



[Note to the Presenter:] This presentation should last between 30 mins. This presentation lacks information on the slides for a few reasons. First, if there is less time to complete the presentation, it is easier to move through fewer slides. Second, and most important, students are more likely to find this information useful and informative if it is personalized and rapport is built between the Sr. Ambassador and students. Thus, input your personal stories and anecdotes, applicable to each point. Each slide will have a script to assist you if you need ideas or guidance on what to focus on. These lines, again, are not mandatory. Below the script are main points that need to be highlighted per slide. Also, if you have any questions about some of the information on the slides please ask Thomas. For example, if you don't know much about FLYPs please ask!

[To the Audience:] Welcome to WLU's Headstart day for the Faculty of _____ . I'm _____ and (give a brief Bio about yourself(s)). This is one of two presentations that have been designed to assist you in making a successful transition into University Life. This presentation, Laurier Student Life, will focus on the Social and Extracurricular aspect of your time at Laurier. We want to get you thinking about what you can expect from your first few weeks here, what to expect from your first year and also your subsequent years within the Laurier community. We want you to be excited about coming to Laurier! We want to get you thinking about the sorts of things that you want to be involved with within the the Laurier community! If, at any time, you have a questions please raise your hand and

we will try to answer the best we can.



To presenters: you are encouraged to share how you felt coming to residence (if applicable), any move-in day stories about you, meeting your new floor mates, your Don or an O-Week volunteer moving you in.

Note: TBD if there will be one or two move in days. Assume that there will be two.

For those of you that will be living in residence first year, moving to a new community and a new way of living can be a challenge. It is understandable that you may be a little nervous for move-in day and living in residence. The idea of moving away from home, possibly having roommates for the first time or living in a dorm can be overwhelming. Please rest assured that there will be LOTS of support for you during this transition. We want to make sure that this transition is as smooth as possible for you. To make sure that this happens there will be a team of over 600 Orientation Week Volunteers, as well as Dons, to help you upon your arrival . The O-Week volunteers and Dons will be with you throughout your first week to ensure that you are getting settled into residence and life at Laurier. The warmth and energy that these volunteers show towards first year students is incredible and is often enough to help people get through their first day jitters.

A TYPICAL MOVE-IN DAY

- 8:00: Arrive at Laurier – follow volunteers' directions for parking
- 8:45: Go to registration first
- 8:55: Drive to residence
- 9:30: Orientation Week Volunteers will help you unpack your car and move you in!
- 11:00: Meet your Residence life Don
 - *Spend time with family and friends; explore campus; have lunch; meet your new floormates*
- 2:00: First floor meeting

Move-In Day is a busy time in Waterloo; thousands of first year students from both UW and Laurier will be moving into their new residences. In order to avoid some of the wait time, it's best to get here as early as you can. The O-Week Volunteers will direct you to registration. At registration you will receive your O-Week survival kit, your O-Week wristband, free stuff and if you're living in residence, the keys to your new dorm room or apartment!

After you have registered and moved your belongings into residence you will have time to spend with your family, get lunch, meet and hangout with your new floor mates and/or explore campus.

At 2:00 that afternoon, your family and friends will need to leave because that's when your first community meeting will begin! In this meeting, you will have a chance to meet your new floor mates, ask questions about living in residence and learn more about what to expect from your next eight months of living in Laurier Residence. During your first community meeting you will also fill out two important forms. The first is your Substance Policy form. Laurier Residence Life enforces and abides by the laws set by the government of Ontario. You will have to sign a contract stating that you will not consume alcohol in residence or be under the influence of alcohol while in residence if you are underage (19 years old). You will agree not to use illegal substances in residence. The second form that you will fill out is a medical form where you will include things like allergies, medications, medical conditions, etc. This will be provided to your Don and will be used in case of an emergency.

After your first floor meeting you will meet your Ice Breakers! These are the volunteers that will be leading you through your O-Week activities. More to come on O-Week!

MOVE-IN TIPS

- Don't over pack!
- Don't bring items that aren't allowed in residence
 - Candles
 - Halogen lamps
 - Subwoofers
 - Your own appliances (mini-fridges) and furniture
 - Beer bottles
- Check the Residence Life website for more information on what to bring

When you come to residence, remember that less is more. Residence rooms aren't very large... so make sure that you are conscientious about what you bring. There probably won't be room for all of your belongings in your room, and packing only what you need will make settling in much easier. Remember, you can always pick up more stuff from home at another time.

It's also important not to bring things that aren't allowed in your residence building. These include: candles, halogen lamps, sub-woofers, your own appliances and furniture, beer bottles, any illegal items, or alcohol if you're under 19. Check the residence life website for a complete list of what you should bring and what you should leave at home.

ORIENTATION WEEK



Note to Presenter: I have intentionally put very little in the script for O-Week slides. O-Week is unique to each individual and this would be a great time for you to share your experiences. Tell Orientation Week stories (either yours or stories you've heard from friends). Focus on how amazing O-Week is! Talk about the excitement, the new people, your Ice Breaker, etc. Explain the four colour teams, etc.

Orientation Week starts on your move-in day! As mentioned, you will meet your Ice Breakers after your first community meeting. From there one of the most amazing week's of your life begins! That night you will head to Opening Ceremonies with your Ice Breakers and your floor. Opening Ceremonies is one of the greatest events that will happen during your year! Opening Ceremonies is the event that kicks off O-Week! We pack ALL of the new first years into the Athletic Complex to get pumped up about the week that lies ahead.

O-WEEK

- Participate in awesome events!
 - Concerts
 - Waterpark day at Bingeman's
 - Game shows
 - Competitions
 - Shinerama
 - Laurier football game



Note to presenter: Talk about your favourite O-Week event/ events. I have listed some below that you may want to highlight (or if you can't remember)

- Football Game/ closing ceremonies
- Talent Show/ Head Ice Dance-Off
- Shinerama Day
- Game Show Night (Uh-Oh)
- Movie Night
- On Campus Celebration
- Student Success Sessions
- Bling-Bling
- Regatta Games
- Bingemans
- On Campus Celebration (party)... in the quad, Wilf's and The Turret

O-WEEK

- Will help you prepare mentally, socially, and academically to succeed at Laurier
 - Get to meet new people and bond with your community
 - Learn your way around campus
 - Develop relationships with icebreakers who are there to help you with throughout the year



Note to presenter: Once again personalize this. Stick to the slide points as a guideline as some of the outcomes from O-Week. Also, as you finish talking about O-Week make sure to push the for them to register and participate in as many events as possible during the week.

WELL-BEING DURING O-WEEK



Everybody at O-Week is in the same boat as you, so rest assured you're not alone. There are plenty of resources to help you if you're feeling overwhelmed, ill or homesick. Even after the excitement of O-Week, these resources will still be available for you!

You don't have to do anything that makes you feel uncomfortable. And if you're feeling unwell, it's okay to take a break. If you need other support, either during or after O-Week, there are plenty of resources available to you.

However, if you need some support particularly during O-Week, your Icebreakers, your Don or OCA and ERT (the Emergency Response Team) are all there to help you out.

O-Week is a fun and crazy time. The week is jammed full of events and activities. Please do not plan to be doing anything other than O-Week activities during this week! Make sure that you are prepared and organized to get right into the swing of things when you arrive.

RESIDENCE LIFE



Note to presenter: If you stayed in residence, please share (appropriate) residence related stories!

Your residence dorm or apartment at Laurier is more than just a place for you to stay. In residence you will have a floor which we call 'your community'. Your community will be made up of anywhere from 9 to 50 other students. Your community will be in a residence building. For example, King's Court has over 400 students that have been placed in twelve different communities. Your community will have a Don who is an upper year student that lives on your floor. Your Don will be a wonderful resource for you throughout the year. A lot of people when coming into first year think of Dons as 'the people that gets you in trouble'. Yes, it is true that the Dons can get you into trouble for things like underage drinking but that is just a small portion of their job. Your Don is someone that can be a friend and mentor for you. If you have questions about residence and Laurier you can go to your Don. If you're homesick and need to talk to someone... you can go to your Don. Your Don is there for you as you experience the highs and lows of first year. Your Don is also there to facilitate community building. Your Don will run a TON of different programs for your floors. Some Dons take their students paint balling, skating, join intramural teams with their students, have movie nights, go to Wilf's for a floor dinner, etc. The six values of Residence Life are community, leadership, integrity, commitment, attitude and development. These are the six values that our Dons live and breathe and they are also the core values that we strive to instill in our first year students. These are the

values that make up a Golden Hawk.



Note to presenter: If you stayed in residence, please share (appropriate) residence related stories!

In residence you may end up making friends for life. A lot of residence students meet new friends on their floors or in their building and end up living with them for the rest of their years at university.

If you're coming to residence at Laurier... be excited! You will have an amazing time. And remember that as you head into residence... living in residence is what you make of it. It is okay to go home sometimes on weekends. But make sure that you aren't going home too frequently. The more you stay in residence... the stronger and deeper connection you will make with your floor mates, the more events and activities you will participate in and the more connected you will feel to the Laurier campus.



Note to presenter: If you participated in LOCUS, please share LOCUS stories! Also, I am waiting on a short video from LOCUS that we will be able to show

If you're staying off-campus or at home you should be excited too! In just the same way that Residence Life has communities... you will have a LOCUS community. You have a 'virtual' floor. You will also have an OCA. Your OCA is your Off-Campus Advisor. These people have the same role as a Don except they are for LOCUS... and they can't get you into trouble! Some students worry that they're going to miss out on the university experience because they are staying off-campus. Please don't. LOCUS is also a part of Residence Life because we want to make sure that you receive just as great of a first year experience. As you can see from the pictures... the LOCUS students have a pretty amazing time together!

The one thing that we have to stress about the difference between Residence Life and LOCUS is that as a LOCUS student the onus is on you to get involved. As an off-campus student you will not automatically be registered for LOCUS. You must register for LOCUS separately. We urge you to register! It will make your first year!

RESIDENCE LIFE: FIRST YEAR LEADERSHIP PROGRAMS



First Year Leadership Positions- Whether you are in residence or a Locus student, getting involved with FYLPs is a must! There are two main ways to get involved with FYLPs. The first is becoming a FYLP Rep. There are 16 Reps on a FYLP. These Reps run, organize, create and promote the events run by their FYLP. If this is something that you're interested in... make sure to apply in September!! The second way to get involved is through attending and participating in the events and activities held by the FYLPs.

Upgrade - aims to promote a balanced lifestyle in first year. Past events include a Dive-In Movie at the Laurier pool or Study and a Sport

Diversity Council - Students involved in this Council will collaborate on planning, promoting, and executing Residence wide events and programming that enable the first year community to explore diversity related issues. Past events include an Oath of Silence Day and the Christmakwanzikkah holiday celebration

Residence Athletic Council (RAC) – aims to promote a healthy lifestyle and personal wellness. The most popular of the RAC events is the weekly intramural leagues. Every Thursday night students compete for their residence against other residence teams in dodgeball, volleyball and basketball. RAC also holds monthly sports tournaments like flag football, FREE weekly health and wellness activities like yoga and zumba, recreational trips like trips to Blue Mountain, professional sport trips like Raptors

games.

Arts Laurier - aim to provide students with the opportunity to share their love for many different forms of art (i.e.: theatre, art, food, music, poetry and dance).

House Council- Each residence and LOCUS has a House Council. The members of House Council run events for the their individual residences and for the entire first year population.

Sustainability Council- Students involved in this Council collaborate on planning, promoting, and executing Residence events that enable first year students to engage in sustainable activities and learn about their environmental impact.

GET INVOLVED AT LAURIER!



Other Ways to Get Involved...

Have Ambassadors briefly share some of their involvements at Laurier.

-- highlight the wide array of clubs at Laurier and the impact that experience has had

There are over 120 Campus Clubs at Laurier! There is definitely something for everyone at Laurier! On top of that there are an incredible number of events and activities happening at Laurier every week. Interested in sports, athletics and fitness? Awesome! There are dozens of intramural leagues where you can play an array of sports... intertube water polo, ice hockey, basketball, soccer and football to name a few. Are you interested in meeting more people from major? Great! Almost every faculty and department at Laurier has its own students' association. These associations are a great way to meet your peers, professors and enrich your learning experience. Want to get involved in a charitable initiative? Cool! You can join the students' Food Bank, Shinerama or Laurier's Free the Children chapter. There is never a shortage of things to do at Laurier! Get involved!

And the coolest thing... if you have an interest or hobby that we don't already have a club for... you can easily start your own with some of your friends!

CAMPUS EVENTS



Wilf's



At Laurier there is something for everyone! If getting involved in a club is too much of a commitment for you in first year... remember that there are a TON of cool events happening at Laurier every week that you can attend.

Note to presenter: Highlight your favourite things to do on campus. On the slide we have attending athletic events, a Down with Webster Concert, Wilf's and the Turret. Highlight the fact that you do not need to be 19+ to attend. Also that there are many all ages events at The Turret.

ATHLETICS & RECREATION



- Athletic Complex on campus
- Included in tuition
- OneCard access
- *Expansion begins this August!*

Laurier Athletics is there to make sure that you stay healthy and have fun! This can range anywhere from being a member of a varsity team, playing on an intramural team with friends to taking a fitness class or working out in the gym just on your own.

The Athletic Centre at Laurier is covered by your tuition so there aren't any gym membership fees.

The Laurier Intramurals program is incredible! Intramurals offers leagues for 16 different sports. This ranges from soccer to volleyball to flag football to ice hockey to dodgeball and intertube water polo. The leagues are also typically organized with three levels of play. There are leagues from beginner to advanced. Also, some of the sports offer women's only leagues.

The fitness classes that we offer are great too. Some other very popular activities at the Athletic Centre are swimming in our Olympic sized pool, rock climbing or playing at our squash courts.

Also we recently just received exciting news... the Laurier Athletics Centre is undergoing an expansion! We are doubling the size of the Laurier Fitness Centre, construction begins this August! (pictured in the bottom right)



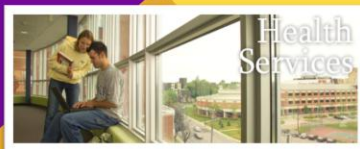
Laurier is a safe place for students to simply be themselves. Laurier is also a safe space for students to explore their individual identity. This is one of the many things that makes Laurier great.

Laurier has many resources to ensure this exploration and expression of self is fostered. One major resource that Laurier has to ensure that diversity is fostered on campus is the Diversity and Equity Office (the DEO). The DEO's mission is to foster a campus which is both inclusive and equitable. Some of the organizations that fall under the DEO are the Rainbow Centre, the Association of Black Students, the WLU Centre for Women & Trans People and the Multi-Faith Resource Team.

Furthermore, diversity at Laurier isn't just about visible diversity. Diversity at Laurier is about self exploration and being your own individual. Laurier is great place for students to foster their own individuality and to ignite their passions. For example, if you are passionate about French culture and language... join the Laurier French Club.

There are so many aspects to diversity and at Laurier you will be able to express and explore your own.

RESOURCES



Note to presenters: Just briefly highlight each resource at Laurier. Talk about how many resources there are at Laurier and how it is important to use them! Counselling will be covered earlier in the day as well.

Chaplains - offer all sorts of programs and services: book discussion groups, worship opportunities, communal meals, pastoral care, education, etc.

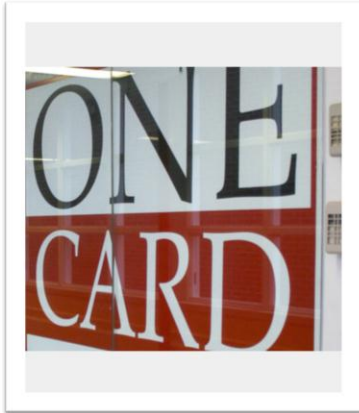
Accessible Learning - committed to assisting students with disabilities in reaching their full academic potential

Health Services - it is Laurier's own walk-in clinic with physicians and nurses

Aboriginal Student Services – offers outreach, resources and support services for aboriginal students at Laurier!

Foot Patrol – offers free walks home for students from campus and also around the Waterloo area. “No walk is too long or too short”. Also highlight that there is the Foot Patrol van which offers drives. All of which is FREE!

LAURIER ONECARD



- The OneCard is your multi-purpose student photo identification card. You'll need the OneCard to:
 - Take books out of the library
 - Use the campus athletic centre
 - Use for food purchase on and off campus
 - Print, photocopy, and access computer labs
 - Enter your residence building
 - Take the bus

Note to presenter: Stick to the slide for this one. If students need more information on OneCard they will be visiting the OneCard office and they can also go online to check out more information



Note to presenter: Talk about your own discovery of Waterloo and some of your favourite things about it. I have listed some points below but please feel free to deviate from this.

Waterloo is a great city for students. The student population of Laurier and UW combined exceeds 40,000 students. Because of this Waterloo truly is a student town that caters to the universities and their students.

Beyond this, the City of Waterloo is a fantastic place to study and learn. Waterloo was named the World's Top Intelligent Community in 2007 in large part because of the world class post secondary institutions that we have, Laurier, UW and Conestoga College. Waterloo is also home to two of world's leading think tanks. This includes the Perimeter Institute (pictured above) which is said to be the leading center for theoretical physics in the world. One of the world's most famous scientists and brilliant minds, Stephen Hawking, has taken up summer residency at the Perimeter Institute. Waterloo also has CIGI, the Centre for International Governance and Innovation. And recently a new academic institution has been created in Waterloo, the Balsillie School of International Affairs. This institution has been a joint venture between Laurier, UW, CIGI and Jim Balsillie, the co-founder of RIM. Kitchener-Waterloo is also a leader in industry. One of the leading sectors in Waterloo is the high-tech industry. Its easy to see that this city is a place where one can really immerse themselves in learning, studying and knowledge.

Waterloo is a great city, and we encourage you to explore it as much as you can as this will be your home for the next 4 years. As great as Laurier is, it's only a couple of blocks within a much larger area, so don't be afraid to leave campus.

You'll be living in Waterloo for your university career, so it pays to treat it with respect. Get to know your neighbours!

- There are so many things to do!
 - Oktoberfest
 - Centre in the Square
 - Princess Cinemas
 - Perimeter Institute
 - Maxwell's Music House
 - Kitchener Rangers
 - Shopping: Waterloo Town Square, Conestoga Mall and Fairview Mall
 - Waterloo Park & Petting Zoo
 - The Waterloo Buskers Festival
 - Kitchener & St. Jacobs' Farmers Market