SPRING 2021 VIRTUAL NEW STUDENT ORIENTATION

BUILDING YOUR COMMUNITY WITHIN CIIS

Monday, January 11 through Thursday, January 14
On behalf of CIIS’s students, faculty, and staff, welcome home. We are thrilled to be welcoming you into our community, where your history and experiences will help shape the next fifty years of CIIS.

You have chosen to embark on your CIIS education during exceptional times, and we could not be more grateful for your choice and commitment to join our community. We encourage you to engage fully in your CIIS experience, starting with virtual New Student Orientation. From thoughtful and playful conversations with your peers, to challenging and mind-shifting discussions inside and outside your classroom, we look forward to supporting you during your time at CIIS. Please reach out to ask your questions, express your concerns, and share your stories. We look forward to connecting.

Fraylanie, Sandra, Francisco, Jody, Hedi, and Yunny
The Student Affairs Team
CIIS's Virtual New Student Orientation (vNSO) will begin on Monday, January 11th and run through Thursday, January 14th 2021. During this week, we will offer you a series of interactive workshops from the Office of Diversity and Inclusion, Student Affairs, Wellness Center, Online Learning, the Laurance S. Rockefeller Library, Financial Aid, Student Employment, Career Services, Counseling, Student Union Fellows and Student Presenters.

PLEASE NOTE: The ZOOM links for each workshop are embedded in the title of the workshop itself. You can click on the titles to access the meeting. Alternatively you can use the Meeting ID mentioned alongside each title on your Zoom App. The password for accessing all of these workshops will be: *virtual*

VIRTUAL CAFE
This is a safe space where you can hang out and connect with other CIIS students. It’s an unstructured environment with no moderators or CIIS staff, just students. Come, bring your coffee, and chat with your peers. Stay as long as you’d like and drop out at your convenience.

Join Zoom Meeting
https://ciis.zoom.us/j/7564128767
Meeting ID: 756 412 8767
FRIDAY, JANUARY 8TH  
9:00 AM - 10:30 AM PST

PRE-NSO: WELCOME & DROP-IN  
(MEETING ID: 684 002 1043)

Presenters: Dan Gurler (registrar@ciis.edu); Jessy Aquino (businessoffice@ciis.edu); Jennifer Gruczelak (finaid@ciis.edu); Darren Farias (finaid@ciis.edu); Yunny Yip (studentaffairs@ciis.edu); Serete Itebete (support@uswired.com)

Pre-vNSO welcome and drop-in session with representatives from the Registrar's Office, Financial Aid, Business Office, and Information Technology Services Department. Representatives will be able to answer your questions about registration, financial aid, student accounts, MyMail and MyCIIS.

SCHEDULE:
9:05AM – Welcome from Registrar’s Office  
Dan Gurler, Registrar – registrar@ciis.edu  
Q&A and 1-1 meetings to follow

9:20AM – Welcome from the Business Office  
Jessy Aquino, Student Accounts Specialist – businessoffice@ciis.edu  
Q&A and 1-1 meetings to follow

9:35AM – Welcome from Financial Aid  
Jennifer Gruczelak, Director & Darren Farias, Senior Financial Aid Officer - finaid@ciis.edu  
Q&A and 1-1 meetings to follow

9:50AM – Welcome from MyCIIS/MyMail  
Serete Itebete, Information Technology Services Department – support@uswired.com  
Q&A and 1-1 meetings to follow

9:50AM – Welcome from Student Affairs  
Yunny Yip, Dean of Students - studentaffairs@ciis.edu  
Q&A and 1-1 meetings to follow

10:50AM – General Q&A

FRIDAY, JANUARY 8TH  
11:00 AM - 1:00 PM PST

Online Learning Technologies for New Students  
(Meeting ID: MICROSOFT TEAMS)

Presenter: Director of Online Learning Ben Cline-Suzuki (OnlineLearning@ciis.edu)

During this session, Online Learning will cover the following topics:
- Canvas learning management system – comprehensive overview
- Installing Microsoft Office
- Introduction to Microsoft Teams
- Introduction to OneNote for notetaking
- Using Turnitin
- Media creation for an assignment
MONDAY, JANUARY 11TH
8:00 AM - 8:45 AM PST

QIGONG WELLNESS
(MEETING ID: 684 002 1043)

Presenters: Ryo Eguchi, Alumni

Shaolin Temple Qi Gong Instructor (and recent graduate of the Master’s program at ACTCM) This workshop will enable one to strengthen one’s internal life energy (Qi) through movement, breathing, and visualization.

MONDAY, JANUARY 11TH
9:00 AM - 10:30 AM PST

WELCOME
(MEETING ID: 684 002 1043)

Welcome from President Judie Wexler, Provost Liz Beaven, Dean of Students Yunny Yip, Director of Office of Diversity and Inclusion Rachel Bryant, and a panel of current students and alums.

We look forward to welcoming you to our community and the start of your CIIS journey!
**MONDAY, JANUARY 11TH**
**11:00 PM - 12:15 PM PST**

**FINANCIAL AID AND STUDENT EMPLOYMENT**
(MEETING ID: 684 002 1043)

Presenters: Director of Financial Aid Jennifer Gruczelak (finaid@ciis.edu);  
Senior Financial Aid Officer Darren Farias (finaid@ciis.edu);  
Human Resources Specialist Christina Ong-Do (cong-do@ciis.edu);  
HR Specialist Michelle Zeng (mzeng@ciis.edu)

Financial Aid session, we will cover:
Need help with paying for college? Federal student aid may be an option. Our session will discuss certain types of federal student aid such as student loans, federal work study and more. We will also discuss the FAFSA application, and steps of the financial aid process.

Student Employment session, we will cover:
1. Student employment’s 3 golden rules (listed on the MYCIIIS website)
2. Where campus employment is located and how to apply
3. Onboarding process

**MONDAY, JANUARY 11TH**
**1:00 PM - 2:15 PM PST**

**BUILDING COMMUNITY THROUGH THE MYERS BRIGGS INDICATOR**
(MEETING ID: 684 002 1043)

Presenter: Career Services Manager Sandra Williams (swilliams@ciis.edu)

Open and effective communication is the cornerstone to relationship building, but this can be much harder than it seems. Have you ever encountered talking with someone and feeling like they live on an entirely different planet? Why is it that communicating with them is so difficult? Well, turns out that many of us have different ways of processing and expressing information. To help us understand these differences the Myers-Briggs Type Indicator (MBTI) can be a very helpful instrument. While some of us have taken the MBTI assessment in the past, many do not recognize that its application can go far beyond career assessment and practiced in our personal lives. In this workshop we’ll talk about our individual communication styles, and learn how we can gain a deeper understanding toward connecting and building a healthy welcoming community.

Note - Before this workshop, please take the free MBTI assessment at:  
TUESDAY, JANUARY 12TH
8:00AM - 8:45 AM PST

MEDITATION & JOURNALING
(MEETING ID: 684 002 1043)

Presenter: Student Union Fellow Navi Somerville

It was easy to wish 2020 away. Far away. Let's check-in with ourselves and collect gratitude to find what is working. Shifting our relationship with life to one of acceptance and appreciation allows us to reach grace, which comes from an intelligent and creative place; a deep source within. We will end with a meditation together.

TUESDAY, JANUARY 12TH
9:00 AM - 10:30 AM PST

CIRCLE UP
(MEETING ID: 684 002 1043)

Presenters: Director of Office of Diversity & Inclusion Rachel Bryant (transformation@ciis.edu); Program Manager Office of Diversity & Inclusion Felipe Restrepo (transformation@ciis.edu)

Come to “Circle Up” where you’ll learn about Circles, a worldwide core Indigenous practice that creates more relationality, intentionality, meaning, and safety for all participants. Circles draw upon our highest values for deep listening and promote feelings of being heard, understood and respected. Circles also help to make decisions by consensus, and honor our gifts, talents, and lived experiences.
**CLASSES ARE ONLINE, AND SO IS YOUR LIBRARY!**  
**MEETING ID: 684 002 1043**

Presenters: Outreach & Instruction Librarian Kelly Karst (library@ciis.edu); Reference Librarian and Project Archivist Heather Nelson (library@ciis.edu)

Learn how the Library can help you get off to a great start at CIIS. Does the Library have texts that are required for my course? Is there a way to organize my research? How do I get access to a world of resources? Find your answers at the Library!

**TUESDAY, JANUARY 12TH**  
**11:00 AM - 12:15 PM PST**

**WRITING AS A PROCESS (MEETING ID: 684 002 1043)**

Presenter: Director of the Center for Writing and Scholarship Heidi Fraser (cws@ciis.edu)

The art of writing well does not emerge in a flash of inspiration in one sitting; it is the fruit of the hard work and sustained practice over time involving research, drafting, and revision processes, and ongoing collaboration with peers. In graduate school, these skills can be honed alongside the development of an area of specialization and expertise. Doing both in tandem with commitment and intention benefits our professional development and helps us learn to communicate effectively and clearly through the written word in our fields of practice. Join the CWS director Heidi Fraser Hageman to explore the writing process and how you can resource yourself as you commence your studies at CIIS!
VINYASA YOGA
(MEETING ID: 684 002 1043)

Presenter: Luna Lucas (wellness@ciis.edu)

Vinyasa is a dynamic system of practicing yoga. The postures flow in a continuous sequence which are linked together with careful attention to the breath. Vinyasa is a practice that helps empower individuals by increasing self-awareness and learning how to work within one’s own strengths and limitations. This short class is truly for everyone: all body types, ages, and skill levels welcome. Come join this drop in class to breath, notice, stretch, and reset.

THE WORK OF ANTI-RACISM AT CIIS:
WHAT MAKES YOU COME ALIVE?
(MEETING ID: 684 002 1043)

Presenters: Director of Office of Diversity & Inclusion Rachel Bryant (transformation@ciis.edu); Program Manager Office of Diversity & Inclusion Felipe Restrepo (transformation@ciis.edu)

We invite new students to join us in the transformation of CIIS as we engage in the work of becoming a truly anti-racist institution (Kendi, 2019). In this highly interactive session, we will identify our roles in the larger Social Change Ecosystem (Iyer, 2020) in order to situate ourselves within this institution both in practice and scholarship.

**IT *CAN* BE EASY GOING GREEN**  
(MEETING ID: 684 002 1043)

Presenters: Doctoral Student in Anthropology and Social Change Department & Integral Student Governance (ISG) co-Fellow 2019-2020 Tiffany Konyen; Doctoral Student in PCC, Support Leader of GT, Building Operations Bennette Monaco; Masters student in ESR, Student Union Departmental Community Building Fellowship for the Ecology, Spirituality and Religion Program Alison Lambert; ACTMC Student Rachel Bero; MCP Student in CMH Astrid Montuclard; Program Coordinator for ESR & Program Manager for IHL Shmee Giarratana; Director of the Office of Diversity and Inclusion Rachel Bryant (transformation@ciis.edu); Senior Grants Writer Development Department Sarah Heady

The CIIS Green Team will present our mission statements, values and a brief history of the Team. We will also give a quick explanation of our on-campus waste disposal system and some tips on how to help manage your at home waste. These tips include how to properly recycle, what is compostable, and offerings on how to reduce your waste in general.

The GT welcomes community input and support, and therefore will close with a few minutes of open discussion. As new students coming in, we want to know what, if any, are your green concerns and tips for intentional living.

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**REDUCING STRESS AND IMPROVING EMOTIONAL HEALTH:**  
**NEOLTH PERSONALIZED STRESS MANAGEMENT**  
(MEETING ID: 684 002 1043)

Presenter: CEO & Founder of Neolth; Adjunct Faculty- Somatics Psychology Katherine Grill

This session will provide information about the Neolth, CIIS personalized stress management at CIIS. Learn how to use the personalized self-care strategies on Neolth to reduce your stress and improve resiliency. You will also gain helpful information around stress - one of the most common challenges students face. (30 mins.)
BREATHING MEDITATION - INTRO TO KUNDALINI
(MEETING ID: 684 002 1043)

Presenter: Dr. Sarah Lockenmeyer

In this yoga class we will use Kundalini yoga techniques to harness the mental, physical, and nervous energies of the body and put them under the domain of the will, which is the instrument of the soul. We will explore how the power of this practice can support you in your transformative process as a CIIS student. Join me as we engage in a meditative state through the use of mudra, mantra, and breath work cultivate an energy for creating sacred space in which humans can elevate and reconnect with their hearts and destiny.

SENSE OF BELONGING: EDUCATION PATH TIMELINE
(MEETING ID: 684 002 1043)

Presenter: Student Union Community Building Fellow Lara Morales Daitter

In the time we spend together we will integrate each student’s educational journey. Each student will develop their own historical timeline of their educational experience so that we can identify the resources from your individual paths that each of you is bringing to CIIS.
THURSDAY, JANUARY 14TH
11:00 AM - 12:00 PM PST

FORMATIVE EXPERIENCE AT CIIS: PRESENCE, DISCOVERY, AND REPLENISHMENT
(MEETING ID: 684 002 1043)

Presenter: Postdoctoral Fellow in Counseling Services John Carson

Many students have new and challenging experiences at CIIS. While the length of time and intensity of study varies among students, the experiences can often be difficult to hold. Counseling services will offer perspectives on the process of development that may occur during the personal, cultural, and social education that takes place as a member of the CIIS community.

THURSDAY, JANUARY 14TH
1:00 AM - 1:30 PM PST

GET INVOLVED
(MEETING ID: 684 002 1043)

Presenters: Student Union Fellows and Department Community Building Fellows

Meet Student Union fellows team and learn about the various involvement and funding opportunities offered to all students.