

NEW OWL WELCOME START-UP SESSIONS



The New Owl Welcome Start-Up Sessions have been designed as an opportunity to choose a session which you find most interesting. Whether you would like to learn more about a specific type of involvement, expand your understanding of a certain resource or department, or connect with other students that share your interests, this is YOUR chance to do so! Each session will take place at both 1:30pm and 2:30pm unless otherwise noted. Review the offerings carefully and select a session to attend from 1:30pm to 2:15pm and then from 2:30pm to 3:15pm. Please know that space is limited in each session so please have several sessions selected and arrive early to grab your seat!

The Owl Way: A Sneak Peak into Athletics

Southern is a NCAA Division II program with an amazing athletics program. Stop by Moore Field House, the home of Southern sports and see what's behind the scenes, tour the facilities, and take a picture wearing a uniform. You'll also learn about employment and internship opportunities! By attending you'll be eligible for exclusive access to athletics events throughout the year.

Moore Fieldhouse Lobby

Calling all Fitness Instructors

Come to the Fitness Center and learn how to become a group exercise instructor and the benefits of teaching on campus.

Adanti Student Center 204, Fitness Center

Fitness Coaching

Meet our personal trainers, Izzy and Andriy, to get some fitness goal setting tips and learn how to get a free coaching session!

Adanti Student Center 204, Fitness Center

NEW OWL WELCOME START-UP SESSIONS

Sports You Always Wanted to Understand

Meet our club sports teams and learn the basics of rugby, lacrosse, ultimate frisbee, and taekwondo.

Academic Quad- By Earl Hall

Get Hype with Otus and the Blue Crew

Learn how to get involved in athletic tailgates, school spirit events and how to become Otus the Owl!

Adanti Student Center 201

I'm BOARD

Need something to tell your mom you took part in? Want to make new friends? Come get BOARD at CASAS with a selection of board games!

Buley Library 208

Decoding Math

Spend time demystifying Math! This will include a brief overview of MAT 100P as well as strategies to succeed in math based courses. Student Leaders will share their experiences and tips for success! tips for success

Buley Library 310, Math Zone

Dreaming and Scheming

Design, create and imagine your perfect vision board! *This session only meets at 1:30pm*

Buley Library 313

Chillin' with the Class of 2024

Meet the Class of 2024 class officers, learn more about what they have in store for the year and how to join the team.

Engleman Hall C138

Come Alive - Finding fun through movement

Life can throw challenging curve balls at us, so it is important to have some resiliency tools to pull from. Come feel alive by learning some moves to uplifting music as we shake off first day jitters together!

Engleman Hall B121

NEW OWL WELCOME START-UP SESSIONS

Breathing Room

Come take a moment to chill out! Learn about the benefits of mindfulness and practice some breathing and meditation!

Engleman Hall B218

Meet the Dreamers Action Alliance

The Dreamers Action Alliance is a group of faculty, staff, and students working to make Southern a welcoming for all regardless of immigration status. Learn about resources available to undocumented students, or if you are an ally, learn how you can get involved and support your peers.

Engleman Hall A119

Paying for College and Money Management

Come learn how to pay for college and money management resources.

Engleman Hall A115

Wait, Can You Explain these Courses Again?

Wondering why you have to take the courses you are taking? Worried about what requirements they fill? Or what the courses even are? Then this is the session for you. Join the First Year Experience team to get your answers!

Engleman Hall C105

Get to Know Jumpstart!

Come get to know the Jumpstart AmeriCorps Program at SCSU! As part of the Jumpstart program, you will be able to work with kids in schools. We will talk about this great opportunity to make a difference in the community and connect with other students while doing so! Door prizes and raffles will take place for attendees!

Engleman Hall A113

Big Brother, Big Sister: Cultural Connection

Students of Color and Allies are invited to join current student leaders, as they share their experiences at SCSU, answer any questions related to the college experience, as well as engage in fun activities to familiarize themselves with the owl community. Be the first to win an SCSU t-shirt and many more prizes.

Adanti Student Center, Room 326

NEW OWL WELCOME START-UP SESSIONS

Leading with Passion

How do you infuse your passions, your desire to lead, and personal growth into your Southern story? Let's talk about how to write your Southern story through your own leadership path.

Engleman Hall C136

Opportunity to Serve: Military Affairs

Visit our Office of Veterans & Military Affairs to learn about Army and Airforce ROTC and ways to serve in the military that includes Active Duty, the National Guard and Reserves.

Engleman Hall, Room A014

Explore Greek Life at Southern!

Learn more about Greek Life at Southern with the graduate interns from the Office of Student Involvement and Leadership Development- Chelsey and Lexi!

Engleman Hall C134

Top Ten Things to do at SCSU

Fill your years with moments and memories and create your Southern bucket list.

Adanti Student Center 301

Meet Pawficer Brody

Meet one of Southern's proudest police officers, K-9 Officer Brody, who is an explosives ordinance detection K9. Brody, and his handler Officer Paul Glynn, love meeting students and engaging with the Southern community and sharing the ways University Police help create a safe campus.

Academic Quad- By Founders Gate

Finding Nemo: An Ocean of Friends

In this fast-paced frenzy of fun, join the Orientation Ambassadors on the Library Patio in a series of ice breakers designed to help you meet a lot of new people in a short period of time.

Buley Library Patio

VIP Experiences for First-Year Students

These six-week programs will meet weekly and will offer students an opportunity to meet others, learning about a specific topic or theme, and having a great time. If you would like to learn more about First-Year Fit (fitness based experience), Explore New Haven (weekly trips to iconic New Haven places), or Commuter Connection (weekly activities specifically for commuters), please attend!

Buley Library 326

NEW OWL WELCOME START-UP SESSIONS

SAGE Center Open House

Stop by the Sexuality and Gender Equality (SAGE) Center to meet our team, meet other students, tour the Center, and learn more about the resources we offer!

Adanti Student Center 324

Southern Government at Work; Make Your Voice Heard

If you are interested in running for a Class of 2025 e-board position or would like to learn more about Student Government and how to get involved, this is the session for you!

Engleman Hall C134

The Ultimate Owl Foodie

Take a 'food tour' through Southern! Learn how to make the most of your campus dining experience including when and where to eat, how to get in on promotions and special deals, navigating campus dining with food allergies or dietary restrictions, and...the CONN Hall 'secret menu'! Plus, free food and giveaways!

Conn Hall Lobby

New Haven - Top 10 Must-Do's in our great city!

Explore New Haven - Learn about the culture and sites of new haven and an overview of public transportation.

Engleman Hall B211

How to Get a Job Now and In the Future: Career Jump Start with OCPD!

Join staff members from the Office of Career & Professional Development as we share with you specific tools, programs, and events to enhance your career journey this academic year. This session is offered in-person and virtually both session blocks..

Buley 118 (in-person) | Virtual Link: <https://bit.ly/OCPDJumpStart>

Do's and Donuts of Relationships

Everyone deserves a healthy relationship! Join the Violence Prevention, Victim Advocacy and Support (VPAS) Center for a craft over donuts and share how you create great relationships with friends, family members, and partners.

Engleman Hall B111

NEW OWL WELCOME START-UP SESSIONS

Surviving to Thrive

Developing self-care skills is so important in college. This interactive workshop will focus on connecting, coping and building these valuable skills.

Engleaman Hall B216

True Blue Owls Trivia Session sponsored by Alumni and Donor Relations

Southern's True Blue Owl (TBO) program was designed to help connect current students with opportunities to become a leader within their community by supporting each other and Southern's social justice mission. Now partnered with Southern's Alumni Association, members of the True Blue Owls will learn the value of staying connected to their Southern network through professional development events (both virtual and in-person), fun activities, and a chance to give back to their Southern community. Join the True Blue Owls and members of the Alumni and Donor Relations team for fun SCSU and pop culture trivia! Grab some free food, meet staff who are here to assist you during your time at Southern and enter for a chance to win great prizes.

Engleman Hall B118

A Day in the Life

Starting at the NOW Tent by the Library, take a 45 minute guided tour through campus which highlights some of the ways you'll navigate a common day as a college student. This session is specifically designed for sophomores and transfer students.

NOW Information Tent by Buley Library

How to get your books!

Come to the bookstore for a tutorial on how and when to purchase books, the difference between buying and renting, and opting for digital versions. Stay to shop using your NOW discount. *This session only meets at 1:30pm.*

Bookstore, Adanti Student Center Ground Floor

Get the Tea on Success

The Dean of Students Office invites you to our open house to learn about our services, how we support students' basic needs, and can assist in your success as an owl! Join us for a cup of tea and an overview of how we can help! *This session only meets at 1:30pm*

Engleman Hall A106

I'm Already Late for Next Week

Feel like you're always behind no matter how well you plan? Never have enough time for fun? Join us to discover where your time is going, how to budget it and some other tricks for free. *This session only meets at 2:30pm.*

Buley Library 309