

# New Student Orientation (NSO)

## Example of Family & Guest Orientation Sessions

### Day 1

#### **9 a.m.–1 p.m. Residence Halls Open**

*Various locations*

When you arrive at your residence hall cluster, you'll be greeted by residence life staff, who will issue your student's key and give you important NSO information.

#### **9 a.m.–4 p.m. NSO Info Desk**

*JRC, first-floor lobby*

Stop by with any questions – the NSO Assistant team will be happy to help!

#### **9:00 a.m.– 4:00p.m. Technology Services Desk Kiosk & Employment Forms**

*JRC, second-floor lobby*

For assistance connecting your computer or devices to the Grinnell College wireless network, parking passes, and filling out employment forms visit the 2<sup>nd</sup> floor of the JRC.

#### **9 a.m.–4 p.m. Family Lounge**

*Laurel Leaf Lounge; JRC, first floor*

Visit the family lounge for refreshments and to relax while your student completes tasks.

#### **11:30 a.m.–1:30 p.m. Lunch Available on Campus**

*Marketplace, JRC*

Lunch is free for new students with your P-Card; special NSO pricing for families will also be available.

#### **1:30 p.m. Gumaa Prayer**

*Center for Religion, Spirituality, and Social Justice (CRSSJ) Prayer Garage*

The Grinnell Muslim community gathers weekly on Fridays for prayers. Please contact Deanna Shorb, dean of religious life, at shorb@grinnell.edu or 641-269-4981 if you have any questions.

#### **2:30 p.m-3:00 p.m. Tour of the Dining Hall for those with Dietary Restrictions**

*Marketplace, JRC*

Do you have a food allergy or another dietary restriction? Visit Marketplace Dining in the JRC this afternoon for a tour of our dining facilities and an overview of our accommodations for allergens and other dietary needs. If you are unable to make it at this time, or for more information, contact Jeanette Moser in dining services, moserj@grinnell.edu.

#### **5:30–7:00 p.m. Dinner Available on Campus**

*Marketplace, JRC*

Dinner is free for new students with your P-Card; special NSO pricing for families will also be available.

#### **5:00 p.m. Shabbat Table**

*JRC, Room 101*

Welcome to the Grinnell tradition of Shabbat Table on Friday nights, a Sabbath dinner cooked and prepared by students in the kosher kitchen used by Chalutzim, the Jewish student group on campus. Shabbat Table is open to everyone, Jewish or not, who wishes to enjoy the blessing of

bringing the week to a close with friends and community. For more information and to RSVP, please contact Rob Cabelli, associate chaplain and rabbi, at x4266, 641-325-1554, or [cabellir@grinnell.edu](mailto:cabellir@grinnell.edu).

**6:00 p.m. - 7:30 p.m. President's Reception for Families and Guests**

*Bucksbaum Center for the Arts, Rotunda and Faulconer Gallery*

Please join Raynard S. Kington, president of Grinnell College, faculty and staff in a casual reception welcoming family members and guests to the Grinnell community. The president will make remarks, and light hors d'oeuvres and refreshments will be served.

**7 p.m. Families and Guests Leave Campus**

## Day 2

**8–9:15 a.m. Breakfast Available on Campus**

*Marketplace, JRC*

Breakfast is free for new students with your P-Card; special NSO pricing for families will also be available.

**8–8:30a.m. Disability Resources and Assistive Technology Breakfast**

*JRC Marketplace, Whale Room*

Students with disabilities, parents and families of students with disabilities, and their guests are invited to a small breakfast with the disability resources and assistive technology staff and current students with disabilities.

**8:30–9:30 a.m. Transitions for Students with Disabilities: Understanding Protections and Resources for Your Student Under the Americans with Disabilities Act**

*JRC Marketplace, Whale Room*

At this session family members of students with disabilities will get a chance to meet with the coordinator of disability resources and coordinator of assistive technology and learn about the supports available to students. Family members will also learn about the differences between coverage under the Individuals with Disabilities Education Act (IDEA) and Section 504 in secondary education to coverage under the Americans with Disabilities Act and Section 504 in postsecondary education.

**9:30–10:30 a.m. Careers, Life, and Service and Institute for Global Engagement (IGE) for Families**

*JRC, Room 101*

Learn how the CLS and IGE support students throughout their tenure at Grinnell and beyond. Advising approach and strategies, resources, programming offerings as well as suggestions for how to support and encourage your student to take advantage of these amazing opportunities (even in their first year!) will be shared.

**10:30–11:30 a.m. Family Guide to Student Success**

*JRC, Room 101*

Remarks from Michael Latham, dean of the College; Joyce Stern '91, dean for student success and academic advising; and Sarah Moschenross, associate vice president of student affairs will assist you in supporting your student through the transition to Grinnell College. Presenters will discuss the nuanced relationship between students, their families, and college staff and faculty, who join their efforts to support a student's success.

**10:30 a.m. – 1:00p.m. Technology Services Desk Kiosk & Employment Forms**

*JRC, second-floor lobby*

For assistance connecting your computer or devices to the Grinnell College wireless network, and filling out employment forms visit the 2<sup>nd</sup> floor of the JRC.

**11:30 a.m.–1:00 p.m. Lunch with Your Family**

*Marketplace, JRC*

Programs for families continue into the afternoon as well. Lunch is free for new students with your P-Card; special NSO pricing for families will also be available.

**1–2 p.m. Supporting your Student's Wellness**

*JRC, Room 101*

Join Deb Shill, Director of Student Health and Counseling Services, as she facilitates a conversation about how to provide developmentally appropriate support to students in making wellness-related decisions, and accessing related resources such as health and counseling services.

**2–3:30 p.m. Sex, Drugs, and Rock-n-Roll**

*JRC, Room 101*

Supporting your Student's Wellness (from afar) Jen Jacobsen '95, Director of Wellness & Prevention, Title IX deputy for Prevention; Sarah Moschenross, Associate Vice President for Student Affairs

First-year college students are presented with dozens of decisions every day- about how to get involved in our campus culture and how to navigate decisions that impact their wellness. In this session, parents and families will learn about self-governance, its impact on the student experience, and about campus and community wellness resources. Strategies for supporting their students in a developmentally-appropriate way will be offered with time for Q&A. Wide-ranging wellness topics will be discussed, including sleep, stress, alcohol and other drugs, and sexual respect.

**4–5:30 p.m. Getting Into Grinnell**

*Hotel Grinnell, 925 Park St., Downtown Grinnell*

The Grinnell community welcomes you! Join us downtown Grinnell in the newly renovated Grinnell Hotel to learn more about what this great community has to offer you and your student. Community leaders and agencies will be present.

**5:30–7 p.m. Dinner**

*Hotel Grinnell, 925 Park St., Downtown Grinnell*

Have one last meal as a family to say goodbye before students begin an exciting and busy orientation program. You have the option to eat at any of the restaurants downtown Grinnell or return to campus and eat in the Marketplace.

**7 p.m. Families and Guests Leave Campus**