WELCOME TO THE CUA COMMUNITY

The summer is progressing, and the school year is drawing near. You have begun to Facebook your roommates and split what to bring; you’ve already turned in your deposits, immunizations forms, registered for classes and Orientation. The administrative details are taken care of, and now you begin to worry about the social and academic aspects of college. Will you make friends? How do you get involved? Will your classes be too hard? To help some of these fears, the Orientation program is a four day event that will introduce you to the resources of the university, help you to meet faculty and staff, and give you an opportunity to make friends with the Class of 2014. You will also get a chance to meet and befriend seventy upper class student leaders who are your Orientation Advisors, Resident Assistants, and Campus Ministers. Take advantage of this opportunity to not only become part of one of the biggest programs at the University but also part of the CUA community!

But before you arrive in August, the Orientation Program has created this final newsletter to help alleviate some of those summer worries. Check out what current students and staff members have to say about this big transition to Catholic University. We hope this will help you before your arrival, and we look forward to seeing you in August!

- From The Orientation Program
A Word of Advice from Winnie the Pooh

Looking back on my first year at CUA, which included countless hours pouring over the writings of Aristotle, St. Paul’s letters, and the psychosocial stages of Erik Erikson, I’ve come to discover one of the most important lessons I’ve learned came from none other than Winnie the Pooh. This loveable bear simply stated that “Yesterday is history, tomorrow is a mystery, but today is a gift. That’s why they call it the present.” Take advantage of every single moment you’re blessed with in college.

Yesterday is history. As much as we would like to think otherwise, our high school days are now over. Most of our friends will all be going to new places, and it’s time to become fully immersed in our new home as well. Get excited about Catholic University! Everyone is nervous about meeting new people and wondering how these strangers could become our best friends. So take the initiative and be friendly. Of course, relationships from high school are still important. By all means, stay connected to your friends back home, just don’t Skype with them every day. You want to be able to tell them exciting things when you do talk to them, so make sure you’re living a full and exciting life away from the phone and computer.

Tomorrow is a mystery. So many first-years are coming into Catholic as exploratory majors, and even those of us who have declared do not exactly know what we want to do with our lives. The world is at our fingertips. But how do we get from college freshmen to world-renowned engineer, the next great American president, or simply happy-healthy college kid? We work hard today and take advantage of every single minute.

Today is a gift. Take advantage of every opportunity presented to us in our nation’s capitol and on campus. Get involved in the activities you’re interested in. Play Frisbee on the Law School Lawn. Visit the National Shrine that’s right on campus! Join an intramural team. Get involved with “Renew.” Go to the House events on Friday nights! You’ll meet so many new people and make friends very easily, while having a ton of fun. Take the metro into the city and explore D.C. Try a new restaurant! Go for a run on the mall or watch a movie in Chinatown. Enjoy yourself!

But remember…you have to work hard too. Make sure you’re consistently reading your assignments and keeping ahead of your work. The papers and projects sneak up too easily, and then you’re forced to choose between a late-night movie with friends or your six-page paper due tomorrow. It’s all about time management. You’ll find you have a lot more free time in college than you did in high school but also a lot more work and activities. It’s up to you to figure out how to spend your time and energy.

If you have a lot of energy, make sure you’re exercising. Find a jogging partner, go to the gym, check out all their awesome work-out videos or stay active with a team. Try as hard as you can to keep a healthy diet by eating the fruit and salads and not too many greasy foods. If you don’t have a lot of energy, get more sleep!! It is so essential to be well-rested and ready for the next day’s adventures. Trust me, there are days when you will be absolutely exhausted. Naps are lifesavers!

I hope you take Pooh’s words to heart. “Today is a gift. That’s why they call it the present.” Life at Catholic really is one of the best gifts you’ll ever receive. Make the most of it!

Julie Larkin is a sophomore Psychology Major from Lawrenceville, NJ.
Orientation 2010 spends countless hours helping first-year students familiarize themselves with the ins and outs of CUA. But there is more to the CUA experience than just our beautiful campus in the middle of Brookland.

One idea I have adopted since coming to CUA is that DC is my extended campus. DC is where you will spend your nights, your weekends, and any free time you have. It is a town full of politics, theatre, memorials, shopping, world famous landmarks, great food, and unlimited fun. It truly makes the CUA experience unique and separates it from other Catholic universities. But what if you’ve never been to DC? Never fear - your orientation team is here.

Our staff knows that being acquainted to DC and the Metro system will allow you to explore it comfortably and safely, so we include DC excursions in your orientation. During orientation, students will be given the option of visiting many different popular DC sites. The National Zoo, Eastern Market, and the monuments are just some of your choices. These excursions will give you a chance to learn about these landmarks from the people who have spent their time living around them. These trips also offer you a chance to familiarize yourself with the DC metro system.

Can you imagine meeting all of the class of 2014? Well you don’t have to because with Playfair you can! One of the most interactive events during orientation is Playfair. Filled with icebreakers and activities it is a fun way to meet your peers! Aside from the new students, all of the orientation advisors will also be taking part in the activities so you will see some familiar faces. As a first year student, I was a really shy person, but I was not nervous about participating. I knew that everyone else was new just like me. It was great because everyone was eager to meet new people and make friends. Whether you are battling it out for the rock-paper-scissors champion title or finding someone with your same birth date, you will have fun and make connections with others.

Midnight Breakfast follows Playfair so you can enjoy the rest of the night with the new people you meet! I learned that with Playfair, like college, you get as much out of it as you put in. You can’t just sit on the sidelines and expect to have fun. Sometimes you have to step out of your comfort zone and take risks! When you get involved on campus, you meet new people and learn more about yourself. So what better way to start than Playfair?

Playfair is also the chance for first-year students to come together as a community. During Playfair you start to feel like part of the CUA community and become familiar with the people you will be experiencing college with. Later on in the year you will meet someone and say “Hey, I remember meeting you at Playfair!” So get ready to try new things, meet new students and have fun!

Michelle Romero is a junior French and Spanish double major from East Boston, MA

Beth Amann
As Orientation 2010 approaches, I wanted to take a minute to let you know a little bit more about the red polo clad warriors that are your Orientation Advisors. In addition to carrying TVs and fridges up to the fifth floor of Flaherty faster than a speeding bullet, this year’s OAs are a unique collection of students. We come from over twenty different states from New Hampshire to Southern California and everywhere in between. We study twenty-five different majors, ranging from Architecture and Engineering to Politics and Spanish. The Orientation staff has members of several athletic teams, College Republicans, College Democrats, Student Government (SAGA, SFAB), CRUX literary magazine, WCUA Radio, TakeNote A Capella, Kappa Tau Gamma Sorority, CUA Gold Club, and many more. Despite the differences, the common denominator between these individuals is that each of us has found in Catholic University not only an academic experience we can be proud of, but a campus community we are proud to be involved in.

Students at CUA tend to wear many hats and be actively involved in a number of things all at the same time. Don’t hesitate to ask your OAs about a particular activity because chances are if they are not involved themselves, they can introduce you to someone who is. I really encourage you to develop connections with as many of the Orientation Advisors as possible during your first few days at Catholic. You never know where they may lead. I personally still keep in touch with the OAs from my first year and was even placed in an internship by one. Take full advantage of your time in college as it flies by (as I can attest).

Fear is a universal feeling for everyone. There are certain situations people face that make them nervous, or unsure. My first year at college was one of them. What was I afraid of? Walking down the hall with toilet paper on my shoe? Falling down the steps? Spilling my tray in the lunchroom? Not having a date to prom? Oh wait. That was high school. I had all those things to be terrified of, but I survived!

What concerns do you have about your first year of college? I had a list of worries that looked as daunting as the Ten Commandments. What do I pack? How do I handle money while I’m at school? What do people in college wear? Does one red sock really turn all your white clothes pink? What if I don’t like my roommate? Where are all of my classes? What happens if I spill my tray in the lunchroom here? Where is the lunchroom even at? And my biggest fear: How much were my parents going to embarrass me?

The first thing you will learn is that you aren’t the only person with a few fears. If you are worried about something, chances are that a hundred other students are worried about the same thing. Fear comes naturally when entering college. But this dilemma doesn’t have to ruin your experience. CUA Orientation 2010 will offer incoming students the chance to face their fears and assure that besides being anxious about college, all freshman tend to have one thing in common: questions.

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Your Orientation Advisors

Ryan Winn is a Senior Politics Major from North Attleboro, MA

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To Bring... Or Not to Bring...

That is the question! Amidst the thousand trips to Target to browse and brood over which comforter set you want or how many packs of EasyMac you think that you are going to eat, there are several things that may slip your mind. In an attempt to ease some anxiety and save you from a Target run (located at the Columbia Heights Metro Station just a 20 minute ride from CUA’s campus) on the very first day, here are a few things you might want to pick up:

**Linens’N’Things:**

Don’t forget to bring at least one set of XL Twin sheets and as many pillows and blankets that you will need to make yourself comfortable. A mattress pad/cover is a good thing to have as well as a set or two of towels and a robe to wear to and from the shower. For those crafty girls out there perhaps you would like a matching pair of flip-flops/shower shoes and shower caddy to carry all your lovely toiletries with you to the Loo if your Residence Hall has community style bathrooms.

**Mr. Clean:** If only to calm your germaphobic mother’s fears, it is always good to bring cleaning items such as Clorox wipes, Febreeze and Lysol. A roll of paper towels and a box of tissues come in handy, and for those of you living in Centennial Village, shower cleaning supplies should be brought. In terms of laundry, there unfortunately is no personal maid service but there are washers and dryers for your use in every Residence Hall. No quarters are necessary. A laundry bag or basket will be of use as well as your favorite detergent/softener/dryer sheet combo!

**Feels like home:** Perhaps the best way to kick the homesick blues is by making your room your own personal “Home away from home!” This look can be achieved with pictures of your favorite memories with friends and family but be sure to leave wall space for new photos! If you are wondering whether or not you can bring your baby blanket or special teddy bear, word has it that you are not alone. If this option does not float your boat, a homey feel can also be achieved by your favorite posters and possibly an air freshener or two.

**Healthy Students:** One last thing to add to your list would be a First Aid kit. Call it the nursing student in me but I always find it handy to have some Band-Aids around as well as perhaps Dayquil when you get the snuffles or Tylenol to fight that pounding headache. In addition to other remedies, having a case of bottled water and a few snacks can help you get through writing papers or studying hard for that first Chem test!

With your packing list in mind, I hope that some of your concerns have been alleviated. Yet, if you are still worried over ‘the big move’ thing, you can visit the move-in website for more information: [http://residencelife.cua.edu/move-in.cfm](http://residencelife.cua.edu/move-in.cfm).

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Preparation is a key element to planning any big move, such as moving into a new residence hall for the first time. With a little bit of planning and thoughtfulness, you can make the transition as smooth as possible.

**Familiar with Truck Crew?**

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 for 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 room plans for your residence hall at [http://housing.cua.edu/halls/index.cfm](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. Truck crew responds to a variety of student requests regarding furniture in residence halls 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) or sending an email 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 webpage at [http://housing.cua.edu/employment/studentemployment.cfm](http://housing.cua.edu/employment/studentemployment.cfm).

Julie Yarwood is the Student Housing Coordinator for Housing Services located in Fr. O’Connell Hall Rm. 160.
Toothbrush. Socks. Pens. Textbooks. Pillow. Notebooks (that won’t make me look like I’m twelve). Semi-organized suitcase(s) fully of clothes that I will wear. Freaky little cube thing that the Bed, Bath & Beyond lady said could provide “stylish seating and super storage!” because I totally needed a hot-pink, microfiber cube. One last look around my room. Say bye to my cat.

Ready for college. … Or not.

I had a strange lead-in to my first year of college life. I’d grown up watching my siblings do “the college thing”, and I had convinced myself that I knew what it was all about. Naturally, I didn’t bother packing until the night before I had to leave (that was an experience). What I hadn’t realized: I was so sub-consciously nervous that I spent the last month of summer pretending I wasn’t—talk about denial.

In the leading months before arrival, there you are with all these uncertainties looming through your head. You’re nervous about you and your girlfriend being at different schools. Will you make friends? All of your best friends went to State, and you’re the one who made the decision to not jump on the bandwagon. You’ve got student loans and work-study to figure out. Will the grouchy professor in a patched, tweed coat and bow tie call you out during class? You’re anxious about college level courses and papers being a significant part of your grade. And classes haven’t even started. Strike that—you haven’t even moved in yet.

I’m not going to say, “Don’t worry.” Those are all legitimate worries—some taken from my own “transition experience”. Others were swiped from the lives of my friends here at Catholic or from home. It’s pretty much a universal thing, this worryment, so know that you’re definitely not the only one freaking out.

Here’s the thing about the big “transition to college”. It’s a big, stressful life change. Everything is different: your daily routine, your living situation (even if you’re commuting), the people you see, the food you eat, the things you learn. In high school, my friends didn’t live down the hall; I had to drive 30 or 45 minutes to get to them. I had my own space and few distractions from working. First few weeks of college, I had a hard time saying no to any offer to hang out or do something, because I wanted to make sure I made solid friends. Those little differences add up, and adjusting to and processing it all is challenging.

I’m sure you’ve heard it before: college is a crash course in time management and in learning to find balance in a new lifestyle. Here’s something else you’ve heard before: college is a time for making mistakes, learning to make choices, and figuring "it" all out. The trick is not letting it overwhelm you and that can be hard. There’s no easy-fix formula for the transition to college, but there are a few things you can do help make it easier and more comfortable. Call, skype, email, text, write to your family and friends and be totally honest with them about your experiences. Keep an open mind about people. Go to your professor’s office hours, and talk to your academic advisor (the better he or she knows you, the more they can help you). Make your own choices. Use the resources the school has to learn more about loans, scheduling, and jobs. Buy a pair of shower shoes. Get involved on campus through a sport, club team, or organization. Don’t break the hot-pink, micro-fiber cube by jumping up and down on it repeatedly. Most of all: accept that change is going to come.

One more thing: once you’re here, the separation of your life at school, with friends, and at home goes out of the window, and you start living with this giant ever-changing beast called “college life”. I found that the easiest way to deal with it was to find a place on campus where you can be on your own—to think, reflect, call your best friend, or just be upset (with yourself, the world, your roommate, or the printer in Leahy that ran out of ink). It’s important to keep in touch with family and friends, but even more important to keep in touch with yourself.

It’s hard to be truly ready” for college. Case in point: I forgot my toothbrush, even though it was at the top of my list. So, my final advice for success in college… starts with not packing the night before.
Orientation Extended
Rachel Gazzerro is a Senior French and Politics Major from Warwick, MD.

What’s In It For You!

Orientation is a great time to meet other incoming students and current student leaders. During these four days, you will get settled in, receive information on the various resources and offices, and start to feel a bit more at ease about this big transition. Actually, this transition does not seem as bad as everyone made it out to be. And then BAM! School begins, and the rest of the university returns. Your classes grow harder each day; you’re not use to the busy schedule – weren’t you suppose to have more free time? Your roommate is just always there, and your new best friend is never there. You really start to miss home. Wasn’t college supposed to be the time of your life?

During the first few weeks of college, everything is going great, but there is a time when things seem to be just too hard so what do you do? Orientation Extended does just what its name entails - - takes the ideas in Orientation and extends them throughout the first six weeks. The University cares about you and wants to help you in every way possible to help you make CUA a “Home Away from Home.” The university offices come together to coordinate events that you can attend. Each event addresses the different aspects of your life. Did you want to volunteer but not sure about where to go? What time was that football game again? What should I do if I want to learn more about the different majors? All of these questions that you start to have can be answered.

Take the advice from a Senior and take advantage of Orientation Extended! During my first year, this program was not publicized like it is today. I sort of “knew” about the offices and “knew” about the different programs and events, but I really didn’t know what they were or where they would be. All those handouts I did receive in my first year were somehow ‘misplaced’. Maybe my dog ate it? Oh, wait, that excuse doesn’t work in college. Now, all of the events can be found in one location – your handy event pocket guide. So be sure to check out this pocket guide, from front to back, to decide what you want to attend!

What’s Really In It For You!

Did I forget to mention all the prizes you can win for completing your farecard of Orientation Extended? In attending ten events, two from each color, you can possibly win one of the prize packages that Orientation has put together for you. From an IPAD and tickets to shows, to a digital camera and a signed Hockey Puck from DC Capitol’s star player Mike Green, there are several different prizes that are put together into one big package that new students who complete their farecard can win. You can even win a chance to go to dinner with the new Catholic University president, President Garvey! If you are not selected as one of the prize package winners, you can still win gift cards at the Orientation Extended Barbeque at the end of those first six weeks on October 16th. By going to the BBQ and completing the farecard, you could win gift cards to some of your favorite places – Bolis, ITunes, the bookstore, and more. If I were you, I wouldn’t miss out on an opportunity like this!

Orientation Extended is a great way for you to get information during those first six weeks that you will use for the rest of your time here at CUA. You will meet lots of people, learn so much, and have the opportunity to win prizes. You will also have fun! There is no reason not to be part of Orientation Extended. So take part in Orientation Extended, and if you don’t complete your farecard for you, complete one for me, the sad Senior who never got the opportunity!

Check out more information on Orientation Extended and see the amazing prizes online at orientationextended.cua.edu
It's the end of summer and you're having those college jitters, only this time you're not a freshman, you are a transfer at a new school! Well, don't worry the jitters will soon disappear. I was a transfer student to CUA in the Fall of 2009 and I will share a few tricks with you that I picked up to help me adjust to my new home.

First, I strongly recommend participating in Orientation. I met a lot of other transfer students there, domestic and commuter. It was nice to meet people who already knew what it meant to be a college student and just wanted to get a feel for their new school.

Attending Orientation also gives you a chance to get to know the campus and figure out where all of your classes are going to be before all of the students are back. After Orientation, I also recommend that you talk to the students in your residence halls and in your classes. Tell them that you're new to the school and ask what sorts of things there are to do around here. CUA students are very friendly and willing to help you out if you just ask.

Second, get involved in school activities. CUA offers so much that you might not even be sure what you want to do. We have so many activities and clubs for students to join that you won't find time to get bored. Another thing I suggest doing is exploring DC. Discovering the city's hidden gems is fun if you give it a chance, and it's a great excuse to gather a group and get off campus for a little bit. There are all sorts of places and different types of food to eat like Chinese food in Chinatown, burgers or pizza at Union Station, or the IHOP at Ballston, all just a few metro stops away! I quickly discovered that the metro is your best friend, so I recommend getting a Smart Trip.

Lastly, CUA makes a great effort to help you enjoy college life, so take advantage of it. Students are sent e-mails titled “CUA Happenings” that fill you in on what's going on around campus and around DC. For example, I found out about DC United's College Night where all college students can buy tickets at a discounted price and about the fun activities Campus Ministry has planned for the weekend, such as laser tag or attending a National's game.

As worried as I was when I first started classes at CUA, I honestly didn't have that hard of a time adjusting. Don't be shy and get to know your new community, trust me you will be more than happy you did!

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**CUA NEWSFLASH**
**ORIENTATION 2010**

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Genodra Jackson is a junior Politics major from Ashburn, VA.

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Check out the Orientation Schedule posted on the homepage of our website. Below is a highlight of a few transfer only activities:

**August 26th:**
- OA meeting 7-7:45 p.m.
- Transfer Social 8-9 p.m.

**August 27th:**
- Transfer Student Lunch for the School of Arts and Sciences 12:30-2 p.m.
- OA meeting 9-10 p.m.

**August 28th:**
- School of Architecture and Planning Meeting for Transfer Students 2-4 p.m.
- School of Arts and Sciences Transfer Student Orientation 1:30-2:30
- OA Meeting: 7:15-8:15 p.m.