YOU ARE HERE
Greetings, New Students!

It is with great pleasure and enthusiasm that we welcome you to Barnard College and Columbia University in the City of New York! We, the students of the NSOP Committee, are excited to introduce you to the exceptional, dynamic, and diverse community that spans our four undergraduate schools and a city of more than eight million people. The NSOP Committee is composed of students representing all four undergraduate schools: Barnard College (BC), Columbia College (CC), the School of General Studies (GS), and The Fu Foundation School of Engineering and Applied Science (SEAS). As undergraduates, we remember how it feels to be a new student here: the joy, anxiety, excitement, and uncertainty.

Over the past year, the NSOP Staff and Committee have striven to create an Orientation program that will introduce you to student life on and off the campuses of Barnard College and Columbia University. Through your participation in a wide variety of academic, social, and community events, you will be equipped with the information and tools to thrive. It is our hope that your Orientation experience will be the foundation for many years of success, growth, and lifelong relationships with peers, professors, and campus staff.

This year’s NSOP theme is You Are Here and was chosen by the committee to reflect how your individual experiences have brought you here. During your time at Barnard College and Columbia University, you have the privilege to share your passion for learning among a diverse community of peers—an opportunity in which we take pride. You will quickly see that our similar desires for intense personal and intellectual growth, as well as our service-oriented mindsets, bring us all together and allow us to build close-knit communities.

You are a valued member of this community, and we hope that you remember this truth every moment of your time here. Once again, welcome, and get ready for an exciting start to one of the most important and memorable times of your life!

Sincerely,

Christina Ellsberg (BC Student Chair, ’16)
Matt Kotek (GS Student Chair, ’17)
Robert Viramontes (CC and SEAS Student Chair, ’16)
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IMPORTANT INFORMATION

NSOP CONTACT INFORMATION

Barnard Student Life
Website: http://barnard.edu/studentlife
E-mail: orientation@barnard.edu
Phone: 212-854-2096
Office Location/Hours: 301 Diana Center: Mon.–Fri., 9:00 a.m.–5:00 p.m.

Denise Boneta, dboneta@barnard.edu
Program Director for Community Programs and Orientation

Ana Angeles, aangeles@barnard.edu
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Christina Ellsberg ’16
Chair, NSOP Committee

Asia Cunningham ’17
Marketing and Communications Coordinator, NSOP Committee

Charlotte Quincoses ’18
Events Coordinator, NSOP Committee

Hannah Dressler ’17
Events Coordinator, NSOP Committee

Lucía Solórzano ’17
Student Leader Coordinator, NSOP Committee
BCID, ORIENTATION BADGE, AND WRISTBAND

Carry your Orientation Badge and BCID with you at all times. The wristband must be worn on your wrist at all times. All three items are required for the full week of NSOP. If you lose your Orientation Badge during NSOP, there is a $5 replacement fee. If you lose your wristband, the replacement fee is $50. Both the badge and wristband can be replaced during office hours. Information about office hours is listed above. Please note that your wristband is required to attend certain events and to access meals in Hewitt Hall.

ORIENTATION INFORMATION BOOTH

The Information Booths, located on College Walk (Columbia campus) and Lehman Walk (Barnard campus), are staffed with experienced NSOP volunteers ready to answer all of your questions—anything and everything from Orientation details to what to expect on your first day of classes. Stop by at the times below:

Monday–Friday
9:00 a.m.–5:00 p.m.
Saturday
Noon–5:00 p.m.

REQUIRED EVENTS

Programs that are designated as required are mandatory for all new students. Attendance will be taken. If you have questions or concerns, ask your Orientation Leader (OL) or reach out to Student Life at orientation@barnard.edu.

GUIDEBOOK APP FOR SMARTPHONES OR TABLETS

Not a fan of carrying around a Schedule Book? Do you have a smartphone? Then you should download NSOP’s FREE App on Guidebook! Just visit the App Store on your phone and search for Guidebook. Once you have downloaded the App, you’ll search for Columbia University and you’re all set. We highly recommend familiarizing yourself with all of the bells and whistles and adding all of the mandatory events to your phone’s calendar so you won’t forget them.
COMPUTER SETUP AND WIRELESS HELP
307 Diana Center, Weekdays from 9:00 a.m. to 5:00 p.m.
Need help connecting to the Barnard Network? Bring your computer and stop by! The Student Computing Office will be here to answer your questions.

BCID CARDS
Please carry your BCID at all times. Without your ID, you will not be able to go into residence halls or University buildings. If you do lose your BCID, go to the ID Center, located on Columbia’s campus in 204 Kent Hall, from 9:00 a.m. to 5:00 p.m. (x4-4323). Replacement cards are $20.

RELIGIOUS SERVICES AND INFORMATION
You can find information about religious services on the University Chaplain website: http://www.columbia.edu/cu/earl/

PUBLIC TRANSPORTATION
One of the best parts of living in New York City is the ability to explore everything the city has to offer simply by having a MetroCard and understanding how the Metropolitan Transit Authority (MTA) works. Our OLs can teach you how to use a MetroCard machine, which is a simple touch screen method. They can also help you understand how the buses and subway operate in terms of lines and directions by looking at a map. You’ll soon become a pro in navigating the city! Visit the MTA website for fares and information at www.mta.info
COLUMBIA UNIVERSITY
COMMUNITY PRINCIPLES

PREAMBLE
Developed by undergraduate students and staff of Barnard College, Columbia College, The Fu Foundation School of Engineering and Applied Science, and the School of General Studies, these principles serve as a framework to facilitate ongoing conversation for how we interact with one another. They are a means by which we hold ourselves and others accountable. Every member of the community has a role in sustaining a safe, caring, and accepting environment in which these principles can thrive.

COMMUNITY PRINCIPLES STATEMENT
Columbia University is a community of students, faculty, alumni, staff, and visitors. As members of this community, we understand that our actions as individuals impact not only our own lives but also those of our community. Through these principles we can continually engage each other in order to understand our differences and similarities. We believe that intellectual discourse in all forms is essential to the University; as such, it is vital that we give all perspectives a place to be expressed. We are all responsible to this community and affirm that we treat each other with respect and dignity. Members of our community act with honesty by accepting accountability for their words and actions and maintaining the integrity of the community as a whole. As members of the University with different experiences and ideas, we actively engage each other to understand, appreciate, and accept our various identities. We participate in a free and open community and ask that all those who come within our gates act in accordance with these principles.
BARNARD COLLEGE
COMMUNITY STANDARDS

As members of the Barnard College community, it is our goal to uphold the past, present, and future integrity of the institution and the community by adhering to the highest standards of honesty and respect. We show our dedication to Barnard by respecting the shared experiences and varied needs of our community members. Recognizing the value of every individual, we commit ourselves to protecting the well-being of our community, its members, and its resources. We observe the standards and expectations of our community both within and beyond the gates. We pledge to do all that is in our power to follow these principles to create a spirit of integrity, respect, and responsibility that allows us to honor ourselves, one another, and the Barnard College community.
—Approved by Barnard Students in 2009

BARNARD COLLEGE HONOR CODE

We, the students of Barnard College, resolve to uphold the honor of the College by refraining from every form of dishonesty in our academic life. We consider it dishonest to ask for, give, or receive help in examinations or quizzes, to use any papers or books not authorized by the instructor in examinations, or to present oral work or written work that is not entirely our own, unless otherwise approved by the instructor. We consider it dishonest to remove without authorization, alter, or deface library and other academic materials. We pledge to do all that is in our power to create a spirit of honesty and honor for its own sake.
—Approved by the student body in 1912

COMMITMENT TO ACCESS

Barnard makes every effort to provide an accessible NSOP experience and to accommodate students with disabilities. If you require disability accommodations or are unsure about needing support to attend our events, please contact the Office of Disability Services (ODS). You can reach ODS
by calling 212-854-4634, e-mailing ods@barnard.edu, or visiting Milbank 008. You may also speak directly to your Orientation Leader so alternate plans/options can be made if necessary.

TRANSPORTATION AND ACCESS

Although the MTA (Metropolitan Transit Authority) is gradually adding elevators in various subway stations, the subways are generally not wheelchair accessible. If you are unable to navigate stairs, the best option is surface transit, as all New York buses are lift equipped. Another option, though more expensive, is a taxi or car service. The MTA has an excellent website with complete information regarding accessibility at www.mta.info/accessibility.

FAMILY MEMBERS WITH DISABILITIES

During Orientation, the Office of Disability Services is happy to assist family members with any disability-related needs. A limited number of manual wheelchairs are available upon request. Please contact ODS directly in 008 Milbank Hall or e-mail ods@barnard.edu if you have a specific disability-related need.

SAFETY AND HEALTH INFORMATION

Safety and health are foremost concerns on college campuses and in New York City. There are many resources on campus to help you stay safe and to assist you in emergency situations. For information regarding Barnard Health Services, please visit http://www.barnard.edu/health. For information regarding safety and security at Barnard, please visit http://www.barnard.edu/publicsafety

Barnard Public Safety (212) 854-3362
Primary Care Health Service (212) 854-2091
Rosemary Furman Counseling Center (212) 854-2092
Clinician and Psychological Services on Call (855) 622-1903
(for emergency and after hour use)
ORIENTATION SCHEDULE

SUNDAY, AUGUST 30

First-Year Check-in and Material Pickup
8:00 a.m.–Noon
Barnard Hall Lobby
Welcome to Barnard! Pick up your NSOP materials and meet fellow new students. Residential students will also pick up their housing materials at check-in and then move their belongings to their residence halls. Commuter students should check in with NSOP.

Family Check-In
8:00 a.m.–Noon
Table in Front of Barnard Hall
Family members can make a first stop on move-in day at the registration table to pick up information and name tags that allow them to enter the residence halls.

Family Reception
8:00–11:00 a.m.
Quad Lawn (Rain Location: Lehman Overhang)
Meet here to take a break from all the unpacking. Enjoy breakfast and have your questions answered by Orientation Leaders or spark conversation with other Barnard families before continuing a busy day.
**Bed Bath & Beyond Excursion**
9:00 a.m.–Noon
116th St. and Claremont, Departure and Drop-off Point
Forgot to buy a fan? Don’t have any hangers? Take our free shuttle bus to *Bed Bath & Beyond* to buy any household goods, bedding, bathroom accessories, or electronics that you need. Plus, you get a discount with your BCID! The shuttle leaves several times an hour.

**Student Computing: Wireless Help**
8:00 a.m.–5:00 p.m.
Sulzberger Lobby and 307 Diana
Need help connecting to the Barnard network and setting up mandatory programs? Student Computing is open during move-in day from 8:00 a.m. to 5:00 p.m. in the Sulzberger Lobby and from 10:00 a.m. to 5:00 p.m. in the Diana Center Computer Lab, room 307. Additionally, they are open all of NSOP week from 9:00 a.m. to 5:00 p.m. in 307 Diana.

**Lunch**
11:30 a.m.–12:30 p.m.
Lehman Lawn (Rain Location: Lehman Overhang)
Take a break from unpacking to join your family and peers for lunch on Lehman Lawn. Please only take one bag per person. Be sure to say your farewells, as the rest of the day consists of separate programs for students and families.

**OL Group Meetings (Required)**
2:00–3:00 p.m.
Join your Orientation Leader (OL) and fellow group members to get acquainted with each other and to hear about your OL’s Barnard experience! Our OLs are committed, knowledgeable students who can answer your questions and will guide you throughout your experience during NSOP. Find your group name on your nametag and look for your OL in the location specified below. OLs will be holding up signs for you with your group name on it. Bring this book so its contents can be reviewed with you!

**OL Group Meeting Locations:**
Millie: Lehman Lawn and Lehman Walk
Magnolia: Lehman Overhang and Dance Annex
Milbank: Quad Lawn
President’s Welcome for Families and Friends
12:30–1:15 p.m.: Families with Last Names A–M
1:30–2:15 p.m.: Families with Last Names N–Z
Event Oval, Diana Center
Family members and friends are welcomed into the Barnard community by President Debora Spar and Dean of the College Avis Hinkson, ’84.

Residential Life, Public Safety, and Community Standards Q&A
12:30–1:15 p.m.: Families with Last Names N–Z
1:30–2:15 p.m.: Families with Last Names A–M
Lehman Auditorium, 202 Altschul Hall
Family members are invited to join various administrators from Residential Life and Housing, Public Safety, and Community Standards, to discuss their department policies and the services they offer. They will review topics such as student safety on and off campus, common concerns that take place in the residence halls, and what community expectations are in place for students.

Building Resiliency: From Fearful First-Year to Successful Senior
2:30–3:15 p.m.
Held Lecture Hall, 304 Barnard Hall: Families Last Names A–M
Lehman Auditorium, 202 Altschul Hall: Families with Last Names N–Z
Family members are invited to share experiences with other families and talk with administrators from Dean of Studies, Residential Life and Housing, and Student Life about academic, residential, and cocurricular student life at Barnard College. We will discuss the ways that campus resources foster your student’s independence, confidence, problem-solving abilities, and personal and academic growth.

Family Farewells
3:15–4:00 p.m.
Throughout Campus
The time has come to say farewell to our families and friends.

President’s First-Year Welcome (Required)
4:00–5:00 p.m.
Riverside Church (490 Riverside Drive)
First-year students are welcomed into the Barnard community by President Debora Spar, Dean of the College Avis Hinkson, ’84, and Dean of Enrollment Management and Assistant Dean of the College Jennifer Fondiller, ’88, and Provost Linda Bell.
**Dinner: First-Year BBQ with Your OL Group**
5:00–7:00 p.m.
Lehman Lawn, (Rain Location: Hewitt Dining Hall)
After a long day, you can relax over delicious barbecue and socialize with your OL group. Enjoy dinner while you get to know your classmates. Ice cream will be served to you by campus celebrities, and stop by the main gate to meet Millie!

**Community Night (Required for Residents)**
8:00–9:00 p.m.
This is your first opportunity to acquaint yourselves with your hallmates. Your Resident Assistant (RA) will lead the session on your residence hall floor.

**MONDAY, AUGUST 31**

**Breakfast**
8:00–9:30 a.m.
Hewitt Dining Hall
Start your day off right with some breakfast!

**Transfer Check-in**
9:00 a.m.–Noon
Barnard Hall Lobby
Welcome to Barnard! Pick up your NSOP materials and meet fellow new transfer students. Residential students will pick up their housing materials at check-in and then move their belongings to their residence halls.

**Campus Tour—Barnard College and Columbia University**
9:00 a.m.–Noon
Barnard Gates, 117th St. and Broadway
Navigating campus can be extremely confusing and overwhelming at first. Take this opportunity to learn more about maneuvering around campus, as well as the ins and outs of Barnard. Tours will leave every half hour.
**Bed Bath & Beyond Excursion**
9:00 a.m.–Noon
116th St. and Amsterdam, Departure and Drop-off Point
Forgot to buy a fan? Don’t have any hangers? Take our free shuttle bus to *Bed Bath & Beyond* to buy any household goods, bedding, bathroom accessories, or electronics that you need. Plus, you get a discount with your BCID! The shuttle leaves several times an hour.

**Open Hours with the Title IX Coordinator**
10:00 a.m.–2:00 p.m.
105 Milbank Hall
Title IX is federal legislation that prohibits discrimination based on sex or any form of gender-based or sexual misconduct on college campuses. The Title IX Coordinator oversees College policy, procedures, and efforts to prevent these behaviors within the College community; investigation and related conduct of such matters; and ensuring students are aware of available resources on and off campus. During NSOP there are several sessions that will share information about sexual assault, dating violence, domestic violence, and stalking, as well as providing information about related resources available to students. If you have questions or concerns, or would like to learn more about Title IX, sexual violence education and support resources, or other non-discrimination concerns, please drop in to speak with the Title IX Coordinator, Associate Dean for Equity Amy Zavadil.

**Being a First-Year at Barnard (Required for First-Years)**
11:00 a.m.–Noon: Millie Groups
Noon–1:00 p.m.: Magnolia Groups
1:00–2:00 p.m.: Milbank Groups
Held Lecture Hall, 304 Barnard Hall
What is academic advising and how can your faculty advisers, deans, and others on campus help you to consider your learning goals? This is a chance for you to meet college deans, familiarize yourself with Barnard’s academic culture, and learn about how best to take advantage of the academic resources available to you. You’ll want to take notes!
Transfer Student and Family Welcome Lunch (Required for Transfers)
12:30–2:00 p.m.
Event Oval, Diana Center
Join deans, administrators, and the Orientation staff as we welcome you to Barnard College and enjoy lunch.

Lunch
1:00–3:00 p.m.
Hewitt Dining Hall

Transfer Family Farewells
1:45–2:00 p.m.
Throughout Campus
The time has come to say farewell to your family. Get ready to begin your journey as a Barnard student!

Transfer OL Meetings (Required for Transfers)
2:30–4:00 p.m.
Quad Lawn (Rain Location: Diana Lobby)
Join your Orientation Leader (OL) and fellow group members to get acquainted with each other and to hear about your OL’s Barnard experience! Our OLs are committed, knowledgeable students who can answer your questions and will guide you throughout your experience during NSOP. Find your group name on your nametag and look for your OL in the Quad. OLs will be holding up signs for you with your group name on it. Bring this book so its contents can be reviewed with you!

Adviser Group Meeting (Required for First-Years)
3:00–4:00 p.m.
Various Locations
Meet your new academic adviser and their other advisees. This meeting is a chance to acquaint yourself with the role that your adviser will play in your academic life, to sign up for an individual appointment time, to get to know your adviser better (and vice versa), and to discuss your fall semester program. The list of meeting locations will be posted on the First-Year Blog at barnardfirstyear.blogspot.com.
Student Services Fair
3:30–5:30 p.m.
Lehman Lawn, (Rain Location: Altschul Atrium, Altschul Hall)
Come find out more about the various student services offices and programs that Barnard has to offer. This fair will allow you to connect with staff from all over Barnard so you can ask questions or simply learn more about their areas. Interact with the various booths to discover new possibilities for your upcoming school years!

Dinner with OLs (Required)
5:00–7:00 p.m.
Hewitt Dining Hall
Discuss your day over dinner with your OL group.

Leaders of the Past: Alumnae Panel
7:00–8:30 p.m.
Event Oval
Join us for this evening event to hear from a group of very important Barnard alumnae. We’ll be featuring a panel of Student Leader Collective (SLC) leaders to discuss what their transition to Barnard was like, highlights from their years on campus, and advice about getting involved and finding community.

Home Sweet Home—Life in the Residence Halls
8:00–10:00 p.m.
Come and join the First Year Focus (FYF) RAs and your fellow Barnard students for an opportunity to meet your neighbors! Please see your RA for further details.

TUESDAY, SEPTEMBER 1

Breakfast
8:00–9:30 a.m.
Hewitt Dining Hall
Start your day off right with some breakfast!
Step UP! & Get SAVI: Preventing Sexual Assault/Violence through Bystander Intervention (Required for Milbank Groups)
9:00–11:00 a.m.
Event Oval, Diana Center
Sexual violence encompasses a broad spectrum of behaviors that can have a negative impact on an individual and the Columbia University community. We all can play a part in developing and maintaining a healthy, safe community by looking out for one another. During this interactive session facilitated by Sexual Violence Response staff and volunteers, students learn about the dynamics and realities of sexual assault, what it means to be a prosocial bystander, effective strategies for bystander intervention, and resources and services available for someone who is affected by violence.

Being a Transfer at Barnard (Required for Transfers)
9:00–10:00 a.m.
Sulzberger Parlor, Barnard Hall
Join Dean Kuan Tsu and meet your new academic adviser and the other advisees in your group. This meeting is a chance to acquaint yourself with the role that your adviser will play in your academic life, to sign up for an individual appointment time, to get to know your adviser better (and vice versa), and to discuss your fall semester program.

Pro Tips from Professors: Making the Most of Your Course Work (Required for Magnolia Groups)
9:30–11:00 a.m.
Held Lecture Hall, 304 Barnard Hall
If you’re worried about the papers that you’ll have to write for your First-Year English and seminar classes, those calculus problem sets, or just about how different college classes will be from high school classes, don’t fret! That’s what this session is for. It’s only natural to feel anxious about the unknown. Join First-Year Class Dean Rebecca Grabiner and members of the faculty, who will acquaint you with the collegiate classroom experience.

Discover Barnard BLUE (Required for Millie Groups)
11:30 a.m.–1:00 p.m.
Event Oval, Diana Center
This session invites you as a new member of the Barnard community to explore the many identities that we all bring to campus and discover how these identities impact how we all contribute uniquely to and intersect with the larger Barnard community. We will explore our identities, delve into so-
cial justice frameworks, and discover our responsibility in creating an inclusive and socially just environment. This preliminary conversation is part of an ongoing series of dialogues, workshops, and events called “Barnard BLUE—Building Leadership and Understanding Equity,” designed to enhance your understanding of social justice, explore your identities, and continue your leadership development.

**Public Safety and Community Standards Forum**  
*(Required for Magnolia Groups)*  
11:30 a.m.–1:00 p.m.  
James Room, Barnard Hall  
Learn what safety precautions are available to you as a student at Barnard College in the greater New York City area. Join various administrators from Public Safety, Community Conduct, and Residential Life and Housing to discuss their department policies and the services they have to offer.

**Wellness Forum (Required for Milbank Groups)**  
Noon–1:00 p.m.  
Held Lecture Hall, Barnard Hall  
Get the resources and information you need to help you maintain a healthy mind and body for the next few years. You will learn about Primary Care Health Service, the counseling services that are offered on campus, the resources that are available to you through the Office of Disability Services, and more!

**Commuter Luncheon**  
1:00–3:00 p.m.  
Commuter Lounge, Diana Center 1st Floor  
Dig in to a fun atmosphere at this catered luncheon with Student Life staff at Barnard. Learn about the Commuter Lounge, bond with fellow commuters, and find your place in the Diana Center.

**Lunch**  
1:00–3:00 p.m.  
Hewitt Dining Hall

**Open Hours with the Title IX Coordinator**  
2:00–4:00 p.m.  
105 Milbank Hall  
Title IX is federal legislation that prohibits discrimination based on sex or any
form of gender-based or sexual misconduct on college campuses. The Title IX Coordinator oversees College policy, procedures, and efforts to prevent these behaviors within the College community; investigation and related conduct of such matters; and ensuring students are aware of available resources on and off campus. During NSOP there are several sessions that will share information about sexual assault, dating violence, domestic violence, and stalking, as well as providing information about related resources available to students. If you have questions or concerns, or would like to learn more about Title IX, sexual violence education and support resources, or other non-discrimination concerns, please drop in to speak with the Title IX Coordinator, Associate Dean for Equity Amy Zavadil.

**Barnard Reads: Feminist Explorations with Professor Wendy Schor-Haim**
3:00–4:15 p.m.
Sulzberger Parlor, Barnard Hall
Begin your collegiate feminist explorations during NSOP! Join 2014 Emily Gregory award winner Professor Wendy Schor-Haim in discussing Virginia Woolf’s “A Room of One’s Own” and June Jordan’s “Many Rivers to Cross.”

**Transfer 101 Panel**
3:00 –4:00 p.m.
Rm. 328, Milbank Hall
Join us at this Transfer 101 Panel for the opportunity to hear directly from students, like yourself, who transferred to Barnard in the last few years. You’ll get the inside scoop on what it’s like to be a transfer student at Barnard and learn about various matters transfers often deal with, such as finding their place in the community and adjusting to a change of schools.

**Students of Color Welcome Reception**
5:00–6:00 p.m.
Altschul Atrium, Altschul Hall
All students who self-identify as students of color are invited to join returning students and administrators for a welcome reception to discuss being a student of color at Barnard. Come find out about resources, programs, and groups on campus that are available for you! Light snacks and refreshments will be served. We hope to see you there!
Dinner
5:30–7:00 p.m.
Hewitt Dining Hall
After a long day, you can relax over a delicious meal at Hewitt and bond with other new students.

Bear with Us
7:00–8:30 p.m.
Event Oval, Diana Center
Join us in the Event Oval for a comedic pep rally displaying the diverse talents of Barnard’s Student Leaders. Seating is limited to 250, so be sure to come a few minutes early to get in on the fun.

Floor Meeting (Required for Residents)
9:00–10:00 p.m.
Residence Halls
Tonight you will learn essential Barnard housing information from the basics of living on campus to community standards. All transfers will assemble for their floor meeting in the Elliott Hall Lounge.

WEDNESDAY, SEPTEMBER 2
Registration Begins
Deadline: Wednesday, Sept. 9
“Registration” is a Barnard-specific term that means logging into a campus computer to confirm your presence on campus. You will need to register in this way each semester—log into myBarnard, click on the “Registration” link, and follow the instructions there today to avoid late fees. This process is separate from signing up for and getting your adviser’s approval of your course schedule; that is called “Program Filing.”

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8:00–9:30 a.m.
Hewitt Dining Hall
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Lunch  
1:00–3:00 p.m.  
Hewitt Dining Hall

Barnard Reads: Can Creativity Save Us? with Professor Ronald Briggs  
3:00–4:15 p.m.  
Sulzberger Parlor, Barnard Hall  
In a world full of missed signals and misunderstanding, can creativity save us? Join Professor Ronald Briggs of the Spanish and Latin American Studies Department in answering this question using Valeria Luiselli’s *Faces in the Crowd* either in English or the original Spanish.

Intermediate Modern Dance Class  
3:00–4:00 p.m.  
Dance Annex, Barnard Hall  
Class taught by Colleen Thomas, Associate Professor of Professional Practice  
Accompanied by Robert Boston, Music Director of the Dance Department  
*Please note that this studio technique class is not intended for beginning level students.*
Transfers: Movie in the GMT
3:00–5:00 p.m.
Glicker-Milstein Theater, Lower Level 2, Diana Center
Take this opportunity to get away from the busy nature of NSOP while relaxing and watching a movie in Barnard’s state-of-the-art black box theatre. We want to keep the movie title a surprise, but you won’t want to miss out on this chance to get to hang out with other transfer students!

Barnard Reads: The Power of Small Choices with Professor Rajiv Sethi
4:30–5:45 p.m.
Sulzberger Parlor, Barnard Hall
How do small choices affect our lives in a big way? Join professor of economics Rajiv Sethi, to discuss this question using Thomas C. Schelling’s book *Micromotives and Macrobehavior*.

First-Generation College Students Welcome Reception
5:00–6:00 p.m.
North and South Tower Suites, Sulzberger Hall
All students who identify as first generation in their families to attend college are invited to join returning students and administrators for a welcome reception to discuss life as a first-generation student at Barnard. Come find out about resources, programs, and groups on campus that are available for you! Light snacks and refreshments will be served.

OL Sibling Dinner
6:00–8:00 p.m.
Lehman Lawn
Get to know students from the other undergraduate schools over dinner! Grab your bagged meal on Lehman Lawn and your OL will inform you of your meeting location.

Community Forum (Required)
8:00–10:00 p.m.
Levien Gymnasium, Enter at 120th St. and Broadway
Show your Barnard spirit as we gather for the first time with all the new students of Columbia University’s four schools: Barnard College, Columbia College, the School of General Studies, and The Fu Foundation School of
Engineering and Applied Science. We will celebrate our new community and honor the history of Barnard College and Columbia University. Afterward, head over to Low Plaza for a surprise celebration of your arrival in the community.

THURSDAY, SEPTEMBER 3

Breakfast
8:00–9:30 a.m.
Hewitt Dining Hall
Start your day off right with some breakfast!

Step UP! & Get SAVI: Preventing Sexual Assault/Violence through Bystander Intervention (Required for Magnolia Groups)
9:00 –11:00 a.m.
Event Oval, Diana Center
Sexual violence encompasses a broad spectrum of behaviors that can have a negative impact on an individual and the Columbia University community. We all can play a part in developing and maintaining a healthy, safe community by looking out for one another. During this interactive session facilitated by Sexual Violence Response staff and volunteers, students learn about the dynamics and realities of sexual assault, what it means to be a prosocial bystander, effective strategies for bystander intervention, and resources and services available for someone who is affected by violence.

Pro Tips from Professors: Making the Most of Your Course Work (Required for Millie Groups)
9:30–11:00 a.m.
Held Lecture Hall, 304 Barnard Hall
If you’re worried about the papers that you’ll have to write for your First-Year English and seminar classes, those calculus problem sets, or just about how different college classes will be from high school classes, don’t fret! That’s what this session is for. It’s only natural to feel anxious about the unknown. Join First-Year Class Dean Rebecca Grabiner and members of the faculty, who will acquaint you with the collegiate classroom experience. Optional for transfer students.
Discover Barnard BLUE (Required for Milbank Groups)
11:30 a.m.–1:00 p.m.
Event Oval, Diana Center
This session invites you as a new member of the Barnard community to explore the many identities that we all bring to campus and discover how these identities impact how we all contribute uniquely to and intersect with the larger Barnard community. We will explore our identities, delve into social justice frameworks, and discover our responsibility in creating an inclusive and socially just environment. This preliminary conversation is part of an ongoing series of dialogues, workshops, and events called “Barnard BLUE—Building Leadership and Understanding Equity,” designed to enhance your understanding of social justice, explore your identities, and continue your leadership development.

Public Safety and Community Standards Forum
(Required for Millie Groups)
11:30 a.m.–1:00 p.m.
James Room, Barnard Hall
Learn what safety precautions are available to you as a student at Barnard College in the greater New York City area. Join various administrators from Public Safety, Community Conduct, and Residential Life and Housing to discuss their department policies and the services they have to offer.

Wellness Forum (Required for Magnolia Groups)
Noon–1:00 p.m.
Held Lecture Hall, Barnard Hall
Get the resources and information you need to help you maintain a healthy mind and body for the next few years. You will learn about Primary Care Health Service, the counseling services that are offered on campus, the resources that are available to you through the Office of Disability Services, and more!

Lunch
1:00–3:00 p.m.
Hewitt Dining Hall
Barnard Reads: Virtuous, Phenomenal, Perfect; Perspectives on Womanhood with Dean Avis Hinkson
3:00–4:15 p.m.
Sulzberger Parlor, Barnard Hall
From scripture to poetry to popular media, womanhood is defined in extraordinary terms. How do these definitions influence you and the choices you will make about your self-definition? Who are you and whom do you seek to become? Join Dean of the College and Barnard alumna Avis Hinkson, for a conversation about the voices that have influenced you the most.

Transfers: Utilizing Career Development
3:00–4:00 p.m.
Rm. 302 Barnard Hall
Balancing schoolwork, adjusting to a new school, and trying to find jobs and internships can be stressful for transfer students. Join us for this opportunity to get transfer-specific information from Career Development and to learn about the resources available to you before school starts. You’ll be getting lots of helpful advice, from how to format a resume as a transfer student, to how to find an internship for the upcoming school year.

Intermediate Ballet Class
3:00–4:00 p.m.
Dance Annex, Barnard Hall
Taught by Katie Glasner, Senior Associate and Co-Chair of the Department of Dance
Accompanied by Robert Boston, Music Director of the Dance Department
*Please note that this studio technique class is not intended for beginning level students.
**Ballet shoes must be worn in this class

Commuter Photo Scavenger Hunt
3:00–5:00 p.m.
Meet in Commuter Lounge, Diana Center, 1st Floor
Explore Morningside Heights through this fun photo scavenger hunt. Work together with your peers to complete the hunt and convene back at the Commuter Lounge for your prize! Start your search at the commuter lounge.
Barnard Reads: The “Mother as Other” with Dean James Runsdorf  
4:30–5:45 p.m.  
Sulzberger Parlor, Barnard Hall  
Is motherhood an “othering” experience? Join the Junior Class Dean James Runsdorf in discussing “the mother as other,” using Jamaica Kincaid’s coming-of-age novel *Annie John.*

LGBTQ Welcome Reception  
5:00–6:00 p.m.  
North and South Tower Suites, Sulzberger Hall  
All students who self-identify as lesbian, gay, bisexual, transgender, and/or queer are invited to join returning students and administrators for a welcome reception to discuss LGBTQ life at Barnard. Come find out about resources, programs, and groups on campus that are available for you! Light snacks and refreshments will be served. We hope to see you there!

Dinner  
6:00–8:00 p.m.  
Hewitt Dining Hall

Home Sweet Home—Life in the Residence Halls  
8:00–10:00 p.m.  
Come and join the First Year Focus (FYF) RAs and your fellow Barnard students for an opportunity to meet your neighbors! Please see your RA for further details.

Late Night Entertainment—The Happy Hypnotist  
9:00–10:30 p.m.  
Roone Arledge Auditorium, Lerner Hall  
Head on over to Roone Auditorium and enjoy an exciting, interactive experience with your peers. You will be entranced by the great New York Hypnotist who claims he can hypnotize anyone, so take him up on this offer! Space is limited so get there early!

FRIDAY, SEPTEMBER 4

Online Program Filing Begins  
Deadline: Friday, Sept. 18, at 6:00 p.m.
“Program Filing” is a Barnard-specific term that means meeting one-on-one with your academic adviser to discuss your academic interests, plans, goals, and options; making sure you are signed up on myBarnard for all the classes you plan to take this semester; and obtaining your adviser’s approval of your final academic program of courses. You will need to do this even if you are making no changes to the schedule you received in the summer. Be sure to complete all of these steps before the deadline to avoid late fees.

**Breakfast**
8:00–9:30 a.m.
Hewitt Dining Hall
Start your day off right with some breakfast!

**Library Adventure**
11:00 a.m.–1:00 p.m.
Barnard Library, Lehman Hall
Students will meet staff from the Barnard Library: the Archives, Collection Services, Instructional Media, and Technology Services (IMATS), the Personal Librarian Program, and the Zine Library on this self-guided, multistory, choose your own adventure. There will be treats along the way, and the whole event will culminate with a green-screen photo booth where participants can pose in Barnard’s past or future. P.S. You can follow the library on Twitter and Instagram: @barnlib.

**Barnard BLUE Info Session**
11:00 a.m.–Noon
Lower Level (LL) 103, Diana Center
Student Life invites you to learn more about Barnard BLUE—Building Leadership and Understanding Equity. This is a great opportunity to learn how you can get involved with Barnard BLUE initiatives to enhance your leadership skills and understanding of social justice and explore your identities.

**Getting Involved at Barnard**
Noon–1:00 p.m.
Lower Level (LL) 103, Diana Center
Join Student Life as we talk about the numerous ways that you can get involved at Barnard and beyond the gates. Whether you’re looking to do student government, service learning, plan fun programs, further develop your leadership skills, or even build your own club, come learn more about all of the programs and initiatives that Barnard has to offer you throughout the year!
Studying Science and Preparing for a Health Profession
Noon–1:00 p.m.
Lehman Auditorium, 202 Altschul Hall
Interested in a career in medicine or other health professions? Want to know what it’s like to study science at Barnard? Wondering how to fit in all of your requirements and still balance your time? A panel of instructors, students, and staff will discuss the study of science and the process of developing into a pre-health professions student.

Lunch
1:00–3:00 p.m.
Hewitt Dining Hall
Refuel for a busy afternoon with a delicious meal.

Barnard Reads: Ethics and Prospects of Embryonic Genome Manipulation with Professor Brian Morton
3:00–4:15 p.m.
Sulzberger Parlor, Barnard Hall
What are the implications, both practical and ethical, of embryonic genome manipulation? Join chair of the biology department Professor Brian Morton in discussing this issue using recent New York Times articles.

Calling All Change Agents: Get Engaged and Make an Impact with NYCCEP
3:00–5:00 p.m.
Rm. 504, Diana Center
Join the New York City Civic Engagement Program (NYCCEP) for a fun, interactive workshop! Your education at Barnard College doesn’t have to stop in the classroom. Learn about social issues in New York City and all of the ways you can get involved and make an impact in your community! All participants must RSVP by e-mailing adelinemedeiros@barnard.edu.

OL Meet-Up (Required)
5:00–6:00 p.m.
Location to be determined by your Orientation Leader
You’ve come a long way since you first arrived on campus! Catch up with your Orientation Leader and your group to see how things are going so far and ask any last questions you may have about NSOP or your first week of classes.
Dinner
6:00–8:00 p.m.
Hewitt Dining Hall

Native and Indigenous New Student Mixer
6:00–7:00 p.m.
Satow Room, Lerner Hall
New students who self-identify as Native or Indigenous are invited to connect with each other, returning students, and administrators for desserts to discuss life at Columbia and Barnard. Find out about resources, programs, and opportunities that are available to you on campus.

Transfer Outing—Matilda
6:45–10:00 p.m.
Meet at 116th St. and Broadway
Matilda is a Tony Award–winning musical that tells the tale of an extraordinary girl with a wild imagination and strong intellect who is brave enough to stand up for herself and change her own destiny. The story is based on the beloved children’s book by Roald Dahl, but the musical is entertaining for audiences of all ages. Tickets are $20.00 (originally $65.00) and will be on sale on a first-come first-served basis at the Barnard Store located on the first floor of the Diana Center starting Thursday, September 3, at 10:30 a.m.

LGBTQ New Student Mixer
7:00–8:00 p.m.
Broadway Room, Lerner Hall
New students who self-identify as lesbian, gay, bisexual, transgender, and queer/questioning are invited to join returning students and administrators for desserts to discuss LGBTQ life at Barnard and Columbia. Find out about resources, programs, and groups on both campuses that are available for you!

Shabbat Dinner
8:15–10:00 p.m.
Kraft Center, Hillel
Enjoy a FREE Shabbat dinner with your fellow students, then stick around for dessert and opportunities to meet new students throughout the Hillel build-
ing! Everyone is welcome at this community-wide event, and while walk-ins are welcome, space is limited and RSVP'ing will guarantee your spot. For up-to-date information and RSVP details, go to www.bitly.com/jello2015. If you have any questions, e-mail jello@hillel.columbia.edu.

**Open Mic: Share the Moment**
9:00–11:30 p.m.
Roone Auditorium, Lerner Hall
From singing and dancing to playing the ukulele, your individual talents have led you to this moment. New students are brimming with talent, so come spend some unforgettable time with your peers and don’t be afraid to share your own talent as well! Sign-ups are on a first-come, first-served basis in Roone Auditorium in Lerner Hall from 6:00 to 7:00 p.m., so claim a spot before they’re all gone!

**SATURDAY, SEPTEMBER 5**

**Brunch with SGA**
10:00 a.m.–Noon
Hewitt Dining Hall
Meet members of the Student Government Association (SGA)! They will answer questions about what SGA is and does, and how you can get involved!

**Campus Green Tour**
1:00–3:00 p.m.
Meet at Sundial on College Walk
Interested in sustainability right here on campus? Join the EcoReps for a tour of Columbia and Barnard’s most sustainable and energy-efficient new buildings. Visit our fabulous new composters in Ruggles and Broadway residence halls that will eat all your food scraps, visit the Arthur Ross Greenhouse in Milbank Hall, and learn about all of the sustainability initiatives on campus.

**Neighborhood Tour—Lower Manhattan and Film Locations**
2:00–4:00 p.m.
Meet at Columbia Gates, 116th St. and Broadway
No cinema fan should live in NYC without visiting Tribeca and other areas of Lower Manhattan, where a multitude of TV shows and movies have been filmed. Come out and see one of the venues of the world-famous Tribeca Film Festival, the “Ghostbusters” fire station, and the “Law and Order” New...
York City Courthouse, and get behind the scenes of many more film productions! Remember to bring money for a MetroCard and food.

**Neighborhood Tour—Museum Mile**
2:00–4:00 p.m.
Meet at Alma Mater Statue
New York is full of history! Now that you’re here, check out as many exhibits as you can as you travel down Museum Mile. Walking from 105th Street to 82nd Street, take in views of Central Park as you get acquainted with the many museums your school ID will get you into for FREE! Remember to bring money for any extras you may want.

**Neighborhood Tour—West Village**
2:00–4:00 p.m.
Meet at Barnard Gates (117th St. and Broadway)
In the past, the West Village was known as a literary, artistic, bohemian, and activist hub. It is in “the Village” that the gay liberation movement took off, with the Stonewall riots in 1969, as well as the first Gay Pride parade a year later. Today, the Village’s history, trendy galleries, beautiful brownstones, and chic boutiques attract tourists, locals, and students to the area. Remember to bring money for a MetroCard and food.

**Neighborhood Tour—Famous Skyscrapers**
3:00–5:00 p.m.
Meet at Columbia Gates, 116th St. and Broadway
Perhaps one of the most iconic aspects of the city, Manhattan’s skyscrapers, creates the beautiful and alluring skyline that attracts tourists from all over the world. Come out and visit some of the tallest building in the world, old and new, tall and taller. Remember to bring money for a MetroCard and food.

**Neighborhood Tour—Manhattan Street Art**
3:00–5:00 p.m.
Meet at Alma Mater Statue
You’ll venture through Manhattan’s Lower East Side—SoHo, NoHo, Nolita, and Little Italy—as you explore the work of numerous street artists, like Shepard Fairey, Ron English Gilf, and Claw Money, to name a few. From hidden spots to more prominent art facades, this tour will show you a newer and more exciting side of Manhattan! Please remember to bring money for a MetroCard and food!
Neighborhood Tour—Central Park Photography Tour  
4:00–6:00 p.m.  
Meet at Barnard Gates (117th St. and Broadway)  
Come enjoy the last days of summer as you explore one of the most well-known parks in the world! As OLs take you to the most scenic spots in the park, they will point out best images and vistas and give you photo tips on how to get the best shots. All levels of photography and camera types (even iPhones and smart devices) are welcome! Please remember to bring money for a MetroCard and food!

Neighborhood Tour—Harlem Soul Food  
4:00–6:00 p.m.  
Meet at Alma Mater Statue  
While soul food has humble beginnings in the Southern U.S., it began to influence major cities and neighborhoods in the North like Harlem, as freed slaves moved up North to look for better opportunities. Many of these freed people brought their Southern soul food to their new lives up North. Join us on this tour to get a taste of soul. Remember to bring money for a MetroCard and food.

Local Farmers Market and Thrift Shop Tour  
4:00–6:00 p.m.  
Meet at Sundial on College Walk  
The Union Square Farmers Market is New York City’s biggest and most iconic greenmarket, and for any student interested in local and sustainable food choices, visiting it is a must! Come explore the market with the EcoReps, on a tour that will also include visiting the Strand Book Store, which boasts a selection of books 18 miles long—new and used—and East Village Thrift Shop. On the tour, we’ll discuss and explore ways to be green in your purchases, whether that means supporting local agriculture or buying a used textbook. Be sure to bring money for the subway ride and for any food, used books, or thrift shop finds you might come back with!

Dinner with McAC  
6:00–8:00 p.m.  
Hewitt Dining Hall  
Meet members of the McIntosh Activities Council! They will answer questions about what McAC is and how you can get involved!
Transfer Mix & Mingle
6:30–8:00 p.m.
Event Oval, Diana Center
Want to meet students who had previously been where you are today in prior semesters? Come get to know other Transfer, Visiting, and Combine Plan students with some music, desserts, and light refreshments. Feel free to ask them questions about their transition to Columbia and Barnard, or simply stop by to make new friends.

Home Sweet Home—Life in the Residence Halls
8:00–10:00 p.m.
Come and join the First Year Focus (FYF) RAs and your fellow Barnard students for an opportunity to meet your neighbors! Please see your RA for further details.

Neighborhood Tour—Brooklyn Bridge Night Tour
8:00–11:00 p.m.
Meet at Columbia Gates, 116th St. and Broadway
Take a night tour on the softly lit bridge as it overlooks the glowing Manhattan skyline. Once across the East River, enjoy the new Brooklyn Bridge Park and capture some breathtaking photos. Remember to bring money for a MetroCard and food.

Late Night Entertainment—Upright Citizens Brigade
9:00–11:00 p.m.
Roone Auditorium, Lerner Hall
Remember Thursday’s event? Well this one is completely different! Go to Roone Auditorium for an exciting live performance by the world famous Upright Citizens Brigade. Try not to cry from laughing as you are entertained by this hilarious troupe. Go and see for yourself! Seats will fill up fast!

SUNDAY, SEPTEMBER 6

Brunch
10:00 a.m.–Noon
Hewitt Dining Hall
Enjoy brunch in Hewitt in order to prepare yourself for the last few days of NSOP.
NYC Event—Take Me Out to the Ballgame
10:00 a.m.–5:00 p.m.
Your OL will tell you time and location for meeting up and ticket distribution.
1 E. 161st St., Bronx, NY
Cover your bases as you enjoy a truly New York experience at one of NYC’s prime bucket-list destinations, Yankee Stadium. Celebrate the start of your undergraduate experience with students from all four schools as you revel in the storied history found within Monument Park or try something new at the Hard Rock Cafe, Wholly Guacamole, Farmer’s Market, or one of the many other options at this state-of-the-art megastructure. Feel free to bring a hat and your cheering voice as you watch America’s pastime and truly know that YOU ARE HERE! Remember to bring money for a MetroCard and food.

Early Bird Monument Park Tour
Meet at the Sundial at 10:00 a.m. sharp if you would like a free tour of Monument Park located in Yankee Stadium. The gates open at 11:05 a.m. for the tour and are first-come, first-serve. Please inform your OL that you will be going with the early group if you choose to join the tour.

Performance Showcase
8:30–11:30 p.m.
Roone Arledge Auditorium, Lerner Hall
You’re certainly in for a treat as Barnard and Columbia’s finest performing arts groups put on a spectacular show highlighting our talented community. Come out and see those groups that entertain and inspire us year-round through singing, dancing, acting, and more.

MONDAY, SEPTEMBER 7
Brunch
10:00 a.m.–Noon
Hewitt Dining Hall
Enjoy brunch in Hewitt on your last day of NSOP!
Neighborhood Tour—Coney Island Beach Day  
11:30 a.m.–5:00 p.m.  
Meet at Columbia Gates, 116th St. and Broadway  
Come visit Brooklyn’s famous island. Walk along the boardwalk, past the Cyclone and former parachute drop, see the aquarium, and dip your toes in the sand on the beach. When it’s all over, you can hit the rides and see for yourself what all the screaming is about (warning: the first hill of the Cyclone is no joke). Remember to bring money for a MetroCard and any extras you may want.

Room Planters  
Noon–4:00 p.m.  
Arthur Ross Courtyard (Rain Location: Altschul Atrium, Altschul Hall)  
Make your new room on campus feel like home by adding something green to your windows! Stop by to plant a seed you can grow in your room. Barnard EcoReps will provide seeds, soil, and containers for planting (although you’re welcome to bring your own container or pot). You provide the TLC, and your new plant will grow with you all year.

Neighborhood Tour—Harlem  
Noon–2:00 p.m.  
Meet at Barnard Gates, 117th St. and Broadway  
Although world famous, Harlem may be New York’s best kept secret, with some of the city’s most interesting architecture, food, and music. Harlem’s history is also one of the city’s most dramatic, having gone through many ethnic, cultural, and socioeconomic changes over the past 400 years, which have resulted in a diverse array of places of worship, theatres, homes, and eating establishments. Remember to bring money for a MetroCard and food.

Neighborhood Tour—Cheap Eats  
2:00–4:00 p.m.  
Meet at Columbia Gates, 116th St. and Broadway  
Becoming a “foodie” shouldn’t break the bank! Come out to Lower Manhattan and check out some inexpensive and delicious grub. This tour will showcase a few budget-friendly restaurants and eateries, but don’t forget that NYC is full of halal carts and dollar pizza! Remember to bring money for a MetroCard and food.
Neighborhood Tour—The Highline
3:00–5:00 p.m.
Meet at Columbia Gates, 116th St. and Broadway
Come enjoy one of the most unusual and fascinating attractions as you venture through Manhattan’s newest park! Originally built to facilitate the movement of dangerous freight trains across Manhattan, the High Line railway was fully operational from 1934 to 1980. Recently renovated for use as a public park, this area is now a fashionable place to live, full of trendy shops, striking architecture, and hip restaurants. Please remember to bring money for a MetroCard and food!

Neighborhood Tour—Just Desserts
3:00–5:00 p.m.
Meet at Barnard Gates, 117th St. and Broadway
Got a sweet tooth? You’ve come to the right city! This tour will take you through various iconic neighborhoods in Manhattan to sample sweets from some of the most delicious dessert spots in NYC. Tour the city while tasting truffles, tarts, and more! We will be stopping at bakeries with gluten-free and vegan options. Remember to bring money for a MetroCard and food, as well as a water bottle and comfortable shoes. Come hungry!

Dinner
5:00–7:30 p.m.
Hewitt Dining Hall
Enjoy your final dinner with NSOP!

Community Night (Required for Residents)
8:00–9:00 p.m.
Close out NSOP by meeting with your Resident Assistant (RA) and the other people you’ll be living with through the years. Come with your favorite NSOP memories!
Running Start
August 31–September 3, 2015
7:00–8:00 a.m.
Meet at the Sundial on College Walk
Get a head start on your day with a refreshing run through Riverside Park!

Sunrise Saunter
August 31–September 3, 2015
7:00–8:00 a.m.
Meet at Barnard Gates, 117th St. and Broadway
Rise and shine with a leisurely stroll through Riverside Park!

Fitness Classes
Welcome to Columbia Group Fitness and Barnard Fitbear Programs. They offer convenient fitness passes, so you never have to exercise alone. Zumba, Yoga, Pilates, Sculpt, Core, Fit Mix, Total Body, and more, and all in one place.

Columbia Dodge Fitness Center, Aerobics Room 3, open to all schools (CC, SEAS, BC, GS)
All classes 55 minutes
Athletic shoes required for all classes except Yoga and Pilates.

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<td>5:00 p.m. Kick Box</td>
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Barnard Studio 2, BCID only
All classes 55 minutes
Athletic shoes required for all classes except Yoga.

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<td>7:00 p.m. Zumba</td>
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Descriptions:
Yoga—Traditional hatha/vinyasa poses with breathing and meditation.
Zumba—Dance fitness class set to Latin and international music. Join the party!
Sculpt—Muscle toning for the whole body using weights, bars, and bands.
Fit Mix—All in one class. Intervals of cardio, sculpt, core, and stretch.
Kick Box—High intensity cardio class using boxing moves and drills. (Non-contact)
Pilates—Mat exercises to strengthen and lengthen the core (abdominals, back and hips).

UNDERSTANDING myBARNARD with FYF RAs
Knowing how to navigate Barnard’s online portal system is essential to your experience as a student. Be sure to sign up with your RA to attend one of the sessions listed below. If you’re a commuter, e-mail first-year@barnard.edu to find out about a session you can attend. All first-year students must sign up for one session.

Tuesday, September 1
3:00–4:00 p.m.
4:30–5:30 p.m.

Wednesday, September 2
3:00–4:00 p.m.
4:30–5:30 p.m.
STUDENT EMPLOYMENT INFORMATION

JOBS Sessions
Planning to work? First-time Federal Work Study and Barnard College Job Award recipients are required to attend one of these orientation sessions. Students not on work awards can also attend to get information about working on campus. Students MUST preregister through the NACElink events calendar, which can be found on the Career Development homepage (barnard.edu/cd). Please register for only one session. Please arrive on time to get information on how to enter hours into Timesheet X, our automated timesheet system, and learn how to get your paychecks on time.

Career Development, 2nd Floor of Elliott Hall:
Monday, Aug. 31: 1:15–2:15 p.m., 4:00–5:00 p.m.
Wednesday, Sept. 2: 3:15–4:15 p.m.
Friday, Sept. 4: 12:30–1:30 p.m., 3:00–4:00 p.m.
Tuesday, Sept. 8: 11:00 a.m.–noon
Wednesday, Sept. 9: 3:00–4:00 p.m.
Thursday, Sept. 10: 10:00–11:00 a.m., 2:30–3:30 p.m.

Student Employment Fair
Sept. 16, Noon–2:00 p.m.
James Room, 4th Floor Barnard Hall
If you are interested in part-time work on or off campus, work-study, or non-work-study, come to the Student Employment Fair! Don’t miss this great opportunity to meet with employers from Barnard, Columbia, and off-campus agencies. All Barnard students are welcome. You do not need to have a resume. Stop by, even if you can’t stay for long.
EXTENDED ORIENTATION

Block Party
Tuesday, September 8
5:00–7:00 p.m.
Lehman Lawn (Rain Location: Hewitt Dining Hall)
Join students from all four classes and members of the faculty and administration at this annual tradition. We will celebrate the first day of classes and the start of a new academic year! Enjoy free food and a gift from the Student Life team. We hope to see you there!

All-School Convocation
Thursday, September 10
4:00–6:00 p.m.
Riverside Church (490 Riverside Drive)
Join the Barnard community for our annual all-school convocation to honor Barnard’s rich history and traditions.

Student Activities Fair
Friday, September 11
Noon–3:00 p.m.
Barnard Gate, Lehman Lawn, and Lehman Walkway
Get involved with Barnard and Columbia student clubs and organizations! Learn about the hundreds of organizations you can be a part of and explore the opportunities and possibilities available to you.

Barnard Reach Out
Saturday, September 12th- Sunday, September 13th
Barnard Reach Out (BRO) is your chance to immerse yourself in New York City, meet new friends, and volunteer with a local nonprofit. We’ll match you with community-based organizations to complete service projects and have an impact. Join hundreds of your classmates in making a difference for your new home! The registration deadline is Friday, September 4. To check out the projects, learn more, and register to volunteer, please visit tinyurl.com/2015bro. If you have any questions, feel free to contact Adeline Medeiros, Associate Director of Civic Engagement, at 212-854-2033 or adelinemedeiros@barnard.edu