

# Sunday, September 3rd

**10:00 am** Free Time/ Self Care Time  
*Enjoy your morning! Sleep-in, take a walk, or work out.*

11:00 am	Group A	Group B
	11:00 - 11:30 am Brunch Centennial Room	11:00 - 11:30am Free time
	11:30 - 12:30 pm Free time	11:30 - 12:00 pm Brunch Centennial Room

**12:30 pm** Success Team Check-In  
Bowman Classrooms

**1:00 pm** Consent and Healthy Relationships  
Church Street Center Auditorium

..... **2:30 BREAK** .....

**4:00 pm** A Shot of Reality  
Church Street Center Auditorium

5:30 pm	Group A	Group B
	5:30 - 6:15 pm Dinner Centennial Room	5:30 - 6:15 pm Free time
	6:15 - 7:00 pm Free time	6:15 - 7:00 pm Dinner Centennial Room

**7:00 pm** First Gen Student Connections Group  
Campus Center Sullivan Lounge

**7:30 pm** Veteran and I'm a member of a  
Military Family Connections Group  
Veterans Student Center, Venable

**7:30 pm** Fun in Freel Library  
Freel Library

# Monday, September 4th

**9:00 am** Breakfast  
Campus Center Centennial Room

**10:00 am** Daring Dialogues : How to Hold  
Conversations about Difference  
Church Street Center Auditorium

12:00 pm	Group A	Group B
	12:00 - 12:30 pm Lunch Centennial Room	12:00 - 12:30 pm Free time
	12:30 - 1:00pm	12:30 - 1:00pm Centennial Room

**1:00 pm** Field Day  
Taconic Lawn and Venable Gym  
Play Games with your Success Team

5:00 pm	Group A	Group B
	5:00 - 6:00 pm Dinner Centennial Room	5:00 - 6:00 pm Free time
	Free time 6:00 - 7:00 pm	6:00 - 7:00 pm Centennial Room

# Tuesday, September 5th

**9:00 am** Breakfast  
Campus Center Sullivan Lounge

**10:30 am** Convocation Line up  
CSI Atrium  
*\*This is a dressy casual ceremony*

**11:00 am** Convocation Ceremony  
Campus Center Gym

**12:00 pm** Community BBQ  
Campus Center Patio

..... **1:00 BREAK** .....

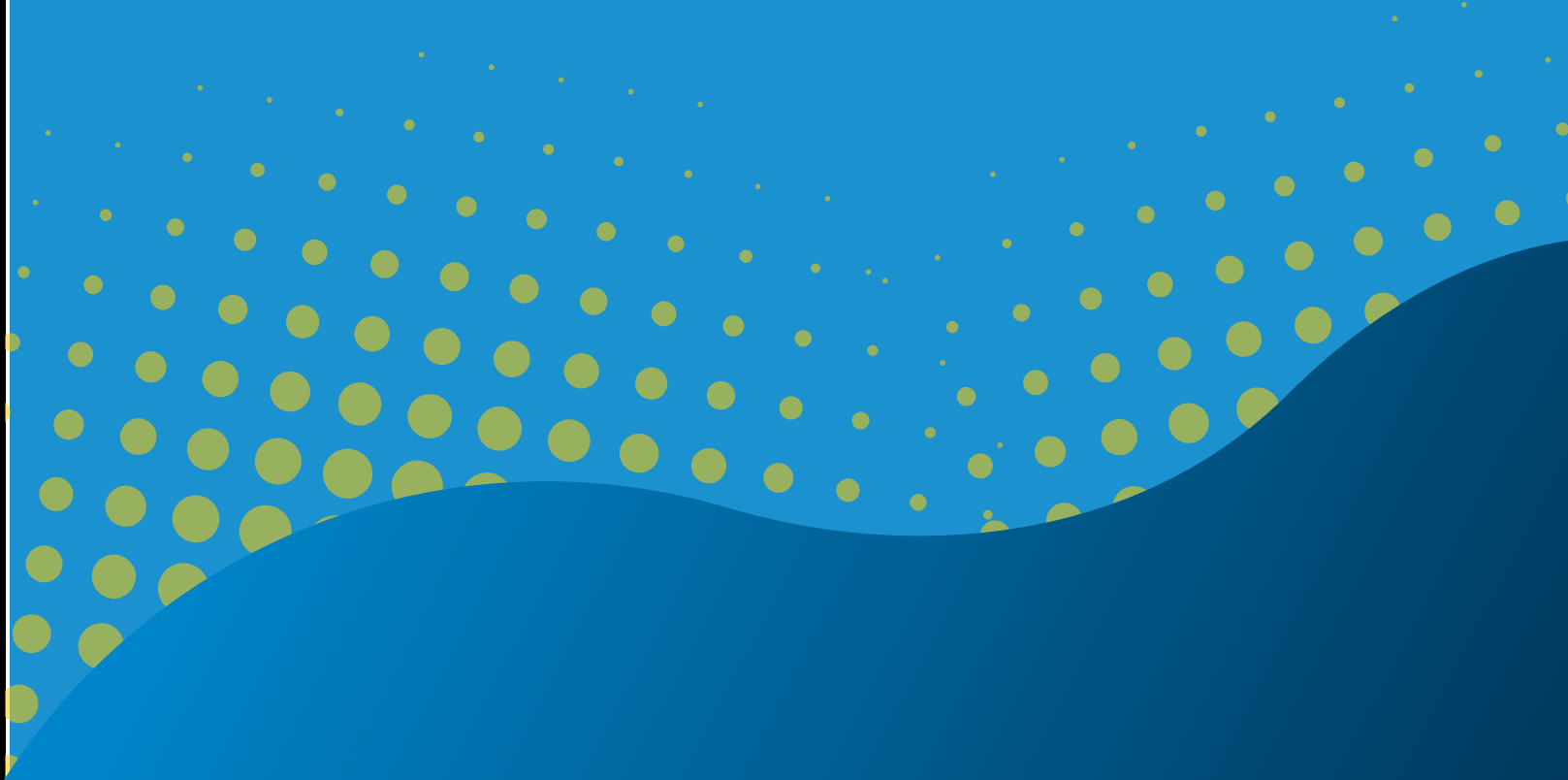
**5:00 pm** Dinner  
Campus Center Centennial Room

**6:00 pm** Get Ready For Your 1st Day of Class!

# Wednesday, September 6th

Happy First Day of Classes!

# MCLA ORIENTATION



# 2023



# MCLA Orientation Schedule



## Wednesday, August 30th

**8:00 am** Wellness Activity-Yoga *\*optional*  
Campus Center Sullivan Lounge

**9:00 am** Breakfast  
Campus Center Centennial Room

**10:00 am** Choose Your Own Adventure!  
Vans will leave outside of Hoosac Hall  
Trip to Target, Trip to Natural Bridge, or individual self-care time

12:00 pm	Townhouse residents	Hoosac Hall residents	Commuter Students
12-1 pm Resident Student Meetings Bowman 119	12-1 pm Lunch Campus Center Centennial Room	12-1 pm Hoosac Hall Floor Meetings Individual Hoosac Hall Floors	12-1 pm Commuter Connections Sullivan Lounge
1-2 pm Lunch Campus Center Centennial Room	1-2 pm Hoosac Hall Floor Meetings Individual Hoosac Hall Floors	1-2 pm Lunch Campus Center Centennial Room	1-2 pm Lunch Campus Center Centennial Room

**2:00 pm** Orientation Welcome  
Church Street Center Auditorium

**3:00 pm** Success Team Check-In  
Bowman Classrooms

5:00 pm	Group A	Group B
5:00 - 6:00 pm Dinner Centennial Room	5:00 - 6:00 pm Free time Centennial Room	5:00 - 6:00 pm Free time Centennial Room
6:00 - 7:00 pm Free time	6:00 - 7:00 pm Dinner Centennial Room	6:00 - 7:00 pm Dinner Centennial Room

**7:00 pm** LGBTQIA+ Connection Group  
Campus Center Sullivan Lounge

**7:30 pm** Students of Color Connection Group  
Murdock Hall 218

**8:00 pm** Bingo  
Venable Gym

## Thursday, August 31st

**8:00 am** Wellness Activity-Yoga *\*optional*  
Campus Center Sullivan Lounge

**9:00 am** Breakfast  
Campus Center Centennial Room

**10:00 am** Greetings from Academic Affairs  
Church Street Center Auditorium

**10:30 am** MCLA 101, pt.1  
Bowman Classrooms

12:00 pm	Group A	Group B
12:00 - 12:30 pm Lunch Centennial Room	12:00 - 12:30 pm Free time Centennial Room	12:00 - 12:30 pm Free time Centennial Room
12:30 - 1:30 pm Free time	12:30 - 1:30 pm Lunch Centennial Room	12:30 - 1:30 pm Lunch Centennial Room

**1:30 pm** MCLA 101, pt.2  
Bowman Classrooms

**3:00 pm** A Conversation with Career Services  
Church Street Center Auditorium

5:00 pm	Group A	Group B
5:00 - 5:30 pm Dinner Centennial room	5:00 - 5:30 pm Dinner Free time	5:00 - 5:30 pm Dinner Free time
5:30 - 7:00 pm Free time	5:30 - 6:00 pm Dinner Centennial room	5:30 - 6:00 pm Dinner Centennial room

**7:00 pm** Commuter Connections Group  
Campus Center Sullivan Lounge

**7:30 pm** New England Newbies Connection Group  
Murdock Hall 208

**8:00 pm** Hypnotist Performance  
Murdock Hall 218

## Friday, September 1st

**9:00 am** Breakfast  
Campus Center Centennial Room

**10:00 am** Success Team Check-In  
Bowman Classrooms

**10:30 am** Resource Fair  
Campus Center Gym

12:00 pm	Group A	Group B
12:00 - 12:30 pm Lunch Centennial Room	12:00 - 12:30 pm Free time	12:00 - 12:30 pm Free time
12:30 - 1:00 pm Free time	12:30 - 1:00 pm Free time	12:30 - 1:00 pm Free time

1:00 BREAK

**2:00 pm** Know Your Worth: Financial Literacy  
Church Street Center Auditorium

**3:00 pm** Creating Your Wellness Plan  
Venable Gym  
*Alongside the Associate Dean for Counseling and Holistic Wellness create a wellness plan addressing: Stress Management, Sleep/general hygiene, Sexual Health*

5:00 pm	Group A	Group B
5:00 - 6:00 pm Dinner Centennial Room	5:00 - 6:00 pm Free time	5:00 - 6:00 pm Free time
6:00 - 7:00 pm Free time	6:00 - 7:00 pm Dinner Centennial Room	6:00 - 7:00 pm Dinner Centennial Room

**8:00 pm** Outdoor Movie: The Super Mario Brothers  
Taconic Lawn

## Saturday, September 2nd

**10:00 am** Choose Your Own Adventure  
Vans will leave outside of Hoosac Hall  
Trip to Walmart, Trip to Windsor Lake or individual self-care time

**11:00 am** Brunch  
Campus Center Centennial Room  
*\*Brunch ends 1 pm*

**1:00 pm** Living in a Community  
Church Street Center Auditorium

**2:30 pm** FYE Staff Takeover!  
Various Locations  
*Faulty Success Coaches and Staff Mentors will lead different activities for you to participate in*

5:00 pm	Group A	Group B
5:00 - 5:30 pm Dinner Centennial Room	5:00 - 5:30 pm Free time	5:00 - 5:30 pm Free time
5:30 - 6:00 pm Free time	5:30 - 6:00 pm Dinner Centennial Room	5:30 - 6:00 pm Dinner Centennial Room

**7:00 pm** Trivia Game Show  
Venable Gym



## COLOR TEAM INFORMATION

**Navy and Sky Blue** - Bowman 201, Group A

**Red** - Bowman 202, Group A

**Orange** - Bowman 203, Group B

**White** - Bowman 204, Group B

**Black** - Bowman 205, Group A

**Yellow** - Bowman 206, Group A

**Brown and Beige** - Bowman 208, Group B

**Pink** - Bowman 218, Group B

**Gold** - Bowman 220, Group B

**Dark Green and Teal** - Bowman 222, Group B

**Dark Gray and Light Gray** - Bowman 119, Group A



Ditch the paper and download the Navigate app for this schedule and more!