August First-Year Orientation
Welcome to NC State!

As your Orientation Leaders (OLs), we want you to know how excited we are that you decided to join our family and start your journey as part of the Wolfpack! Take it from us, the next years of your life as an NC State student are going to be memorable, challenging, and incredibly rewarding.

The Orientation Leader team is here to help you navigate your way to a successful start. NC State may feel overwhelming at first, but we have each made this place our home and can help you do the same. Our advice is to ask lots of questions at Orientation, reach out to other new students, and start making your bucket list of what you want to experience and accomplish over the next four years.

Get Connected at Orientation
Follow New Student Programs and use the hashtag #NCState23 on Twitter and Instagram!

@NCStateNSP

Need Assistance?
If you need to reach a family member attending Family Orientation during the program, please contact our office for assistance during business hours (8:00a.m.-5:00p.m., Monday - Friday) at 919.515.1234.

If there is an after-hours emergency, please contact NC State University Police Department at 919.515.3000.

New Student Programs
Office of International Services
320 Daniels Hall, Campus Box 7222
Email: ois@ncsu.edu
Phone: 919.515.2961
Internationalservices.ncsu.edu

Special Thanks to the following sponsors of New Student and Family Orientation:

Arts NC State
NC State Dining
NC State Wellness & Recreation
Parents & Families Services
PNC Bank
Student Alumni Association
Student Involvement
Sustainability Office
University Student Centers

Download the Orientation Mobile Schedule
1. Search for and download the app ‘NC State University Guides’ from your favorite app store
2. Open the app and search for ‘2019 New Students’
3. Customize your Orientation experience
Reminders Before Class Starts

By NOT completing the following steps, a hold could be placed on your account or your fall semester schedule could be dropped:

☐ Pay Your Bill
  › Fall semester tuition and fees were due July 29, 2019. If you have not already paid your bill, visit the University Cashier’s Office in Harris Hall.
  › Learn more about payment options and parental access for bill payment at studentservices.ncsu.edu.

☐ Student Health Services Checklist
  › Insurance- Enroll into or waive out of the Student Health Insurance Plan by September 10, 2019. Visit bcbsnc.com/ncsu
  › Immunizations- Complete all required immunizations and upload to the Healthy Pack Portal https://sso.medicatconnect.com
  › TB Questionnaire- Complete TB questionnaire online via HealthyPackPortal
  › Health History- Complete Health History Form online via HealthyPackPortal
  › Prescription Medications- Transfer your prescriptions to Student Health Pharmacy by calling 919.515.5040
  › Get a Flu Shot- Get your flu shot at one of our clinics on campus (September - January) healthypack.dasa.ncsu.edu

☐ Update Your Contact Information
  › Update your phone and address information with the university via MyPack Portal. Once you’ve logged in, go to Student Homepage > Personal Information > Addresses or Contact Details.
  › Sign up to receive WolfAlert emergency text messages by adding your cell number.
  www.ncsu.edu/emergency-information/textsignup

☐ Check Your Email Frequently
  › Step 1 to being successful at NC State is getting informed and connected. Your NC State email is the university’s official mode of communication with you, so get in the habit of checking it every day.
  https://google.ncsu.edu

☐ Finalize Your Fall Schedule
  › If you have questions after orientation, contact your academic advisor:
  https://newstudents.dasa.ncsu.edu/colleges
  › Do not drop any courses that were pre-registered for you without contacting an advisor first.
  https://mypack.ncsu.edu

☐ Solidify Your Meal Plan
  › Decide which meal plan option is best for you. You have until September 30, 2019 to make changes to your fall semester meal plan.
  go.ncsu.edu/MealPlans

☐ Take the Foreign Language Placement Test
  › You only need to take the exam if an academic advisor in your college or program has recommended it.
  Tompkins Hall, Room 113 (*Ask for assistance in Room 117)
  › Open August 16th, 19th, and 20th from 9:00am-4:30pm

☐ Order Your Textbooks
  › Visit go.ncsu.edu/textbooks to order books directly from NC State Bookstores or use their “Price Comparison Shopping Tool” to explore all of your options.

☐ Read the Common Reading Program Book Selection
  › Visit go.ncsu.edu/commonreading to find out if your college has an assignment or other expectations related to the program.

☐ Complete Mandatory Online Education
  › All incoming students are required to complete three online education modules prior to the beginning of the fall semester. The deadline to complete the modules was August 14th, so please complete them as soon as possible.
  go.ncsu.edu/required-ed

☐ Get your Wolfpack One Card ID
  › Stop by the Wolfpack One Card Office (on the 2nd floor of Talley Student Union) between 8:00am and 6:00pm weekdays with a government-issued ID to get your Wolfpack One Card student ID made.
  › Also open Saturday, August 17 (8:00am-4:00pm) and Sunday, August 18 (1:00pm-3:00pm).
  onecard.ncsu.edu

Visit our website for more go.ncsu.edu/NewStudentChecklist
International Student Schedule

Wednesday, August 14  (International Students Only)

8:30 a.m. to 9:15 a.m.  **International Orientation Welcome** Nelson Hall, Room 3400
We’re officially celebrating your arrival! Meet representatives from International Services and Study Abroad and get the scoop on orientation plans and expectations.

9:15 a.m. to 9:45 a.m.  **Crossing Cultures** Nelson Hall, Room 3400
Interacting with and acclimating to new cultures has many rewards and challenges. We’ll reflect on individual experiences and learn from each other.

9:45 a.m. to 10:20 a.m.  **Diversity and Inclusion at NC State** Nelson Hall, Room 3400
Diversity and inclusion are core values at NC State. Explore with us how these values play out in everyday scenarios and what we can be doing to build a more inclusive community on campus.

10:20 a.m. to 10:50 a.m.  **Academic Transitions & Student Success** Nelson Hall, Room 3400
What does being successful at NC State mean to you? Explore ideas, resources and advice with NC State’s Academic Coordinator for International Student Support.

10:50 a.m. to 11:30 a.m.  **Small Group Meeting** Various locations
Get to know CCAP Ambassadors and other new students while discussing questions from the morning sessions.

11:30 a.m. to 1:15 p.m.  **Campus Resources Challenge + Lunch** Various Locations
Continue getting to know your peers and now the campus better.

1:15 p.m. to 2:15 p.m.  **Resource Spotlights + Prizes!** Nelson Hall, Room 3400
Review with other groups important resources and hot spots across campus. Plus prizes!

2:15 p.m. to 2:40 p.m.  **Language Considerations** Nelson Hall, Room 3400
Whether you’re a native English speaker or not, navigating life in the Southern US can present certain language challenges. Get some quick advice and learn about resources available through the FLE Program.

2:40 p.m. to 3:30 p.m.  **Thrival Skills** Nelson Hall, Room 3400
Learn tips from fellow students to help you survive and thrive at NC State, related to healthcare, transportation, food and more!

3:30 p.m. to 4:00 p.m.  **Day One Closing** Nelson Hall, Room 3400
Time to wrap up Day 1 of orientation and look to what’s ahead!

What’s Next for International Students

**Thursday, August 15**

9:00 a.m. to 11:00 a.m.  **International Student Info Fair** Talley Student Union, State Ballroom
Representatives from various campus offices, student organizations, and local businesses (including banks) will be available to meet you and share important information and resources.

3:30 p.m. to 10:00 p.m.  **Orientation with New Student Programs** (Details on pages 5-6)

**Friday, August 16**

9:00 a.m. to 5:00 p.m.  **Orientation with New Student Programs** (Details on pages 5-6)
Day One Schedule

Thursday, August 15

3:00 p.m. to 3:45 p.m. Domestic Student Check-In  Talley Student Union, Room 3222 (families will check in in Room 3285)
During Check-In, you will receive your nametag and Orientation materials.

3:30 p.m. to 4:00 p.m. International Student Arrival  Talley Student Union, State Ballroom (3rd floor)
Do not forget your nametag with meal cards, schedule, and bag!

4:00 p.m. to 4:25 p.m. Orientation Welcome  Talley Student Union, State Ballroom (3rd floor) (with family)
Get excited to be a part of the Pack and learn NC State traditions to start your Orientation experience.

4:25 p.m. to 5:00 p.m. Meet Your Orientation Small Group  Various Locations
Meet your Orientation Leader and get to know other new students in your group! You can find your OL group number on the lower right corner of your nametag.

My Orientation Leader:

Name: __________________________________________

Email: __________________________________________

Instagram: _______________________________________

5:00 p.m. to 6:30 p.m. Dinner  Fountain Dining Hall
Enjoy dinner with your Orientation Small Group. Use the meal ticket you received at Check-In today for admission into the dining hall.

6:30 a.m. to 8:05 p.m. imPACKt Your Community  Talley Student Union, State Ballroom (3rd floor)
Let’s take time to explore our community expectations and how the Class of 2023 can have a positive imPACKt on campus. This session includes…
› Interpersonal Violence Prevention Information
› Pack Pride Reader’s Theatre
› Orientation Small Group Discussion

8:05 p.m. to 8:30 p.m. #NCState23 Showdown  Talley Student Union, State Ballroom (3rd floor)
Learn about daily life on campus during this interactive game show!

8:30 p.m. to 10:00 p.m. Howl on the Lawn  Talley Student Union, Stafford Commons and One Earth Lounge
Now is the time to kick back and unwind with other new students and the Orientation Leader team! Enjoy inflatables, karaoke, games, and more. Sponsored by New Student Programs, Multicultural Student Affairs, and Living & Learning Villages.

Day Two Schedule

Friday, August 16

7:30 a.m. to 9:00 a.m. Breakfast  Fountain Dining Hall
Your breakfast ticket can be found in your name tag holder. Breakfast is not included for family members but is available for purchase at the door.

9:00 a.m. to 9:05 a.m. Friday Welcome  Nelson Hall, Room 3400
Do not forget your nametag with meal cards, schedule, and bag!
## Day Two Schedule (cont.)

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<th>Time</th>
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<tr>
<td>9:05 a.m. to 9:35 a.m.</td>
<td><strong>Learning to Howl: Transitioning to NC State</strong> <em>Nelson Hall, Room 3400</em></td>
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<td>Starting your journey at NC State will be filled with opportunities, connections, and at times, challenges. Learn more about healthy transitioning, developing resilience, and overall emotional awareness. Also learn about the Counseling Center and other campus resources that support wellness development.</td>
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<td>9:35 a.m. to 10:05 a.m.</td>
<td><strong>Connect &amp; Engage with the Pack</strong> <em>Nelson Hall, Room 3400</em></td>
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<td>NC State offers exciting ways to engage outside of the classroom. Each of these activities can connect you with valuable experiences and provide career-ready skills. This session will introduce you to Student Involvement and some tips for navigating how to get involved during your first semester. The opportunities are limitless!</td>
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<td>10:05 a.m. to 10:20 a.m.</td>
<td><strong>Staying Safe at NC State</strong> <em>Nelson Hall, Room 3400</em></td>
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<td>Get to know the NC State University Police Department and hear about beneficial safety tips and resources.</td>
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<td>10:20 a.m. to 10:30 a.m.</td>
<td><strong>Up Next with NSP</strong> <em>Nelson Hall, Room 3400</em></td>
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<td>Learn how New Student Programs continues to support your transition to college through Wolfpack Welcome Week and beyond.</td>
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<td>10:30 a.m. to 11:15 a.m.</td>
<td><strong>Small Group Meeting</strong> <em>Various Locations</em></td>
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<td>Connect with your small group and your OL in this final meeting.</td>
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<td>11:15 a.m. to 12:45 p.m.</td>
<td><strong>Lunch</strong> <em>Fountain Dining Hall</em></td>
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<td>Your lunch ticket can be found in your name tag holder. Students will eat lunch with their OL and small group.</td>
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<td>12:45 p.m. to 1:00 p.m.</td>
<td><strong>Technology on Campus</strong> <em>Talley Student Union, Mountains-Piedmont (3rd floor)</em></td>
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<td>Hear about the valuable resources available to you through NC State’s ever-changing computing environment.</td>
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<td>1:00 p.m. to 1:30 p.m.</td>
<td><strong>Academic Success 101</strong> <em>Talley Student Union, Mountains-Piedmont (3rd floor)</em></td>
<td></td>
<td>Learn about the nuts and bolts of academics at NC State, including the General Education Program, campus resources, and the role of your academic advisor.</td>
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| 1:35 p.m. to 2:00 p.m. and 2:05 p.m. to 2:30 p.m. | **Student Engagement Sessions**  
  - Career Development and Co-ops *Talley Student Union, Currituck (3rd floor)*  
  - Leadership and Civic Engagement *Talley Student Union, Room 3222*  
  - Study Abroad and Global Experiences *Talley Student Union, Hatteras-Ocracoke*  
  - Undergraduate Research *Talley Student Union, Room 3285* |                                  | College representatives will provide information on academic requirements and what you can expect from your new academic home. They will also be available for academic advising. This session is required for all students, even if you have already completed course registration. |
| 2:45 p.m. to 5:00 p.m. | **College Welcome and Academic Information** *(with family)*  
  *My College Welcome Location: ___________________________* |                                  | College representatives will provide information on academic requirements and what you can expect from your new academic home. They will also be available for academic advising. This session is required for all students, even if you have already completed course registration. |

**Advisor Contact Information:**

Name: ___________________________

Phone: ___________________________

Email: ___________________________
### Group Activity

#### Activities to choose from:

- **Coursework** (Homework, Studying)
- **Academic Support** (Tutoring, Going to office hours)
- **Employment** (On or off campus)
- **Exercise** (Group fitness, Sports, Walk/run)
- **Relaxation** (Watching TV, Browsing the web, Reading, Gaming, Napping)
- **Personal Health and Hygiene** (Getting ready for the day, Doctor’s appointments)
- **Chores** (Laundry, Cleaning)
- **Campus Involvement** (Student organization, Campus leadership)
- **Building Community** (Finding your fit, Support on or off campus)
- **Off Campus Involvement** (Community organization, Internship, Service)
- **Home Life** (Calling, Supporting, Visiting family and friends)

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Fill in activities here:
Family Schedule (Day One)

Thursday, August 15

3:00 p.m. to 3:45 p.m. **Family Check-In** Talley Student Union, Room 3285 (students will check in in Room 3222)
During Check-In, you will receive your nametag and Orientation materials.

4:00 p.m. to 4:30 p.m. **Orientation Welcome** Talley Student Union, State Ballroom (3rd floor) (with student)
Get excited to be a part of the Pack and learn NC State traditions to start your Orientation experience.

4:30 p.m. to 5:10 p.m. **Helping Your Wolf Howl** Talley Student Union, State Ballroom (3rd floor)
At the end of this session, you will have:
1. Gained insight into the opportunities and challenges that your student may encounter in their first year at NC State.
2. Gained insight into the opportunities and challenges that you as a parent or family member may encounter during your student’s first year at NC State.
3. Learned ways to support your student and yourself during this transition.
4. Received an overview of the services provided by the NC State’s Counseling Center, including how to access and refer to these services.
Contact the Counseling Center at 919.515.2423 or https://counseling.dasa.ncsu.edu/

5:10 p.m. to 5:40 p.m. **Academic Success 101** Talley Student Union, State Ballroom (3rd floor)
Learn about the nuts and bolts of academics at NC State, including the General Education Program, campus resources, and the role of your academic advisor.

5:40 p.m. to 5:55 p.m. **Parents & Families Services** Talley Student Union, State Ballroom (3rd floor)
At the end of this session, you will have:
1. Become fully aware of the resources and services provided by the Office of Parents & Families Services.
2. Identified strategies for student and family engagement and support within the university.
3. Learned about the many ways parents and families can remain engaged and active in the NC State community.
Contact the Parents’ HelpLine at 919.515.2441 or parents.ncsu.edu.

Family Schedule (Day Two)

Friday, August 16

7:30 a.m. to 8:30 a.m. **Breakfast** Fountain Dining Hall
You may purchase admission into the dining hall at the door.

9:00 a.m. to 9:10 a.m. **Friday Family Welcome** Talley Student Union, Mountains-Piedmont Ballroom (3rd floor)
Do not forget your nametag with meal cards, schedule, and bag!

9:10 a.m. to 9:40 a.m. **On-Campus Living** Talley Student Union, Mountains-Piedmont Ballroom (3rd floor)
At the end of this session, you will have:
1. Learned the benefits of living on campus, including resources, programs and activities that support student success.
2. Been introduced to the Living and Learning Villages as a future option for your student.
3. Reviewed what students can bring to campus to personalize their rooms.
Contact University Housing at 919.515.2440 or https://housing.ncsu.edu/
*If your student is living off-campus, visit the Information Table for off-campus materials
9:55 a.m. to 10:25 a.m. **Dining, Bookstore, and ID Card**  
*Talley Student Union, Mountains-Piedmont Ballroom (3rd floor)*

At the end of this session, you will have:
1. Learned how meal plans work and what options are available.
2. Determined how to shop for the best price and options for course materials through MyPack Portal.
3. Reviewed how to select a laptop designed for your student’s course of study.
4. Learned how your student’s Wolfpack One ID Card works and about the various spending accounts associated with it.
5. Learned about student banking options provided by PNC Bank.

Contact Campus Enterprises at campus-enterprises@ncsu.edu or visit https://campusenterprises.ncsu.edu/. For more about PNC Banking at NC State, visit www.pnc.com/ncstate.

10:25 a.m. to 10:45 a.m. **Technology on Campus**  
*Talley Student Union, Mountains-Piedmont Ballroom (3rd floor)*

At the end of this session, you will have:
1. Learned about the IT accounts and services available to students and families.
2. Heard about the importance of security for campus accounts, hardware, mobile devices, etc.
3. Gained awareness of campus rules and regulations related to IT.
4. Gained awareness of campus IT support and knowledge of how to access these support systems as a student or family member.

Contact The Office of Information Technology (OIT) at 919.515.HELP or https://oit.ncsu.edu/

10:50 a.m. to 11:15 a.m. **Staying Safe at NC State**  
*Talley Student Union, Mountains-Piedmont Ballroom (3rd floor)*

At the end of this session, you will have:
1. Learned the university police department’s mission and contact information.
2. Learned about the university’s safety resources and emergency communication procedures.
3. Learned about crime on campus, along with safety tips that may be beneficial to students.

Contact NC State University Police Department at 919.515.3000 or https://ncsu.edu/police.

11:15 a.m. to 11:50 a.m. **Community Expectations**  
*Talley Student Union, Mountains-Piedmont Ballroom (3rd floor)*

At the end of this session, you will have:
1. Heard about the university’s student behavioral expectations, which are articulated in the Code of Student Conduct.
2. Learned about the importance of discussing the topics of alcohol use, drug use, sexual misconduct, and academic misconduct with your student.

Contact the Office of Student Conduct at 919.515.2963 or https://studentconduct.ncsu.edu/.

11:50 a.m. to 1:35 p.m. **Lunch**  
*Fountain Dining Hall*

Use the meal ticket you received at Check-In for admission into the dining hall. Should your family need to purchase additional meal tickets, you may do so at the door using cash or credit/debit card.
1:35 p.m. to 2:00 p.m. **Your Student’s Health and Wellness**
*Talley Student Union, Mountains-Piedmont Ballroom (3rd floor)*
At the end of this session, you will have:
1. Heard an overview of the preventative, medical and other services offered by Student Health Services.
2. Learned about eligibility for care and services with Student Health Services.
3. Learned about the UNC system-wide health insurance requirement and the NC State immunization requirements.
Contact Student Health Services at 919.515.2563 or [https://healthypack.dasa.ncsu.edu/](https://healthypack.dasa.ncsu.edu/).

2:05 p.m. to 2:30 p.m. **Money Matters**
*Talley Student Union, Mountains-Piedmont Ballroom (3rd floor)*
At the end of this session, you will have:
1. Learned about FERPA’s role in answering questions you may have about your student’s account.
2. Learned how to gain access, review and pay your student’s account, with information on billing due dates and payment methods available.
3. Reviewed the basics of the Financial Aid process.
Contact the Student Services Center at 919.515.NCSU (6278) or studentservices@ncsu.edu, or visit [https://studentservices.ncsu.edu/](https://studentservices.ncsu.edu/).

2:05 p.m. to 2:30 p.m. **Disability Resource Office**
*Talley Student Union, Room 3223*
If you are a student with a disability, who may have had an IEP or 504 plan in K-12, come learn about the process and resources offered by the Disability Resource Office.

2:45 p.m. to 3:30 p.m. **College Welcome and Academic Information** *(Various Locations) (With Student)*
Meet representatives from your student’s college and learn about academic requirements, opportunities, and expectations.

**My College Welcome Location:**

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**Important Fall Semester Dates**

- **Aug. 21**: First Day of Classes
- **Sept. 2**: Labor Day - No Classes
- **Oct. 10**: Fall Break - No Classes
- **Nov. 27**: Thanksgiving Break - No Classes
- **Dec. 6**: Last Day of Class
- **Dec. 9**: Fall Semester Exams
- **Dec. 10**: Last Day of Final Exams
- **Dec. 14**: Winter Break - No Classes
Wolfpack Gear & Textbooks
Stop by Wolfpack Outfitters (1st and 2nd Floor) from 8am to 5pm to check out...
› NC State Apparel and Gifts
› Textbooks for Fall Classes
› Technology Options

Need a Pick Me Up? Grab some coffee or a snack from Talley Market, Port City Java, or Starbucks.
NC State University is dedicated to equality of opportunity. The University does not condone discrimination against students, employees, or applicants in any form. NC State University promotes equal opportunity and prohibits discrimination and harassment based upon one’s age, color, disability, gender identity, genetic information, national origin, race, religion, sex (including pregnancy), sexual orientation and veteran status.