



Dear Participant,

Congratulations! On behalf of all the trip leaders and support staff, I would like to personally welcome you to POLARIS—Penn State’s North Woods Wilderness. This letter serves as your official acceptance notice into the course (KINES 089). We are pleased that you have signed up for this program and are so glad that you will be joining us for POLARIS. **Your travel day will be Aug 16th, with your expedition taking place from Aug 17th – 21st.**

AURORA, Penn State’s Outdoor Orientation Programs, has been taking place for twenty seasons. POLARIS is our North Woods Wilderness Orientation and was designed to ease your transition into Penn State. This is accomplished by helping you develop connections with other incoming students while embarking on a backpacking adventure in the White Mountains of New Hampshire. The POLARIS program offers a wonderful challenge with fulfilling rewards. The friendships made during your POLARIS week are commonly solid friendships that will last your years at Penn State and beyond.

This welcome packet is full of valuable information that will help prepare you for your week of POLARIS. Read through all of the information carefully and be sure to contact us if you have any questions.

- General information about POLARIS
 - Detailed trip description
 - Trip expectations
- Gear list
- Health and Assumption of Risk form—**Due back to Shaver’s Creek by Monday, June 15th**
Mail forms to: Jen Bean
Shaver’s Creek Environmental Center
3400 Discovery Road
Petersburg, PA 16669
- Syllabus for POLARIS—KINES 089 Wilderness Experience
 - POLARIS rules and regulations
- Registration form for POLARIS First Year Seminar—(this is optional, but a great experience and an additional 1 credit)

Visit our web site to get more specific information about the AURORA programs and to find answers to frequently asked questions, as well as photos from last year’s trips and other important information. www.shaverscreek.org/AURORA (THEN click POLARIS)

Again, welcome and congratulations! We are looking forward to exploring the White Mountains with you this season. If you find that you need to cancel your enrollment, please send an email to polaris@outreach.psu.edu indicating this. Your activity fee of \$395.00, however, is non-refundable.

If you have any questions regarding any of this information, please e-mail jbean@psu.edu or call Shaver’s Creek Environmental Center at 814-863-2000, ext 7506.

Sincerely,
Jen Bean - AURORA Program Director

POLARIS – General Information

| POLARIS Participant Check-List | |
|--------------------------------|---|
| <input type="checkbox"/> | Read through the entire welcome packet. There really is a lot of good important information! |
| <input type="checkbox"/> | Complete the Health History and Assumption of Risk form. Mail by JUNE 15th to Jen Bean, Shaver's Creek Environmental Center 3400 Discovery Road - Petersburg, PA 16669 |
| <input type="checkbox"/> | Review the gear list. If you need more information, check out http://www.appoutdoors.com/polaris.htm AURORA participants receive a 10% discount. |
| <input type="checkbox"/> | Decide if you want to add RPTM 397S—First-Year Seminar for 1-Credit, only open to participants in Aurora Outdoor Orientation Programs. Registration form is included in this packet; complete and either scan or mail to Shaver's Creek, Attn: Jen Bean. <i>Spaces fill quickly!</i> |
| <input type="checkbox"/> | Go to our website http://www.ShaversCreek.org/AURORA for more information about POLARIS, FAQs, and photos from last year! Click POLARIS. |
| <input type="checkbox"/> | Book your plane ticket (be sure it fits into the required arrival time frame we have outlined in this packet) and then enter your travel info here: Travel Itinerary Link |
| <input type="checkbox"/> | Pack your belongings, re-read the welcome packet, pack snacks for your plane ride and get ready for an amazing week! |

Leaders

Your leaders for the POLARIS program are as diverse as the group of students they will be leading. Some are current Penn State students and some are recent graduates, with degrees from nearly every field imaginable: think engineering to biochemistry to outdoor recreation. Many participated in one of our AURORA Outdoor Orientation Programs as incoming freshmen, which means they have been right where you are now. They have all gone through extensive training in many areas, including backpacking and first aid skills, Leave No Trace principles, group facilitation, and teambuilding. The common thread for this diverse group (our POLARIS Family!) is that they all share a passion for the outdoors and for teaching and working with people. They all want to provide the best possible experience for you and help to ease your transition from high school to college to the best of their abilities. They will be your teacher, your mentor, and your friend, and they will be there for you in times of need throughout your Penn State career!

Arrival

On the travel day of your POLARIS week you will fly into the Manchester-Boston Regional Airport. The preferred window for your arrival is between 11:00 a.m. and 2:00 p.m. on **August 16th**. Our staff will be in the airport that day so if you arrive earlier in the day you will be able to meet up with them. It is extremely important that your flight arrive by 2:00 p.m. so we are able to transport the whole group to Hulbert Outdoor Center for the first night. Groups will arrive at Hulbert Outdoor Center by 5:00 pm and dinner will be served at 6:00 pm.

Travel Arrangements

You are responsible for making your own travel arrangements for your POLARIS week. Here are the specifics you need to follow when booking your flights.

Travel Day/Arrival: August 16th, 2015

Airport – Manchester-Boston Regional Airport

Time – Your flight needs to be scheduled to arrive by 2:00 p.m. EST

Departure: August 21st, 2015

Airport – Manchester-Boston Regional Airport

Time – Your flight needs to be scheduled to leave no earlier than 8:00 a.m. EST

After booking your flight, please follow the link below and enter your itinerary information into our Google Doc. If you have any questions or concerns about booking your transportation please contact our office and ask for Jen Bean or Drew Lehnerd. Once you arrive in the airport, you will phone Jut McDaniels our Program Director for POLARIS (his number is 717.574.0374). He will then instruct you on where to meet our staff near the baggage claims.

[Travel Itinerary Link](#)

Backpacking

Although each POLARIS expedition may vary, participants should expect that once they arrive to the airport in New Hampshire they are part of the POLARIS expedition for the next five days. Participants will spend the next four days and nights backpacking with your group. Each participant will be carrying a 40 to 50-pound pack that contains food, gear, and personal items for anywhere between two and seven miles a day on variable terrain. (Participants are encouraged to physically prepare before arriving.) During this time it IS possible for us to do an emergency evacuation for injuries incurred on the trail; however it is NOT possible to be evacuated because you no longer want to hike. Please keep this in mind and be sure that you are willing to commit to the entire POLARIS week.

During your week you will learn a great deal about yourself and others as you hike, camp, keep a journal, and explore. Some participants may have a great deal of experience in the backcountry; others may never have had a backcountry experience at all. Together you will learn from one another and your instructors the proper methods of environmentally conscious camping, including group cooking, tent placement, water purification, and backcountry hygiene. In addition, one can expect to learn map skills, natural history, and risk management.

Additional Adventure Experience

Following your time hiking in the mountains, you will return to HOC for an additional adventure experience. You will either participate in their high ropes challenge course, or go canoeing on Lake Morey

Final Evening

Following that additional adventure experience you will take showers and have a hearty cookout for dinner. There will be a final conclusion with your groups in preparation for your departure the next morning.

Conclusion & Departure

On the final day of the course your leaders will transport you back to the airport where you will check in and go off on your separate ways to board your flight home. Please note that once you are back at the airport and checked in for your flight, the program is officially over and we are no longer responsible for the participants. You are on your own; this is because our staff cannot accompany each participant to their gate. But don't worry; your group will be back together soon once you arrive for your first day on Penn State's campus.

Meals

All food for the expedition will be provided, ending with breakfast on the final morning. The menu is designed to provide you with a variety of nutritional and filling foods. The food will be "trail friendly," including pasta, rice, beans, cereal, nuts, cheese, etc.

Sample meal:

Breakfast: Bagel, oatmeal, coffee/tea

Lunch: Cheese, pepperoni, sandwich on pita bread

Snacks: Trail mix, granola bars, fruit

Dinner: Macaroni and cheese Jell-o instant cheese cake

ALLERGIES OR SPECIAL DIETARY NEEDS: PLEASE NOTIFY US IN ADVANCE

If you have specific dietary restrictions, e.g., if you are a vegetarian, it is easy to slightly alter the ingredients of a meal to avoid meat. In the event that you require specific foods for your diet, you may be asked to bring your own food. Please check with the program director about this before arriving.

Special Situations

In the event of an emergency requiring parents to contact their son or daughter, please call Shaver's Creek at 814-863-2000 or the POLARIS program director's personal cell phone at 814-571-2667. Please be aware that in some cases it may take several hours to transport a message, as participants will be out on the trail.

Physical Preparation

POLARIS is a physically demanding program as participants carry 40 to 50-pounds of weight on their backs for hours/days at a time. The trails in the White Mountains are rocky, variable, sometimes steep, and rigorous. The best way to prepare for POLARIS is to spend some time undertaking physical conditioning—running, hiking, swimming, and other cardiovascular activities will help to get you in shape.

Hiking boots are the most important piece of equipment that you will bring. Be sure the boots you have are truly made for hiking; they should be well broken in, sturdy, and fit well with some wiggle room. If you are buying new boots, be sure to work with your local outdoor retailer to ensure that you have the proper fit and correct boot for your feet. Blisters are a common complaint with POLARIS participants. If your feet are sore on the trail, you will not be enjoying the program as much as you could be.

Important note

POLARIS will be listed on your course schedule as KINES 089 Wilderness Experience—Do not drop this course from your schedule. Contact our office if you have any questions regarding this process.

POLARIS Gear List - What should I bring?

Having an enjoyable experience on your POLARIS trip is greatly influenced by the way you prepare yourself. Your local outdoor retailer can help you find many of the listed items. You will be comfortable in any situation if you bring **all** of the gear on the list. You shouldn't need to bring any other items.

ESSENTIAL ITEMS (bring all of these)

- | | |
|---|---|
| <ul style="list-style-type: none"> ❑ Rain Jacket/pants: Lightweight, waterproof, breathable. Essential for keeping you dry <u>WHEN</u> it rains. (Gore-Tex is ideal. Ponchos aren't recommended) | <ul style="list-style-type: none"> ❑ Water Bottle: 1 wide mouth quart or liter size (leak proof) plastic bottle (ie: nalgene). A second one will be provided for you. Camelback (water bladder) also works well. |
| <ul style="list-style-type: none"> ❑ Mid-weight fleece jacket or wool sweater: for those cool summer nights. (summer evening temps can be as low as 50 degrees) | <ul style="list-style-type: none"> ❑ Headlamp/small flashlight: Bring an extra set of batteries. The smaller and lighter the better! |
| <ul style="list-style-type: none"> ❑ Short sleeved shirts: 2 for warm hiking days. all synthetic or wool material is recommended (ie: nylon athletic type of shirt). NO COTTON! Cotton gets wet and heavy and will not dry. It also can cause chaffing while backpacking. ❑ NO thin strap tank tops because your backpack will rub against your shoulders and make them sore. | <ul style="list-style-type: none"> ❑ Mug (optional) / Bowl / Spoon / Fork: Durable, plastic, lightweight. (metal or ceramic is too heavy) Insulated 12 oz. plastic, mugs are great - but only if you drink hot chocolate, coffee or tea. |
| <ul style="list-style-type: none"> ❑ Long Pants: 1 pair, nylon wind pants or hiking pants. (<i>absolutely NO jeans</i>). | <ul style="list-style-type: none"> ❑ Sun Screen / Lip Balm / Bug Spray: Very small containers. Sun Protection Factor (SPF)15+. Mosquitoes are abundant |
| <ul style="list-style-type: none"> ❑ Hiking Shorts: 2 loose fit nylon hiking or athletic shorts. | <ul style="list-style-type: none"> ❑ Personal Stuff: ie: toothbrush, toothpaste (travel size), camera, personal medications (inhaler for asthma, epi-pen for bee sting allergies, ibuprofen), females: extra feminine supplies – just in case. |
| <ul style="list-style-type: none"> ❑ Gloves/mittens – 1 pair for cool nights | <ul style="list-style-type: none"> ❑ Winter hat/beanie – for warmth at night |
| <ul style="list-style-type: none"> ❑ Underwear: 2- 3 changes should be sufficient. | <ul style="list-style-type: none"> ❑ Plastic trash bags: 1 or 2 large, extra heavy-duty, help to make storage bags more waterproof. |
| <ul style="list-style-type: none"> ❑ Socks: 3 pairs. Socks should be made specifically for hiking (nylon, polyester, or wool). Do NOT bring cotton socks. | <ul style="list-style-type: none"> ❑ Closed Toed Shoes: 1 pair of sneakers/Crocs/etc, to wear around camp at night and for the high ropes course or canoeing. (NO SANDALS!) |
| <ul style="list-style-type: none"> ❑ Bandana: useful for a variety of purposes. | <ul style="list-style-type: none"> ❑ Long Underwear – 1 pair, top and bottom |
| <ul style="list-style-type: none"> ❑ Hiking Boots: The most important piece of equipment! 1 pair, sturdy boots with good ankle support, comfortable and proper fit. If you are buying new boots, give yourself a sufficient amount of time to break them in. Boots not broken-in cause blisters - which makes for a miserable trip. (See reverse for more information). | <ul style="list-style-type: none"> ❑ Small duffel bag/daypack: including: towel, soap, shampoo, other toiletries you may want, clean clothes (can be cotton) for cookout and the last day, and a comfortable pair of shoes. You will shower after backpacking for the cookout. You will NOT be carrying this bag on the trail with you. It will be stored while you are out on the trail and delivered to you before the cookout. |

**** Please do not bring electronic items such as mp3 players, games, or cell phones. ****

OPTIONAL ITEMS (not required but you may like having some of these things)

- | | |
|---|--|
| <input type="checkbox"/> Camp chair: Crazy creek chair: it makes sitting around camp more comfortable. This should be compact and light. You can purchase these on the first day of the program. | <input type="checkbox"/> Pocket Knife: One small, Swiss-style folding knife is sufficient. Don't buy one if you don't already have one. |
| <input type="checkbox"/> Baseball cap: to block the sun. | <input type="checkbox"/> Money: You will not need any money. |

POLARIS will provide all of the necessary group gear for the trip including: tents/tarps, first aid kits, maps/compass, stoves, cookware, journals, water purification systems, backpack, sleeping bag, sleeping pad, trekking pole, and great food! Before you venture out on our backpacking trips, an instructor will look over your gear to make sure that you are ready. You may bring your own personal gear if you would like; however leaders will determine if your equipment is appropriate for our program on the first day. We do have storage available for items you decide not to carry on the trail.

Appalachian Ski & Outdoors is a local State College outdoor retailer. As a POLARIS sponsor, the store offers a 10% discount to all POLARIS participants as well as a great website to help you with gear selection. Go to <http://www.appoutdoors.com/polaris.htm> and look for the POLARIS symbol or stop by the store to find everything you need to be properly outfitted for POLARIS. Your web discount code: **AURORA15**

Additional Information:

Weather: Generally the White Mountains experience summer temperature in the 70's to 80's but we have seen it all... RAINY days, HOT days, COLD days! Even on warm days, temperatures can be considerably cooler in the evenings, dropping as low as 45 degrees at night. Since you can never be sure what weather you will encounter, you need to bring a range of clothing for various conditions. By having a variety of layers of clothing, you can adjust your layers to suit your activity level and weather conditions.

Clothing: (Excerpted from Rick Curtis' *The Backpacker's Field Manual*)

Cotton fabrics or cotton-blends absorb and retain water, and therefore will **NOT** keep you warm if they become wet. Also, it can be difficult to dry. For this reason you **SHOULD NOT** bring cotton clothes such as sweatshirts, sweatpants or jeans. We strongly encourage you to wear nylon, wool, polyester or other synthetic clothing. **Wool** and **synthetic** fleece fabrics don't absorb water so they keep you warm even if they get wet. Fleece also dries very quickly. A wool sweater or fleece jacket provides warmth on a cold evening. These are essential to your comfort on the trip!

A combination of these fabrics creates a layering system. The **inner layer** keeps skin dry and comfortable. Synthetic t-shirts and shorts are lightweight and will dry quickly when wet from perspiration or from rain. The **outer layer** provides insulation and is usually a wool sweater or fleece jacket. You will wear this around camp at night. The **shell layer** protects you from wind and rain. A waterproof rain jacket is essential in case of bad weather. A seam-sealed, nylon rain jacket is lightweight, inexpensive, and works well. Waterproof-breathable fabrics like Gore-Tex are some of the best choices. For the **head layer**, bring a brimmed hat for sun and rain protection. At night, a wool or synthetic fleece hat can be helpful for warmth. The **feet layer** includes a wool/nylon-blend hiking sock. Since wool or synthetic material doesn't absorb water it passes the moisture from your foot outwards, keeping your foot drier. If your feet get damp, they get wrinkled and are more prone to blisters. Wearing synthetic or wool socks means that your socks will not absorb water and therefore will not be as likely to cause blisters.

Hiking Boots: One pair of high-quality backpacking boots (consult a professional outfitter). Waterproof hiking boots should provide full ankle support. Boots should fit comfortably while wearing a synthetic/wool hiking sock. Above all, make sure that your boots are well broken-in before you arrive. Otherwise your feet will pay the price. We cannot emphasize this enough: non-broken-in boots inevitably **will** cause chafing and blisters!

Remember, we will be on a tight schedule after your arrival in Manchester so it is imperative that you come equipped with the appropriate gear and clothing—we will not have time to shop for anything you may have forgotten. If you have any question regarding your items or if you would like suggestions on purchases, please contact us at Shaver's Creek Environment Center 814-863-2000 *7506.

POLARIS 2015—Health History

Please return this form to Jen Bean, AURORA Director
At Shaver's Creek Environmental Center
3400 Discovery Road, Petersburg, PA 16669-2114

**Please mark the session that you are
enrolled for:**

____ August 17-21 Fall

Name: _____ Sex: _____

Address: _____ Phone: _____

_____ Email: _____

In case of emergency please notify:

Name: _____ Relation: _____

Address: _____ Phone: _____

Family Physician: _____

Address: _____ Phone: _____

Medical/Health Insurance Company: _____

Phone: _____ Policy #: _____

Do you have a history of (please check): **If yes, please describe. Add paper if necessary.**

| | Yes | No | <u>If yes, please describe in detail</u> |
|--|-----|----|--|
| Asthma (If yes, medical documentation is required for you to participate as this is a physically active program) | — | — | |
| Back problems | — | — | |
| Knee problems | — | — | |
| Diabetes | — | — | |
| Seizures/Convulsions | — | — | |
| Blood Conditions (hemophilia?) | — | — | |
| Heart Condition | — | — | |
| Other: _____ | | | |

Allergies: what is your allergy _____ (ie. bees stings, foods, medications, shellfish, iodine?)

Severity of Allergy: Mild Moderate Severe Life Threatening

How does Reaction Present Itself? _____

(If you have an allergy that requires epinephrine, please be sure to bring your own Epi-pen)

Height: _____ Weight: _____ Resting Pulse Rate: _____

Date of most recent tetanus booster: _____ Date of most recent Physical Exam: _____

Any Operations/Serious Injuries? None _____ If yes, please describe. Completely recovered?

Any Dietary Restrictions (including vegetarian)? None _____ If yes, please describe.

Any Physical Limitations? None _____ Yes _____ If yes, please describe in detail.

Are you taking any medications (including diet pills, etc)? None _____ If yes, please describe.

What is your **experience** level?

- I have never backpacked before (backpacking = carrying a full pack for at least one overnight).
- Novice—I have backpacked once or twice in my life.
- Intermediate—I have backpacked three to five times before.
- Advanced—I have been on more than five backpacking trips.

Do you have ANY condition that requires regular visits to a doctor? **Please describe.** Use additional paper if necessary.

You will be carrying a 30–40 lb. backpack over rough and sometimes steep terrain for 4-10 miles a day. Do you have ANY physical conditions that might be worsened or aggravated by this activity? **Please describe:**

PERMISSION AND CONSENT

I certify that this health history is correct. I hereby authorize a physician(s) selected by the POLARIS Program, or staff at the University Health Services or the Emergency/Outpatient Department of the most appropriate hospital to provide such care that includes routine diagnostic procedures and medical treatment as necessary.

I understand this consent is valid only during the stated dates of the POLARIS Program.

I give permission for the POLARIS Program Staff to provide first aid. A photocopy of this authorization shall be considered as effective and valid as the original.

Signature _____ Date _____

Signature of guardian if participant is not 18 years old _____ Date _____

PERMISSION TO PHOTOGRAPH (Optional)

I give my permission to be photographed or videotaped while participating in the POLARIS Program. I understand that the images will be used by POLARIS to promote the program.

Signature _____ Date _____

Signature of guardian if participant is not 18 years old _____ Date _____

** If for religious reasons you cannot sign any part of this document, please contact POLARIS director for a legal waiver that must be signed for attendance.

**The Pennsylvania State University
Acknowledgement and Assumption of Risks—
POLARIS First-Year Orientation Program (KINES 089)**

*Please review this document carefully before signing. **All students/participants must sign this document.** For participants under 18 years of age, parents or guardians must also sign.*

The POLARIS program takes place in wild and remote settings. It is important that participants (and parent(s) of minor participants) understand the risks (also known as hazards or dangers) associated with POLARIS adventure activities. POLARIS makes reasonable efforts to manage the risks, but does not provide a guarantee of safety. Some, but not all of the activities, which may be mandatory or optional, scheduled or unscheduled, supervised or unsupervised as part of the POLARIS program include:

- Travel and living in remote wilderness settings
- Cooking on a camp stove
- Using liquid fuel (white gas or denatured alcohol) stoves
- Transportation in 15-passenger vans
- Wilderness first aid and rescue, real and simulated
- Backpacking and camping in mountains
- Rock climbing
- Swiftwater canoeing
- Flatwater canoeing
- Involvement in teambuilding games and activities

Some, but not all of the inherent or other risks of activities that participants may or will be exposed to include:

- Misjudgments by self, others, or by POLARIS leaders
- Inappropriate conduct or negligence by self, others, or POLARIS leaders
- Unpredictable weather
- Extreme cold and heat, sun, lightning, wind, rain, and snow
- Unmarked or obscured hazards
- Moving water in creeks and rivers, whitewater
- Difficult stream crossings
- Steep slopes, difficult terrain, downed trees
- Falling rocks and/or trees
- Sustained lifting, carrying, or hiking
- Improper hygiene
- Failure of equipment, despite reasonable maintenance
- Remote locations, hours from help
- Dangerous road conditions and transportation problems
- Falling down or slipping
- Animal hazards: stings, bites, poisoning, and blows (trauma)
- Other risks associated with adventure activities

These and other activities, risks, hazards, and dangers can result in (for example):

- Falls, being struck, or colliding with objects or people
- Experiencing vehicle capsize or collision
- Drowning
- Becoming lost or disoriented
- Injuries due to heat, cold, altitude, or heavy exertion
- Illness: long- or short-term, gastrointestinal problems

These and other activities, risks, hazards, and dangers can result in (for example):

- Broken bones, wounds, cuts, burns
- Property damage or loss
- Mental/emotional trauma, temporary or permanent
- **Other injury, damage, permanent disability, death, or loss**

I (participant and parent(s)/guardian(s) of a minor participant):

- Have read and understand the above stated information and all other POLARIS program information received.
- Have carefully read, reviewed, completed, and signed the provided POLARIS forms and paperwork and agree to abide by the terms of those documents.
- Know that POLARIS staff is, and has been available, should I have questions regarding the nature and physical/mental demands of POLARIS activities and risks associated with those activities.
- Understand that The Pennsylvania State University cannot assure the participants safety or eliminate associated risks, and that all participants share in the responsibility of their own safety.
- Understand that the information provided is not complete and that other unknown or unanticipated risks, events, and outcomes may exist and are possible.
- Represent that the participant is voluntarily participating, with knowledge of the risks, and can do so without causing harm to themselves or others.
- Assume and accept full responsibility in regard to all participants for the inherent or other risks (both known and unknown) of these activities and for any injury, damage, death, or other loss suffered by the participant and/or their parent(s) or guardian(s) resulting from those risks, and do hereby unconditionally release and hold harmless The Pennsylvania State University, its directors, officers, employees and agents from any and all liability in regards to said risks.

Participants and parent(s) or guardian(s) of a minor participant agree: I have carefully and thoroughly read, understand, and voluntarily sign this two-page document and acknowledge that it shall be effective and binding upon me, my participating minor child, other family members, and my heirs, executors, and representatives.

All participants and parent(s) or guardian(s) of any minor participants (those under 18 years of age) MUST sign below:

| | | |
|----------------------------------|-------|-----------------|
| _____ | _____ | _____ |
| Participant Signature | Date | Print Name Here |
| _____ | _____ | _____ |
| Parent or Guardian Signature | Date | Print Name Here |
| _____ | _____ | _____ |
| 2nd Parent or Guardian Signature | Date | Print Name Here |

KINES 089 Syllabus – 2 Credits

The POLARIS First-Year Wilderness Orientation Program

Course Overview: KINES 089 is a five-day wilderness orientation program that is offered for incoming students to assist in their transition from high school to college. This course includes four days of backpacking and one day of an additional adventure - Through these activities students learn the various skills associated with backpacking and wilderness living.

Students are placed into small groups of eight to ten students with Penn State students and graduates who mentor and lead the POLARIS experience. Small group discussions focus on student life at Penn State.

KINES 089 emphasizes teamwork, group living skills, and wilderness ethics. Through the first five days of the program these various topics are addressed. Equipment for all activities is provided. Incoming first-year students with all levels of experience may take this course. A four-hour community service project is also required. A follow-up classroom session will take place in late September (you must attend...dates will be announced during your POLARIS week and through email). During this time students will turn in their class assignments.

Program Director/Instructor:

Jen Bean

Office: Shaver's Creek Environmental Center

Office Phone: 814-863-2000, ext. 7506

Mailing address: Shaver's Creek Environmental Center, Campus Mail

Email address: jbean@psu.edu

Course Dates:

| | |
|--------------|-----------------|
| August 16 | Travel Day |
| August 17-21 | Trip Expedition |

Course Goals:

- Engage in fun, physically challenging outdoor experiences
- Meet other incoming students and make new friends
- Foster your personal growth, increase your confidence, and bolster your self-esteem
- Increase your appreciation for the natural environment
- Learn outdoor skills that focus on the "Leave No Trace" outdoor living ethics
- Gain familiarity with Penn State University
- Set goals for your first year at Penn State

Course Requirements:

ANGEL Course Management

We will use ANGEL, Penn State's web-based course management system, to communicate with you and manage assignments and grades and provide you with some ideas for community service.

All assignments are listed under KINES 089. It is available at <https://cms.psu.edu>

Positive Participation and Completion of the Trip = 50 percent of course grade

This includes positive, interactive participation in EVERY aspect of the course. All participants are expected to participate actively in group teambuilding and icebreakers, evening meetings, campsite setup, food preparation, cleanup, etc. Failure to fully take part in these activities will be reported by group leaders and will be reflected in your final course grade.

Written Assignments = 30 percent of course grade

There are three written assignments for this course, each worth 10% of the final course grade. All assignments will be handed in at the wrap up session at the end of September.

Journal: You will receive a journal at the beginning of your POLARIS trip. You must write an entry in the journal for each day of the program week.

Live It Experience: This fall semester your POLARIS adventure will continue in State College through a Live It experience. You will use a social engagement platform to get connected to unique experiences, events, and activities on campus that will allow you to foster passions you already have or stretch beyond your comfort zone with a brand new experience. You will receive a Live It card to fuel your experience and get you out there. Once you have your card you will choose from a curated list of actives happening in the first few weeks of the semester.

Reaction Paper: This paper should discuss what you learned on your POLARIS trip and how those lessons can be applied to your first semester at Penn State.

Attendance at Final Wrap-Up Session = 10 percent of course grade

University Park students are required to attend a final wrap-up session that will take place in late September in the evening (students will receive an e-mail indicating the evening date and time). All assignments are due at this session.

Community Service = 10 percent of course grade

Students are required to complete four hours of community service on or near University Park campus (clean up at football games, American Red Cross, volunteer to help a professor, organize a project with your group, the sky is the limit). This gives students an opportunity to learn about service opportunities in the State College/University Park community as well as another time to meet new students. The four-hour requirement must be documented and a signature of a supervisor is required. For community service opportunities please see www.sa.psu.edu/engage or contact engage@sa.psu.edu.

Penn State Policies:

Faculty Senate Policy 49-20 (Academic Integrity)

Definition and expectations: Academic integrity is the pursuit of scholarly activity in an open, honest and responsible manner. Academic integrity is a basic guiding principle for all academic activity at The Pennsylvania State University, and all members of the University community are expected to act in accordance with this principle. Consistent with this expectation, the University's Code of Conduct states that all students should act with personal integrity, respect other students' dignity, rights and property, and help create and maintain an environment in which all can succeed through the fruits of their efforts. Academic integrity includes a commitment by all members of the University community not to engage in or tolerate acts of falsification, misrepresentation or deception. Such acts of dishonesty violate the fundamental ethical principles of the University community and compromise the worth of work completed by others.

Violations of Academic Integrity will be handled in accordance with procedures see (<http://www.psu.edu/dept/oue/aappm/G-9.html>) and policies see (<http://www.psu.edu/dept/ufs/policies/47-00.html#49-20>).

Disability Statement

If you have a disability-related need for modifications or reasonable accommodations, contact the Office for Disability Services, ODS, located at 116 Boucke Building at 1-814-863-1807(V/TTY). For further information regarding ODS please visit their web site at <http://www.equity.psu.edu/ods>. Instructors should be notified as early in the semester as possible regarding the need for modification or reasonable accommodations.

Faculty Senate Policy AD62 (Scheduling and Use of General Purpose Classrooms).

The policy stipulates that the college, department, or individual scheduling use of the room is responsible and will receive direct billing for the assessment and repair of any damage or negligent or intentional damage attributed to room use, as well as janitorial and maintenance costs attributed to unauthorized food and drink use. Water is the only beverage allowed in the classroom. We encourage students to reuse and recycle their empty water bottles.

Diversity Statement

The faculty and staff of the Department of Recreation, Park and Tourism Management value and are committed to fostering diversity in the workplace and the profession. By respecting differences in culture, political conviction, age, gender, gender expression, race, ethnicity, national origin, disabling condition, sexual orientation, and religious affiliation, we attempt to enrich the learning environment; improve the practice and profession of recreation, park and tourism management; and enhance creative and professional growth in the workplace

First-Year Seminar Registration Form

Offered exclusively for ORION, POLARIS, URSA, and VEGA first-year orientation program students at University Park Campus

Fall Semester RPTM 397(S) 1-credit

This interactive and experiential course is designed to help you re-connect with and meet other ORION, POLARIS, URSA, and VEGA participants and to help you acclimatize to the academic and social culture of Penn State University. Our objective is to help you engage with academic, social, and personal resources available at Penn State and in the community; and to help facilitate your transition to college life. Space is limited to 48 students so sign-up now for a great start to your fall semester.

Class will meet twice a week for 9 weeks
Mondays and Wednesdays, 1:25 pm-2:15 pm
August 24-October 14

Connections with Penn State Resources:

Library Resources
Health Center
Police Services
Career Services
Campus Activities
Service Learning
Time Management
Sustainability
And more!!

Instructor: Laurie McLaughlin

For information about the course, please contact
Laurie McLaughlin 814-863-2000, ext 7509

ORION/POLARIS/URSA/VEGA First-Year Seminar Registration Form
RPTM 397S * Please mail/fax this form.
3400 Discovery Rd - Petersburg PA - 16669 - Fax 814.865.2706

Last Name

First name

MI

Penn State ID

Participating in which first-year orientation program
ORION POLARIS URSA VEGA

Phone Number

Email