

WEEK 1

2019 STUDENT ORIENTATION SCHEDULE

MONDAY Aug. 26	TUESDAY Aug. 27	WEDNESDAY Aug. 28	THURSDAY Aug. 29	FRIDAY Aug. 30
SMART START PROGRAM <u>8:30–9 a.m.</u> Check-In Room CE148 & CE136 <u>9–10 a.m.</u> Transitions & Expectations for University Life Room CE148 & CE136 Use a Growth Mindset to Set & Achieve SMART Goals Room CE148 & CE136 <u>10–11 a.m.</u> Make your Minutes Count: Plan to Survive & Thrive Room CE148 & CE136 <u>11 a.m.–12 p.m.</u> Learning How to Learn is as Important as Learning Itself! Room CE148 & CE136 <u>12:45–1:45 p.m.</u> Off to a Good Start Room CE148 & CE136	SMART START PROGRAM <u>9–10 a.m.</u> Getting it Write: Understanding Your Assignments & Making the Most of CapU's Writing Centre Room CE148 & CE136 <u>10–11 a.m.</u> It's Not All Fake News: How to Use the Library to Find the Real Info Room CE148 & CE136 <u>11 a.m.–12 p.m.</u> Academic Integrity & Avoiding Plagiarism Room CE148 & CE136 <u>12:45–1:45 p.m.</u> Where in the World is the Centre for Student Success? Room CE148 & CE136 <u>9 a.m.–4 p.m.</u> Indigenous Student Orientation Kéxwusm-áyakn Student Centre, room EB196	SMART START PROGRAM <u>9–10 a.m.</u> Funding Your Education Room CE148 <u>10–11 a.m.</u> Professional Resumes: Getting You to the Interview Room CE148 <u>11 a.m.–12 p.m.</u> Be Prepared, Be On Time, Be The One Room CE148 <u>12:45–1:45 p.m.</u> Ready, Set, Grow!! Room CE148 ALL DAY! Residence Move In Day 2420 Dollarton Highway Residence Orientation starts August 30 evening. 	START RIGHT HERE NEW STUDENT ORIENTATION <u>7:15–8:45 a.m.</u> Check-In Parking Lot 7 Early Bird Yoga Birch Courtyard <u>9–11 a.m.</u> Welcome Ceremony Centre for Sport and Wellness <u>11 a.m.–12 p.m.</u> Breakout Session I Check the app for topics and locations. <u>12–12:15 p.m.</u> Grab n' Go Lunch <u>12:15–1 p.m.</u> Breakout Session II Check the app for topics and locations. <u>1–4 p.m.</u> Street Party Cedar Courtyard 	CENTRE FOR INTERNATIONAL EXPERIENCE New International Student Orientation <u>8–9 a.m.</u> Check-In <u>9–11:30 a.m.</u> Welcome New International Students Centre for Sport and Wellness <u>11:30 a.m.–1 p.m.</u> International Student Workshops Campus-wide <u>1–3 p.m.</u> Social Lunch Cedar Courtyard <u>2:30 p.m. onwards</u> Explore the City Social Check the app and website for more information.

WEEK 2

2019 STUDENT ORIENTATION SCHEDULE

MONDAY Sept. 2

LABOUR DAY

No activities this day.



TUESDAY Sept. 3

PROGRAM ORIENTATIONS

Different times on campus.
Check your student email
for more information.

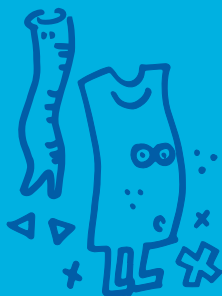
11:30 a.m. – 1 p.m.

President's Welcome BBQ
Birch Courtyard

12:30 – 5:30 p.m.

Capilano Students' Union
Community Expo
Across campus

*Classes resume at 5:30 p.m.



WEDNESDAY Sept. 4

WELL-BEING WEDNESDAY

11 a.m. – 3 p.m.

Cedar Courtyard

Come meet your CapU Well-Being Ambassadors and explore your well-being wheel by attending one of the outdoor events or booths. Take part in yoga, rock painting, lawn games, and much more!



THURSDAY Sept. 5

11:30 a.m. – 1 p.m.

Connect with the
Co-Curricular Record
Learning Commons

Meet student leaders, learn how to get involved on campus and how to navigate your co-curricular record (CCR).

12 – 2 p.m.

Indigenous Student Lunch
Kéxwsm-áyakn Student
Centre, room LB196



FRIDAY Sept. 6

11:30 a.m. – 1:30 p.m.

First Year Friday
Upper Lower Birch Cafeteria

Are you a First Year student at CapU? Come meet Peer Helpers and other students who are also in their first year. Take part in activities to help you start right at Cap.

