Dear Postbac Premed Student,

Welcome to the Columbia University Postbaccalaureate Premedical Program! You are joining a diverse, talented, and exceptionally motivated cohort of students from many walks of life who have made the decision to pursue a career in the health sciences. Whether your destination is medicine, dentistry, veterinary medicine, or an allied health field, your Columbia science education will give you the highest level of preparation for a successful career.

The Postbac Premed advising team are dedicated to helping you navigate your coursework and extracurricular activities and getting the most out of your time at Columbia. Whether you’re crafting a personal statement, selecting a volunteer position, or practicing for an interview, we are here to support you every step of the way. The Premedical Association (PMA), which is made up of postbac and undergraduate premed students and includes numerous auxiliary groups devoted to specific issues, is also a valuable source of professional and personal development.

The advising team and I look forward to welcoming you personally to the postbac community and collaborating with you as you journey toward realizing your future in medicine.

Congratulations and best wishes,

James Colgrove
Dean of the Columbia University Postbaccalaureate Premedical Program
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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 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.
MAGNATORY GS POSTbac PREMED ORIENTATION SCHEDULE

MONDAY, JANUARY 13, 2020

8:30 - 9 a.m.
**Orientation Check-In and Breakfast**
*Roone Arledge Auditorium, First Floor, Lerner Hall*

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**
*Roone Arledge Auditorium, First Floor, Lerner Hall*

Amy Hungerford, Executive Vice President, Columbia University
Lisa Rosen-Metsch, Dean, School of General Studies
Marilyn, Delva Dean of Students, School of General Studies
James Colgrove, Dean of Postbaccalaureate Premedical Program, School of General Studies
Kirsty Jardine ’15, General Studies Alumni Association (GSAA) Board Co-Chair
Christopher Thompson, President, General Studies Student Council
Britney Hatcher, President, Premedical Association
Je Seung Yon, GS NSOP Student Chair

Administrators, alumni, and current student leaders will welcome you into the Columbia University community.
MONDAY, JANUARY 13, 2020

11 - 11:30 a.m.
Title IX Information Session
555 Lerner Hall

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.

11:35 a.m. - 12:55 p.m.
Step UP! Preventing Sexual Assault and Violence through Bystander Intervention
555 Lerner Hall

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.

1 - 1:50 p.m.
Group Lunch Meeting with Your Orientation Leader
Roone Arledge Auditorium, First Floor, Lerner 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.

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
Party Space, First Floor, 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.

Getting to Know the Columbia Faculty
555 Lerner Hall
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
Satow Room, Fifth 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.

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).
Welcome Party

5:30 - 7:30 p.m.

Amity Hall Uptown
982 Amsterdam Ave at 109th Street
TUESDAY, JANUARY 14, 2020

9 - 10:30 a.m.
**Dean’s Welcome Breakfast**  
*Seminar Level, Second Floor, Faculty House*

Enjoy breakfast with fellow incoming students and the GS Orientation Leaders. Remarks will be made by Lisa Rosen-Metsch, Dean of School of General Studies, and James Carlgrove, Dean of Postbaccalaureate Premedical Program.

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

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

1 - 2 p.m.
**Group Lunch Meeting with Your Orientation Leader**  
*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.

2:30 - 2:50 p.m.
**Check-In**  
*Faculty Room, Second Floor, Low Library*

Check-in is required for mandatory programs.

3 - 3:50 p.m.
**Individual Responsibility and Community Standards | Office of University Life**  
*Faculty Room, Second Floor, Low Library*

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

This 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.

4 - 4:50 p.m.
**Roadmap to Medical School: Your Journey into Medicine Starts Here**  
*Faculty Room, Second Floor, Low Library*

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.
5 - 5:50 p.m.

**Academic Resource Center (ARC) Information Session**  
*Faculty Room, Second Floor, 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.

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

6 - 6:50 p.m.

**Focus on the Financials**  
*Faculty Room, Second Floor, 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, JANUARY 14, 2020

11 - 11:50 a.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.

12 - 12:50 p.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.
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.
9 - 10:10 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.*

10:20 - 11:30 a.m.

**Health and Wellness: Staying Healthy and Balanced at Columbia**

203 Mathematics Building

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.*

11:40 a.m. - 12:50 p.m.

**Combined Programs Information Session**

203 Mathematics Building

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.

1 - 2:30 p.m.

**GS Orientation Resource Fair**

*GS Lounge, Third Floor, Lewisohn Hall*

Information will be provided by representatives from the Center for Career Education, Columbia Health, Columbia Arts Initiative, Office of Religious Life, Ombuds Office, and University Life.

2:40 - 3:50 p.m.

**Decoding the Syllabus**

207 Mathematics 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.
WEDNESDAY, JANUARY 15, 2020

3 - 6 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.

4 - 5:10 p.m.
**Roadmap to Medical School: Breakout Discussion**
*207 Mathematics Building*

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.

4 - 5:10 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.

5:20 - 6:30 p.m.
**Financial Aid Strategies 101**
*207 Mathematics Building*

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.*

5:20 - 6:30 p.m.
**GS Mentors Program Information Session**
*310 Mathematics Building*

You are invited to learn about the GS Mentor Program, which pairs incoming students with upper-class GS students. Find out about the ways in which having a Mentor can assist you in connecting with the Columbia and GS community. Coffee and 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.*
GS Alumni and New Student Mixer
Columbia Alumni Center (622 W 113th Street)

You are invited to this mixer where you will have the opportunity to meet GS alumni who will share their experiences with you and welcome you to the community.
THURSDAY, JANUARY 16, 2020

9 - 10:10 a.m.
**How to Study Together**  
207 Mathematics 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.

10:20 - 11:30 a.m.
**Making the Transition**  
203 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.*

10:20 - 11:30 a.m.
**Guide to Housing & Residence Life at GS**  
207 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 Columbia Residential. 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).

11:40 a.m. - 12:50 p.m.
**Roadmap to Medical School: Breakout Discussion**  
207 Mathematics Building
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.

11:40 a.m. - 12:50 p.m.
**The Alumni-Student Connection**  
GS Lounge, Third Floor, Lewisohn Hall
At this session, you will meet successful GS alumni who will provide connections to networking and internship opportunities, career mentoring, moral support, inspiration, and encouragement. Lunch will be provided.

1 - 6 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.
THURSDAY, JANUARY 16, 2020

1 - 1:45 p.m.

**GS LGBTQ and Allies Meet and Greet**  
*Baer Room, 408 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.

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2 - 2:45 p.m.

**Multicultural Meet and Greet**  
*Baer Room, 408 Lewisohn Hall*

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

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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.

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2:40 - 3:50 p.m.

**How to Succeed in Math and Science Courses**  
*207 Mathematics 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.

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4 - 5:10 p.m.

**Premedical Association Information Session**  
*Baer Room, 408 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.
THURSDAY, JANUARY 16, 2020

5 - 6:30 p.m.

Community Dinner
Event Oval, Lower Level 1, Diana Center, Barnard College

Meet new students and orientation staff from the other undergraduate schools for an evening 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 School of Engineering and Applied Science (SEAS).
10:20 - 11:30 a.m.

**Financial Aid Strategies 101**  
*Baer Room (408 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.*

11:40 a.m. - 12:50 p.m.

**Roadmap to Medical School: Your Journey into Medicine Starts Here**  
*Faculty Room, Low Library*

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.

1 - 2 p.m.

**First Generation College Students Lunch**  
*Baer Room, 408 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. Lunch will be served.

2:40 - 3:50 p.m.

**This Place Called Columbia**  
*207 Mathematics 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.

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

3 - 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.
Movie Night at AMC Lowes Theatre
Meet – Up Location: Lobby, Barnard Hall, Barnard College

Join some of your new friends and see the latest Hollywood hit. Complimentary movies tickets will be provided. To participate in this event meet in the lobby of Barnard Hall.

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 p.m.  
**American Museum of Natural History Excursion**  
510 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).*

1 - 4 p.m.  
**Metropolitan Museum of Art Excursion**  
Meet in Lobby, Lewisohn Hall  
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 - 5 p.m.  
**Attend a Broadway Show**  
Locations Vary by Show  
This is your opportunity to see your first of many NYC shows. Tickets are available for three different shows: *Chicago*, Showtime: 2:30 p.m.; *Mean Girls*, Showtime: 2 p.m.; *Phantom of the Opera*, Showtime: 2 p.m.

**Ticket Information**  
Tickets can be purchased for $20 (cash only) in the GS Student Life Office, 308B Lewisohn Hall, beginning Wednesday, January 15 at 9 a.m. through Friday, January 17 at 5 p.m. Tickets are available on first-come, first-served basis. All three shows will be running simultaneously and these are exclusively for new students. One ticket per student.

**Meeting Locations**  
*Chicago*: 1 p.m. in 505 Lerner Hall  
*Mean Girls*: 1 p.m. in 515 Lerner Hall  
*Phantom of the Opera*: 1 p.m. in Diana Center Lobby

*This is a joint event for Barnard College, Columbia College, Fu Foundation School of Engineering and Applied Science, and the School of General Studies.*
1 - 4 p.m.  
**Chelsea Market**  
*Meet in 505 Lerner Hall*  
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.

*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 p.m.  
**Museum of the City of New York**  
*Meet in 515 Lerner Hall*  
New York City is your new home, so come learn more about what makes this one of the greatest cities in 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 School of Engineering and Applied Science (SEAS).*

1 - 4 p.m.  
**Rockefeller Center**  
*Lobby, Barnard Hall, Barnard College*  
New York City is a beautiful winter wonderland this time of year, so get in the winter spirit and head downtown for ice skating at one of New York’s most famous landmarks. If you would like to ice skate, tickets are $37.

*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).*
**INTERNATIONAL, AND VETERANS/NROTC ORIENTATION EVENTS**

**INTERNATIONAL STUDENTS ORIENTATION PROGRAM**  
**FRIDAY, JANUARY 10, 1 – 5 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 - 2 p.m.  
**Welcome Lunch**  
*Presidential Ballroom, Third Floor, Faculty House*  
Welcome remarks will be made by Lisa Rosen-Metsch, Dean of the School of General Studies, and Marlyn Delva, Dean of Students.

2 - 2:30 p.m.  
**International Students and Scholars Office (ISSO) Information Session**  
*Presidential Ballroom, Third 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.

2:45 - 3:15 p.m.  
**Speed Meeting for International Students**  
*Presidential Ballroom, Third 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**  
*Presidential Ballroom, Third 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**  
*Presidential Ballroom, Third Floor, Faculty House*  
Learn about the myriad of resources available to students at Columbia.

4:30 - 5 p.m.  
**Guide to NSOP with Orientation Leaders**  
*Presidential Ballroom, Third 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, during Orientation Week.
VETERANS AND NROTC ORIENTATION PROGRAM
FRIDAY, JANUARY 17, 9 A.M. - 2:15 P.M.

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 - 10:15 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.

10:15 - 11:30 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.

11:30 a.m. - 12:15 p.m.
Veterans Health Presentation
Presidential Ballroom, Faculty House, Third Floor
Information will be provided by representatives from Columbia University Health, and divisions of the U.S. Department of Veterans Affairs.

12:15 - 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 Health and Wellness, American Corporate Partners, Four Block, Travis Manion Foundation, Columbia University-Health (Office of Disability Services, Counseling and Psychological Services, Insurance Services, Medical Services), University Ombuds, Columbia Libraries, Center for Career Education, VITAL and The Resilience Center, NYU's Military Family Clinic at Langone, MilVets, MedVets, Columbia Veterans Alumni, NROTC.

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.
DEPARTMENTAL PLACEMENT EXAMS

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

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

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

Gay Health Advocacy Project (GHAP)
health.columbia.edu/content/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

International Students and Scholars Office
isso.columbia.edu

Lerner Hall (Columbia’s Student Center)
learnerhall.columbia.edu

Libraries Information
library.columbia.edu

LionMail
cuit.columbia.edu/lionmail

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

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

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

Ombuds Office
ombuds.columbia.edu

Orientation and Orientation Leaders, GS
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