WELCOME TO COLUMBIA UNIVERSITY

AND THE

SCHOOL OF GENERAL STUDIES!

Dear Postbac Premed Student,

Welcome to the unique and gifted community that is GS and the Columbia University Postbaccalaureate Premedical Program. Be proud of your past accomplishments and enjoy achieving even greater things both at Columbia and beyond. The dedicated Postbac Premed advising team, Premedical Association (PMA), and our faculty are all committed to helping you navigate your health sciences education at Columbia.

I urge you to fully embrace the GS student community; you will learn as much from one another as you will from the amazing Columbia faculty. I cannot overstate what a significant contribution you make to the intellectual discourse on campus. In fact, you transform the Columbia experience into a far different one from all the other Ivy League classrooms, because you add a dimension of diversity that the others lack—namely, diversity of age, experience, and insight.

Finally, if you commit yourself fully to your Columbia education, the experience will transform you. All of the deans and staff at GS have one single purpose, to support you. So be proactive in accessing the many different resources available to you.

I look forward to welcoming you personally to the GS community and collaborating with you on this journey towards realizing your future in medicine.

Congratulations and best wishes,

[Signature]

Tom Harford
Dean of Students
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IMPORTANT INFORMATION

MANDATORY ORIENTATION PROGRAMS
The mandatory sessions during the New Student Orientation Program (NSOP) are dedicated to welcoming all new students to the School of General Studies and easing their transitions into this academic and social community. These sessions will provide information and resources that are important to your success at Columbia University.

ORIENTATION WEEK
NSOP events continue all week and into the weekend. These events are not mandatory; however, those that are planned—from social events to informative sessions and workshops—will help foster your success at Columbia University.

FOUR-SCHOOL PROGRAMS
Throughout NSOP there are joint four-school events for incoming undergraduate students in Barnard College (BC), Columbia College (CC), School of General Studies (GS), and The Fu Foundation School of Engineering and Applied Science (SEAS). Joint events are attended by incoming students from all four of the undergraduate schools at Columbia University.

ORIENTATION NAMETAG
When you attend any of the NSOP events, always wear your orientation nametag. If you do not have it, you will not be admitted.

ORIENTATION UPDATES
Because it is possible that events may be updated, please visit http://gs.columbia.edu/postbac/orientation regularly. Also, please refer to the Guidebook App for any schedule changes.

GS ORIENTATION CONTACT INFORMATION
For questions about GS Orientation please contact us.
Online: gs.columbia.edu/postbac/orientation
Email: gsorientation@columbia.edu
Office: GS Student Life, 308B Lewisohn Hall
Phone: 212-854-9536

SET UP YOUR COLUMBIA EMAIL
Activate your UNI account as soon as possible; this will provide you with access to multiple student services and online resources. Many classes now post syllabi and readings on CourseWorks and require students to post written comments to a class bulletin board.

In addition, GS sends official notices about academic deadlines and policies, and school events to your Columbia email address. All emails to Columbia affiliates should be sent through your Columbia email, also known as LionMail. LionMail will be the primary method of communication between you and the University community. All pertinent information regarding academics, student life, and financial aid will be emailed to your LionMail account. Learn more about LionMail at http://cuit.columbia.edu/lionmail.
YOUR COLUMBIA ID CARD (CUID)
To obtain your official Columbia University student ID card, you must go to the ID Center in 204 Kent Hall after Orientation Day. A student services representative will take your photograph and print your CUID while you wait. Remember to bring a photo ID with you, such as your driver’s license.

Your CUID will provide access to many of Columbia’s buildings as well as the GS Lounge in Lewisohn Hall (if your card does not work, please go to 111A Low Memorial Library to have your card activated). You will also need your CUID for access to some campus events, and it can also be used for discounts at neighborhood stores, discounted tickets for movies and cultural events such as Broadway shows through CUArts, and free entrance to various New York City museums. Getting your CUID should be a priority this week. Learn more at http://ssc.columbia.edu.

UNIVERSITY LIBRARIES
Butler Library, Columbia’s main library, contains reserve readings for most courses and is open this week. Before students return next week, we recommend that you visit the library and begin familiarizing yourself with the facilities. A library orientation session is highly recommended and is offered during the New Student Orientation Program.

RELIGIOUS SERVICES
Learn more about religious services at Columbia and the Office of the University Chaplain at http://ouc.columbia.edu.

NEW YORK CITY TRANSPORTATION
Bus and subway fares are $2.75 per ride. Buses only accept coins (no pennies or bills) or a MetroCard. MetroCards can be purchased at any subway station, including the 1 train station at 116th Street and Broadway. You can also get the 7-Day Unlimited Ride MetroCard for $31 or 30-Day Unlimited MetroCard for $116.50. There is a $1 fee for each new MetroCard purchased, though current cards may be refilled.

Additionally, transfers from bus to bus, subway to bus, or bus to subway are free for two hours by simply using the same MetroCard you used initially. You may not transfer from subway to bus or vice versa with single ride MetroCards. You can transfer between subway trains as long as you do not exit the turnstile. Learn more at http://mta.info.

DISABILITY AND ACCESSIBILITY
The Office of Disability Services facilitates equal access for students with disabilities by coordinating reasonable accommodations and support services. Reasonable accommodations are adjustments to policy, practice, and programs that provide equal access for students with disabilities. Examples include the administration of exams, services such as note-taking, sign language interpreters, assistive technology, and coordination of accessible housing needs. Accommodation plans and services are custom designed to match the disability-related needs of each student and are determined according to documented needs and the student’s program requirements.

Registration includes submission of both the Application for Accommodations and Services and disability documentation. The application and disability documentation guidelines are available online and at Disability Services. Students are encouraged to register within the first two weeks of the semester to ensure that reasonable accommodations can be made for that term. Please note that students are not eligible to receive reasonable accommodations until the registration process is complete. Learn more at http://health.columbia.edu/disability-services.
MANDATORY GS POSTBAC PREMED ORIENTATION SCHEDULE

MONDAY, JANUARY 9, 2017

8:30 - 9 a.m.
Orientation Check-In and Breakfast
Southwest Entrance, Low Library
Check in, pick up your Orientation materials, and enjoy breakfast with fellow incoming students and the GS Orientation Leaders (OLs).

9 - 10:30 a.m.
New Student Welcome
Rotunda, Low Library
David Madigan, Executive Vice President for Arts and Sciences and Dean of the Faculty, Columbia University
Peter J. Awn, Dean, School of General Studies
Tom Harford, Dean of Students, School of General Studies
Kirsty Jardine ’15GS ’16PH, Outreach Co-Chair, GS Alumni Association
Julian LaRosa, President, General Studies Student Council
Steph Hart, President, Premedical Association
Jacquie Viggiano, GS NSOP Student Chair
Administrators, alumni, and current student leaders will welcome you into the Columbia University community.
MONDAY, JANUARY 9, 2017

11 - 11:50 a.m.
**Focus on the Financials**
555 Lerner Hall
Learn more about your financial responsibilities and the resources to help you budget and pay for your GS education. Topics include understanding your student account statement, late fees, and financial planning and advising.

12 - 12:50 p.m.
**Group Meeting with Your Academic Advisor**
Various Locations, Lerner Hall
Learn more about the advising relationship and how your advisor can help you during your years at GS.

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<td>Brian (Mike) Allen, Senior Assistant Dean</td>
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<td>Limary Carrasquillo, Assistant Dean</td>
<td>Room 569, Fifth Floor</td>
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<tr>
<td>Tom Harford, Dean of Students</td>
<td>Room 568, Fifth Floor</td>
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<td>Andrew Sunshine, Director &amp; Associate Dean</td>
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1 - 1:50 p.m.
**Office of University Life / Individual Responsibility and Community Standards**
Roone Arledge Cinema, Second Floor, Lerner Hall
This important plenary session will introduce you to the Office of University Life, which creates opportunities for university-wide conversations about important issues of our time that impact the Columbia community and world around us.

This session will also review Columbia’s Rules of Conduct and Community Standards especially as they pertain to academic freedom, academic integrity, freedom of speech, and personal conduct.

2 - 2:50 p.m.
**Lunch with Your OL Group**
Party Space, First Floor, Lerner Hall
Pick up your boxed lunch and then join a lunch group to mix and mingle with fellow new students; you will be joined by Orientation Leaders who will welcome you, answer questions, and share insights.

**AFTERNOON BREAKOUT SESSIONS**
These brief breakout sessions are designed to give you more in-depth information about certain topics, activities, and resources.

3 - 3:50 p.m. – **BREAKOUT SESSION I**
**Postbac 101**
Satow Room, Fifth Floor, Lerner Hall
Postbac 101 is a weekly workshop series exploring the best practices and common pitfalls of medical school applicants. Sessions are designed to help new Postbacs learn how to present themselves as the most competitive applicants possible. Join the Postbac advising team to learn more about how and why to make Postbac 101 part of your fall semester plans, and get started planning your application today.
MONDAY, JANUARY 9, 2017

3 - 3:50 p.m. – BREAKOUT SESSION I (cont.)

**Online Resources at Columbia**
*555 Lerner Hall*

Join Orientation Leaders, Peer Advisors, and the ARC team to learn how to navigate the online resources available to you as a Columbia student, including SSOL, CourseWorks, printing, and more.

4 - 4:50 p.m. – BREAKOUT SESSION II

**Postbac Planning Session (PPS)**
*569 Lerner Hall*

This mandatory Postbac Planning Session (PPS) is for students who have not yet attended a session. All students must attend a PPS prior to making an appointment with their advisors, who will register them for classes. This is the last PPS before the term starts. Attendance will be taken.

**GS STUDENT PANELS and MEET & GREETS**

The panels and meet & greets during this breakout session are hosted by GS undergraduate and Postbac Orientation Leaders who will share stories of their transitions to Columbia. They will discuss specific resources that helped them in their transitions and that may in turn help you.

Choose a session from the following list based on the area in which you think you will need the most support.

**Volunteer, Research, and Community Involvement Opportunities for Postbacs - Student Panel**
*555 Lerner Hall*

Current students will share their experiences with volunteering, clinical and research opportunities, hands-on experience in health care, and getting involved at Columbia.

**Working Students and Part-Time Students Meet & Greet**
*Ferris Booth, Third Floor, Lerner Hall*

Learn more about how to manage your work, social, and academic life from students who are successfully balancing those responsibilities.

**Students Who Want to Get Involved Meet & Greet**
*Party Space, First Floor, Lerner Hall*

Learn about all the ways you can get involved at Columbia, including clubs, special interest groups, sports, theatre, choirs, sororities, and fraternities, as well as the many enriching opportunities within GS itself.

**American Language Program - GS Student Panel**
*West Ramp Lounge, Second Floor, Lerner Hall*

Many GS students will take an American Language Program (ALP) class this semester to enhance their English language skills. Hear from current students about their experiences in ALP courses, their keys to success, and their suggestions on how to build a successful academic program around the ALP requirement.

**Students with Families Meet & Greet**
*East Ramp Lounge, Second Floor, Lerner Hall*

In this session, current GS students will share their experiences being a parent and/or being married or in a serious relationship while attending Columbia.
4 - 4:50 p.m. – BREAKOUT SESSION II (cont.)

Student Veterans Meet & Greet
Satow Room, Fifth Floor, Lerner Hall

Meet current GS student veterans who have successfully transitioned to academic life after serving in the U.S. Armed Forces. This meet and greet will include remarks about succeeding at Columbia. Coffee will be served.

5 - 7 p.m.

Welcome Party
Lion’s Head Tavern, 995 Amsterdam Avenue (between 108th and 109th Streets)

The Welcome Party is an opportunity to wind down, relax, and socialize. Complimentary food will be served. This event is sponsored by the Premedical Association (PMA).
TUESDAY, JANUARY 10, 2017

9 - 9:30 a.m.
**Breakfast**
*GS Lounge, Third Floor, Lewisohn Hall*

Enjoy breakfast with fellow incoming students and the GS Orientation Leaders.

10:30 a.m. - 1:30 p.m.
**Optional Orientation Week Programs**
*Locations Vary*

Please see the following section in this booklet for the schedule of Orientation Week programs.

1:30 - 3 p.m.
**Lunch with Your OL Group**
*GS Lounge, Third Floor, Lewisohn Hall*

Pick up your boxed lunch and then join your OL Group to mix and mingle with fellow new students; you will be joined by Orientation Leaders who will welcome you, answer questions, and share insights.

3 - 3:20 p.m.
**Check-In**
*Faculty Room, Low Library*

Check-in is required for mandatory programs.

3:30 - 4:50 p.m.
**Step UP! and Get SAVI: Preventing Sexual Assault and Violence through Bystander Intervention**
*Faculty Room, Low Library*

Sexual violence encompasses a broad spectrum of behaviors that can have a negative impact on an individual and the Columbia University community. We all can play a part in developing and maintaining a healthy, safe community by looking out for one another. During this interactive session facilitated by Sexual Violence Response staff and volunteers, students learn about the dynamics and realities of sexual assault, what it means to be a pro-social bystander, effective strategies for bystander intervention, and resources and services available for someone who is affected by violence.

5 - 5:50 p.m.
**Science Faculty Panel Discussion**
*Faculty Room, Low Library*

Students are invited to meet selected faculty members from the chemistry, physics, and biology departments to learn about Columbia’s premedical curriculum and how to succeed in these science courses.

6 - 6:50 p.m.
**Academic Resource Center (ARC) Information Session**
*Faculty Room, Low Library*

Learn more about free tutoring and academic support services, as well as practical tips and tools that will provide you with the confidence and direction to begin navigating your career as a student at GS.
**Orientation Week Schedule**

**Tuesday, January 10, 2017**

10:30 - 11:15 a.m.

**Predent, Prevet, and Allied Health Breakfast**

*602 Lewisohn Hall*

Attend this continental breakfast to meet and mingle with fellow incoming students in the Postbac Premed Program who are interested in pursuing dental, veterinary, and allied health fields.

11:30 a.m. - 12:15 p.m.

**Clinical Volunteering Opportunities**

*602 Lewisohn Hall*

This session will cover how to get started in volunteering, how to fulfill the 120-hour requirement for clinical experience in the Postbac Premed Program, and how to get off to a strong start with this portion of your premedical journey.

12:30 - 1:15 p.m.

**Linkage Programs Information Session**

*602 Lewisohn Hall*

Students interested in applying via linkage to a medical or dental school are invited to attend this information session, which will cover topics such as choosing a school, the nomination and application process, and the pros and cons of linking.
TUESDAY, JANUARY 10, 2017

1:30 - 6:50 p.m.

MANDATORY ORIENTATION PROGRAMS
Faculty Room, Low Library

Please see the previous section in this booklet for the schedule of Mandatory Orientation Programs.

7 - 8 p.m.

New Student Pizza Night
GS Lounge, Third Floor, Lewisohn Hall

Before the Speed Meeting Party, we will be serving delicious New York City pizza. Get to know your fellow incoming GS students as well as the GS Orientation Leaders.

8 - 9 p.m.

Speed Meeting
GS Lounge, Third Floor, Lewisohn Hall

GS Speed Meeting is the best place to meet your fellow new GS Postbac Premed and undergrad students as well as the GS Orientation Leaders in a very short amount of time. You will spend two minutes telling someone about yourself and then spend two minutes learning about them.

WEDNESDAY, JANUARY 11, 2017

9 - 10:15 a.m.

How to Succeed in Math and Science Courses
833 Mudd Building

Join GS undergraduate premed students, GS Postbac Premed students, the ARC team, and advisors from the Dean of Students Office, who will share their insights on how to succeed in math and the gateway sciences at Columbia.

10:30 - 11:15 a.m.

Health and Wellness: Staying Healthy and Balanced at Columbia
602 Lewisohn Hall

Learn about the myriad resources available to Columbia students to help them manage stress and stay healthy, both physically and emotionally. This session will help students understand how to access helpful resources on campus.

11:30 a.m. - 12:15 p.m.

Disability Services Information Session
408 Lewisohn Hall, Baer Room

Learn about how the Office of Disability Services (DS) can support students on campus.
12:30 - 1:45 p.m.

**Decoding the Syllabus**  
**833 Mudd Building**

The Change of Program Period is short, and it can be hard to get a read on a class from only one or two meetings. Join the ARC team to learn how to use your syllabi to get a better understanding of each of your classes, so that you know what to expect and can make informed decisions about your schedule.

12:30 - 5 p.m.

**Mingle with the GS Orientation Leaders and Peer Advisors**  
**GS Lounge, Third Floor, Lewisohn Hall**

Stop by the GS Lounge between Orientation events to mingle with GS Orientation Leaders and Peer Advisors and to get answers to your questions about your transition to Columbia. OLs and Peer Advisors will also be available to answer questions about electronic resources (including SSOL and CourseWorks) that are available to you as a Columbia student. Coffee and snacks will be served.

2 - 3:30 p.m.

**GS Student-Led Campus Tour**  
**GS Lounge, Third Floor, Lewisohn Hall**

Discover more about Columbia University’s history, architecture, famous alumni, folklore, and favorite study spots on a GS student-led tour through the Morningside campus.

3:30 - 4:45 p.m.

**How to Study Together**  
**833 Mudd Building**

Learning is, at its best, a collaborative activity. Join the ARC team to learn the ins and outs of study groups, study buddies, accountability partners, and more, so that you can learn to take full advantage of one of the University’s most valuable resources – your peers.

5 - 6 p.m.

**Meet the GS Peer Advisors**  
**GS Lounge, Third Floor, Lewisohn Hall**

Attend a meet and greet with the GS Peer Advisors, who are one of your most valuable resources for a successful first year at Columbia. The GS Peer Advisors are student leaders who are specifically trained to serve throughout the year as an advising resource to incoming students. Coffee and snacks will be served.

7 - 9 p.m.

**GS Alumni-Student Mixer**  
**Bernheim & Schwartz, 2911 Broadway (between 113th and 114th Streets)**

The Alumni-Student Mixer is a great opportunity to meet GS Alumni who will share their experiences with you and welcome you to the community. Food will be served.
10 - 11:15 a.m.

Planning Ahead: How to Manage Your Time at Columbia
312 Mathematics Building
Learn concrete strategies for how to get organized, how best to prepare for the first few weeks of class, and how to make better, smarter use of your own time.

11:30 a.m. - 12:30 p.m.

Premedical Association Information Session
602 Lewisohn Hall
Join Premedical Association (PMA) officers to learn how to get involved in the Postbac community and to hear about exciting upcoming Postbac-only events. PMA auxiliary groups, including Social Justice Medicine, Queer Health Alliance, and the Surgery Club, will also be in attendance.

1 - 1:45 p.m.

Making the Transition
602 Lewisohn Hall
Learn how to make a successful transition to Columbia. This workshop will cover strategies to help you maintain balance, ease into academic life, cultivate healthy relationships, and find the resources you need to support your well-being.

1 - 2:15 p.m.

Financial Aid Strategies 101
408 Lewisohn Hall, Baer Room
This workshop goes beyond what was covered earlier in the week to make the financial aid process more manageable. Students will receive information about budgeting, the impact summer term enrollment has on financial aid, the Columbia bill, and more. Students will also receive a financial aid application, timeline for applying, and financial aid deadlines. This session will not focus on international student needs.
THURSDAY, JANUARY 12, 2017

1 - 5 p.m.

**Mingle with the GS Orientation Leaders and Peer Advisors**
*GS Lounge, Third Floor, Lewisohn Hall*

Stop by the GS Lounge between Orientation events to mingle with GS Orientation Leaders and Peer Advisors to get answers to your questions about the transition to Columbia. OLs and Peer Advisors will also be available to answer questions about electronic resources (including SSOL and CourseWorks) that are available to you as a Columbia student. Coffee and snacks will be served.

2:30 - 3:15 p.m.

**Combined Postbac Premed - M.S. in Bioethics Program Information Session**
*408 Lewisohn Hall, Baer Room*

Dr. Robert Klitzman, Director of the M.S. in Bioethics Program and Professor of clinical psychiatry at the College of Physicians and Surgeons and the Joseph Mailman School of Public Health at Columbia University, will make a presentation about this program, which allows Postbac students to earn an M.S. in Bioethics during their third year in the Postbac Premed Program.

2:30 - 3:15 p.m.

**Insider's Guide to the Libraries**
*203 Butler Library, Main Level*

Learn how to navigate the libraries, access online scholarly resources, and get help with your research. This session will provide details about where to find books, films, course reserves, networked printing, study spaces, and subject-specialist librarians. You will need your Columbia University ID to enter Butler Library.

4:00 - 4:45 p.m.

**GS LGBTQ and Allies Meet and Greet**
*602 Lewisohn Hall*

You are invited to join returning GS students and administrators for a casual snack to discuss LGBTQ life at Columbia. Find out about resources, programs, and groups on campus that are available for you.

5 - 6 p.m.

**Resources for Students with Families**
*602 Lewisohn Hall*

This workshop will cover a variety of Columbia University resources for students with families and children, and is offered by the Office of Work Life, the Office of the Dean of Students, Counseling and Psychological Services (CPS), and the Columbia University Family Support Network (CUFSN) student organization. This workshop is open both to incoming students and to their families and partners. Coffee and snacks will be served.

6 - 8 p.m.

**Community Dinner**
*Event Oval, Lower Level 1, Diana Center, Barnard Campus*

Meet other incoming students from across Columbia and join the Orientation Leaders for an evening reception of great food and great conversation.

This is a joint four-school event for incoming students in Barnard College (BC), Columbia College (CC), the School of General Studies (GS), and the Fu Foundation School of Engineering and Applied Science (SEAS).
THURSDAY, JANUARY 12, 2017

7:30 - 8:30 p.m.

**How to Study Together (Online Session)**

*Online*

Learning is, at its best, a collaborative activity. Join the ARC team to learn the ins and outs of study groups, study buddies, accountability partners, and more, so that you can learn to take full advantage of one of the University’s most valuable resources – your peers.

*This is a live, online session intended for students who cannot attend the in-person workshop offered on Wednesday, January 11, 2017. Registration is required. Connection information will be provided upon event registration.*

FRIDAY, JANUARY 13, 2017

9 - 9:45 a.m.

**Religion, Faith, and Spirituality on Campus**

*408 Lewisohn Hall, Baer Room*

Join members of the Office of the University Chaplain to learn more about the various services they offer, such as confidential counseling, religious life advising, event programming, study abroad opportunities through the global fellows program, leadership development, and more.

10 - 10:45 a.m.

**Combined Postbac Premed Program - M.P.H. with Mailman School of Public Health Information Session**

*408 Lewisohn Hall, Baer Room*

This information session will inform students about the study of public health, the Master of Public Health degree program, and the partnership between GS and Mailman. Learn more about this program from senior administrators from Mailman.

11 - 11:45 a.m.

**Arts Initiative Information Session**

*408 Lewisohn Hall, Baer Room*

The Arts Initiative aims to make the arts a meaningful part of every Columbian’s experience and to promote a life-long involvement with the arts. Join members of the Arts Initiative staff to find out how to make the most of its myriad programs and resources, including the Arts Initiative website, discounted movie and Broadway tickets through the Ticket and Information Center, free museum access through Passport to New York, ArtsLink, the Gatsby Charitable Foundation Fund, and more. Members of the GS Art Collective student group (ArtC) will also be in attendance.
12 - 12:45 p.m.
First Generation College Students Lunch
602 Lewisohn Hall
Mingle and connect with students and administrators who identify as being a first generation college student or first in their family to attend college; and learn about resources for first generation students at GS. Lunch will be served.

1 - 2 p.m.
Online Resources at Columbia (Online Session)
Online
Join Orientation Leaders, Peer Advisors, and the ARC team to learn how to navigate the online resources available to you as a Columbia student, including SSOL, CourseWorks, printing, and more.

This is a live, online session intended for students who cannot attend the in-person workshop offered on Monday, January 9, 2017. Registration is required. Connection information will be provided upon event registration.

1:30 - 2:15 p.m.
Multicultural Meet and Greet
602 Lewisohn Hall
Mingle and connect with students and administrators who identify as having traditionally underrepresented backgrounds. Snacks will be served.

2:30 - 3:45 p.m.
This Place Called Columbia
410 International Affairs Building
This place called Columbia can be hard to navigate, especially for those of us who are new to higher education. Join staff from the GS Academic Resource Center (ARC) for a crash course in who’s who, what’s what, and what to expect in your first week of classes.
FRIDAY, JANUARY 13, 2017

2:30 - 5 p.m.

**Mingle with the GS Orientation Leaders and Peer Advisors**
*GS Lounge, Third Floor, Lewisohn Hall*

Stop by the GS Lounge between Orientation events to mingle with GS Orientation Leaders and Peer Advisors to get answers to your questions about the transition to Columbia. OLs and Peer Advisors will also be available to answer questions about electronic resources (including SSOL and CourseWorks) that are available to you as a Columbia student. Coffee and snacks will be served.

4 - 4:45 p.m.

**Clinical Volunteering Opportunities (Online Session)**
*Online*

This session will cover how to get started in volunteering, how to fulfill the 120-hour requirement for clinical experience in the Postbac Premed Program, and how to get off to a strong start with this portion of your premedical journey.

*This is a live, online session intended for students who cannot attend the in-person workshop offered on Tuesday, January 10, 2017. Registration is required. Connection information will be provided upon event registration.*

7 - 11:30 p.m.

**Movie Night at Loews Theatre**
*Meet in the Lobby of Barnard Hall*

Join fellow new students to see one of the latest blockbusters. Complimentary movie tickets will be provided on a first-come, first-served basis. For movie show times, please check the Guidebook app.

*This is a joint four-school event for incoming students in Barnard College (BC), Columbia College (CC), the School of General Studies (GS), and the Fu Foundation School of Engineering and Applied Science (SEAS).*

SATURDAY, JANUARY 14, 2017

12 - 4 p.m.

**Metropolitan Museum of Art**
*Meet in the Lobby of Barnard Hall*

Explore the masterpieces of this highly-acclaimed museum, which has an array of sculptures, paintings, and other art forms from artists around the world. Admission to the museum is free with your CUID.

*This is a joint four-school event for incoming students in Barnard College (BC), Columbia College (CC), the School of General Studies (GS), and the Fu Foundation School of Engineering and Applied Science (SEAS).*

12 - 4 p.m.

**Museum of Modern Art**
*Meet in the Lobby of Lewisohn Hall*

Picasso, Van Gogh, Warhol, and Pollock: see the works of these revolutionary artists and many others at the Museum of Modern Art (MoMA). Admission to the museum is free with your CUID.

*This is a joint four-school event for incoming students in Barnard College (BC), Columbia College (CC), the School of General Studies (GS), and the Fu Foundation School of Engineering and Applied Science (SEAS).*
12 - 4 p.m.  
**American Museum of Natural History**  
*Meet in the East Ramp Lounge in Lerner Hall*  

The American Museum of Natural History offers a broad array of interesting exhibits on subjects ranging from paleontology to astronomy. Admission to the museum is free with your CUID.  

*This is a joint four-school event for incoming students in Barnard College (BC), Columbia College (CC), the School of General Studies (GS), and the Fu Foundation School of Engineering and Applied Science (SEAS).*

12:30 - 1:45 p.m.  
**Decoding the Syllabus (Online Session)**  
*Online*  

The Change of Program Period is short, and it can be hard to get a read on a class from only one or two meetings. Join the ARC team to learn how to use your syllabi to get a better understanding of each of your classes, so that you know what to expect and can make informed decisions about your schedule.  

*This is a live, online session intended for students who cannot attend the in-person workshop offered on Wednesday, January 11, 2017. Registration is required. Connection information will be provided upon event registration.*

12:30 - 5 p.m.  
**Attend a Broadway Show!**  

This is your opportunity to see your first of many Broadway shows in New York City. Tickets are available for three different shows: *Chicago, In Transit, and Kinky Boots.*  

**Ticket Information**  
Tickets can be purchased for $20 (cash only) in the GS Office of Student Life, 308B Lewisohn Hall, beginning Tuesday, January 10 at 9 a.m. through Friday, January 13 at 5 p.m.  

Tickets are available on a first-come, first-served basis, with a limit of two tickets per student. All three shows will be running simultaneously and these tickets are exclusively for new students and their families.  

**Meeting Locations**  
Chicago: 2nd Floor Main Lounge, Lerner Hall at 1:30 p.m.  
Kinky Boots: Lobby of Lewisohn Hall at 1 p.m.  
In Transit: Lobby of Barnard Hall at 1 p.m.  

*This is a joint four-school event for incoming students in Barnard College (BC), Columbia College (CC), the School of General Studies (GS), and the Fu Foundation School of Engineering and Applied Science (SEAS).*
SUNDAY, JANUARY 15, 2017

12 - 4 p.m.

**Ice Skating at Rockefeller Center**  
*Meet in the Lobby of Barnard Hall*

New York City is a beautiful winter wonderland this time of year! Join fellow new students and head downtown for ice skating at one of New York’s most famous landmarks. Tickets are $27 and can be purchased at Rockefeller Center.

*This is a joint four-school event for incoming students in Barnard College (BC), Columbia College (CC), the School of General Studies (GS), and the Fu Foundation School of Engineering and Applied Science (SEAS).*

12 - 4 p.m.

**Chelsea Market**  
*Meet in the Lobby of the Diana Center*

Get a taste of New York City at Chelsea Market, where you will find food vendors and restaurants that are sure to satisfy your appetite. While you are enjoying all the delicious food offerings, remember to look up and enjoy the brick architecture that originally housed the New York Biscuit Company.

*This is a joint four-school event for incoming students in Barnard College (BC), Columbia College (CC), the School of General Studies (GS), and the Fu Foundation School of Engineering and Applied Science (SEAS).*

12 - 4 p.m.

**Museum of the City of New York**  
*Meet at the Broadway Entrance of Lerner Hall*

New York City is your new home, so come learn about what makes this one of the greatest cities. Admission to the museum is free with your CUID.

*This is a joint four-school event for incoming students in Barnard College (BC), Columbia College (CC), the School of General Studies (GS), and the Fu Foundation School of Engineering and Applied Science (SEAS).*

5 - 8 p.m.

**One World Observatory**  
*Meet at the 2nd Floor Main Lounge, Lerner Hall*

Take in the view from the top of New York City at the One World Observatory in Lower Manhattan. You’ll be high enough up that, on a clear day, you can see the curvature of the planet!

*Ticket Information*

Tickets can be purchased for $10 (cash only) in the GS Office of Student Life, 308B Lewisohn Hall, beginning Tuesday, January 10 at 9 a.m. through Friday, January 13 at 5 p.m. Hurry - tickets are limited for this event!

*This is a joint four-school event for incoming students in Barnard College (BC), Columbia College (CC), the School of General Studies (GS), and the Fu Foundation School of Engineering and Applied Science (SEAS).*
GS PLACEMENT EXAMS

Many incoming GS Postbac Premed students will be required to take the placement exams in mathematics and chemistry. Please consult with your academic advisor to confirm if you are required to take any of these exams.

Placement exams in mathematics and chemistry are instrumental in establishing a student’s level of proficiency in these subjects. The results of these exams determine a student’s accurate placement in mathematics and chemistry courses.

Exam Notes
- Arrive 15 minutes before the exam with a valid photo ID.
- Calculators are not allowed for the Math I, Math II, or Chemistry Placement Exams.

Testing Accommodations for Students with Disabilities
In some cases, students with disabilities are entitled to accommodations related to administration of examinations, including placement exams. Such accommodations must be specified as well as authorized by the Columbia University Office of Disability Services, based on an assessment of the disability and appropriate documentation. Once all required documentation is received, the authorization process can often take a month, so please plan appropriately.

Students with learning disabilities or other disabilities who may warrant an accommodation should contact the Office of Disability Services.

Exams Administered by the Office of Disability Services
Students who take a placement exam through the Office of Disability Services will receive their scores within 24-48 hours via email.

For more information, please visit: health.columbia.edu/disability-services.

Placement Exam Schedule
The following exams will be given during the times and dates below. All exams are offered at each session. Only one exam may be taken per hour.

Please be sure to arrive at least 15 minutes prior to the exam start times above.

For more information regarding Placement Exams, please visit http://gs.columbia.edu/placement-exam-schedule.

<table>
<thead>
<tr>
<th>SUBJECT</th>
<th>DURATION</th>
<th>PASSING SCORE</th>
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<tbody>
<tr>
<td>Mathematics I (Placement into Pre-Calculus)</td>
<td>45 minutes</td>
<td>16/20</td>
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<tr>
<td>Mathematics II (Placement into Calculus)</td>
<td>40 minutes</td>
<td>9/12</td>
</tr>
<tr>
<td>Chemistry (Placement into General Chemistry)</td>
<td>1 hour</td>
<td>23/44</td>
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</tbody>
</table>

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<thead>
<tr>
<th>DATE</th>
<th>TIME</th>
<th>LOCATION</th>
</tr>
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<tbody>
<tr>
<td>Tuesday, January 10</td>
<td>4 p.m. and 6 p.m.</td>
<td>327 Mudd Building</td>
</tr>
<tr>
<td>Wednesday, January 11</td>
<td>10 a.m., 12 p.m., 2 p.m., and 4 p.m.</td>
<td>327 Mudd Building</td>
</tr>
<tr>
<td>Thursday, January 12</td>
<td>10 a.m., 12 p.m., 2 p.m., and 4 p.m.</td>
<td>417 Mathematics Hall</td>
</tr>
<tr>
<td>Friday, January 13</td>
<td>10 a.m., 12 p.m., and 2 p.m.</td>
<td>418 International Affairs Building</td>
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IMPORTANT RESOURCES

Academic Calendar
gs.columbia.edu/postbac/academic-calendar

Acronyms and Definitions, Columbia
gs.columbia.edu/postbac/columbia-acronyms-and-definitions

Alice! Health Promotion
health.columbia.edu/alice-health-promotion

Alumni Association, GS
gs.columbia.edu/postbac/alumni

Academic Integrity and Community Standards
bulletin.columbia.edu/general-studies/postbaccalaureate-premedical-program/academic-policies/academic-integrity

Calendar of Events, GS
gs.columbia.edu/postbac/calendar

Colleges at Columbia
gs.columbia.edu/postbac/columbia-arts-sciences-overview

Community Principles Statement
gs.columbia.edu/postbac/community-principles

Copyright Information
copyright.columbia.edu/basics/copyright-quick-guide.html

Counseling and Psychological Services (CPS)
health.columbia.edu/counseling-and-psychological-services

CourseWorks
cnmt.columbia.edu/courseworks-login

Dean of Students Office, GS
gs.columbia.edu/dean-of-students-office

Dining Services, Meal Plans
gs.columbia.edu/postbac/campus-dining

Discrimination, Non-Discrimination, and Harassment
gs.columbia.edu/postbac/gender-based-discrimination-policies

Dodge Fitness Center
perec.columbia.edu

Disability Services (DS)
health.columbia.edu/disability-services
IMPORTANT RESOURCES (cont.)

Educational Financing, Office of  
gs.columbia.edu/postbac/financial-aid

Essential University Policies  
gs.columbia.edu/postbac/university-policies

Gay Health Advocacy Project (GHAP)  
health.columbia.edu/ghap/gay-health-advocacy-project

Gender-Based Misconduct  
sexualrespect.columbia.edu/university-policy

Health Services  
health.columbia.edu

ID Center  
ssc.columbia.edu

Intercampus Shuttle  
transportation.columbia.edu

Lerner Hall (Columbia's Student Center)  
lernerhall.columbia.edu

Libraries Information  
library.columbia.edu

Linkage Programs  
gs.columbia.edu/postbac/linkage-programs

LionMail  
cuit.columbia.edu/lionmail

Lost and Found  
publicsafety.columbia.edu/content/lost-and-found

Medical School Fair  
gs.columbia.edu/postbac/medical-school-fair

Multicultural Affairs, Office of (OMA)  
cc-seas.columbia.edu/OMA

Nightline (Peer Counseling)  
blogs.cuit.columbia.edu/nightline

Ombuds Office  
ombuds.columbia.edu

Orientation and Orientation Leaders, GS  
gs.columbia.edu/postbac/orientation
**IMPORTANT RESOURCES (CONT.)**

**Postbac Premedical Program Office, GS**
[gs.columbia.edu/postbac/advising-and-support](gs.columbia.edu/postbac/advising-and-support)

**Primary Care Medical Services**
[health.columbia.edu/medical-services](health.columbia.edu/medical-services)

**Registrar**
[registrar.columbia.edu](registrar.columbia.edu)

**Religious Services and University Chaplain**
[ouc.columbia.edu](ouc.columbia.edu)

**Sexual Violence Response**

**Student Accounts**
[sfs.columbia.edu/billing](sfs.columbia.edu/billing)

**Student Financial Services**
[sfs.columbia.edu](sfs.columbia.edu)

**Student Life, GS**
[gs.columbia.edu/postbac/studentlife](gs.columbia.edu/postbac/studentlife)

**Student Services Online (SSOL)**
[ssol.columbia.edu](ssol.columbia.edu)

**Tutoring and Academic Resource Center, GS**
[gs.columbia.edu/academic-resource-center](gs.columbia.edu/academic-resource-center)

**University Life**
[universitylife.columbia.edu](universitylife.columbia.edu)