arts Center Main Theatre on Friday, August 28. After these two programs, remaining activities are geared toward students. We ask that parents and family members leave campus so students can get the most out of their orientation experience.

What if I cannot attend V-Hawk Orientation Days?

Students who will be away from campus between August 28-30 should contact the Office of Campus Activities an Orientation to discuss orientation options. Athletes are required to attend specific portions of V-Hawk Orientation Days agreed upon by the Athletic Department and Orientation Office.

I would like more information about V-Hawk Orientation Days. Who should I contact?

Specific questions regarding orientation programming can be directed to Kasie Von Haden, Director of Campus Activities and Orientation by emailing campusactivities@viterbo.edu or calling 608-796-3807.