

WELCOME

Week 2023

THURSDAY, AUGUST 24

Welcome Week Kick-Off Meeting (All First-Year Residential Students)

2:30-3:30p; Various Residence Halls

IT'S GO TIME! Your Orientation Leaders will review the entire Welcome Week schedule and answer any questions you have before the fun begins!

Navigating Nutrition on Campus

3:45-4:30p; Library Auditorium (Lower Level)

Everyone has heard of the "Freshman 15." Would you like to learn how to avoid it? Or are you just interested in knowing the best foods to keep your body healthy? Our dining dietitian will give tips on how to eat nutritiously at college and for the rest of your life. Students will go to dinner in Eickhoff Hall after.

Mindfulness Tools and Techniques for College Students

3:45-4:30p; Spiritual Center

This experiential workshop includes an overview about mindfulness and explores how different tools and techniques can help deal with typical challenges faced by college students.

Dinner (Residential Students)

4:00-7:00p; Atrium at Eickhoff Hall

Check with your Community Advisor (CA), Orientation Leader (OL), or Griffin for timing! All students must wear their blue Welcome Week band to access the dining hall.

"PAWS" Passport Pick-Up

5:00-6:00p; Brower Student Center Atrium

Welcome Week is packed with great activities, but can feel overwhelming at times. To encourage new Lions to prioritize self-care and their mental health, stop by the table to pick up a "PAWS" Passport. Attend events with an asterik* to collect stickers; attend at least four events and you'll be entered into a raffle for some fun prizes! Supplies limited and on a first come, first served basis.

Commuter Student Pizza Picnic (First-Year and Transfer Commuter Students)

6:30-7:00p; Brower Student Center 225

Join fellow commuter students for a pizza picnic! You'll also be given your Welcome Week t-shirt, meal band, and other Welcome Week essentials.

Rain Location: Brower Student Center.

Welcome Week Kick-Off Meeting (All Transfer Students)

7:00-8:00p; Brower Student Center 225

IT'S GO TIME! Your Griffins will review the entire Welcome Week schedule and answer any questions you have before the fun begins! Rain Location: Brower Student Center.

Welcome Week Kick-Off Meeting (First-Year Commuter Students)

7:00-8:00p; Brower Student Center 225

IT'S GO TIME! Your Orientation Leaders will review the entire Welcome Week schedule and answer any questions you have before the fun begins!

Community Floor Meetings for First-Year Residential Students (Mandatory)

7:00-8:00p; Various Residence Halls

Check with your Community Advisor (CA) for location.

First Night on the Lake

8:00-10:00p; ABE Lawn

A TCNJ tradition! Unwind after a busy first day with new friends and s'mores by the fire.

Open Rec

8:00-11:00p; Student Recreation Center

Show up and jump in on a game! Basketball on Courts 1 & 4; Volleyball on Court 2; and Soccer on Court 3.

Game Night

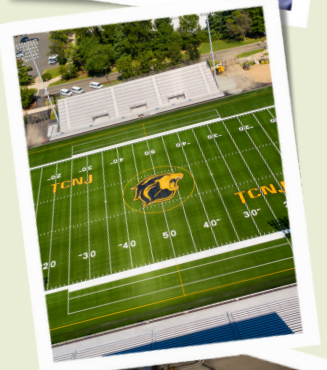
8:00-11:00p; Brower Student Center 225

Drop in and show off your skills playing some of the classics including Cards Against Humanity, Apples to Apples, and more! Hosted by Enigma.

TRON XL Inflatable Laser Tag

8:00p-12:00a; Brower Student Center 100

TRON XL is a 3,500 square foot inflatable arena featuring color changing vests, shoulder speakers, heart pumping music, special effects lighting, and more. Experience our high-tech technology, navigate obstacles, and bring your team to victory! Get on line early to sign-up for a time slot.



WELCOME

Week 2023

FRIDAY, AUGUST 25

Fitness Center Open Hours*

7:00-9:00a; Fitness Center at Campus Town

Fitness Center Open Hours are free for all students. A modified schedule of hours is created for Welcome Week. Don't forget to bring your TCNJ ID Card for admittance!

Breakfast

8:00-11:00a; Atrium at Eickhoff Hall

Check with your Community Advisor (CA), Orientation Leader (OL), or Griffin for timing! All students must wear their Welcome Week band to access the dining hall.

Spin with Gabriella

9:00-10:00a; Student Recreation Center

There is a \$25 fee for access to classes for the semester, but Welcome Week as well as the first week of classes will be free!

Welcome Week Kickoff from Student Affairs (Mandatory)

9:30-10:00a; Various Locations

This welcome event will be hosted by Sean Stallings, Vice President for Student Affairs at TCNJ, and include an overview of the division and how we serve YOU, our students!

Kendall Hall Main Stage: ABE; Centennial; Decker; Townhouses; Travers 2-5; Wolfe 2-5

Music Building, Mayo Concert Hall: Apartments; Commuters (Transfers); Eickhoff; New Residence

A Better High with Dr. Matt Bellace (Mandatory)

10:00-11:00a; Various Locations

Alcohol and Other Drug Support Services (ADOSS) is thrilled to welcome back nationally renowned speaker and comedian, Matt Bellace, PhD. Matt's program is a mix of stand up comedy, interactive demonstrations, and inspirational stories to support students in making health choices.

Kendall Hall Main Stage: ABE; Centennial; Decker; Townhouses; Travers 2-5; Wolfe 2-5

Music Building, Mayo Concert Hall: Apartments; Commuters (Transfers); Eickhoff; New Residence

Spin with Gabriella

10:00-11:00a; Student Recreation Center

There is a \$25 fee for access to classes for the semester, but Welcome Week as well as the first week of classes will be free!

Lunch

11:30a-2:30p; Atrium at Eickhoff Hall

Check with your Community Advisor (CA), Orientation Leader (OL), or Griffin for timing! All students must wear their Welcome Week band to access the dining hall.

Pet a Pup!*

10:30a-12:30p; Brower Student Center 100 West

Having a little "ruff" time transitioning to TCNJ? Stop by and hang out with our four legged friends from Attitudes in Reverse, a local non profit focused on mental health education and awareness. We're "Paw"-sitive you'll love it!

Ask a TCNJ Librarian (or just say Hi!)

11:00a-1:00p; Alumni Grove

Gitenstein Library has what you need to succeed. Meet some of your librarians and get fun library swag. Learn about our Ask a Librarian research help service (library.tcnj.edu/ask).

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This welcome event will be hosted by Sean Stallings, Vice President for Student Affairs at TCNJ, and include an overview of the division and how we serve YOU, our students!

Kendall Hall Main Stage: Cromwell; Norsworthy; Travers 6-9; Wolfe 6-9

Music Building, Mayo Concert Hall: Commuters (First-Years)

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Kendall Hall Main Stage: Cromwell; Norsworthy; Travers 6-9; Wolfe 6-9

Music Building, Mayo Concert Hall: Commuters (First-Years)

Can I Kiss You? (Mandatory)

1:30-2:30p; Various Locations

The Office of Anti-Violence Initiatives (AVI) is excited to welcome back national speaker (and Welcome Week veteran) Mike Domitrz! "Can I Kiss You?" provides specific how-to skills for teaching consent, respect in relationships, bystander intervention, and addressing sexual assault.

Kendall Hall Main Stage: ABE; Centennial; Decker; Townhouses; Travers 2-5; Wolfe 2-5

Music Building, Mayo Concert Hall: Apartments; Commuters (Transfers); Eickhoff; New Residence

Dining 101: Eating Made Easy

2:00-2:30p; Library Auditorium (Lower Level)

Learn the ins and outs of dining at TCNJ, from our locations to meal plans! The Dining Team will walk you through programs, tools, and answer questions you have.



WELCOME

Week 2023

FRIDAY, AUGUST 25 (CONTINUED)

Mindfulness Tools and Techniques for College Students*

2:00-2:45p; Spiritual Center

This experiential workshop includes an overview about mindfulness and explores how different tools and techniques can help deal with typical challenges faced by college students.

Can I Kiss You? (Mandatory)

3:00-4:00p; Various Locations

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Kendall Hall Main Stage: Cromwell; Norsworthy; Travers 6-9; Wolfe 6-9

Music Building, Mayo Concert Hall: Commuters (First-Years)

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3:30-4:00p; Library Auditorium (Lower Level)

Learn the ins and outs of dining at TCNJ, from our locations to meal plans! The Dining Team will walk you through programs, tools, and answer questions you have.

Mindfulness Tools and Techniques for College Students*

3:30-4:15p; Spiritual Center

This experiential workshop includes an overview about mindfulness and explores how different tools and techniques can help deal with typical challenges faced by college students.

STRONG with Amanda

4:00-5:00p; Student Recreation Center

There is a \$25 fee for access to classes for the semester, but Welcome Week as well as the first week of classes will be free!

Commuter 411: How to Make TCNJ Your Home Away From Home

4:30-5:30p; Brower Student Center 225

Don't try parking in the Education Building lot after 9:00a! The best place to study (or sleep) on campus is the fourth floor of the Library! Learn more tips and campus resources to help you make TCNJ your home away from home. Co-hosted with the Office of Student Involvement.

Train Like a Soldier Workout Challenge

4:30-5:30p; Quimby's Prairie
Hosted by Army ROTC.

Soca & Socialize with CAPS*

4:30-5:45p; Brower Student Center 100 East

Shake off those back to school jitters by joining CAPS to enjoy good music and learn Soca dances.

Dinner

4:00-7:00p; Atrium at Eickhoff Hall

Check with your Community Advisor (CA), Orientation Leader (OL), or Griffin for timing! All students must wear their Welcome Week band to access the dining hall.

Friday Night Shabbat

5:00-6:30p; Spiritual Center

Students are invited to attend services and a free Shabbat dinner. Sponsored by Chabad.

Community Floor Meetings for First-Year Residential Students (Mandatory)

7:00-8:00p; Various Residence Halls

Check with your Community Advisor (CA) for location.

Transfer Student Meeting (Residential Students and Commuters)

7:00-8:00p; Brower Student Center 100 West
Don't miss this important pre Play Fair meeting!

First-Year Commuter Student Meeting

7:00-8:00p; Brower Student Center 225
Don't miss this important pre Play Fair meeting!

Play Fair!

8:00-10:00p; Lions Stadium

The #1 rated program of Welcome Week for over ten years! "Hey, somebody give me a standing ovation!" Wear comfortable clothing and shoes to participate in this interactive, community-building activity.

Bookstore Bonanza

10:00p-12:00a; TCNJ Bookstore at Campus Town

Enjoy a night filled with games, raffles for prizes, and discounts!

coffeehouse.

10:00p-12:00a; TCNJ Bookstore at Campus Town

Have an instrument and some talent you want to share? Come over to the coffeehouse sponsored by Phi Mu Alpha Sinfonia and Sigma Alpha Iota Women's Music Fraternity. You'll have five minutes to share what you've got with your newfound friends!

B-I-N-G-O!

10:00p-12:00a; Brower Student Center 225

Show off those BINGO skills for a chance to win TCNJ swag, gift cards to local eateries, and more!



WELCOME

Week 2023

FRIDAY, AUGUST 25 (CON'T)

Late Night at the Game Room

10:00p-12:00a; Brower Student Center Game Room

Craving a late-night snack and want to play some games? Come check out the Brower Student Center Game Room! Offering an array of different gaming opportunities like pool, ping pong, foosball, and even the opportunity to play video games on our PS4s and Xbox Ones. Make sure to bring your TCNJ ID to rent our gaming equipment at our information desk!

Mixed Signals Improv Comedy Late Night Extravaganza

10:30-11:30p; Music Building, Mayo Concert Hall

What better way to wind down from a crazy day than with a good laugh? Grab some friends and join TCNJ's Mixed Signals for an interactive improvisational comedy hour that will have you belly laughing the rest of Welcome Week!

SATURDAY, AUGUST 26

Fitness Center Open Hours*

6:30-9:00a; Fitness Center at Campus Town

Fitness Center Open Hours are free for all students. A modified schedule of hours is created for Welcome Week. Don't forget to bring your TCNJ ID Card for admittance!

ROTC Fun Run

7:00-8:00a; Trenton Hall (Front Entrance)

TCNJ Army ROTC is hosting a Welcome Week fun run through a scenic route around campus. Join the cadets and other new students to start off your day on a good foot!

Breakfast

7:00-10:00a; Atrium at Eickhoff Hall

Check with your Community Advisor (CA), Orientation Leader (OL), or Griffin for timing! All students must wear their Welcome Week band to access the dining hall.

Building a More Inclusive TCNJ with Rev. Dr. Jamie Washington (Mandatory)

9:30-10:30a; Various Locations

We are excited that you are here. We know this has been a year of many twists and turns. As you start your journey here at TCNJ, we want to do our best to set the foundations for a welcoming and inclusive college experience. You will have the opportunity to engage what it means to be a welcoming and inclusive campus community.

Kendall Hall Main Stage: Apartments; Cromwell; Eickhoff; New Residence; Travers

Music Building, Mayo Concert Hall: ABE; Decker; Norsworthy

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Kendall Hall Main Stage: Commuters (First-Years and Transfers); Wolfe

Music Building, Mayo Concert Hall: Centennial; Townhouses

Spin with Gabriella

11:00a-12:00p; Student Recreation Center

There is a \$25 fee for access to classes for the semester, but Welcome Week as well as the first week of classes will be free!

Lunch

11:00a-2:00p; Atrium at Eickhoff Hall

Check with your Community Advisor (CA), Orientation Leader (OL), or Griffin for timing! All students must wear their Welcome Week band to access the dining hall.

College Core @ TCNJ (Mandatory for All First-Year Students)

2:00-3:15p; Check NSO55 in Canvas for Location

TCNJ's College Core program helps ensure that students learn fundamentals of reasoning, communicating, and living in today's world.

Connect 8* (Transfer Students)

2:00-3:15p; Brower Student Center 225

Eight Griffins... eight unique current student perspectives! New students will rotate tables to learn about different ways the Griffins have gotten involved on campus, and helpful first semester advice.

Academic Building Tours* (Transfer Students)

3:15-4:15p; Various Academic Buildings

Want a better idea of where your classes are actually located? Your Griffin will take any interested students on a tour of various academic buildings. Tours will depart after the Connect 8 session in Brower Student Center 225.

Spin with Gabriella

3:30-4:30a; Student Recreation Center

There is a \$25 fee for access to classes for the semester, but Welcome Week as well as the first week of classes will be free!

Academic Building Tours* (First-Year Students)

3:30-5:00p; Various Academic Buildings

Want a better idea of where your classes are actually located? Your Orientation Leader will take any interested students on a tour of various academic buildings. Check your GroupMe for where to meet up!



WELCOME

Week 2023

SATURDAY, AUGUST 26 (CON'T)

New Student Picnic

4:00-7:00p; Trenton Hall Lawn

Check with your Community Advisor (CA), Orientation Leader (OL), or Griffin for timing! All students must wear their Welcome Week band to access the picnic. Activities will include: DIY Tote Bags (Hosted by TCNJ's Residence Hall Association); Lawn Games (Hosted by Black Student Union); Tie Dye (Hosted by PRISM); and Inflatables (Hosted by the Inter Greek Council). Tie Dye will include shirts, socks, bandanas, and pillow cases or BYO! Limit one per person while supplies last. Picnic rain location: dinner in the Atrium at Eickhoff Hall; activities in Brower Student Center 100.

Commuter Kahoot (First-Year and Transfer Students)

7:00-7:45p; Brower Student Center- Traditions Restaurant

Test your knowledge of TCNJ, life as a commuter, and fun facts with several chances to win items that are essential for your trips to and from campus!

Community Floor Meetings for First-Year Residential Students (Mandatory)

7:00-8:00p; Various Residence Halls

Check with your Community Advisor (CA) for location.

RECreate Your Night

8:00-11:00p; Student Recreation Center

Get your competition on with Capture the Flag, or relax with dorm decor crafts! Rain location: Brower Student Center.

Silent Disco

8:00p-12:00a; Green Hall Lawn

Put on a wireless set of headphones, pick between three channels of music and join the party! Make sure to bring your valid TCNJ ID! No bags or backpacks allowed. Sponsored by the College Union Board (CUB). Rain location: Student Rec Center.

TCNJ Musical Theatre Karaoke Night

9:00p-12:00a; Brower Student Center 225

One Direction? Carrie Underwood? Dare I say... Backstreet Boys? You bring the vocals, we'll bring the tunes at TCNJ Musical Theatre's Karaoke night!

SUNDAY, AUGUST 27

Fitness Center Open Hours*

7:00-10:30a; Fitness Center at Campus Town

Fitness Center Open Hours are free for all students. A modified schedule of hours is created for Welcome Week. Don't forget to bring your TCNJ ID Card for admittance!

Launch: A Worship Service for New TCNJ Students (NJCF)

9:15-10:30a; Spiritual Center

Looking for community and explore faith? Come join New Jersey Christian Fellowship for a contemporary Sunday worship experience. We'll be spending time in musical worship, hearing from a student speaker. We'll also be having a student panel to help you navigate faith and the college experience. We can't wait to see you there!

Brunch

10:00a-12:00p; Atrium at Eickhoff Hall

Meal plans are now in effect! Residential students should bring their TCNJ ID Card for admittance. Commuter students should show their wristband for entry.

Pet a Pup!*

11:00a-1:00p; Brower Student Center 100 West

Having a little "ruff" time transitioning to TCNJ? Stop by and hang out with our four legged friends from Attitudes in Reverse, a local non profit focused on mental health education and awareness. We're "Paw"-sitive you'll love it!

Friendship Speed Dating*

12:00-2:00p; Brower Student Center 100 East

Haven't found anyone you've connected with yet? Looking to make a few new friends outside of your floor/group? This event is for you! Drop in and rotate around different tables and topics to meet some new folks and expand your TCNJ network.

ZUMBA with Daniella

12:00-1:00p; Student Recreation Center

There is a \$25 fee for access to classes for the semester, but Welcome Week as well as the first week of classes will be free!

Intramural and Club Sports Info Fair

1:00-3:00p; Education 212

Learn how to get involved and join one of TCNJ's 20+ club teams and/or our intramural sports program!

Spin with Gabriella

1:30-2:30p; Student Recreation Center

There is a \$25 fee for access to classes for the semester, but Welcome Week as well as the first week of classes will be free!



WELCOME

Week 2023

SUNDAY, AUGUST 27 (CON'T)

Blindfolded Dodgeball Tournament with LDP

1:30-3:00p; Green Hall Lawn

Join the Leadership Development Program (LDP) in a blindfolded dodgeball tournament. One of the signature events of the organization, blindfolded dodgeball is a fun and hands-on activity that members look forward to every semester.

Fraternity and Sorority Life at TCNJ

2:00-3:00p; Music Building, Mayo Concert Hall

Interested in joining a sorority or fraternity? This session will cover the basics and introduce you to our groups and councils on campus.

Stuff-a-Plush: TCNJ Pillow*

3:00-4:30p; Brower Student Center 100 East

Complete your residence hall room (or room at home!) with a TCNJ pillow! Supplies limited and on a first come, first served basis. Hosted by RHA: TCNJ's Residence Hall Association.

Fitness Center Open Hours*

3:00-7:00p; Fitness Center at Campus Town

Fitness Center Open Hours are free for all students. A modified schedule of hours is created for Welcome Week. Don't forget to bring your TCNJ ID Card for admittance!

Dinner

4:00-9:00p; Atrium at Eickhoff Hall

Meal plans are now in effect! Residential students should bring their TCNJ ID Card for admittance. Commuter students should show their wristband for entry.

Student Government Info Session

5:00-6:00p; Education 115

Come learn about what student government at TCNJ is all about! There will be a focus on the upcoming fall elections: information will cover open positions, roles and responsibilities, and the schedule of deadlines.

Community Floor Meetings for First-Year Residential Students (Mandatory)

7:00-8:00p; Various Residence Halls

Check with your Community Advisor (CA) for location.

Harry Potter Escape Room

8:00-11:00p; Brower Student Center 221 & 223

You and your friends have been trapped in a cell in the wizarding prison of Azkaban. The dementors (prison guards) will return in 25 minutes. Join The Order of the Nose-Biting Teacups, TCNJ's Official Harry Potter Club, for riddles, magic, and the escape of your life!

Sailesh

8:15-9:15p; Kendall Hall Main Stage

Dubbed "The World's Best Hypnotist," by MTV Europe, his live show has been described as a cross between a concert and the best party ever. Sailesh makes audience members the stars of the show, taking the entire audience on a journey using hypnosis, improv, music and interactivity to create a whole lot of laughter and a ton of fun!

ThinkFast

8:30-9:45p; Brower Student Center 225

The ultimate trivia experience! This experiential game show involves the entire audience as you compete for BIG prizes!

Cinema Under the Stars: Guardians of the Galaxy 3

8:30-11:00p; Travers / Wolfe Lawn

Co-hosted with CUB: the College Union Board.

Rain Location: Brower Student Center 100.

Sailesh

10:15-11:15p; Kendall Hall Main Stage

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ThinkFast

10:15-11:30p; Brower Student Center 225

The ultimate trivia experience! This experiential game show involves the entire audience as you compete for BIG prizes!

Cinema Under the Stars: Shrek

11:00p-1:00a; Travers / Wolfe Lawn

Co-hosted with CUB: the College Union Board.

Rain Location: Brower Student Center 100.



WELCOME *Week 2023*

MONDAY, AUGUST 28

Please refer to tcnj.sodexomyway.com for dining locations and hours of operation for meals.

Academic Welcome Day (Mandatory)

8:00a-4:30p; Various Locations

Please reference the Academic Welcome Day schedule for times and locations for Convocation; Academic Dean Welcomes; Academic Department Welcomes; Keynote Speaker (First-Year Students Only); and Summer Reading Program Discussions (First-Year Students Only).

Manhunt

8:00-10:30p; Meet in Brower Student Center Atrium

Still have tons of energy? Not sure what to do with it? Meet up with TCNJ Manhunt and play the ultimate game of hide-and-seek!

Fellas, Bellas, and Acapella

8:30-11:00p; Music Building, Mayo Concert Hall

Back by popular demand! Check out some of TCNJ's most talented singers and enjoy a fun night of singing along to some of your favorites!

Cookies and Canvas*

8:30-11:00p; Brower Student Center 225

Paint your stress away and express yourself through art! Music, drinks, and cookies will be provided. Supplies limited and on a first come, first served basis. Hosted by the Healing Arts Club.

Save The Date!

Student Involvement Fair

Thursday, August 31

8:30-10:30p

Lions Stadium

