It’s Never Too Early to Get Involved

Whether it be a sport, being involved with campus ministry, or just exploring DC, there is a multitude of activities for students both on and off campus. Catholic has some sort of social activity for everyone. Some choose to become involved with a club, intramural, or varsity level sport. Playing a sport while going to school helps you learn how to balance your class work with a social life and the commitment to a team. Others choose to become part of campus ministry and participate in strong faith based community that Catholic has. Others may choose to become part of an academic club or become more involved in their residence community. Some may even want to do all three! It is just important to keep a balance between your social activities and your classes. College is what you make of it so get involved, make new long lasting friendships and most importantly study hard. After all, that is why we are all here.

—The Orientation Program

Be a CUA Athlete

Sports at the club, intramural, and varsity level are a large part of the Catholic University of America. The University offers 21 Division III varsity sports for men and women to participate in. These sports allow students to compete at a high level of competition and improve their physical abilities, while also giving the student body a chance to bond. Going to games and matches are a great way for students to get a break from their studies, support their friends, and show their school spirit.

The University has multiple facilities for teams to play and practice. The Raymond A. DuFour Center is home to a large gymnasium, pool, free weight room, and racquetball courts. On the grounds, there is Cardinal Stadium which includes a state of the art turf field and track, tennis courts, as well as baseball, softball, and soccer fields. These facilities are some of the best in Division III and give our student-athletes the chance to improve their skills.

The personal commitment that is needed from all athletes is both mental and physical. Physically, student-athletes must be ready to make a significant commitment to their sport, especially during the seasons of competition. Mentally, students must be able to find the right balance between school, sports, and hopefully still have some free time. Finding that balance can be tough but it is very possible.

The opportunity to play sports at any level is a great and productive undertaking that all students should look further into. To learn more about the different types of athletics offered at CUA, check out www.cuacardinals.com.

Trevor Falk is a sophomore Philosophy major from Herndon, VA.
RESIDENCE LIFE

On behalf of the CUA campus community, welcome to the residence halls! Living in the residence halls is an exciting time, especially for first-year students. It is an opportunity to meet new people, tackle new challenges and develop connections with CUA through different experiences in the residential communities. While living in the residence halls, Residence Life will provide you with opportunities to learn about yourself, explore your spirituality, seek scholarship inside and outside of the classroom, and contribute to society and your community in meaningful ways.

As the Class of 2014, you have the opportunity to redefine the CUA first-year student experience as you are the first group of students in recent memory to live in one geographic area of campus. First-year students will live (in most cases) in either Centennial Village or North Neighborhood 2 (Regan, Ryan, and Flather Halls); take advantage of being close to your classmates and get to know more people!

Residence Life student and professional staff members live and work in the residence halls; these staff members are valuable resources for you to tap into. Resident Assistants (RAs) are fellow undergraduate students who have been selected for the RA role in order to serve their fellow CUA classmates in a unique way. Your RA will be a friendly face that will check to see how your experience is going, provide advice from his/her time on campus, and support you through the good times and the challenges. The RAs live in the residential communities on your floor or in your hall. Get to know them, as RAs can be great resources and friends.

As the Class of 2014, you have the opportunity to redefine the CUA first-year student experience . . .

BRAD TROY

Area Coordinators (ACs) are professional staff members who serve each residential neighborhood. They work closely with RAs and with neighborhood residents to build community, support students and manage the residential facilities. Your Area Coordinator’s office is located in your neighborhood residence hall office (RHO). For those of you living in Centennial Village, your AC is Elizabeth Cox and her office is located on the ground floor of Camalier House. The Area Coordinator in North Neighborhood 2 is Amy Kerr and you can find her on the ground floor of Regan Hall. Please stop by to introduce yourself and say hello!

Again, welcome to the CUA campus community. The Residence Life staff is excited to meet you and share in your first-year experience!!

Brad Troy is the Assistant Director of Residence Life located in Room 160 of the Father O’Connell Hall.

Living in the residence halls is an opportunity to learn about people who are different from you and meet people who have shared some similar experiences. Take the time to listen to other people’s stories and to share your own. These are the conversations that will make your CUA experience memorable.

The residential experience for first year students will be one of the most memorable experiences as a CUA student. One unique residential experience available to students is the opportunity to live in a living-learning community (LLC). A living-learning community is a focused residential community, usually centered around a theme. It brings students with similar interests together to explore various topics while bridging their academic and residential experiences. Currently, we have five LLCs on campus. We have four freshmen communities—Residential College, Honors, Politics and Social Justice. Residential College is housed in the Unanue House in Centennial Village. This LLC will engage the topics of community and truth during this academic year. Honors, Politics and Social Justice are all located in North Neighborhood Two. These communities will examine their themes in various contexts. We have two upper-class LLCs as well—Living as Leaders and Upper-class Politics. These communities offer experiential opportunities to examine each theme. All of our LLCs are supported by a range of staff and advisors including faculty members. What truly makes this residential experience exciting is the types of opportunities students receive. They will be able to lead peer-discussion, interact with faculty members on a regular basis, participate in community service opportunities and explore the greater DC area.

Elizabeth Cox is the Area Coordinator for Centennial Village located in Room 114 of Camalier Hall.
Coming to college takes a step of faith. Being a student at Catholic University is going to be great. There is so much to take advantage of in your four years at CUA, and so much growth that is going to happen whether you know it or not. You will find that CUA is a community with a strong Catholic identity. There are many opportunities for faith development that a lot of you will experience. CUA has a wonderful Campus Ministry filled with devoted, smiling faces of priests, administrators, and peers that want the best for you. In your residence halls this year, you will have a student minister that will be there for you. He or she will be a supportive person and can help you with your transition. Most importantly, he or she can become a friend.

Growing in Faith

Kara Stauffer is a sophomore Sociology major from Ellington, CT.

There are also many faith-based activities to be involved in, such as Renew, community service, Gratia Plena (women’s group), Esto Vir (men’s group), Chastity Outreach, discernment groups, Students for Life, Habitat for Humanity, mission trips, and more. Each year at Catholic, you will be able to go on retreats with your class as well. Freshman Retreat is an incredible experience to grow in faith and gain long-lasting friendships. There are also weekly opportunities such as Praise and Worship Adoration and House Mass. The Basilica of the National Shrine of the Immaculate Conception is also a great place to visit or attend mass. Take advantage of it all!

Throughout your time at Catholic, you will have many different opportunities to learn and meet new people. It is going to be unbelievable. Faith is a perfect way to create strong and lifelong friendships. My closest friends are the ones that I go to church with or I am in Renew with. I know that it took me a while to find that group of friends and to adjust in general. Being in a Catholic environment definitely made my transition a lot better and made me feel more comfortable. It is the strong faith here that helps me know that CUA is the place for me.

In the upcoming year, there will be many chances to find your faith, to grow in it, and to live it. There will be challenges, tests and successes. You will be making your own decisions. Only you can decide if faith is something that you want to be a part of. There is no one to force you to go to church or do any activities. That is the best part about college and faith; people are involved because they want to be. When I go to the 9:00 p.m. mass on Sunday nights, it is amazing to see how packed St. Vincent’s Chapel is. There is a different energy in that Chapel that I don’t experience at home. Young adults who are living their faith willingly—It is something that I love to be a part of, and I hope you will too!

Giving Back: A Chance for Service

In your time here at CUA, there are so many wonderful opportunities that Washington DC will give to you. There are the monuments, the free museums, the internships, the restaurants, and various events. With all this, DC will certainly give you more than you can ever imagine. Luckily, CUA has many ways for the university community to give DC something back! Through Campus Ministry, Catholic provides countless fun and exciting service opportunities.

Let me first mention Freshman Service Day. That’s right... there’s an entire day set apart for you, the First-Year students, to come together and serve as a community! At the beginning of the day, all the participants meet up and are separated into groups that go to many different service sites. In the past, some students have cleaned up parks, boxed food for a lunch program for under-privileged children and even painted a mural! Not only does this day provide many fun and different opportunities to help the DC community, but it is also a great way to meet more CUA students and administrators fairly early on in the school year.

There are also mission trips that each year take a group of students from a pool of applicants to go serve in many different places far and wide. This past year over spring break, a group went to Jamaica to help tutor children, serve the elderly and paint homes for the impoverished. Early in this summer, one group went to Belize to help build churches and restore schools for the community, and another group went to Costa Rica to build a church for impoverished families and serve in fellowship with the children and families of the community. Several Habitat for Humanity trips also stay here in the States each year at spring break, spreading out all over the country from Tennessee to Montana, and even as far as California.

In addition to specific service days and trips, there are countless opportunities to help out each week. There’s something for everyone. Like playing with children? St. Ann’s Infant and Maternity home is always looking for volunteers. Have a special talent or simply enjoy spending time with the elderly? Have a blast at the Little Sisters of the Poor Nursing Home. Like meeting new people? Attend Mass at the Bethlehem House with Best Buddies or help out during a Homeless Food Run. These few opportunities mentioned barely scratch the surface of the numerous ways that CUA provides to volunteer and give back. There really is something (and often times more than one thing) for everyone, so don’t be afraid to try out new events and get involved! Not only is service rewarding, but it’s often a great time and certainly provides a great place for fellowship and meeting new people with similar interests!

To learn more about all of the service opportunities mentioned above and more, and for a weekly service schedule, visit service.cua.edu. Check it out, try things out, and see what might interest you!

Clair Finnegan is a sophomore Exploratory Major from Quakertown, PA.
Be a Leader! Get Involved and Discover Yourself

Finding out how to get involved on campus can be one of the most important decisions you make while here at CUA. While there are many opportunities for you to make a positive impact on campus, here are just a few suggestions for you:

Student Organizations—CUA has over 90 different student organizations focused on academics, faith, service, sports, media, cultural, artistic and other interests. These groups can be a great way to meet people with similar passions. At Capture the Cardinal every Monday starting at 6pm and during Fall Fiesta on September 7th, student organizations will be providing students information about when first meetings are and how to get involved. For more information about the organizations that are available and what they do visit: http://studentorg.cua.edu.

The Emerging Leaders Program—The Emerging Leaders Program is a series of leadership workshops geared toward students interested in developing their leadership skills, building stronger relationships across campus, and getting more engaged in the CUA community. Every Wednesday from 6:30-8:00pm, participants will engage in workshops facilitated by Student Life staff members that will help them identify different leadership styles, set goals, be better communicators, and learn ways to work better with others. Registration will start mid-July at: http://leadership.cua.edu/elp.

Ryan McKinney is the Associate Director of Campus Activities located in Room 107 of the Pryzbyla Center.

Student Organizations

Student Organizations are the heart and soul of the student body here at The Catholic University of America. With over eighty groups including student government, club sports, performance groups, and political associations there really is something for every interest. Can’t find the group you were looking for? Talk to staff about the possibility of starting a new one! CUA makes starting a new organization on campus incredibly easy and provides advising on how to make your new group a success. I can honestly say that student orgs have had an important role on my collegiate career. In addition to making some of the best friends I have ever known, I have received internship opportunities as well as the chance to make a positive impact within the campus community. Student groups at CUA are unique in that first-year students have the chance to become major contributors from day one. With that in mind, my advice is simply to get involved early and often. College is a great chance to try new things and meet new people, don’t let it pass you by! A list of the active student organizations at Catholic can be found at http://studentorg.cua.edu. Feel free to contact the group’s leaders to learn what they are all about and how you can get involved come August. You will also have a chance to meet the entire organization during Fall Fiesta on September 7th.

Ryan Winn is a Senior Politics Major from North Attleboro, MA.
Want to get involved to make campus life at CUA better? Get involved with student government! Even if you’re not interested in running for an election, or getting appointed to a position, it is important for every student to get involved in some way. Student government is the best catalyst for positive change at CUA. Our current student government was created in 2008 when the student body approved the Student Association Constitution. Here’s a brief rundown of what CUA’s student government looks like and how it works.

Undergraduate students at CUA are represented by the CUA Student Association. The Student Association is made up of three different parts, or ‘branches.’ The first is the General Assembly (SAGA), the body that advocates for you to the administration. Each class elects seven delegates to represent them on the Assembly, and each delegate serves on either the Student Life or Academic Affairs Committee. The leader of SAGA is the Speaker, internally elected amongst all the delegates. The Speaker serves as the representative of the student body to the administration and the university community. Every member of the Assembly is assigned to be a liaison to a certain office on campus. If you have a great idea or have a problem with a certain office, you can talk to your delegates to make sure that your input is heard and acted upon!

The second part of the Student Association is the Student Fee Allocation Board (SFAB). SFAB is the body that gives out student activity fee money. If a student organization needs money to put on an event, they must submit a request to SFAB in order to get the money for it. This ensures that your student activity fee is put to good use. SFAB is led by a Director who is elected by the entire student body. Each class also elects one board member and the Director appoints four additional board members.

The third, and newest, part is the Supreme Court of the Undergraduate Students (SCOTUS). The Court is made up of the Chief Justice and four associate justices, all appointed by the Speaker and confirmed by the General Assembly. The Court deals with any disputes within the Student Association and upholds the Constitution of the Student Association.

The Student Association is here for you—to make sure your experience here at CUA is a positive one. The system does not work, however unless students get involved. When you get to campus in August, make sure you get to know the members of SAGA, SFAB, and the Court so that you can use them as a resource in making your experience at CUA the best it can be. And if you’re interested in being a member of SAGA or SFAB, be on the lookout for information about freshman elections, which will take place in September. To learn more about us, go online at http://saga.cua.edu or follow us on Twitter (cua_saga) and Facebook (CUA SAGA). Can’t wait to welcome you in the fall!
One of the best parts of going to CUA is having a Metro stop right on campus, ready and waiting to take us to D.C. to experience all that it has to offer. D.C. is such a fun and lively city that not taking advantage of it would just be plain silly. Don’t know much about what’s going on? Let’s discuss a few of the many fun opportunities that you can find in the District:

**FOR LEARNING** – You can’t live in DC and not go see at least a couple of museums! There are the Smithsonian Museums (this does also include the National Zoo) which are very interesting (not to mention, they’re free!). Since there are so many of them, you’re bound to find at least one that piques your interest. Yet, the Smithsonian Museums are not the only ones. There are also places like the Holocaust Museum which everyone should see at least once. Then, there is the National Geographic Museum, which displays various exciting exhibits throughout the year. For this museum, you do have to pay about ten dollars for admittance.

**FOR CULTURE** – The Kennedy Center is a great place to get some culture into your life, and the price is right! Every day the Kennedy Center hosts a free performance on its Millennium Stage, usually in the form of a musical performance, occasionally dance. Students can also get discounted tickets to the Center’s regular shows, but they only have a limited amount of discounted tickets so make sure you get your tickets way in advance! Just take the Metro to Foggy Bottom/GWU and hop on the free shuttle that comes by every fifteen minutes.

**FOR SHOPPING** – For those of you like me who love to shop, Eastern Market is one of the best places to go. Every Saturday and Sunday from 10 a.m. – 6 p.m. Eastern Market plays host to a fantastic outdoor flea market and farmer’s market. There are lots of cool vendors with great things to buy, and the prices aren’t too bad.

**FOR FOOD** – Let’s get you guys started on that freshman fifteen! Once in a blue moon, you may desire food that doesn’t come from the Pryz. If you’re looking for dinner, Boli’s Pizza is a staple in the diet of every CUA student. They’re open until 3 AM, are located right in Brookland and know our campus very well, so you’ll get your food pretty fast! Another good place is Chipotle, for the best inexpensive burritos and tacos around! There are at least four locations that are easy access from the Metro. For something sweet, head to Georgetown Cupcake in Georgetown or Larry’s Ice Cream in Dupont Circle. Georgetown Cupcake is a little on the pricy side at $2.75 a cupcake, but as of March 2010, they have the best cupcakes in all of DC! Larry’s Ice Cream also sells cupcakes but go for the ice cream! Larry’s features 38 flavors of ice cream, plus two sorbets and two frozen yogurts, at fairly decent prices. This short list is only a dent in the barrel of fun that is the District of Columbia. Use it as a starting point to get you on track to becoming acquainted with the city. But, remember, don’t be afraid to go out and have your own adventures! There is still plenty out there to explore that I didn’t mention. Take a day, pick a Metro stop, and just go nuts! Or, if you still want to go have an adventure but would like to plan it a little more, the website for the Washington Post has an events guide that lets you know about all of the exciting events that are happening in DC for the week. In any case, just always remember that DC is your source for nonstop fun, so get out there and use it!
Have Plans for Friday Night?

Throughout the entire school year at CUA, our very own Campus Ministry’s “The House” hosts several events in which students can participate. These events occur every Friday of the school year and provide students with a fun and relaxing atmosphere where they can socialize, meet others with their same interests or just take a break from long study hours! Events range from casual movie nights to formal homecoming dances and everything in between.

Their most popular events include: the annual Metro Madness, sporting events (like trips to see the Washington Wizards or Washington Nationals) and of course, the big end of school bash LUAUPALOOZA! Metro madness is offered every year on the first Friday of the first semester. Basically, it is a competition in which several groups of students race against the clock to complete a whole list of tasks by going to different stations on the metro! This is a great way to get acquainted with not only the metro but also with Washington D.C. because several locations and tourist sites are metro accessible, which makes living in the city a fun and enjoyable experience. The other awesome event is Luaupalooza! LUAU, for short, takes place every year on the last day of classes during second semester in which students can enjoy a fun filled evening with free food, rides, great performances and live music!

All of these awesome events sponsored by “The House” are either free for all CUA students, or at the most, $5 for each CUA student, with the exception of metro madness. (These events are paid for by the students’ activity fee.) If you are not interested in the live music or free rides at LUAU, the House also sponsors events like going to see the National Symphony Orchestra, the Ringling Brothers at the Verizon Center, or the annual Putnam County Spelling Bee. Not only does the House go on excellent trips, they also throw great homecoming and spring fling dances! This is an excellent opportunity to get involved with campus life on CUA and another excuse to mingle and meet new people as you progress in your undergraduate education.

Gurneet Bawa is a junior Biology major from Potomac, MD.

Freshman Retreat: Times Like These

It’s August 26th. Welcome to New Student Orientation! The graduation parties are now over and the yearbooks have all been signed. Although you may be missing your friends from high school, you’re excited to see what Orientation has cooked up for you. The next four days provide a whirlwind of fun, excitement, new information, and lots and lots of new faces. It’s times like these when you try as hard as you can to memorize all the names, majors, hometowns, high schools, hair colors, heights, dates-of-birth, favorite songs, residence halls, shoe styles, favorite Italian restaurants, eye colors, pets’ names, and number of siblings of each of your new classmates. Don’t forget anything!

It’s September 8th. You’re in the middle of your second week of college. By now, you’re pretty comfortable with the students in your Learning Community, having all bonded over the extensive reading assignments your philosophy professor has given you in the past two weeks. Your routine is down, from your early morning walk to O’Boyle Hall, to your lunchtime break in the Pryz with your friends, to that 3:00pm nap you learned to sneak in every other afternoon. It’s times like these that you feel a bit overwhelmed by all the work you’ve accumulated, tired from all the new activities, and anxious for a much needed break.

It’s September 10th. Time for Freshmen Retreat!! Grab some dinner, find your group on the Basilica lawn, and get ready for an incredible weekend! The bus ride to Camp is filled with buzzing noise, corny games, and individuals who just might become your best friends here at Catholic. It is times like these that you feel a little apprehensive but so very excited! You finally make it to the camp! Drop your bags, find your cabin, and most importantly, find a bathroom! Then get ready for a fun-filled and relaxing weekend, sure to relieve you of the newfound stress of the college world. Be sure to get out there and throw the football around with the guys or take a relaxing stroll around the beautiful campgrounds. Get ready to go kayaking and canoeing. Now, helpful hint to remember: when your friend calls your name asking you to smile for a picture; do not completely lose control of the kayak and fall into the lake. It’s times like these you’re grateful to have found friends who won’t make fun of you…all the time. Soak in the smiles and fun, the laughter and community. Freshmen retreat is the perfect opportunity to take a breath once again. You can enjoy the company of new friends without having to stress about a paper due at midnight. You will certainly find others in your freshmen class of 2014, and even upperclassmen, who appreciate your warmth, your goofiness, your sincerity, your smile, your sarcasm, your friendship. It is times like these that you are so grateful for choosing Catholic University as your new home.

Julie Larkin is a sophomore Psychology Major from Lawrenceville, NJ.
We want you to join Program Board! Program Board plans and organizes events to educate, entertain, and expose CUA students to the rich diversity of the campus. When you arrive at CUA you will see how involved and inviting the CUA community is, and Program Board is a great way to step into that community. Program Board plans events that CUA students look forward to every year, including Fall Fiesta, Movies on the Mall, and open mic nights in Starbucks! You have the opportunity to help make these and more events great! Fall Fiesta is a big welcome barbecue at the very beginning of the year. All of the student organizations come out so you can see all the different activities you can join. Program Board plans this event along with events like Movies on the Mall, which is when we blow up a huge screen and play movies that the students vote on that is out of the theater but not yet on DVD-- it’s a great CUA tradition! Program Board consists of an executive board and committees such as Campus Community, Entertainment, Cultural Affairs, Cardinal Spirit, and chairs for each undergraduate class. To get involved in Program Board just come to our general board meeting that will be held at the beginning of the year! There are many opportunities to get involved with Program Board and we hope that you join in! It is a great way to meet new people and to take part in planning some of CUAs biggest events! For more information, check out http://programboard.cua.edu

Lauren Boyce Class of 2011 Programming Chair Ridgefield, CT

Check back in August for the final newsletter on Orientation and Orientation Extended