Orientation Schedule-Fall 2015

Saturday, August 15
3:45-7:00 pm  City Tour & Shopping Trip (Optional) (Must sign up via email)
Meet at International Centre at 3:45pm. Transportation free! Bring Money for shopping!

Sunday, August 16
3:45-7:00 pm  City Tour & Shopping Trip (Optional) (Must sign up via email)
Meet at International Centre at 3:45 pm. Transportation free! Bring Money for shopping!

Monday, August 17-Welcome to UND!
All students meet at the River Valley Room (Union, 2nd Floor)

8:30 – 9:00 am  Registration

9:00-10:30 am  Get Ready for UND!
• Overview of orientation week, activity sign-up
• Review of immigration documents, completion of information sheets – be sure to bring your I-20/DS-2019, passport, visa, I-94 card (if applicable)
• Get to Know Your Classmates Activity
• Intro to North Dakota, overview of U.S. culture and cultural adjustment

10:30-11:30 am  TB Testing/Immunizations Information

11:30-12:00 pm  Dean of Students
Information on general advisement & campus consultation, student disciplinary services, what to do in case of a crisis, assistance in problem solving

12:00-1:00 pm  Lunch on Your Own
Suggestions: Squires Dining Center (Open 11 am-1 pm), Old Main Market Place in the Memorial Union
*Note: students staying in the dorms with early arrival must eat at Squires to utilize their meals they paid for with the room

1:00-2:00 pm  Campus Tour (Optional Event led by Peer Mentors)
Meet at International Centre at 12:45 pm

3:00-4:00 pm  F-1 Check In with International Student Advisor (priority given to grad students)
International Centre
All students must sign up for a specific check in date and time
4:00-5:00 pm  F-1 Check In with International Student Advisor  
International Centre  
All students must sign up for a specific check in date and time

4:30-6:30 pm  Dinner on Your Own  
Suggestions: Squires Dining Center (Open 4:30-6:30 pm), Old Main Marketplace, Ask Peer Mentors for Restaurant ideas in town

TBA  Wellness Center Tour/Activities (Optional Activity led by Peer Mentors)  
Meet at International Centre.  
*Free, but bring your UND Student ID card!* Wear clothes you can be active in!  
*Volleyball, basketball, indoor soccer, and other activities*

**Tuesday, August 18—Health & Wellness**  
*All students meet at the River Valley Room (Union, 2nd Floor)*

7:00 – 8:45 am  Breakfast on your own at Squires Dining Center or Old Main Marketplace

9:00-9:20 am  Health & Wellness: 7 Dimensions of Wellness  
UND is committed to its all-inclusive approach to wellness. This means incorporating all 7 Dimensions of Wellness (emotional, environmental, intellectual, occupational, physical, social and spiritual) into your daily life

9:20-9:40 am  Top Health & Wellness Issues at UND  
Find out the top issues to watch out for while here at UND

9:40-10:10 am  Mental Health, Culture Shock, & University Counseling Center  
Learn about mental health and culture shock and ways to deal with them

10:10-10:30 am  University Federal Credit Union  
Introduction to Banking and Credit in the U.S.

10:30-10:50 am  Financial Wellness & Career Services  
Learn how to make good financial decisions in the U.S.

10:50-11:15 am  Health Insurance  
Get all your Health Insurance questions answered by the International Student Advisors

11:15 am-12:30 pm  Lunch Provided by the Office of International Programs

12:30-3:30 pm  TB Testing  
All students must sign up for a specific testing date and time on Monday.

Afternoon  Compass Math Placement Testing  
All students must sign up for a specific testing date and time on Monday.

2:00-3:00 pm  F-1 Check In with International Student Advisor (priority given to grad students)  
International Centre  
All students must sign up for a specific check in date and time

3:00-4:00 pm  J-1 Check In with International Student Advisor  
International Centre  
All students must sign up for a specific check in date and time
4:00-5:00 pm  **F-1 Check In with International Student Advisor**  
International Centre  
All students must sign up for a specific check in date and time

4:30-6:30 pm  **Dinner on Your Own**  
Suggestions: Squires Dining Center (Open 4:30-6:30 pm), Old Main Marketplace, Ask Peer Mentors for Restaurant ideas in town

6:15 pm  **Movie Night** (Optional Activity led by Peer Mentors)  
*Meet at International Centre at 6:15 pm. Transportation included, but bring money for Movie Ticket & Snacks!*

**Wednesday, August 19th—Campus Resources**  
*All students meet at the River Valley Room (Union, 2nd Floor)*

7:00 – 8:45 am  **Breakfast on your own at Squires Dining Center or Old Main Marketplace**

9:00 – 9:20 am  **Dining & Healthy Options at UND**  
Find out about the organization of the Dining Centers, how food options are chosen, and how to eat healthy at UND

9:20-10:15 am  **One-Stop**  
One-Stop combines most payment, financial aid, personal information and degree-related functions into a single, convenient location. Find out more about their many services!

10:15-10:45 am  **Student Involvement**  
Check out all the ways to get involved at UND!

10:45-11:15 am  **Know your rights & responsibilities/Campus Safety**  
The University Police Department will help you understand your rights & responsibilities. They will also discuss ways to stay safe at UND and who to contact in case of emergencies.

11:15 am-1:00 pm  **Lunch on Your Own**  
Suggestions: Squires Dining Center (Open 11 am-1 pm), Old Main Marketplace in the Memorial Union

12:30-3:30 pm  **TB Testing**  
All students must sign up for a specific testing date and time on Monday.

1:00 pm  **New Student Orientation/Class Registration (All undergraduate students)**  
Memorial Union Lecture Bowl

4:30-6:30 pm  **Dinner on Your Own**  
Suggestions: Squires Dining Center (Open 4:30-6:30 pm), Old Main Marketplace, Ask Peer Mentors for Restaurant ideas in town

TBA  **Mini Golf & Laser Tag** (Optional Activity led by Peer Mentors)  
*Meet at International Centre, Transportation included. Bring Money for activities!*
Thursday, August 20 – Moving Beyond the Office of International Programs

7:00 – 9:30 am  Breakfast on your own at Squires Dining Center or Old Main Marketplace

All day   Time for academic/personal business (on your own or with Peer Mentors)
  • Meet with academic advisor
  • Register for classes
  • Obtain Student ID Cards
  • Buy books
  • Set up bank accounts
  • Explore UND & Grand Forks

Various Times   Compass Math Placement Testing
  All students must sign up for a specific testing date and time on Monday.

9:00-10:00 am  F-1 Check In with International Student Advisor
  International Centre
  All students must sign up for a specific check in date and time

10:00-11:00 am  F-1 Check In with International Student Advisor
  International Centre
  All students must sign up for a specific check in date and time

11:00 am-12:00 pm  F-1 Check In with International Student Advisor
  International Centre
  All students must sign up for a specific check in date and time

11:00 am-1:00 pm  Lunch on Your Own
  Suggestions: Squires Dining Center (Open 11 am-1 pm), Old Main Market Place in the
  Memorial Union

1:00-2:00 pm  J-1 Check In with International Student Advisor
  International Centre
  All students must sign up for a specific check in date and time

2:00-3:00 pm  J-1 Check In with International Student Advisor
  International Centre
  All students must sign up for a specific check in date and time

3:00-4:00 pm  F-1 Check In with International Student Advisor
  International Centre
  All students must sign up for a specific check in date and time

3:00-4:00 pm  Library Tour (Optional)
  Meet at International Centre at 2:45 pm

4:30-6:30 pm  Dinner on Your Own
  Suggestions: Squires Dining Center (Open 4:30-6:30 pm), Old Main Marketplace, Ask
  Peer Mentors for Restaurant ideas in town

TBA   Bowling & Board Games (Optional Activity led by Peer Mentors)
  Meet at International Centre, Transportation included. Bring Money for activities!
### Friday, August 21 - Recreation Day

**7:00 – 9:30 am**  Breakfast on your own at Squires Dining Center or Old Main Marketplace

**9:00-11:00 am**  Law School Student Orientation  
International Centre

**11:00-3:00 pm**  Trip to Turtle River State Park (Optional event led by peer mentors)  
Sign up throughout the week – space is limited  
Lunch Provided!  
Meet at International Centre

**TBA**  Trampoline Park & Laser Tag followed by Dinner  
Meet at International Centre. Transportation included, but bring money for activities!

Welcome Weekend begins at 8:00am on Saturday for all new undergraduate students