School of General Studies
Columbia University
in the city of New York

Postbaccalaureate Premedical Program

New Student Orientation Program
Fall 2019
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.

We 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. We 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.

We 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,

The GS Dean of Students Office
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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 gs.columbia.edu/content/new-student-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/content/new-student-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 cuit.columbia.edu/email/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 ssc.columbia.edu/id-center.

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 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 $33 or 30-Day Unlimited MetroCard for $127. 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 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 health.columbia.edu/content/disability-services.
MANDATORY GS POSTBAC PREMED ORIENTATION SCHEDULE
MONDAY, AUGUST 26, 2019

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

9:30 - 10:30 a.m.
New Student Welcome
Rotunda, Low Library
Lee C. Bollinger, President, Columbia University
Lisa Rosen-Metsch, Dean, School of General Studies
Ivonne Rojas, Acting Dean of Students, School of General Studies
Damienne Harfouche '14, General Studies Alumni Association (GSAA) Board Co-Chair
Christopher Thompson, President, General Studies Student Council
Britney Hatcher, President, Premedical Association
Je Seung You, GS NYOP Student Chair
Administrators, alumni, and current student leaders will welcome you into the Columbia University community.
11 a.m. - 12:20 p.m.

**Step UP! Preventing Sexual Assault and Violence through Bystander Intervention**  
*Faculty Room, Second Floor, 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 (SVR) 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.

*This event is a part of Live Well | Learn Well, which promotes strategies for individual well-being and a healthy undergraduate community.*

12:20 - 12:50 p.m.

**Title IX Information Session**  
*Faculty Room, Second Floor, Low Library*

The title IX Coordinator works to ensure a safe, welcoming, and harassment free environment for all members of the Columbia community. During this session, you will learn about resources this office provides.

12:50 - 1:50 p.m.

**Group Lunch Meeting with Your Orientation Leader**  
*Faculty Room, Second Floor, Low Library*

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.

2 - 3:20 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.
AFTERNOON BREAKOUT SESSIONS

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

3:30 - 4:20 p.m. – BREAKOUT SESSION I

Volunteer, Research, and Community Involvement Opportunities for Postbacs - Student Panel

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

Getting to Know the Columbia Faculty

*Party Space, First Floor, Lerner Hall*

*Victoria Rosner, Dean of Academic Affairs*

One of the main reasons students enroll at Columbia is to be taught by our internationally-recognized faculty. Many times, however, undergraduates feel intimidated by the very professors with whom they have come to study. This workshop will cover the basics of appropriate student-professor etiquette (as well as the special role of teaching assistants), all of which will help you to establish cordial and professional interactions with members of the Columbia University faculty.

Online Resources at Columbia

*Roone Arledge Cinema, Second Floor, Lerner Hall*

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

4:30 - 5:20 p.m. – BREAKOUT SESSION II

Science Faculty Panel Discussion

*555 Lerner Hall*

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.

GS PANELS and STUDENT 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.

Working Students and Part-Time Students Meet & Greet

*477 Lerner Hall*

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

Get Involved: GS Student Life Information Session & Student Leaders 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.
International Students Meet & Greet
569 Lerner Hall
Incoming international students will have the opportunity to meet each other and Orientation Leaders, as they learn about the Columbia community.

Students with Families Meet & Greet and Resource Fair
568 Lerner 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. 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.

*This event is a part of Live Well | Learn Well, which promotes strategies for individual well-being and a healthy undergraduate community.*

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. 5:30 - 7:30 p.m.

Welcome Party
Amity Hall Uptown, 982 Amsterdam Ave at 109th Street
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).*

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Welcome Party
5:30 - 7:30 p.m.
Amity Hall Uptown
982 Amsterdam Ave at 109th Street
# TUESDAY, AUGUST 27, 2019

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>9 - 9:30 a.m.</td>
<td><strong>Breakfast</strong>&lt;br&gt;&lt;i&gt;GS Lounge, Third Floor, Lewisohn Hall&lt;/i&gt;&lt;br&gt;Enjoy breakfast with fellow incoming students and the GS Orientation Leaders.</td>
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<tr>
<td>10 a.m. - 1 p.m.</td>
<td><strong>Optional Orientation Week Programs</strong>&lt;br&gt;&lt;i&gt;Locations Vary&lt;/i&gt;&lt;br&gt;Please see the following section in this booklet for the schedule of Orientation Week programs.</td>
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<tr>
<td>1 - 2:30 p.m.</td>
<td><strong>Group Lunch Meeting with Your Orientation Leader</strong>&lt;br&gt;&lt;i&gt;GS Lounge, Third Floor, Lewisohn Hall&lt;/i&gt;&lt;br&gt;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.</td>
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<td>2:30 - 2:50 p.m.</td>
<td><strong>Check-In</strong>&lt;br&gt;&lt;i&gt;Faculty Room, Low Library&lt;/i&gt;&lt;br&gt;Check-in is required for mandatory programs.</td>
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<td>3 - 3:50 p.m.</td>
<td>**Individual Responsibility and Community Standards</td>
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<td>4 - 4:50 p.m.</td>
<td><strong>Roadmap to Medical School: Your Journey into Medicine Starts Here</strong>&lt;br&gt;&lt;i&gt;Faculty Room, Low Library&lt;/i&gt;&lt;br&gt;At this session the Postbac Premed Office will walk new students through the itinerary of the medical school application, a journey we are encouraging them to begin in their first semester. After a general discussion of the application process, we will introduce students to the Prehealth Portfolio and its component parts, and discuss programming that occurs during the academic year that will help students on their journey to medical school.</td>
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<td>5 - 5:50 p.m.</td>
<td><strong>Academic Resource Center (ARC) Information Session</strong>&lt;br&gt;&lt;i&gt;Faculty Room, Low Library&lt;/i&gt;&lt;br&gt;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. &lt;br&gt;&lt;i&gt;This event is a part of Live Well</td>
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6 – 6:50 p.m.

**Focus on the Financials**

*Faculty Room, Low Library*

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.

*This event is a part of Live Well | Learn Well, which promotes strategies for individual well-being and a healthy undergraduate community.*
ORIENTATION WEEK SCHEDULE

TUESDAY, AUGUST 27, 2019

10 - 10:50 a.m.

Clinical Volunteering Opportunities
203 Mathematics Building

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.

11 - 11:50 a.m.

Linkage Programs Information Session
203 Mathematics Building

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.
12 - 12:50 p.m.

**Postbac 101**

*203 Mathematics Building*

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.

1 - 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 - 7:30 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.

7:30 - 8:30 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.

10:00 p.m. – 12:00 a.m.

**Community Unscripted: Athletics**

*Diana Center Lower Level 2 Lobby, Barnard College*

Students who have questions about getting involved on campus are invited to join informal gatherings Tuesday, Wednesday, and Friday night for casual conversations with current and new Barnard and Columbia students. From activism, to STEM, to the performing arts, meet new and current students who are also interested in what you are passionate about. Most students forget that the Ivy League is just a sports conference and Columbia has sports available for all types of students, from our Division I teams to club sports.

*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 School of Engineering and Applied Science (SEAS).*
10 p.m. - 12 a.m.

Community Unscripted: Research
Diana Center 203, Barnard College

Students who have questions about getting involved on campus are invited to join informal gatherings Tuesday, Wednesday, and Friday night for casual conversations with current and new Barnard and Columbia students. From activism, to STEM, to the performing arts, meet new and current students who are also interested in what you are passionate about. Our university is a leading research institution with many opportunities for undergraduates to work on research projects or be involved in a lab. Come talk to our OLs involved in research and ask about how to get involved.

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 School of Engineering and Applied Science (SEAS).

10 p.m. - 12 a.m.

Community Unscripted: Theatre
Diana Center 504, Barnard College

Students who have questions about getting involved on campus are invited to join informal gatherings Tuesday, Wednesday, and Friday night for casual conversations with current and new Barnard and Columbia students. From activism, to STEM, to the performing arts, meet new and current students who are also interested in what you are passionate about. The process of breaking into theatre on the Barnumbia campus is certainly unique. Come to this Community Unscripted to meet other students involved in theatre and learn about various classes, productions, and spots available this semester!

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 School of Engineering and Applied Science (SEAS).

10 p.m. - 12 a.m.

Community Unscripted: Creative Writing/Publications
Diana Center 308, Barnard College

Students who have questions about getting involved on campus are invited to join informal gatherings Tuesday, Wednesday, and Friday night for casual conversations with current and new Barnard and Columbia students. From activism, to STEM, to the performing arts, meet new and current students who are also interested in what you are passionate about. Find a community to get your creative juices flowing. Enjoy a nice night discussing your latest poetry, the newest plot twist you were considering, an investigation you're pursuing, or even just your daily journal entry. This Community Unscripted was made to help you find other writers of any type on campus. Listen to their stories and learn from them and share your own.

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 School of Engineering and Applied Science (SEAS).
Sunrise Saunter  
Barnard College Gates (117th Street & Broadway)  
Rise and shine with a leisurely stroll through Riverside Park.

8 - 9 a.m.

Morning Run  
Sundial on College Walk  
Get a head start on the day with a refreshing run through Riverside Park.

8 - 9 a.m.

Sculpt  
Dodge Fitness Center, Aerobics Room 3  
Muscle toning for the whole body using weights, bands and bars.

9 - 10:15 a.m.

How to Succeed in Math and Science Courses  
614 Schermerhorn  
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.

9 - 10:15 a.m.

Roadmap to Medical School: Breakout Discussion  
408 Lewisohn Hall, Baer Room  
Continuing from the session earlier in the week of Orientation, join the Postbac Premed Office to talk through the itinerary of the medical school application, a journey we are encouraging them to begin in their first semester.

10:30 - 11:15 a.m.

Health and Wellness: Staying Healthy and Balanced at Columbia  
310 Fayerweather  
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.

This event is a part of Live Well | Learn Well, which promotes strategies for individual well-being and a healthy undergraduate community.

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

Combined Programs Information Session  
408 Lewisohn Hall, Baer Room  
The Combined Postbac Premed-MS in Human Nutrition Program, Combined Postbac Premed-MS in Bioethics Program, and the combined Postbac Premed-MS in Public Health Program allows highly qualified students to enrich and diversify their premedical education prior to enrolling in medical school. At this session, students will learn about these programs from the GS Postbac Premed Office.
WEDNESDAY, AUGUST 28, 2019

8 - 9 a.m.
Sunrise Saunter
Barnard College Gates (117th Street & Broadway)
Rise and shine with a leisurely stroll through Riverside Park.

8 - 9 a.m.
Morning Run
Sundial on College Walk
Get a head start on the day with a refreshing run through Riverside Park!

9 - 10:15 a.m.
Sculpt
Dodge Fitness Center, Aerobics Room 3
Muscle toning for the whole body using weights, bands and bars.

11:30 a.m. - 12:15 p.m.
Disability Services Information Session
310 Fayerweather
Learn about how the Office of Disability Services (DS) can support students on campus.

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

12:30 - 1:45 p.m.
Decoding the Syllabus
614 Schermerhorn
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.

**This Place Called Columbia**
*614 Schermerhorn*

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.

5 - 5:45 p.m.

**Multicultural Meet and Greet**
*308A Lewisohn Hall*

Mingle and connect with students and administrators who identify as having traditionally underrepresented backgrounds. Snacks will be served.

_This event is a part of Live Well | Learn Well, which promotes strategies for individual well-being and a healthy undergraduate community._

7 - 8 p.m.

**New Student Dinner**
*GS Lounge, Third Floor, Lewisohn Hall*

Pick up your dinner 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.

8 - 10 p.m.

**CU gLow**
*Low Plaza*

It’s time to find your groove and light up the Manhattan sky with your very own glow stick party on Low Plaza. Come celebrate your first week on campus with a four-school gathering to showcase the possibilities of finding your groove here at Barnard and Columbia. Glow up, dance, play games, or relax while having the time of your lives with new friends and a colorful campus alit by your rhythm and light.

_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 School of Engineering and Applied Science (SEAS)._
Starlight Game Night
Grassy Steps, Diana Center, Barnard College
Rain Location: Lower Level 2, Diana Center

Take time to step back and relax with fellow students from all four schools and enjoy some games and snacks. Bring your own picnic blankets to lounge on the grass and get to know each other through friendly competition.

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 School of Engineering and Applied Science (SEAS).

10 p.m. - 12 a.m.
Community Unscripted: STEM
Diana Center 502, Barnard College

If you are a student interested in STEM who is anxious about what STEM classes you have to take and you want to learn about some of the clubs on campus that have a STEM focus or just want to meet other students in the STEM community, come to this Community Unscripted.

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 School of Engineering and Applied Science (SEAS).

10 p.m. - 12 a.m.
Community Unscripted: Visual Arts
Diana Center 501, Barnard College

Students who have questions about getting involved on campus are invited to join informal gatherings Tuesday, Wednesday, and Friday night for casual conversations with current and new Barnard and Columbia students. From activism, to STEM, to the performing arts, meet new and current students who are also interested in what you are passionate about. Whether you're a filmmaker, a photographer, a painting enthusiast, a chalk drawer, or really anything else under the sun, you can find a space for you at the table at this Community Unscripted! Share your latest work with others or discuss the best spots to capture the beauty of the city or ask questions on how to get actors involved in your projects here!

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 School of Engineering and Applied Science (SEAS).

10 p.m. - 12 a.m.
Community Unscripted: Volunteering
Diana Center 504, Barnard College

Students who have questions about getting involved on campus are invited to join informal gatherings Tuesday, Wednesday, and Friday night for casual conversations with current and new Barnard and Columbia students. From activism, to STEM, to the performing arts, meet new and current students who are also interested in what you are passionate about. For most people, coming to a new space and a new city means finding new spaces to volunteer. This Community Unscripted is meant to help students talk to Columbia Urban Experience volunteers to find spaces to help out throughout the city within the local neighborhood in many different areas around the city.

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 School of Engineering and Applied Science (SEAS).
8 - 9 a.m.
**Sunrise Saunter**  
*Barnard College Gates (117th Street & Broadway)*  
Rise and shine with a leisurely stroll through Riverside Park.

8 - 9 a.m.
**Morning Run**  
*Sundial on College Walk*  
Get a head start on the day with a refreshing run through Riverside Park.

8 - 8:45 a.m.
**Barreless Barre**  
A barre-less ballet inspired workout to tone legs, arms, and core.

9 - 9:45 a.m.
**Roadmap to Medical School: Breakout Discussion**  
*408 Lewisohn Hall, Baer Room*  
Continuing from the session earlier in the week of Orientation, join the Postbac Premed Office to talk through the itinerary of the medical school application, a journey we are encouraging them to begin in their first semester.

10 - 11 a.m.
**Guide to Housing & Residence Life at GS**  
*203 Mathematics Building*  
Attend a meet and greet with the GS Resident Advisors, who are one of the most valuable resources for students living in campus housing. The GS Resident Advisors are student leaders who provide support to all GS students living in University Apartment Housing (UAH). Come to this session to learn how the RAs help facilitate a positive living and learning environment. Coffee and breakfast will be served. This session is required for all students living in GS Housing and University Apartment Housing (UAH).

10 - 11:15 a.m.
**Planning Ahead: How to Manage Your Time at Columbia**  
*207 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.  

*This event is a part of Live Well | Learn Well, which promotes strategies for individual well-being and a healthy undergraduate community.*
THURSDAY, AUGUST 29, 2019

11 a.m. - 1 p.m.
Columbia Health Expo
Roone Arledge Auditorium, First Floor, Lerner Hall

Meet the Columbia Health staff and experience all we have to offer! Our mission is to support your well-being while at Columbia, so let’s talk about how it all works. We’ll spend time together while you get to know the programs, services, initiatives, and staff through interactive activities, resources, and exclusive prizes! Flu shots will be available (bring your CUID). We recommend that you allow 30–45 minutes for a visit to all of the tables and grab all the information and goodies. All new students are required to attend a portion of 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 School of Engineering and Applied Science (SEAS).

11:30 a.m. - 12:30 p.m.
Premedical Association Information Session
308A 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 - 2 p.m.
GS LGBTQ and Allies Meet and Greet
408 Lewisohn Hall, Baer Room

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.

1 - 2:15 p.m.
Financial Aid Strategies 101
308A Lewisohn Hall

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.

This event is a part of Live Well | Learn Well, which promotes strategies for individual well-being and a healthy undergraduate community.

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.
THURSDAY, AUGUST 29, 2019

3:30 - 4:30 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.

*This session will be repeated on Friday, August 30.*

4 - 4:45 p.m.
**Making the Transition**
207 Mathematics Building
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.

*This event is a part of Live Well | Learn Well, which promotes strategies for individual well-being and a healthy undergraduate community.*

5 - 6 p.m.
**New Student Dinner**
GS Lounge, Third Floor, Lewisohn Hall
Pick up your dinner 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.

6 - 11 p.m.
**Take Me Out to the Ballgame: New York Yankees vs. Chicago Cubs**
Citi Field
Game starts at 7:10 p.m.
Join thousands of students across the four schools who will gather at Yankee Stadium to see one of the oldest baseball rivalries in history as the Yankees play the Chicago Cubs in an exciting evening of New York City pride. There will be opportunities for all students to get to know the subway, enjoy the game, or explore the stadium. You must have a ticket to attend the game.

Tickets will be available at GS Student Life (308B Lewisohn Hall) from 9 a.m. - 5 p.m. Wednesday, August 28 through Thursday, September 1. Tickets are on a first-come, first-served basis. This event is open both to incoming students and to their families and partners.

The first 800 students will have an opportunity to step on the fields warning track. To experience the warning track, students must arrive to the stadium and line up between 5:30 p.m. - 6:25 p.m., and enter Left Field Gate and show your NSOP wristband.

*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 School of Engineering and Applied Science (SEAS).*
FRIDAY, AUGUST 30, 2019

8 - 9 a.m.
Sunrise Saunter
Barnard College Gates (117th Street & Broadway)
Rise and shine with a leisurely stroll through Riverside Park.

8 - 9 a.m.
Morning Run
Sundial on College Walk
Get a head start on the day with a refreshing run through Riverside Park.

10 - 10:45 a.m.
Exploring and Declaring a Major at GS
408 Lewisohn Hall, Baer Room
In this session you will have the opportunity to ask questions about various majors across the disciplines.

10 a.m. - 1 p.m.
Religious Life Open House
Earl Hall
Come to Earl Hall for an open house to learn about religious resources and meet different faith leaders on campus. Coffee, tea and snacks will be provided.

11 - 11:30 a.m.
Navigating Columbia with the Support of the Ombuds Office
408 Lewisohn Hall, Baer Room
The Ombuds Office is a confidential and neutral resource addressing concerns within the Columbia University community. This session will provide an overview of the Ombuds Office, which maintains University policies and procedures, offers options for problem solving, and with permission, may assist in resolving disputes.

11 - 11:45 a.m.
Arts Initiative Information Session
308A Lewisohn Hall
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
408 Lewisohn Hall, Baer Room
Mingle and connect with students and administrators who identify as being a first generation college student or first in their family to attend college. Lunch will be served.
FRIDAY, AUGUST 30, 2019

2:30 - 3:45 p.m.
**How to Study Together**  
*614 Schermerhorn*

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.

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.

3:30 - 4:30 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.

8 - 10 p.m.
**Outdoor Movie: Inside Out**  
*Low Plaza*

There’s nothing quite like watching a good movie with family and friends outside on a warm summer night. We hope that you join our community to enjoy what is sure to be a great way to unwind and bond after a long and exciting week.

*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 School of Engineering and Applied Science (SEAS).*

8:15 - 10 p.m.
**Shabbat Dinner**  
*Kraft Center (606 W. 115th St.)*

Enjoy a FREE Shabbat dinner with your fellow students, then stick around for dessert and opportunities to meet new students throughout the Kraft Center! Everyone is welcome at this community-wide event, and while walk-ins are welcome, space is limited and an RSVPing will guarantee your spot. For up-to-date information and details, go to https://www.bitly.com/welcomeshabbat. If you have any questions about Jewish Life Orientation, email welcome@hillel.columbia.edu.

*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 School of Engineering and Applied Science (SEAS).*
FRIDAY, AUGUST 30, 2019

10 p.m. - 12 a.m.
Community Unscripted: Academic Competition
569 Lerner Hall
Students who have questions about getting involved on campus are invited to join informal gatherings Tuesday, Wednesday, and Friday night for casual conversations with current and new Barnard and Columbia students. From activism, to STEM, to the performing arts, meet new and current students who are also interested in what you are passionate about. Come chat with OLs who are involved in academic competition on campus and learn how you can get involved.

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 School of Engineering and Applied Science (SEAS).

10 p.m. - 12 a.m.
Community Unscripted: Dance
Black Box Theatre, Fifth Floor, Lerner Hall
Students who have questions about getting involved on campus are invited to join informal gatherings Tuesday, Wednesday, and Friday night for casual conversations with current and new Barnard and Columbia students. From activism, to STEM, to the performing arts, meet new and current students who are also interested in what you are passionate about. There are numerous dance groups and classes on campus and all with spots ready to be filled with new students! Come to this Community Unscripted to meet other students involved in dance and get involved in the community!

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 School of Engineering and Applied Science (SEAS).

10 p.m. - 12 a.m.
Community Unscripted: Music (Nonperformance)
Broadway Room, Second Floor, Lerner Hall
Students who have questions about getting involved on campus are invited to join informal gatherings Tuesday, Wednesday, and Friday night for casual conversations with current and new Barnard and Columbia students. From activism, to STEM, to the performing arts, meet new and current students who are also interested in what you are passionate about. Learn how you can get involved in the music scene on campus.

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 School of Engineering and Applied Science (SEAS).

10 a.m. – 2 p.m.
Neighborhood Tour: Cross-Borough Excursion
Meet in 477 Lerner Hall
For some people, if a place is associated with tourism, it’s a place to avoid. But for others, these are places that must be visited if you want to say with confidence that you’ve been to NYC. If you’re one of the latter types of people, this is the tour for you. Visit the places you’ve always seen on postcards from NYC such as Times Square, Rockefeller Center, Radio City Music Hall, and more. Early arrival is recommended.

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 School of Engineering and Applied Science (SEAS).
SATURDAY, AUGUST 31, 2019

10 a.m. - 2 p.m.
**Williamsburg Bridge + Smorgasburg**  
*Meet in Broadway Room, Second Floor, Lerner Hall*

Walk the historic Williamsburg Bridge into Brooklyn to enjoy the largest weekly open-air food market in America. Smorgasburg runs its outside markets from April to October, attracting thousands of people each weekend with its array of small businesses and up and coming. Early arrival is recommended.

*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 School of Engineering and Applied Science (SEAS).*

10 a.m. - 3 p.m.
**Neighborhood Tour: Coney Island**  
*569 Lerner Hall*

Are you a thrill seeker? Love the beach? Come channel your inner Beyoncé and ride the Cyclone roller coaster at Luna Park, enjoy delicious funnel cakes and deep-fried oreos, and bathe in the sun (with sunscreen!) on the Coney Island beach! If amusement park and beach vibes aren’t your thing, the New York Aquarium is also on the boardwalk, so there’s something for everyone. Tours are capped to maximize the experience, so early arrival is recommended.

*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 School of Engineering and Applied Science (SEAS).*

12 - 2 p.m.
**Neighborhood Tour: Central Harlem Tour**  
*Meet in Broadway Room, Second Floor, Lerner Hall*

Why journey downtown when one of New York’s culturally-rich neighborhoods is within walking distance from Columbia/Barnard? Experience living history in the legendary destination that ASAP Rocky, Malcolm X and Langston Hughes have all called home. In this walking tour, you will visit the iconic Apollo Theater, stop by Sylvia’s Soul Food Restaurant, and savor historic Harlem Renaissance locations. Early arrival is recommended.

*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 School of Engineering and Applied Science (SEAS).*

12 : 2 p.m.
**American Museum of Natural History Excursion**  
*Meet in 477 Lerner Hall*

Liked *Night at the Museum* as a kid? Come with us to the American Museum of Natural History and see Teddy Roosevelt on his horse yourself! (Sadly, you won’t get to hear him, though, sorry!) This museum is also great if you’re interested in environmental and earth science, biodiversity, astronomy, animals, human origin, cultural history, or pretty much anything you can imagine. Only a few subway stops away from campus, this is one of the easiest museums to get to from campus and one of the most fun museums to visit.

*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 School of Engineering and Applied Science (SEAS).*
12 - 2 p.m.
**Metropolitan Museum of Art: Cloisters Excursion**

*Meet in 569 Lerner Hall*

Love museums and nature? Then the Met Cloisters museum is for you! Located in Fort Tryon Park in Washington Heights, this branch of the Met is dedicated to the art, architecture, and gardens of medieval Europe. It also has beautiful views of the Hudson for you to enjoy. Early arrival is recommended.

*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 School of Engineering and Applied Science (SEAS).*

1 - 2 p.m.
**Native and Indigenous Students and Allies Mixer**

*Satow Room, Fifth Floor, Lerner Hall*

New students who self-identify as Native and Indigenous students and allies of this group are invited to connect with each other, returning students, and administrators to discuss life at Columbia. Find out about resources, programs, and involvements on campus that are available to you.

*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 School of Engineering and Applied Science (SEAS).*

2 - 3 p.m.
**Campus Green Tour—Columbia EcoReps**

*Sundial on College Walk*

Interested in sustainability right here on campus? Join Columbia and Barnard EcoReps for a tour of Columbia’s sustainable initiatives. Visit our composter in Ruggles, the Diana Center green roof, the Barnard greenhouse, and find out about sustainable living in residence halls.

*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 School of Engineering and Applied Science (SEAS).*

3 - 5 p.m.
**Neighborhood Tour: Morningside Heights—Harlem 101**

*Meet in 569 Lerner Hall*

Morningside Heights is a neighborhood within Harlem, and it is now your new home. On this tour, you’ll get to see some of the stores, restaurants, parks, and monuments that are a quick walk from campus. Learn about the Columbia/Barnard relationship with Harlem as you discover some useful stores and historic spots to explore during your time here. Early arrival is recommended.

*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 School of Engineering and Applied Science (SEAS).*
3 - 5:30 p.m.

**Neighborhood Tour: Midtown Mania**

*Meet in 569 Lerner Hall*

For some people, if a place is associated with tourism, it is a place to avoid. But for others, these are places that must be visited if you want to say with confidence that you’ve been to NYC. If you are one of the latter, this is the tour for you! Visit the places you’ve always seen on postcards from NYC such as Times Square, Rockefeller Center, Radio City Music Hall, and more. Early arrival is recommended.

*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 School of Engineering and Applied Science (SEAS).*

8 - 10 p.m.

**Open Mic Night**

*Roone Arledge Auditorium, First Floor, Lerner Hall*

Come spend some unforgettable time with your peers and don’t be afraid to share your own talent as well. Sign-ups are on a first-come, first-served basis in Roone Auditorium in Lerner Hall from 5 - 6:30 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 School of Engineering and Applied Science (SEAS).*

5 - 7 p.m.

**Meet and Greet with Fraternity and Sorority Life**

*Low Plaza*

Enjoy music, games, and light refreshments while getting to know members of Columbia’s rapidly growing Fraternity and Sorority life (FSL) community. With nearly thirty member organizations, FSL represents a diverse group of students striving for a holistic social and philanthropic experience and a different type of connection. Each member organization of the Multicultural Greek Council (MGC), Panhellenic Association, and Inter-Fraternity Council (IFC) has its own traditions and events, but all are engaged in scholarship, leadership, and service. Come and hang out with the Columbia FSL community.

*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 School of Engineering and Applied Science (SEAS).*
10 a.m. - 12:30 p.m.
**Neighborhood Tour: East Village Eateries**  
*Meet in Diana Center 203, Barnard College*

Becoming a “foodie” shouldn’t break the bank. Come downtown and check out some inexpensive and delicious grub in the East Village. This tour will showcase a few budget-friendly restaurants and eateries, but don’t forget that NYC is full of Halal Carts and Dollar Pizza.

*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 School of Engineering and Applied Science (SEAS).*

10 a.m. - 1 p.m.
**Neighborhood Tour: Queens—The Story of Astoria**  
*Meet in Diana Center 504, Barnard College*

Come explore the most ethnically diverse urban area in the world with a tour through Queens! Check out some local eateries, museums, and even a sculpture park to experience the rich culture of the largest borough in NYC. With large populations from all over, like Greece, India, Colombia, and Senegal, Queens is home to people from all walks of life sharing their amazing food and history for you to discover in New York City. Early arrival is recommended.

*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 School of Engineering and Applied Science (SEAS).*

11 a.m. - 3 p.m.
**Loungin’ on the Lawn**  
*Futter Field, Barnard College*

Enjoy one last bit of orientation fun as NSOP comes to a close with music and free time on the lawn! Relax on the lovely grass and hang with new friends.

*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 School of Engineering and Applied Science (SEAS).*

12 - 2 p.m.
**Neighborhood Tour: Metropolitan Museum of Art Excursion**  
*Meet in Lower Level 104, Diana Center, Barnard College*

Come experience the largest art museum in the United States and see the many different forms art can take. From building fronts, to sculptures, to period rooms, to paintings, the Met has it all. This museum has something for everyone with its vast array of cultures and art forms represented for any age group to enjoy. Admission is free with your BCID/CUID, but remember to bring money for a MetroCard and food, as well as a water bottle and comfortable shoes. Early arrival is recommended.

*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 School of Engineering and Applied Science (SEAS).*
1 - 4:30 p.m.

**Neighborhood Tour: Thrift Shopping**  
*Meet in Barnard Hall 302, Barnard College*

Love to shop, but don’t have that “love to shop” money? Well, whether you pride yourself on your vintage windbreaker collection, love dope street art, or you’re simply looking for some amazing dorm room decorations, this tour is for you! Explore the stunning street art and vibrant character of Bushwick, Brooklyn as we show you amazing used record and book stores, delicious pizza and dessert shops renowned in Brooklyn (with vegan options) and, of course, 6 of the city’s best thrift stores. Early arrival is recommended.

*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 School of Engineering and Applied Science (SEAS).*

2 - 4:30 p.m.

**Neighborhood Tour: SoHo**  
*Meet in Lower Level 103 Diana Center, Barnard College*

Explore the historic SoHo District and see what makes this neighborhood a celeb-favorite and shopper’s paradise! In this walking tour, you will visit two exciting New York City landmarks, satisfy your sweet tooth with some of the city’s finest organic and vegan options, visit the Supreme Flagship Store, and shop all of your favorite brands alongside an amazing flea market. Early arrival is recommended.

*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 School of Engineering and Applied Science (SEAS).*

2 - 4:30 p.m.

**Neighborhood Tour: The High Line and the Chelsea Piers**  
*Meet in Lower Level 002 Milstein Center, Barnard College*

Come enjoy one of the most unusual and fascinating attractions in New York! What was once a fully operational railway from 1934 to 1980, the High Line was recently renovated for use as a public park and is now full of trendy shops, striking architecture, and hip restaurants. While walking through NYC’s scenery on the old train tracks, end with a stroll by the Chelsea Piers to see the views of the Hudson as well as check out some of Chelsea’s most iconic sights and museums. Early arrival is recommended.

*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 School of Engineering and Applied Science (SEAS).*

2 - 4:30 p.m.

**LGBTQIA+ in The Village**  
*Meet in Lower Level 001 Milstein Center, Barnard College*

Learn more about the historical significance of Greenwich Village to the LGBTQIA+ community and see the landmarks and buildings for yourself on this neighborhood tour. As the birthplace of the modern LGBTQIA+ movement and Beat culture movements, this thriving artistic center is full of live music, tasty foods, and history.

*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 School of Engineering and Applied Science (SEAS).*
SUNDAY, SEPTEMBER 1, 2019

2 - 5 p.m.
Financial District Excursion
Barnard Hall 409

The financial district of New York, known as Wall Street for many people, has been one of the most popular sites to visit! Along with the walking tour of the buildings and symbols of the financial district, you will also have a chance to visit the historical sites around the neighborhood including 9/11 memorial. Throughout this walking tour, you will get a great chance to explore the dynamics and the historical meaning of New York City! Early arrival is recommended.

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 School of Engineering and Applied Science (SEAS).

6 - 7 p.m.
LGBTQ Students and Allies Mixer
555 Lerner Hall

New students who self-identity as LGBTQ+ students and allies of this group are invited to connect with each other, returning students, and administrators to discuss life at Columbia. Find out about resources, programs, and involvements on campus that are available to you.

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 School of Engineering and Applied Science (SEAS).

8 - 10 p.m.
Performance Showcase
Roone Arledge Auditorium, First Floor, Lerner Hall

It’s your turn to enjoy Barnard and Columbia’s finest performance groups as they put on a spectacular show to exhibit our talented community through singing, dancing, acting, and more.

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 School of Engineering and Applied Science (SEAS).
DUAL/JOINT PROGRAM, INTERNATIONAL, AND VETERANS/NROTC ORIENTATION EVENTS

DUAL BA AND JOINT PROGRAM ORIENTATION
FRIDAY, AUGUST 23, 9 A.M. - 8 P.M.

Incoming students are invited to attend a full-day orientation aimed at introducing students in the Dual BA Program between Columbia University and Sciences Po, the Joint Bachelor's Degree Program between City University of Hong Kong and Columbia University, and the Dual BA Program between Trinity College Dublin and Columbia University to the resources and support available at Columbia.

Welcome remarks will be made by Lisa Rosen-Metsch, Dean of the School of General Studies.

9 - 9:45 a.m.
Welcome Breakfast
*Seminar Level, Faculty House, Second Floor*

9:45 - 11:15 a.m.
**Strategies for a Seamless Transition, Academic Advising Overview, and Q&A**
*Seminar Level, Faculty House, Second Floor*
This session will include a discussion and question-and-answer session pertaining to academic planning details unique to students in the Dual BA Program between Columbia University and Sciences Po, the Dual BA Program between Trinity College Dublin and Columbia University, or the Joint Bachelor's Degree Program between City University of Hong Kong and Columbia University.

11:15 a.m. - 12 p.m.
**Roadmap to Orientation**
*Seminar Level, Faculty House, Second Floor*
Learn how various Columbia University and School of General Studies resources can support your specific needs as a Dual BA or Joint Program student with an international background.

12 - 12:15 p.m.
**Coffee & Snack Break**
*Seminar Level, Faculty House, Second Floor*

12:15 - 1 p.m.
**Student and Alumni Panel**
*Seminar Level, Faculty House, Second Floor*
This session includes a panel discussion of joint program students and alumni who will share their Columbia experiences with you.

1 - 5 p.m.
**Break or Attend ISOP**

5 - 8 p.m.
**Hop On - Hop Off Bus Tour of NYC**
*Locations around New York City*
INTERNATIONAL STUDENTS ORIENTATION PROGRAM
FRIDAY, AUGUST 23, 9 A.M. - 8 P.M.

Incoming School of General Studies students are invited to attend a half-day orientation aimed at introducing international students to the resources and support available at Columbia. At this program you will learn how to create a meaningful and balanced lifestyle as you navigate Columbia.

1 - 1:45 p.m.
Welcome Lunch
Skyline Dining Room, Fourth Floor, Faculty House
Welcome remarks will be made by Lisa Rosen-Metsch, Dean of the School of General Studies, and Ivonne Rojas, Acting Dean of Students.

1:45 - 2:30 p.m.
International Students and Scholars Office (ISSO) Information Session
Skyline Dining Room, Fourth Floor, Faculty House
Staff from ISSO will provide you with information on the paperwork and documentation necessary for registering and maintaining your status as an international student at Columbia. This session is only for those in F-1 or J-1 Status.

2:30 - 3:15 p.m.
Speed Meeting for International Students
Skyline Dining Room, Fourth Floor, Faculty House
Begin to form connections and develop lasting relationships with your classmates through this interactive social activity.

3:15 - 4 p.m.
Understanding the U.S. Education System
Skyline Dining Room, Fourth Floor, Faculty House
Learn how the U.S. education system functions, how to interact with classmates, professors, and TAs, and what academic integrity means in the U.S. and at Columbia.

4 - 4:30 p.m.
International Student Wellness
Skyline Dining Room, Fourth Floor, Faculty House
Learn about the myriad of resources available to students at Columbia.

4:40 - 5 p.m.
International Student Panel: Navigating Columbia
Skyline Dining Room, Fourth Floor, Faculty House
A panel discussion of international students will share their Columbia experiences with you highlighting their advice on how to successfully transition to Columbia and GS as an international student.
Incoming School of General Studies student veterans are invited to attend a half-day orientation designed to introduce military veteran and NROTC students to the resources available to them in support of their transitions from the armed forces to student life at Columbia. Registration is required.

9 - 10 a.m.
**Welcome Breakfast**  
*Presidential Ballroom, Faculty House, Third Floor*  
Welcome remarks will be made by Lisa Rosen-Metsch, Dean of the School of General Studies, David Keefe, Senior Assistant Dean for Veteran Initiatives, and GS Veteran Alumni.

10 - 11 a.m.
**Veterans Benefits Presentation**  
*Presidential Ballroom, Faculty House, Third Floor*  
Join a Columbia University Military and Veterans Affairs representative who will present information about the Post-9/11 GI Bill and additional veterans' educational benefits. **This session is required for all students who are eligible for veterans' educational benefits.**

11 a.m. - 12 p.m.
**Veterans Resource Presentations**  
*Presidential Ballroom, Faculty House, Third Floor*  
Information will be provided by representatives from Columbia University Health, the Office of Disability Services, Counseling and Psychological Services, The Resilience Center at Teachers College, and divisions of the U.S. Department of Veterans Affairs.

12 - 1 p.m.
**Student Veterans Panel: Transitioning from Service to School**  
*Presidential Ballroom, Faculty House, Third Floor*  
Current student-veterans will share their experiences about transitioning from service to school in this panel.

1:15 - 2:15 p.m.
**Resource Fair**  
*GS Lounge, Third Floor, Lewisohn Hall*  
Information will be provided by representatives from the U.S. Department of Veterans Affairs, GS Study Abroad, GS Health and Wellness, The Mission Continues, American Corporate Partners, Four Block, Columbia University Health, the Office of Disability Services, Counseling and Psychological Services, the Center for Career Education, Columbia Arts Experience, GS Global Programs, GS Postbac Premed Program, The Resilience Center, NYU’s Military Family Clinic, Columbia MilVets, and Columbia Veterans Alumni.

2:30 - 4:30 p.m.
**Veterans Financial Aid Drop In Hours**  
*GS Educational Financing Office, 408 Lewisohn Hall*
Many incoming GS students will be required to take the placement exams in quantitative reasoning, mathematics, and/or chemistry. Placement exams 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 Columbia courses. 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 now being administered online. To register, visit gs.columbia.edu/content/placement-exams.

If you are interested in a placement exam for quantitative reasoning, please email gs-arc@columbia.edu.

**Important Notes**

- There are no practice exams for the placement exams. Students should refer to the relevant placement exam page(s) for information about topics that will be covered.
- Students will receive their placement exam scores immediately following the completion of the exams.
- Students who have questions after receiving their results should follow up with their academic advisor.
- Students are allowed to register for courses contingent upon the outcome of a placement exam. Students who do not receive the required score for a given course will be required to modify their registration.
- Any required placement exams must be completed prior to the start of the semester.

**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 that may warrant an accommodation should contact the Office of Disability Services.

*Note: 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/content/disability-services.*
If you are interested in taking advanced courses or placing out of a required class, you should plan to take the relevant placement exams listed on the website below. Test results determine the appropriate course with which to begin.

Please note that some exams may require that you register in advance with the department administering the exam. Additionally, high SAT II or AP scores may exempt you from placement exams; be sure to check with your academic advisor for confirmation. For exams that do not provide a time, or to verify the time and location, contact the appropriate department for details.

For the complete University placement exam schedule, please visit gs.columbia.edu/content/university-wide-placement-exams.
IMPORTANT RESOURCES

Academic Calendar
gs.columbia.edu/content/academic-calendar-undergraduate

Academic Integrity and Community Standards
bulletin.columbia.edu/general-studies/academic-policies/academic-integrity-community-standards

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

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

Calendar of Events, GS
gs.columbia.edu/events

Center for Career Education
careereducation.columbia.edu

Community Principles Statement
gs.columbia.edu/content/university-policies

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

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

CourseWorks
cuit.columbia.edu/courseworks-login

Dean of Students Office, GS
gs.columbia.edu/content/academic-advising

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

Discrimination, Non-Discrimination, and Harassment
gs.columbia.edu/content/university-policies

Dodge Fitness Center
perec.columbia.edu
**IMPORTANT RESOURCES (CONT.)**

Disability Services (DS)
[health.columbia.edu/disability-services](http://health.columbia.edu/disability-services)

Educational Financing, Office of
[gs.columbia.edu/content/types-financial-aid](http://gs.columbia.edu/content/types-financial-aid)

Essential University Policies
[gs.columbia.edu/content/university-policies](http://gs.columbia.edu/content/university-policies)

Gay Health Advocacy Project (GHAP)
[health.columbia.edu/content/gay-health-advocacy-project](http://health.columbia.edu/content/gay-health-advocacy-project)

Gender-Based Misconduct
[sexualrespect.columbia.edu/university-policy](http://sexualrespect.columbia.edu/university-policy)

Health Services
[health.columbia.edu](http://health.columbia.edu)

ID Center
[ssc.columbia.edu](http://ssc.columbia.edu)

Intercampus Shuttle
[transportation.columbia.edu](http://transportation.columbia.edu)

International Students and Scholars Office
[isso.columbia.edu](http://isso.columbia.edu)

Lerner Hall (Columbia’s Student Center)
[learnerhall.columbia.edu](http://learnerhall.columbia.edu)

Libraries Information
[library.columbia.edu](http://library.columbia.edu)

LionMail
[cuit.columbia.edu/lionmail](http://cuit.columbia.edu/lionmail)

Lost and Found
[publicsafety.columbia.edu/content/lost-and-found](http://publicsafety.columbia.edu/content/lost-and-found)

Multicultural Affairs, Office of (OMA)
[cc-seas.columbia.edu/oma](http://cc-seas.columbia.edu/oma)

Nightline (Peer Counseling)
[blogs.cuit.columbia.edu/nightline](http://blogs.cuit.columbia.edu/nightline)

Ombuds Office
[ombuds.columbia.edu](http://ombuds.columbia.edu)

Orientation and Orientation Leaders, GS
[gs.columbia.edu/content/new-student-orientation](http://gs.columbia.edu/content/new-student-orientation)
**Important Resources (Cont.)**

- **Postbac Premedical Office**  
  gs.columbia.edu/content/postbac-premed-program

- **Primary Care Medical Services**  
  health.columbia.edu/services/primary-care

- **Registrar**  
  registrar.columbia.edu

- **Religious Services and University Chaplain**  
  ouc.columbia.edu

- **Sexual Violence Response**  
  health.columbia.edu/sexual-violence-response

- **Student Accounts**  
  sfs.columbia.edu/billing

- **Student Financial Services**  
  sfs.columbia.edu

- **Student Life, GS**  
  gs.columbia.edu/content/student-life

- **Student Services Online (SSOL)**  
  ssol.columbia.edu

- **Tutoring and Academic Resource Center, GS**  
  gs.columbia.edu/content/academic-resource-center

- **University Life**  
  universitylife.columbia.edu