Welcome Weekend
Golden Eagle Welcome Weekend 2019
* Denotes Mandatory Activity

Friday, August 23

8:00 a.m. – 1:30 p.m.  *Welcome Weekend and Residential Life Check-In
UMC Wellness Center
Pick-up all of the information you will need for orientation weekend, including your U-Card, the orientation schedule, your name tag, and your SOS Leader information.

8:00 a.m. – 6:30 p.m.  Bookstore Open – Sargeant Student Center

11:30 a.m. – 1:00 p.m.  Brown Dining Room Open
(Meal plans begin for students, all student meals are covered during orientation programs, present your Ucard and name tag)

*Please note that you have some free time, but we ask that you join us at 2:00 p.m. in Kiehle Auditorium for the kick-off of the 2019 academic year!

2:00 p.m. – 3:00 p.m.  *Welcome Home Session – Kiehle Auditorium
Official welcome and kick-off to Golden Eagle Welcome Weekend. This is also your first chance to see your SOS Leader up close! Join Chancellor Mary Holz-Clause and the Crookston Student Association as the university officially begins the new academic year!

3:00 p.m. – 4:15 p.m.  *Meet Your S.O.S. Leader – UMC Campus Mall
The mall is the grassy area located in the center of campus. Your group number is on your name tag.

3:10 p.m. – 4:00 p.m.  Parent and Family FYE 101- Kiehle Auditorium
Parents and families, join Vice Chancellor John Hofman for a discussion on the First Year Experience, your student’s academic and extracurricular support systems, and their transition to life at UMC.

*Parents and Families thank you for joining us today, we ask that you depart by 6:30 p.m. so that your student can join us at 7:00 p.m. for our first activity on the Campus Mall. We have a fun filled weekend planned!

4:15 p.m. – 6:15 p.m.  Welcome Home BBQ – Campus Mall
All students and their guests are invited to join us!
Menu: Shredded BBQ Pork, Shredded BBQ Chicken, Potato Salad, Vegan Salad, Cheddar Macaroni Salad, Fruit Salad, Ice Cream Cups, assorted soda and water.
**Saturday, August 24**

**6:30 a.m. – 7:30 a.m.**
Sunrise Wellness – Wellness Center Multipurpose Room

**7:30 a.m. – 8:30 a.m.**
Breakfast – Brown Dining Hall
*Remember your UCard and name tag!*

**9:00 a.m. - 12:00 p.m.**
*The Rock Star Project featuring Jason LeVassuer*
From the auditorium, to the house concert, to the club, to the coffeehouse, to the street corner - he always puts on a great show. Not only can he write a song, play guitar, sing, and win a bunch of awards... he’s also just a nice guy. Join us on the mall where you will join Jason LeVassuer for a fun, informational, and inspirational talk about finding your passion and transforming dreams into reality. What does it take to succeed in college? While sharing stories from the road, music, and big brotherly advice, Jason will encourage and inspire each student to discover what it takes to be a Rock Star Student.

**12:00 p.m. – 2:00 p.m.**
Brown’s “Backyard” Cookout - Brown Dining Hall
*Remember your UCard and name tag!*

**2:00 p.m. -3:30  p.m.**
*UMC: Where We’re at and Where You’re Going!*
Location: Kiehle Auditorium

**3:30 p.m. - 4:45 p.m.**
*S.O.S. Advice session - Campus Mall*
The mall is the grassy area located in the center of campus. Your group number is on your name tag

**5:15 p.m.**
Dinner – Brown Dining Hall
*Remember your UCard and name tag!*

**7:30 p.m. – 8:30 p.m.**
Rally with Regal & Sean Bott – Kiehle Auditorium
Mentalist Sean Bott discovered his love of entertaining crowds while growing up on an army base in Saudi Arabia. With appearances on the Sci Fi Channel, the CW, NBC and in 127 hours with James Franco, Sean’s innovative and distinct brand of comedy mentalism has enthralled audiences worldwide. During the show, handfuls of pocket change will melt, time will travel on watches and smartphones, minds will be read, and
objects will move with no physical contact. You’ll gasp, you’ll laugh, you’ll love it! And, compared to other mentalists, Sean’s comedic skills are through the roof. Not only is your mind going to be freaked, but you’ll laugh your butt off along the way!

**SUNDAY, August 25**

9:00 a.m.                                  Sunrise Wellness – Wellness Center Multipurpose Room

11:00 a.m.                                 Wellness Center open

11:30 a.m. – 12:30 p.m.       Brunch – Brown Dining Hall

12:30 p.m. – 1:00 p.m. *Meet with your SOS Group – UMC Mall

1:00 p.m. – 2:15 p.m.          Classroom Tours

2:30 p.m. – 3:45 p.m. *Meet with your SOS Group - UMC Mall

4:00 p.m. – 5:15 p.m. *Rally with Regal & Golden Eagle Confessions –

5:30 p.m. – 6:30 p.m. Dinner – Brown Dining Hall

6:30 p.m.                                 *Meet with your SOS group – UMC Mall

7:30 p.m.                                *The “C” Word – Kiehle Auditorium

*Remember your UCard and name tag!*

*Bring your U-Card to Swipe into this event*

Provides a provocative, in-your-face look at issues surrounding dating, sex, and date rape on college campuses. This interactive program explores how mixed messages, gender role stereotypes, and unrealistic fantasies contribute to misunderstandings
between the sexes. Students are challenged to provide solutions that will better improve communications in interpersonal relationships during their college experience.

9:00 p.m.
ResLife Backyard Party - ResLife Courtyard
Weather Backup (Game/Bingo event night in the student center)

Monday, August 26

7:00 a.m.
Morning Meditation - Wellness Center

8:00 a.m. - 4:30 p.m.
UMC Bookstore Open – Sargeant Student Center

7:30 a.m. - 8:30 a.m.
Breakfast – Brown Dining Hall
*Bring your U-card and name tag!

8:30 a.m. - 12:00 p.m.
*Golden Eagle Life Hacks – various locations
COMPUTER CHECK-OUT **Your computer check-out time was set according to your group number. You will NOT be able to pick up your computer at an earlier time slot. You must attend the “Get Connected” workshop prior (pre-arranged below). BRING YOUR U-CARD, AND YOUR USERNAME/PASSWORD. If you have a question about your computer check-out time please ask your SOS Leader.

<table>
<thead>
<tr>
<th>Time</th>
<th>Groups 1&amp;2</th>
<th>Groups 3&amp;4</th>
<th>Groups 5&amp;6</th>
<th>Groups 7&amp;8</th>
<th>Groups 9&amp;10</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 AM</td>
<td>Get Connected (Dowell 106)</td>
<td>All A’s: Abilities, Achievements, and Actions (Dowell 100)</td>
<td>What You Need to Succeed (Library 2nd Floor)</td>
<td>Welcome to the Neighborhood (Dowell 101)</td>
<td>Get Healthy (Dowell 121)</td>
</tr>
<tr>
<td>9:10 AM</td>
<td>Computer Check Out (Computer Help Desk- Kiehle 131)</td>
<td>What You Need to Succeed (Library 2nd Floor)</td>
<td>Welcome to the Neighborhood (Dowell 101)</td>
<td>Get Healthy (Dowell 121)</td>
<td>Get Connected (Dowell 106)</td>
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<tr>
<td>9:50 AM</td>
<td>All A’s: Abilities, Achievements, and Actions (Dowell 100)</td>
<td>Welcome to the Neighborhood (Dowell 101)</td>
<td>Get Healthy (Dowell 121)</td>
<td>Get Connected (Dowell 106)</td>
<td>Computer Check Out (Computer Help Desk- Kiehle 131)</td>
</tr>
<tr>
<td>10:30 AM</td>
<td>What You Need to Succeed (Library 2nd Floor)</td>
<td>Get Healthy (Dowell 121)</td>
<td>Get Connected (Dowell 106)</td>
<td>Computer Check Out (Computer Help Desk- Kiehle 131)</td>
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<td>11:40 AM</td>
<td>Get Healthy (Dowell 121)</td>
<td>Computer Check Out (Computer Help Desk- Kiehle 131)</td>
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</tbody>
</table>
12:10 p.m. – 1:00 p.m.  Lunch – Brown Dining Hall
As always, remember your U-Card and name tag!

1:30 p.m. -3:00 p.m.  *Advisor/Department Meetings – Kiehle Auditorium
Your advisor’s name is listed on your Welcome Weekend nametag.

3:00 p.m. – 4:30 p.m.  *Part Time Job Expo – Wellness Center
Find out about local businesses and services in the Crookston community. Looking for on campus employment? Both work study and non-work study positions will be on site hiring so be ready with your class schedule. Come check out all that our community and campus has to offer you!

5:30 p.m. – 7:00 p.m.  Brown Dining Hall
As always, remember your UCard and name tag!

7:30 p.m.  Movie on the Mall: sponsored by Golden Eagle Entertainment
Showcasing: Ferris Bueller’s Day Off
Rainsite- Kiehle Auditorium

Tuesday, August 27
Classes Begin! Have a great semester!

Don’t Forget…
● Pick up your mailbox key at the Information Desk in the Student Center!
● Visit the bookstore to buy your books for the semester. They offer many book options: rent, buy, new, used, electronic, etc.!
● Go to class and meet your professors!
● Have FUN, Golden Eagle!

Education Session Descriptions for Monday, August 26, 2019:

Get Connected
*Learn about UMC’s “Laptop U” program and how to connect your smart phones, gaming consoles, personal computers, etc. to UMC’s networks, and learn the in’s and out’s of your UMC laptop before computer check-out! MUST ATTEND THIS SESSION BEFORE COMPUTER CHECK-OUT!

Computer Check-Out
*Your computer check-out time was set according to your group number. You will NOT be able to pick up your computer at an earlier time slot. You must attend the “Get Connected” workshop prior (pre-arranged below). Bring your U-Card, and your username/password. If you have a question about your computer check-out time please ask your SOS Leader.

All A’s: Abilities, Achievements, and Action:
Accomplish, Achieve, Aware, Able, Adapt ...
These are all "A" words that you can use to put your best Abilities forward. Learn how you can collaborate with all kinds of people on campus so that together we can Appreciate each other and the talents we bring to create an Amazing class of 2023!

**What You Need To Succeed**
Your instructors will expect you to do a lot of learning outside the classroom in college. UMN Crookston provides many resources to help you interact with your learning. The UMN Crookston Library will be your primary resource for engaging in research assignments. Here you will gain access to various databases, periodical collections, and digital archives. The UMN Crookston Academic Success Center (ASC) and Writing Center offers many ways to collaborate with others to enhance your learning. Services such as student-led study groups, tutors, writing project consultations, advisors, and study skill seminars are all available to you. At this session, meet Library and ASC staff who will share about these academic resources.

**Welcome to the Neighborhood**
Polk County Public Health’s Sarah Reese, Sheriff James Tadman, and CPD Chief Paul Biermaier will join the SOS groups to educate about the choices you each face as a college student here in Crookston and discuss the resources that each UMC student has access to during their time on campus.

**Get Healthy**
Your mental health is inseparable from your physical health. UMN Crookston’s Student Health Services and its Counseling Center collaborate to offer an array of services focused on your wellness to help you adjust to campus life and the stresses of communal living. In the student health center, we provide nursing care and doctor’s visits or referrals to our community health partners RiverView Health or Altru at no cost. In the counseling center we provide individual counseling, free online mental wellness resources to manage stress such as the "Learn to Live’ program, and referrals to the Northwestern Mental Health Center for other psychotherapies and medication management also at no cost.