Your Final Destination...Orientation!
The Cardinal Call
August 2011 Edition

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Dear New Students,

Orientation is almost here! In just a few short weeks you will be making the journey to Washington, D.C., to join us here at Catholic University. What an exciting time it is! Many of you are probably starting to get a little nervous, the reality is setting in...you are going to college! To get you started we have Orientation: Doors Opening, a program designed to acclimate you to life in college. With faculty, staff, and students, Catholic University comes together to welcome you, the Class of 2015 and transfer students.

You will meet many people during your first four days at Catholic. Some of the first students you will meet are your Orientation Advisers. This group of 80 are experienced Catholic University students selected solely to guide you during Orientation and beyond. They are a valuable resource during Orientation and your first year at Catholic University. Your advisers will be with you every step of Orientation, answering questions, calming your nerves, and welcoming you to CUA.

The best advice we can give you is to not be afraid to step out of your comfort zone! Use Orientation as the stepping stone to making the most of your college career. Make new friends, try new things, take interesting classes. The world is full of open doors. Orientation will be a fun, energetic, upbeat, jam-packed four days full of all the information you need to start you off at Catholic University. We encourage you to attend as many sessions as possible, learn as much as possible, and of course have fun!

We cannot wait to see you on August 25! We hope you enjoy the rest of your summer!

Sincerely,

Bronwen McAuliffe and Josh Monroe
Student Coordinators of Orientation 2011
To Pack or Not To Pack? That is the question..
By Tiffany Seaman, Junior Psychology Major

Among the many things that students are worried about at this point in the summer is what to pack for school. Are you too old to bring Teddy? Too cool for the original Nintendo? Absolutely not! Here are some helpful tips to help you decide what makes the transition to college with you, and what gets left behind.

- Catholic University will soon be your new home, and you want to be comfortable in your room. Bringing your favorite blanket or teddy and some pictures of your high school friends and your family will help give your new room a home-away-from-home feel.
- Rocking the classics is a great way to meet people. Bring your original Nintendo or Sega. A little Mario and Sonic are great ways to unwind with friends. I brought my VHS player and favorite Disney movies!
- You don’t need to pack up your whole room at home. Although the residence halls are a good size, they probably won’t be the size of your room at home. If you have specific questions about your residence hall, visit the housing website at housing.cua.edu, look for a group on Facebook (a great way to get in contact with your Resident Assistant), or e-mail your Orientation Advisor!
- If you live close to CUA and plan on making some trips home, decide if you will have a chance to switch out your summer and winter clothes. I live far from school, so I bring all my clothes with me at once. I bring my favorite outfits to school, and leave clothes I won’t miss at home to wear on breaks like Thanksgiving and Christmas.
- Depending on your interests, you can do anything at Catholic University from going to the Kennedy Center for a show to spending a day doing campus wide service. Having a mix of casual, dress, and I-wear-this-when-I-paint-and-mow-the-lawn clothes is always a good idea.
- You can still rock your favorite high school track shirt, or a shirt from a musical you were in. Chances are no one will know that it’s your high school shirt, and if they do, it’s a great conversation starter! However, unless it is your absolute favorite jacket, you can probably trade your letter jacket for some CUA apparel.
- You have creative independence with the decorations in your room (as long as they do not need to be nailed or screwed into the wall and are not offensive). Like I said, bring pictures of friends and family. A dry erase board is a good way to leave messages to your roommate or leave notes on your friend’s door. There is a poster sale in the Pryzbyla Center a few weeks into school where many students get posters and tapestries.
- Last but not least, keep it clean. Just like high school, sickness travels. I suggest having a small first aid kit (there is guaranteed to be someone that will hurt themselves doing something as simple as the laundry), as well as Lysol wipes or other disinfectants. If you are in a suite, be sure to bring things to keep the bathroom tidy (not excluding boys!). Toilet paper is provided and laundry is free.

Check out page 5 of the Student and Parent Guide found online at orientation.cua.edu for suggestions on what to pack and what to leave home!
College Essentials
15 things to bring for to CUA

1. Bed linens
2. Laptop
3. Summer and Fall clothes
4. Laundry Basket
5. Towels
6. Shower shoes
7. Clothes hangers
8. Planner
9. Underbed storage boxes
10. Toothbrush
11. Alarm clock
12. Cell phone charger
13. Iron
14. Desk lamp
15. Stationary to write Mom & Dad

CJA Housing Services
By Julie Yarwood, Assistant Assignment Coordinator for CJA Housing Services

Preparing the residence halls for the new school year is a project that receives attention all summer! The student operations crew, also referred to as the truck crew, is a team of hardworking students employed by the Office of Housing Services who play an important role in this process. They have spent the summer moving furniture, setting up lounges and common areas, repairing and replacing damaged furniture in residence halls rooms and common areas, and escorting numerous vendors around campus as we get ready to welcome students to campus in August.

One of the most important jobs of the truck crew over the summer is setting the furniture in each residence hall room to be ready when students to arrive. Each room is set up in only one of the many possible furniture configurations. Every year, students come up with numerous creative ways to arrange their furniture. Some different layouts are provided on the Housing Services website for each residence hall to help you think ahead about how to make your room most comfortable. You can find sample rooms plans for your residence hall at http://housing.cua.edu/halls/index.cfm.

In addition to their summer responsibilities, the truck crew works through the school year to help make students’ experience at CUA a positive one. The truck crew responds to a variety of student requests regarding furniture in residence hall rooms and common areas to make students’ life at CUA as comfortable as possible. Students should report damaged furniture to Housing Services by calling the Housing Services office (campus extension 5615), submitting a furniture repair request form, or sending an e-mail to cua-housing@cua.edu. Truck crew works diligently to respond to these requests as quickly as possible.

The Office of Housing Services is currently seeking qualified work study student employees for both the Student Operations Crew and to be office assistants this school year. Detailed information about these two jobs and how to apply can be found on the Housing Services website at http://housing.cua.edu/employ/studentemployment.cfm.

CJA Housing Services
160 Father O’Connell Hall
(202) 319-5615
cua-housing@cua.edu

Like them on facebook or follow them on twitter!
The First Four Days

By Kara Stauffer, Junior Social Work Major

August is here...which means those nerves might be kicking in. If yours are, be assured that Orientation will help relieve them! Throughout all the small groups, informational sessions, social events, and ice breakers, if you do these three things, then you will be on the right track:

1. STOP. Don't ask any “What If” questions, and stop worrying about what friends you will make and how you will go about making them. The “What If” questions are normal, but don't overdo it. Orientation will help you get started on the right foot. Be open, be yourself, and smile.

2. LOOK. During Orientation, take a look around. Everyone is in the same boat as you. So don't drive yourself crazy and make the nervousness worse by thinking you are the only one. Relax and be excited!

3. LISTEN. In the four days of Orientation, in the first few weeks of school, and in your first year, you will be taking in a great deal of new information. Be a sponge and absorb it all. Listen to upperclassmen’s advice. Listen to your fellow first-year students as you make friends. Listen to your Orientation Advisers, your Residence Assistants, your Student Ministers, and of course, your professors. The list of people who want to help you is a long one, so listen to what they have to offer you. But most important, know that people also want to listen to YOU.

The Red Polo Shirts
By CUA Orientation

When you arrive on campus in a few weeks you will see a bunch of students running around in red polo shirts. Who are they you ask? Why this group of people are your Orientation Advisers! An Orientation Adviser is an experienced CUA student who will help you with your transition into life at college. We come from many different places, backgrounds, majors, clubs, and activities. We all wear many different hats, but we all have one thing in common (besides the red polo shirt), we are here to welcome YOU!

Don’t be afraid to go up to any of us with any questions, concerns, or just to say hi. We are here for you during Orientation and into the school year. Your Orientation Advisers are wonderful resources to use during your time at CUA. They can help you get connected and get involved, meet new people and learn about new places. Connect with your OAs and they will be able to help to give you an inside look at what it means to be a student here at CUA. Trust us, your time at college flies by and you don’t want to miss any opportunities!
Welcome to the “Real World”
By Christina Wolfgram, Senior English Major

On Saturday, August 27, first-year students and their families are invited to see “Real World CUA”, a series of skits that address some of the issues college students face on a regular basis. Some of them are fairly typical, such as spending too much money, worrying about the “Freshman 15,” or finding a niche in clubs and organizations. Others, however, are a little more hard-hitting: we have a skits dealing with sexuality, assault, and eating disorders.

Real World is so important to me because it shows that it is vital to discuss these issues. Even though the skits about topics such as plagiarism and partying are written to be comedic, we understand that problems like these can be incredibly stressful in the moment. These skits are meant to encourage students to talk to someone when they are making distressing decisions. The presentation ends with a list of resources, like the Office of the Dean of Students and the Counseling Center, because we want students to know that there are people always ready to help at CUA, whether the issue be roommate disagreements or dealing with peer pressure. We also stress that Orientation Advisers, Resident Assistants, and Campus Ministers are some of those invaluable resources; we all want to help first-year students succeed any way we can.

What the audience does not get to see is how much the cast of Real World grows during rehearsals. Even though we have all survived our first year at CUA, we are still perplexed by the same issues that are addressed in the skits. It can be hard to face a problem that has affected us in the past and have to act it out, but it can also be incredibly uplifting to send out a message through the performance: “Hey, if you do go through this, you will make it! You are stronger than you know!”

I have been surprised by some of the people who audition for “Real World”. Some of the shyest, quietest people I know have gotten up onstage and overcome their stage fright because they want to help first-year students feel comfortable at CUA. The cast is a team even before the end of their first rehearsal: those who have theater experience help those who have never performed before, those who have come in contact with some college life issues share how they can relate to these skits, and best of all, everyone takes away a new confidence, not just about public speaking, but about rising above the problems that no student should have to keep secret.

Please join us on August 27 in the Great Room for “Real World CUA”, and if you have any questions about the issues discussed in the skits, or how to get involved, feel free to e-mail me at 36wolfgram@cardinalmail.cua.edu.

Real World Performances: Saturday August 27, 2011
Great Room, Edward J. Pryzbyla University Center
9 a.m.-10:45 a.m.: Students living in Flather, Ryan, Magner, and their families
11 a.m.-12:15 p.m.: Students living in Regan, Unanue, Reardon, Quinn, and Engelhard and their families

Orientation 2011 Night Events
Don’t forget to attend the special night events for first year students!

Thursday, August 25: 9 p.m.
Playfair: An interactive program to help you get to know your fellow classmates!
Followed by Late Night Breakfast!

Friday, August 26: 10 p.m.
Movies on the Mall: Join your classmates for a showing of Pirates of the Caribbean 4

Saturday, August 27: 9:30 p.m.
Cardinal Carnival: Come out for a night of food, fun, and games with your classmates!
Service at CUA
By John Eby, Senior Classics Major

The great boxer Mohammed Ali, once said “Service to others is the rent you pay for your room here on earth.” The same could be said about your place here at CUA. While no one is going to make you ‘cough up the rent’ and volunteer, you will find that you will really become a part of CUA when you start serving others. The phrase, “In Service to Church and Nation” written on the sign as you enter campus is not a joke or punch line (though using the word ‘punch line’ after an Ali quote is). Our school has had this commitment to service since its founding. This year is the University’s 125th anniversary and to celebrate CUA is challenging its students, staff, faculty, and alumni to perform and record 125,000 hours of service with the Cardinal Service Commitment.

As an incoming freshman, you have a lot of questions and soon will be bombarded with information, so I’ll just give the blow-by-blow of the Cardinal Service Commitment.

How do I sign up?

The natural first question! There is a listing of opportunities at service.cua.edu so you can find the right project for you. You will also receive more information on other opportunities when you arrive on campus.

Where can I log my hours?

The website for the Cardinal Service Commitment and all the 125th anniversary celebrations is www.cua.edu/125. Just click “Report Cardinal Hours”. If you are already doing service this summer, you can even log those hours.

What’s in it for me?

Service provides a chance to grow in your community. By getting involved in giving back, you become more in tune with the needs of the community and learn to put others before yourself. Plus, it is a great chance to meet people at CUA; all the cool people are involved in service.

Soon you’ll be at CUA as our 125th class. Make service a part of your time here right from the very beginning and help us reach our goal of 125,000 hours.

“The best way to find yourself is to lose yourself in the service of others.”
-Mohandas Gandhi

For more opportunities to serve others visit service.cua.edu or participate in the Connect 4 Service Fair during Orientation Extended!
Thursday, September 8, 2011 at 5 p.m. in the Pryzbyla Center Great Room A
Who’s your Orientation Adviser?

**In the School of Architecture & Planning? Your OAs are...**

- Kara Borton
- Andrew Laux
- Emily Seier
- Kely Craige
- Josh Rubbelke
- Chris Testa

**In the School of Arts & Sciences? Your OAs are...**

- Blake Alderman
- Sarah Biddle
- Lena Castellano
- Mike Conroy
- Armaine DeCastro
- Colleen Flanagan
- Emma Gallagher
- Meghan Herock
- Marykate Kelly
- Miki Lamonde
- Matt Longo
- Katie McLoughlin
- Bridgette Reilly
- Chelsea Schoen
- Aaron Smith
- Jess Smith
- Carolann Stephens
- Gurneet Bawa
- Maggie Bykowski
- Alex Chlebowski
- Katelyn Craine
- Theresa Desilets
- Jess Ford
- Liz Grden
- Mike Jabar
- Patrick King
- Casey Lilley
- Mairead MacCrory
- Maureen Murray
- Maggie Sanborn
- Kory Smigocki
- Emily Smith
- Sarah Spierenburg
- Tony Turon

**In the School of Philosophy? Your OA is...**

- Trevor Falk

**In the School of Engineering? Your OAs are...**

- Athena Bernas
- Angela DeMarco
- Kim Fabyan
- Joe Caldwell
- Katrina Ellis
- Elena Fafaul

**In the School of Music? Your OAs are...**

- Beth Amann
- Christian Montgomery
- Christina Wolfgram
- Jimmy Mavrikes

**In the School of Nursing? Your OAs are...**

- Emily Brown
- Kathleen Lavoie
- Sarah Polities
- Kevin Kramer
- Alyssa Pellegrino
- Meghan Twomey

**Are you an Exploratory major? Your OAs are...**

- Corin Capodilupo
- Rocky Cecala
- Kelly Corcoran
- Carmelina Gilberto
- Karoline Krekorian
- Camelia Mayfield
- Lisa Nucera
- Maggie Sanborn
- Jess Cashin
- Patti Conlon
- Louie Feagans
- Maddie Hotz
- AJ Kueppers
- Catherine Noga
- Claudia Porcello
- Bren Shanahan

**Are you a Transfer student? Your OAs are...**

- Genny Jackson
- Glenn Kasten-Sportes
Orientation Extended...take the challenge!
By Bronwen McAuliffe, Senior Elementary Education Major

You’ve made it through move-in, Orientation, meeting new people, living in a new place, taking new classes...now what? Now it is time to get involved and stay connected! Orientation cannot possibly cover everything that you need to know to be successful at Catholic University so we have a program called Orientation Extended to help you out! During the first six weeks of school you will be tasked to complete the Orientation Extended challenge by attending 10 events that are a part of the Ox program.

So what exactly does this mean? Each of you will have an electronic CardinalTrip that tracks your attendance at all the events you go to during your first six weeks. Each event is categorized into one of five categories. The categories are broken down into color lines or “metro line”. In order to complete the challenge all you have to do is attend 10 events, two in each color line.

- **Red** = Faith and Service
- **Yellow** = Academic and Cultural
- **Green** = Personal Development and Community Building
- **Orange** = Social
- **Blue** = Health and Safety

What’s in it for you? Well, you get to meet new people, learn important information about being successful in college, have fun, and be eligible to win some amazing prizes! Take it from me, you do not want to miss out on this awesome opportunity! If you complete the challenge you could win prizes such as dinner with President Garvey, a mountain bike, an iPad, a Kindle, and much much more! Keep a look out on the Orientation Extended website for a full list of Ox prizes.

Ox ends with a schoolwide BBQ on October 15th to celebrate the first six weeks of school and your completion of the Orientation Extended challenge! The challenge winners will be announced at the BBQ and you will be eligible for even more raffle prizes!

Everyone here at Catholic University cares about you and about your success and transition into life at college. That is essentially what Orientation Extended is all about. We want you to feel comfortable and welcome at CUA and we want you to know all the resources available to you. Orientation Extended will help you with this. We have programs that will help you decide on a major, learn how to study for an upcoming test, get involved in service opportunities, and some just for fun! So the real question is...do you dare? Do you dare to get involved and take the Orientation Extended challenge? As a senior here at Catholic University, please take it from me and don’t miss out on this great opportunity!
The Orientation program facilitates the successful transition of new undergraduate students into CUA’s intellectual, social and faith-based communities; promotes student learning and development, encourages independence and individual responsibility; and facilitates continued student success to graduation. This is accomplished through programming that emphasizes the University’s academic and community expectations and social and developmental resources and opportunities. Through personal connections with current students, faculty and administration, new students and their families will develop an introductory understanding and appreciation of the intellectual, social and service opportunities available and gain knowledge of campus and community resources.

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**Quick Quiz in Orientation**

*Do you know the Orientation schedule? See if you can figure out which session doesn’t belong on each day!*

**Thursday, August 25**
- Move-in
- Doors Opening: A Formal Welcome
- Real World CUA
- Playfair

Which one doesn’t belong on August 25?

**Friday, August 26**
- Your Access to CUA: Cardinal Card
- Academic School Information Sessions
- Mass at the Basilica
- Movies on the Mall

Which one doesn’t belong on August 26?

**Saturday, August 27**
- BBQ Blowout
- The Odyssey Begins
- Cardinal Carnival
- Student Resource Fair

Which one doesn’t belong on August 27?

**Sunday, August 28**
- DC Excursions
- Academic Advising
- Ice Cream with the House

Which one doesn’t belong on August 28?