



WINTER 2010

a guide to winter orientation

ORIENTATION
NEWSLETTER

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The Northland College faculty and staff, the Outdoor Orientation Steering Committee, and all of our student leaders would like to take this opportunity to welcome you to the Northland community. We have designed the following brochure to help you understand the Northland College Ori-

entation Program as well as your greater transition to Northland. If you have any questions we could help answer, please don't hesitate to call.

For specific questions regarding Orientation, contact:

Jessica Fairbanks, Orientation Coordinator
715-682-1823 or
email: jfairbanks@northland.edu



Welcome to
Northland College!

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Important Contact Information:

For other questions concerning financial aid or the business office, registration, student life or advising please call:

Student Services

Toll-free 866/781-0001 and ask for:

Business Office

Billing, Aid Checks, Payment Plans-
Joanne Long, Student Accounts

Financial Aid

Aid Packages, Resource Information-
Jocelyn Mattson

Registrar:

Academic Standing, Course Schedules-
Shellie Heglund

Orientation

Orientation for Incoming Students-
Jessica Fairbanks, Coordinator

Disabilities Services

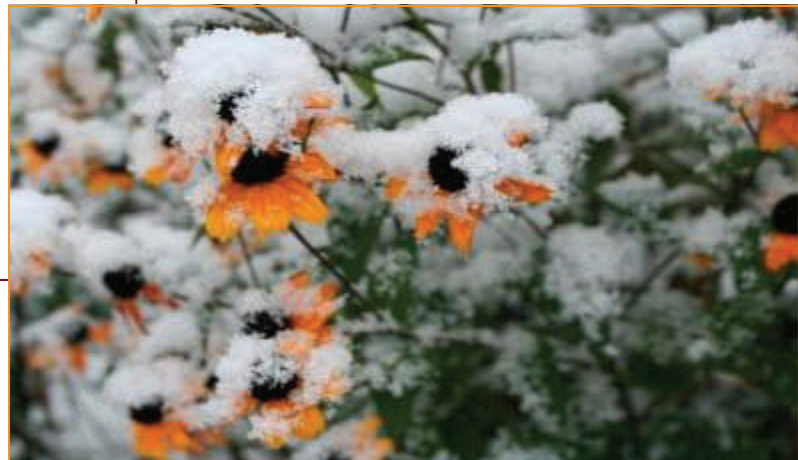
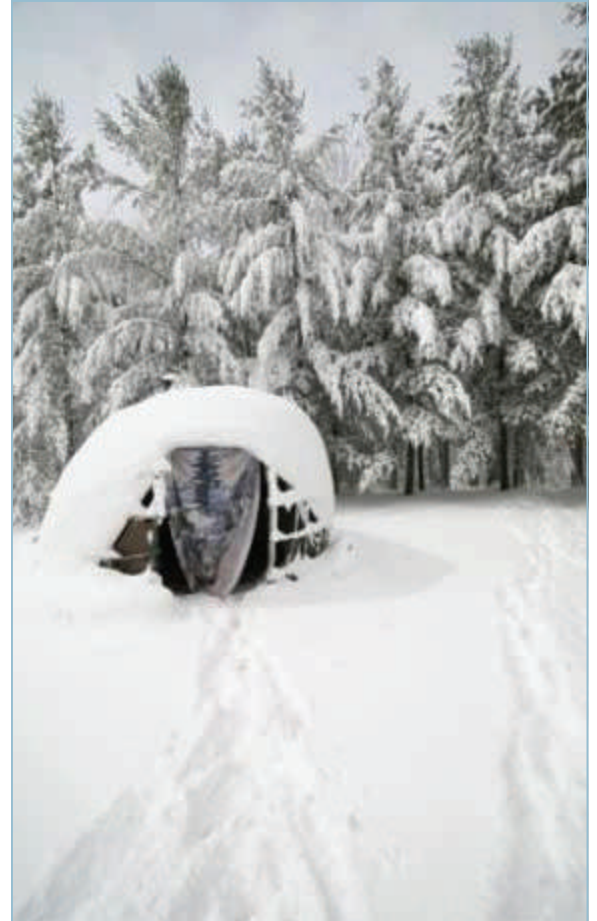
Services for Students with Disabilities-
Patti Fenner-Leino

Residential Life

Housing and Food Plan-
Jared Friesen, Director

Student Life

Advising and Registration, International Students,
First-Year Experience-
Bridget Nix, Admin. Asst.



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When should I arrive on campus?

Group	Arrival Date	Arrival Time
New First-Year Students & Trip Participants	1/08	9 am
Transfer Students	1/12	9 am



For Transfer Students

If you are joining the Northland community with more than 24 credits and are considered a transfer student, it is not required that you participate in an Orientation Trip.

However, for those who are interested in Outdoor Orientation, we highly suggest that you consider participating in the trip. It is fun and a great way to meet other new Northland students.

Before You Arrive On Campus:

- ♦ **Return Orientation Registration Form (page 8), and plan to arrive on campus accordingly— it really does matter that you arrive on time!**
- ♦ **Return your completed Housing contract and application ASAP.**
- ♦ **Let Admissions know if you need a ride from the airport.**
- ♦ **Reserve your equipment early for Outdoor Orientation. You can reserve it as soon as you receive your trip confirmation letter.**
- ♦ **Contact your roommate so you coordinate efforts on what to bring.**



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New Student Orientation Schedule Winter 2010

It is important to participate in all gatherings and activities to help ensure a smooth transition into Northland College.

Friday, January 8

<u>Time</u>	<u>Activity</u>	<u>Location</u>
9 – 10:30 a.m.	RESIDENCE HALL CHECK-IN	Go to your Hall
10 – 11:30 a.m.	<u>ORIENTATION CHECK-IN</u>	Campus Center
11:30 a.m. – 12:30 p.m.	Lunch	Outside Sandellas
12:30 – 1 p.m.	Welcome to Northland College	Large Conference Room
1– 1:30 p.m.	Time to Say Good-bye	
1:30 – 2:30 p.m.	Family Question & Answer Session	Large Conference Room
1:30 – 4:30 p.m.	Detail Mania with trip leaders	Meet at Info. Desk
4:30 – 5 p.m.	Dinner	Outside Sandellas
5 – 5:30 p.m.	Load up van(s)	Behind PCC
5:30 p.m.	Begin Your Adventure	

Monday, January 11

<u>Time</u>	<u>Activity</u>	<u>Location</u>
11 a.m.	Return from Trip	Outpost
11:30 a.m.	Gear Return	Outpost
11 a.m. – 1 p.m.	Lunch	Cafeteria
1 – 1:45 p.m.	Library Tours	Campus Center
2 – 3:30 p.m.	Academic Assessments	CSE 236
4:30 – 6:30 p.m.	Dinner	Cafeteria

Tuesday, January 12

<u>Time</u>	<u>Activity</u>	<u>Location</u>
8 – 9:30 a.m.	Breakfast	Cafeteria
9 – 10:30 a.m.	RESIDENCE HALL CHECK-IN (transfers)	Go to your Hall
10 – 11:30 a.m.	<u>ORIENTATION CHECK-IN (transfers)</u>	Campus Center
11– 11:30 a.m.	Walking Campus Tour	Campus Center
11:30 a.m. – 12:00 p.m.	Welcome to Northland College	Large Conf. Room
12:00 p.m. – 1:00 p.m.	Lunch	Cafeteria
1:00 – 3:30 p.m.	REQUIRED MEETING WITH YOUR ACADEMIC ADVISOR (Specific times assigned)	
4:30 – 6:30 p.m.	Dinner	Advisor's Office Cafeteria

Wednesday, January 13

8:30 a.m.	Classes begin!
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Winter Orientation Trip

Weekend Outdoor Orientation Information

Winter Orientation is a wonderful introduction to life at Northland and a **required** activity for first-year students. This trip is not required for transfer and non-traditional students but it is optional, and we welcome all that would like to attend. It is a great way to begin getting to know the Northland Community.

Trip participants arrive on campus **Friday, January 8th**. If you're living on campus, you'll need to check-in to your Residence Hall between

9 and 10:30 a.m. If you'll be arriving in Ashland prior to the morning of January 8th, please seek local accommodations. You will find a list of options at:

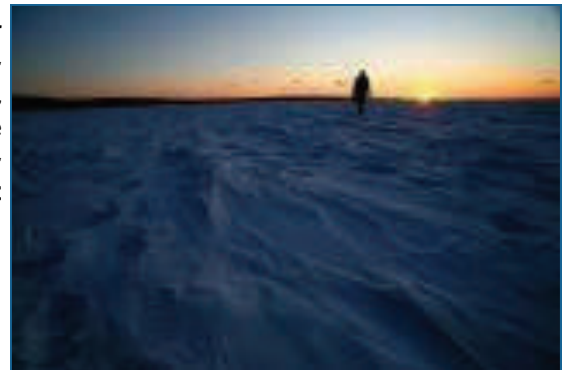
<http://www.visitashland.com/lodging/index.php?category=lodgingAll>

After you have moved into your room, you will need to attend the Orientation check-in, followed by lunch, a welcome to Northland session and culminating in a meeting with the Winter Outdoor Orientation Student Leaders (Please see the schedule on page 5). It is essential that you attend all events leading up to the trip to be fully prepared for a great time.

You will leave Ashland for a fun-filled 3-night stay at a quiet cabin nestled in the north woods of Wisconsin located one hour from campus. Depending on the snow conditions, you'll spend time snowshoeing, playing games, building snow shelters, and exploring the local area. You will return to campus Monday morning and continue the Orientation process. Making new friends, having fun, and learning about Northland are our primary goals during this experience. During the weekend, you will meet other new and returning students while experiencing the beauty of the north woods.

Equipment and Personal Gear

Group gear, including snowshoes will be provided for your trip. Equipment such as sleeping bags, backpacks and sleeping pads will be available for use, free of charge, but informing us of your needs before you arrive on campus is important. Further information on equipment and clothing needs will be sent out with your registration confirmation letter.



Winter Orientation

THE REGISTRATION PROCESS

1. Look for the Registration Form on page 8.

Check the appropriate box— for those participating in the 3-day Orientation Trip, or the 1-day on-campus orientation.

2. Fill out the Health Information on Registration Form

Please fill out this information as completely as possible. It allows us to plan appropriately for your trip, if there are any questions, please contact Jessica Fairbanks at 715-682-1823. Also, please do not forget to send a copy of your health insurance card.

3. Account for the fee for your chosen trip.

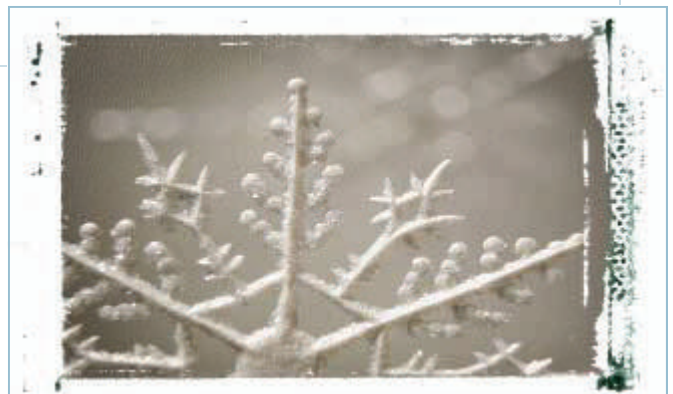
Fee for the outdoor orientation trips: \$100. Fees cover the cost of food, transportation, equipment, and facilities. This amount will be charged to your student account and is non-refundable if a notice of cancellation is not received by December 18, 2010. If, for some reason, you must cancel, the refund will be credited to the same student account. You will receive a confirmation of your trip assignment and further information after your registration is received.

4. Send the registration packet to:

Jessica Fairbanks
Orientation Coordinator
Northland College
1411 Ellis Avenue
Ashland, WI 54806-3999
Fax: 715-682-1308
jfairbanks@northland.edu

5. We will send you an Orientation confirmation

Upon receipt of your registration information, we will send you further detailed information regarding your trip. Watch your inbox for an email from your student leaders and a personal gear list (group gear is supplied by the college).



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Registration Form

Please complete this and return it, via mail, fax or email attachment, to the Northland College Outdoor Orientation Office as soon as possible.

Name: _____ **Daytime Phone/Cell** _____

Trip Registration

Please complete the following section. Remember that the Outdoor Orientation Trip is Required for all incoming first-year students—anyone entering with less than 24 credits. The Trip is optional for all transfers.

- ☐ Yes! Please register me for the Winter Orientation Trip
- ☐ No, I do not wish to take part in the Winter Orientation Trip and plan on arriving to campus on Tuesday, January 12th.

TRIP PAYMENT

3-Day Winter Orientation
Trip— \$100

Trip payment will be automatically charged to your student account.

Health Information

Disease/Illness/injury: Check any which you suffer from currently or have had in the past.

- | | |
|--|--|
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Experienced environmental injuries (hyperthermia, hypothermia, frostbite, immersion syndrome) |
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Currently under treatment for a medical condition |
| <input type="checkbox"/> Heart Disease in you or family | <input type="checkbox"/> Treatment for any emotional condition or chemical dependency within the last two years |
| <input type="checkbox"/> High Blood Pressure | <input type="checkbox"/> Do you experience a strong fear of confined places? |
| <input type="checkbox"/> Epilepsy, seizures, or convulsions | |
| <input type="checkbox"/> Reaction to a sting of an insect such as bee; if so, do you carry an EPI pen? | |
| Yes _____ No _____ | |

Current Medications: please list

Medical Allergies: please list

Food Allergies or **special dietary needs** (vegetarian, etc):

Environmental Allergies: please list

Is your activity restricted in any way?

Date of last tetanus _____

For any checked boxes, please explain below:

Emergency Contact Information:

Name: _____

—

Relationship: _____

Home Phone: _____

By signing this form you are stating that the above information is true and complete to the best of your knowledge.

Signature _____ Date _____

Please attach a copy of the front and back of your medical insurance card to this form

Frequently Asked Questions

What is an Outdoor Orientation (OO) Trip?

These trips occur just prior to the fall and winter semesters and are designed to introduce new Northlanders to their fellow classmates and to the local area.

Who is eligible to go on an OO Trip?

All incoming first-year students are required to participate in an Outdoor Orientation Trip. While learning great outdoor skills, you'll also learn about other Northland students' first-year experiences and meet other incoming students. Orientation is optional for transfer students.

Do I need prior outdoor experience?

Nope! Not at all! Orientation trips are designed to challenge both the novice and the experienced person in the out-of-doors. Your trip leaders will teach you all the necessary skills for a successful trip; all you need going in is a positive attitude, willingness to learn, and some warm clothes!

How many people go on a trip?

The OO Trip groups range from 8-10 students and 2-3 trip leaders. By keeping the group sizes smaller you'll get to know a core group of people that will stay with you throughout your Northland career and that are especially helpful in your first few weeks.

What will we be traveling in?

You and your fellow trippers will be traveling by passenger vans or bus to your planned destinations. Space may be limited on all of the trips, so please stick to your packing list carefully.

What kind of weather can I expect?

January in Northern Wisconsin is perfect for cold weather activities like snowshoeing, skiing, snowball fights and sitting next to warm fires. We will be participating in outside activities, so please come prepared for cold winter weather, in the 30's or below, and lots of snow. We will be staying in a heated cabin, so bring inside clothes as well.

What equipment do I need to have?

Group gear, including, skis, snowshoes, stoves, etc., will be provided for all trips. Sleeping bags, backpacks, and sleeping pads are available on a limited basis, free of charge. Further information on equipment and clothing needs will be sent out with your registration confirmation. If you need to reserve equipment, please contact the Outdoor Orientation Coordinator at 715/682-1823.

How are trip leaders prepared to deal with an accident or injury?

All of our leaders have had training in injury and accident avoidance. In the unlikely case of a serious injury, leaders are trained in CPR and Wilderness First Aid. All trips carry a first aid kit and cell phone to aid in medical advice or evacuation. While we try to avoid injuries, participants need to realize that this is a wilderness experience which has dangers not common in city life and that professional medical help is further away.

What if I have special dietary needs?

Tell us! We have a lot of experience in creating well balanced meals in the back country for virtually every eater. Make sure you talk to the Outdoor Orientation Coordinator to let her know of your needs. She can be reached at 715/682-1823.

How much does my OO Trip cost?

The Winter Outdoor Orientation Trip costs \$100, which will be automatically put on your student bill.

