

Orientation Week 2001

Registration Package



LAURIER
BRANTFORD



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Welcome!

We, the Orientation team understand the feelings that you are experiencing as you anticipate your first year at Wilfrid Laurier University's Brantford Campus. You are probably overwhelmed with a mixture of fear and excitement. Be assured that these feelings are normal; all first year Laurier students experience some of the same concerns. To help you deal with these issues, we have put our minds together to create a fantastic Orientation filled with incredible events, activities, food and entertainment specifically designed for YOU.

This brochure is designed to give you an introduction to some of the events and activities that you can expect during Orientation. So, sit back, relax, and enjoy the rest of your summer. We can't wait to welcome you in September.

Laurier Brantford's Orientation Team

Dear Student:

On behalf of the university, we're pleased to welcome you to Laurier Brantford. We share the excitement and anticipation you probably feel as you begin the next stage of your education. This new experience will offer new freedoms and choices, challenges and rewards. Orientation is an opportunity that will help you choose wisely, work hard and enjoy yourself!

Both of us look forward to meeting and supporting you during orientation and your subsequent years on campus. We believe that orientation will be the first of many fond memories you will take with you.

See you in September!

Leo Groarke, Dean of the Brantford Campus
Tracy Arabski, Campus Manager



Why Orientation Week?

A First Year Student's Perspective:

Orientation was one of the greatest times of my life, but as time goes by and my "life" both at Laurier and outside of it continues, I realize it was the beginning of a lot of things that are a special part of me as a person.

Orientation was when I started realizing that it was okay to be afraid of trying new things, but being afraid doesn't mean you shouldn't try them anyway. Orientation showed me that some of the wisest people aren't always old. They may be only 18. Orientation showed me that being spontaneous and fun doesn't require being reckless and irresponsible. Orientation taught me that I could be faster, smarter, funnier, and kinder than others but this doesn't make me a better person. Orientation even taught me that the reason senior students are "leaders" of the week is not because they have all the answers; it is because they have realized that they may never have all the answers.

Orientation showed me that no matter how many new people I met and have relationships with, my family will still be my family, and will love me even if I dye my hair, sing crazy songs and forget to call over a five-day period or longer (sorry Mom). I even met my best friend during Orientation week. During O-week I started to understand that people I admire the most are not those who are well-known and respected by the "in-crowd", but those who respect and know themselves. Without getting too corny, I could say the real reason Orientation Week was so great was because I had a lot of fun, learned a great deal about Wilfrid Laurier University and made a ton of new friends and memories. If I can offer a closing comment it would be this: This is just your beginning, what follows is even better. Have a great week!

Sincerely, A fellow Golden Hawk



Letter to Parents

Dear Parent or Guardian,

Your son or daughter's decision to attend Wilfrid Laurier University is an excellent one. Naturally, you are experiencing mixed emotions ranging from pride to the inevitable concerns accompanying this new change. For many students this will be their first time away from home.

The goal of Orientation is to provide a balanced week of fun, safe and informative activities that will create a comfortable atmosphere. All activities and seminars are carefully reviewed by the administration to ensure that the highest standards of responsibility and safety are being met.

Orientation has been carefully designed to ensure that a suitable balance between academic and social activities have been offered to suit all of our new students' needs.

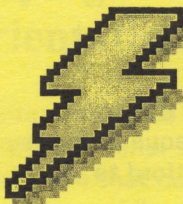
We look forward to seeing you in September,

Laurier Brantford's Orientation Team, 2001

Shinerama

Shinerama has been an important tradition at Wilfrid Laurier University since 1961. Students looked for an activity that went beyond the normal activities of first year orientation. They wanted to have a lot of fun and help others at the same time. Three years later, parents of children with *Cystic Fibrosis* (CF) in Waterloo told the *Canadian Cystic Fibrosis Foundation* about Shinerama's success, and challenged the Foundation to make Shinerama work as a CF fundraiser. Today this tradition continues at WLU and Laurier Brantford. On Saturday September 8th, all first year students will venture into the community to shine everything from car windows to bald heads.





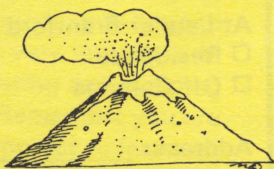
Important Registration Information

THINGS TO REMEMBER

- Wellies (*Rain Gear*)
- Dough (*Spending Money*)
- Rooster (*Alarm Clock*)
- Cot (*Sleeping Bag*)
- Comfy Kicks (*Running Shoes/Flip Flops*)
- Beach Toys (*Towel/Sports Equipment*)
- Coconut Oil (*Sunscreen*)
- ID (*Valid Personal Identification*)

INTRODUCTION TO ORIENTATION WEEK

- Meet as many people as you can, this is the moment we've all been waiting for!
- Get to know your Icebreaker, they are exciting and knowledgeable people, that are eager to help you.
- Be sensitive to what others around you are feeling.
- Be aware of your moods and your needs.
- Share about yourself, the more you give the more you get out of Orientation.
- Be yourself, you won't feel comfortable being anyone else.
- Eat well and drink lots of water.



CARPE DIEM (SEIZE THE DAY!)



Everything is within reach this week so experience as much as you can! The more you participate, the more the week will let you "DISCOVER THE POWER WITHIN!"



Orientation Week 2001

Registration Form

To register, please complete this form, detach and send it with a cheque or money order payable to Laurier Brantford to the address listed below, prior to **August 17, 2001.**

Name: _____

Student No.: _____

Home Address: _____

City: _____ Prov: _____

Postal Code: _____

Home Phone #: _____

At Laurier Brantford I will be living:

☐ Residence

☐ Off Campus

Address: _____

City: _____ Postal Code: _____

Do you require any special accommodations
i.e. food, accessibility?

Yes ☐ No ☐

Please list:

*Please send cheque or money order for
\$75.00* payable to Laurier Brantford to:*

The Orientation Team
Laurier Brantford
73 George St.
Brantford ON N3T 2Y3

*Late registration: \$85




Staying Oriented During Orientation

Orientation can be an exciting time full of new experiences and new people. The endless possibilities that come with entering university can be exhilarating, but can become overwhelming at times. For many students, it is a time of intense learning and intense fun. For other students, it is a time of fear and loneliness - in many senses a feeling of "disorientation". The key to staying oriented in Orientation is to find the perfect balance for you!

The first step is to recognize the pressures that you will be under in your new environment. Adjusting to life at a school away from friends and family is sometimes not easy. It is important to remember that even though you will be pressured to "celebrate" with your roommates and new found friends, you have to do what is right for you. It is very important to maintain a routine of good eating and sleeping habits throughout the week! Remember you are in control, and you have the power to leave an uncomfortable situation to create a positive one!

Although Orientation is a whirlwind of activity, you may find yourself with some free time. This is an excellent opportunity to get to know Laurier Brantford and the city. Visit the Administration Office, faculty, the Library and the YM-YWCA. We would also suggest that you take some time for yourself and relax, as it is very easy to become fatigued during Orientation.

Your first experiences at Laurier will become the foundation for your successful university career, both academically and personally. Make sure you find the perfect balance for you.



Highlights of the Week

Wednesday, September 5th

- Registration 10:00 a.m.
- Introductions and Icebreaker Activity 11:00 - 12:00 pm
- Lunch (provided) 12:00 - 1:00 p.m.
- Academic Sessions 1:00 - 2:30 p.m.
- Icebreaker Activity 2:30 - 3:00 p.m.
- Academic Life 3:00 - 4:30 p.m.
- BBQ and Music in the Park 5:00 p.m.

Thursday, September 6th

- Breakfast on your own
- Addictions Seminar 8:30 - 10:00 a.m.
- Bingemans (lunch provided) 10:00 - 5:30 p.m.
- Dinner (provided) 5:30 - 7:00 p.m.
- Off-campus Party, Location TBA 9:00 p.m.

Friday, September 7th

- Breakfast (provided) 8:00 - 9:00 am
- Walking Tour of Brantford 9:00 - 11:00 a.m.
- Shinerama Information Session 11:00 - 12:00 p.m.
- Lunch (provided) 12:00 - 1:00 p.m.
- Scavenger Hunt 1:00 - 4:00 p.m.
- Dinner (provided) 4:00 - 5:00 p.m.
- Talent Show and Sleep over; Activities TBA

Saturday, September 8th

- Breakfast (provided) 8:00 - 9:30 a.m.
- SHINERAMA!! (lunch provided) 9:30 am - 2:00 pm
- Dinner (cash basis) 5:00 p.m.
- Off-campus Party, Location TBA 8:00 p.m.

