## Spring 2021 Virtual New Student Orientation

### BUILDING YOUR COMMUNITY WITHIN CIIS

#### FRIDAY
**JANUARY 8**
**ZOOM MTG ID:** 684 002 1043
**Password:** virtual

**PRE-VIRTUAL NSO LOGISTICS**
9:00 AM - 10:30 AM PDT

**AGENDA:**
- 9:05 AM - Registrar
- 9:20 AM - Business Office
- 9:35 AM - Financial Aid
- 9:50 AM - MyMail/MyCIIS
- 10:05 AM - Student Affairs
- 10:20 AM - Q&A

8:00 AM - 8:45 AM PDT
QIGONG WELLNESS

9:00 AM - 10:30 AM PDT
WELCOME PRESIDENT, PROVOST DEAN OF STUDENTS, OFFICE OF DIVERSITY AND INCLUSION & STUDENT UNION

11:00 AM - 12:15 PM PDT
FINANCIAL AID FINANCIAL AID OFFICE AND STUDENT EMPLOYMENT HUMAN RESOURCES

1:00 PM - 2:15 PM PDT
BUILDING COMMUNITY THROUGH THE MYERS BRIGGS INDICATOR CAREER SERVICES

Virtual Cafe
Hours 8 AM - 3 PM PDT
ZOOM MTG ID: 756 412 8767
BRIDGE INTENSIVE: 4-6 PM PDT

#### MONDAY
**JANUARY 11**
**ZOOM MTG ID:** 684 002 1043
**Password:** virtual

8:00 AM - 8:45 AM PDT
MEDITATION & JOURNALING STUDENT UNION

9:00 AM - 10:30 AM PDT
OFFICE OF DIVERSITY & INCLUSION

11:00 AM - 12:15 PM PDT
CLASSES ARE ONLINE, AND SO IS YOUR LIBRARY!

1:00 PM - 2:15 PM PDT
WRITING AS A PROCESS CENTER FOR WRITING & SCHOLARSHIP

Virtual Cafe
Hours 8 AM - 3 PM PDT
ZOOM MTG ID: 756 412 8767
BRIDGE INTENSIVE: 4-6 PM PDT

#### TUESDAY
**JANUARY 12**
**ZOOM MTG ID:** 684 002 1043
**Password:** virtual

8:00 AM - 8:45 AM PDT
VINYASA WELLNESS

9:00 AM - 10:30 AM PDT
THE WORK OF ANTI-RACISM AT CIIS: WHAT MAKES YOU COME ALIVE?
OFFICE OF DIVERSITY & INCLUSION

11:00 AM - 12:15 PM PDT
IT CAN BE EASY GOING GREEN!
GREEN TEAM

1:00 PM - 1:30 PM PDT
REDUCING STRESS AND IMPROVING EMOTIONAL HEALTH WITH NEOLITH

Virtual Cafe
Hours 8 AM - 3 PM PDT
ZOOM MTG ID: 756 412 8767
BRIDGE INTENSIVE: 4-6 PM PDT

#### WEDNESDAY
**JANUARY 13**
**ZOOM MTG ID:** 684 002 1043
**Password:** virtual

8:00 AM - 8:45 AM PDT
BREATHING MEDITATION-INTRO TO KUNDALINI WELLNESS

9:00 AM - 10:00 AM PDT
SENSE OF BELONGING: EDUCATION PATH TIMELINE

11:00 AM - 12:00 PM PDT
FORMATIVE EXPERIENCE AT CIIS: PRESENCE, DISCOVERY, AND REPLENISHMENT COUNSELING

1:00 PM - 1:30 PM PDT
GET INVOLVED STUDENT UNION FELLOWS

Virtual Cafe
Hours 8 AM - 3 PM PDT
ZOOM MTG ID: 756 412 8767
BRIDGE INTENSIVE: 4-6 PM PDT

#### THURSDAY
**JANUARY 14**
**ZOOM MTG ID:** 684 002 1043
**Password:** virtual

8:00 AM - 8:45 PDT
Virtual Cafe
Hours 8 AM - 3 PM PDT
ZOOM MTG ID: 756 412 8767
BRIDGE INTENSIVE: 4-6 PM PDT